

STRONG KIDS CAMPAIGN PROVIDES OPPORTUNITY

Join the annual campaign to support youth and build community

"The Y is a community. It starts small, builds and strengthens. These people are part of the reason you get up in the morning, to keep a commitment," explains Lisa Wilson, YMCA member and donor. "Knowing they've got my back evolved into lifelong relationships. We don't have a lot of places to get that as adults."

"The Y has made a big difference in our family," she adds. "We have another family there."

By co-chairing the YMCA's annual Strong Kids fundraising campaign, Lisa and Randy Wilson found a way to support another family accessing the same safe, supportive environment. "The Y has become a home away from home for our family," adds Randy. "By increasing our contribution 15%, we hope to provide inspiration to others

and help other families access these great Y programs."

Strong Kids ensures every child has access to a balanced life by providing financial assistance for memberships, camp, child care, and outreach programs. "I think by bringing in this money we will get more people exposed to the Y," notes Lisa. "Not just the Y programs it funds, but the opportunity."

"I have a little bit of envy that our children have this opportunity," admits Randy. "It's a good envy, to know how much they've grown and learned about themselves and others at the Y."

Strong Kids aims to raise \$2 million to ensure that kids and families have the chance to enjoy the Y and programs such as Late Nite, Friends and Servants, Child Care, and Camp Seymour. Join us by donating today.



LEARN MORE



Donate online at ymcapkc.org/strongkids



Learn about giving options or volunteer to raise funds for the Strong Kids Campaign; contact Sarah Homan at 253-534-7804 or shoman@ymcapkc.org



Watch EJ tell his story at ymcapkc.org/donate/strong-kids/meet-ej



Read Cody's, Maranda's, and Aden's stories at ymcapkc.org/strongkids

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From the President

COMMITTED TO REMAINING RELEVANT

2020 Vision ensures the Y meets community needs

The Y has committed to bringing about lasting personal and social change to Pierce and Kitsap Counties communities for 130 years. To ensure this proud heritage of service remains relevant to our growing, changing communities, we developed a strategic plan – our 2020 Vision – to guide the organization.



- Building community through a sense of belonging and fostering relationships.

For the first half of this plan, 2009–2015, we are focusing on six primary priorities: three capital projects and three program initiatives.

I am proud to say that we have made great progress in realizing

these priorities, including opening the Haselwood Family YMCA and building the new dining hall and amphitheater at YMCA Camp Seymour. We are still in conversation about opening a YMCA facility in Sumner and on the University of Washington Tacoma campus.

Through partnerships with our local school districts and programs like YMCA Multicultural Achievers, we have our arms wrapped tightly around youth obesity, teen outreach, and spiritual development initiatives.

Our work is not done, but we are making great strides thanks to the support of our members, donors, and partners. I look forward to seeing what we can accomplish together in the years to come.

Bob Ecklund
President and CEO

We are committed to ensuring access to balanced health for all members of our community by:

- Focusing on under-resourced communities
- Working through partnerships and collaborations

PROVIDING LASTING PERSONAL AND SOCIAL CHANGE

“Row 2 Ballers” support the Y for nearly half a century

There’s a group of men who meet at the Morgan Family YMCA every morning. “The News Tribune” writer Kathleen Merriman described them a couple years ago:



“They keep their money in a Band-Aid box, their humor on the locker room side, and their T-shirts an unreconstructed 1970s yellow. They call themselves the Row 2 Ballers, and, for 40 years, they have been object lessons in the wisdom of starting one’s day with a dose of endorphins.”

In addition, they’ve been supporting the Y. In the 1970s, they helped raised money to build the branch they now visit each morning. Today, they are just as dedicated to making the Y accessible to everyone.

A few weeks ago 25–30 of them met one morning for breakfast to raise money for the

YMCA’s annual Strong Kids Campaign. In one morning, they raised just over \$48,000.

This year, the group increased their gifts by \$16,600, contributing a total of \$60,000 to ensure every child in our community has access to the Y through memberships, camp, child care, and outreach programs. In part, they were able to increase their giving thanks to matching gifts from longtime “Row 2 Baller” John Woodworth and Strong Kids fundraiser Scott Silver who each matched any increase in giving from individuals in the group.

“Their generosity comes from being here every day,” says Toby Roberts, Morgan Family YMCA Senior Youth Director. “They see, directly, how the Y impacts people, how important it is to individual’s lives, and how Strong Kids makes the Y available to everyone.”

LEARN MORE

Donate online at ymcapkc.org/donate

To learn more, donate, or volunteer to raise funds for Strong Kids, contact Annual Giving Director Sarah Homan at 253-534-7804 or shoman@ymcapkc.org

Read The News Tribune article: bit.ly/157rFki

HOPE FOR THE FUTURE

Jessica finds support and courage through Journey to Freedom

Jessica LaBon was looking for something to help her get her life back together.

She was a resident of New Phoebe House, an emergency and transitional shelter for Pierce County mothers and children impacted by substance abuse, when she heard about Journey to Freedom from one of her caseworkers.

Driven by Christian principles, the YMCA’s Journey to Freedom courses guide participants in taking first steps toward facing life’s challenges while offering



LEARN MORE

Journey to Freedom is just one of the many **Life University** programs where people are experiencing deep change that is resulting in a healthier life. Learn more at ymcapkc.org/lifeuniversity.

New Phoebe House provides housing, services, and support to Pierce County mothers and children impacted by substance abuse. Learn more at newphoebehouse.org or call 253-383-7710.

Step by Step provides assistance to at-risk pregnant women so they will deliver a healthy baby, embrace positive parenting, and establish a safe home. Learn more at stepbystepnews.org or call 253-896-0903.

Helping Hand House assists families with children who are experiencing homelessness in the more rural areas of east Pierce County and the cities of Tacoma and Puyallup. Learn more at helpinghandhouse.org or call 253-848-6096.

support. “It opened up better windows and doors in my life,” says Jessica, who joined the Journey to Freedom group at Tacoma Center YMCA with several other residents.

“The women residing in our home come with fear, low self-image, hopelessness, addictions, and abuse which the staff is currently trying to deal with in bits and pieces,” says New Phoebe House Director Naomi Villano. “Journey to Freedom is a way for us to have one consolidated program that will help give the women hope and a better chance in overcoming these obstacles and ultimately finding success in life after they leave our care.”

This past year, Journey to Freedom partnered with New Phoebe House and Step by Step of Pierce County to help 39 women find hope, self respect, vision, and faith in God. This year, the program will also be offered at Helping Hand House in Puyallup to serve families experiencing homelessness in more rural areas of east Pierce County.

Today, Jessica is getting ready to move out on her own and is enrolled in school to be a chef, a dream she thought was lost. “Journey to Freedom has helped me find the courage to tell my story and learn from others’ stories,” says Jessica.

“My life is now a journey and it is fun!”

YOUR DESTINATION FOR SUMMER

Summer Day Camp

At the Y, we believe the values and skills learned early in life are vital building blocks for future success. YMCA Day Camps provide quality camp experiences, which help children learn new skills, develop lifelong friendships, and discover how to be their best while having fun, all in a safe and supportive environment.

Choose from full day and half day camp options.

Ages: 5-12 years
Dates: June 24-August 30

YMCA Day Camp Locations

- Artondale Elementary (Gig Harbor)
- Bremerton Family YMCA
- Cottonwood Elementary (Bremerton)
- Crownhill Elementary (Bremerton)
- Gig Harbor Family YMCA
- Haselwood Family YMCA (Silverdale)
- Lakewood Family YMCA
- Mel Korum Family YMCA (Puyallup)
- Morgan Family YMCA (Tacoma)
- Purdy Elementary (Gig Harbor)
- YMCA Camp Seymour

For more information or to register, visit your local YMCA or visit ymcapkc.org/summer.



YMCA Camp Seymour

Few environments are as special as camp. YMCA Camp Seymour is about making friends, learning skills, developing character, and so much more! Youth and adults can enjoy a fun weekend, week, or more in the woods along the shores of Puget Sound.

RESIDENT CAMP

June 30 - August 24.
Half-week, one-week, and two-week sessions
Resident camp for grades 2-9
Teen Adventure Trips and Teen Leadership program available for grades 8-12

WOMEN'S WELLNESS WEEKEND

April 12-14

SEYMOUR SUNDAYS

April 21, May 4, June 9

MOTHER'S DAY FAMILY CAMP

May 10-12

MEMORIAL DAY FAMILY CAMP

May 25-27

ALUMNI BARBEQUE AND CAMPFIRE

Saturday, July 27

LABOR DAY FAMILY CAMP

August 30-September 2

FALL FAMILY CAMP

October 25-27

Financial Assistance is available. Applications are available at any YMCA or online. To register, visit campseymour.org or call 253-884-3392.



Rendering courtesy of BCRA.

CHANGES SUPPORT YOUTH DEVELOPMENT YMCA Camp Seymour

The new dining hall opening this summer at YMCA Camp Seymour is more than a place to feed Camp's 13,000 yearly visitors; it's the signature building for gathering rain or shine. It's where campers gather, for food and fellowship, lessons and learning, fun and friendship.

Opening the new dining hall also allows the current dining hall to host large group

evening activities like teen dances and interactive game shows.

A larger arts and crafts area will offer macramé, pottery, printmaking, basketry, and more – often concurrently. Two new high rope course elements have been added: a giant Jenga and a four-person vertical playpen.



FINDING STRENGTH IN COMMUNITY

Bremerton Advisory Council supports community through giving

Aaron Capps has been a member of the Bremerton Family YMCA since he was 15 years old. "I've seen it all," he notes, "and we've come a long way." He mentions everything from joining forces with the YMCA of Pierce and Kitsap Counties, to recent renovations, to the increased interactions between members and staff. And then there's the fact that the Bremerton Family YMCA Advisory Council has donated an all-time record \$83,000 to the annual Strong Kids Campaign.

As a member of the Advisory Council, Aaron is a key champion of this fundraising success. "The members on the Council are 100% supportive of the future of the Y and giving to kids and senior citizens who need help," he explains. "We want to ensure everyone has access to the Y."

The YMCA Strong Kids Campaign supports financial assistance for memberships, camp, child care, and outreach programs to ensure everyone has access to YMCA programs and services. All donations made to the Strong Kids Campaign directly benefit the community in which the donation was made. And members at the Bremerton Y have seen concrete evidence that the Y is committed to supporting community.

Last year, the branch was renovated to connect the Y and the aquatics center, and



create a new welcome center and teen center. Even better, members feel this community every time they step through the doors. "We have a lot more socializing than before," notes Executive Director Jane Erlandsen. "I've noticed that we're more of a gathering space for the community."

"As for myself," notes Aaron, "I hope for continued growth for the facility and to help as many kids who can come to the Y – that more and more kids can access the programs we provide."



CONNECT BELONG LEAD

Siblings gain confidence through YMCA Child Care

There were tears and apprehension when 5-year-old Anna was dropped off for her first day of YMCA Summer Camp. It was not an easy transition. A friendly, warm camp counselor welcomed and comforted Anna as she made her way to her first activity.

After that first day at camp, Anna went on to participate in YMCA Child Care for six years. With caring staff and a newfound confidence, Anna soon became a leader of both herself and others. She even participated in the talent show!

“My favorite part about YMCA Child Care is how everyone cared for me,” says Anna. “I felt good about that.” Her parents, Mike and Wendy Stewart, echoed their daughter’s feelings: “We knew we were leaving her in safe and caring hands.”

At the Y, we believe children should have a safe place to explore their interests and talents. YMCA Child Care provides activities focused on academic enhancement and social growth, which means children connect with others to build lasting relationships, develop a sense of belonging, and cultivate leadership skills.

Today, Anna is a poised, assured sixth grader. Her younger brother, Ian, is now in YMCA Child Care. Ian enjoys making new friends and is following his sister’s example of becoming a confident, caring leader.

YMCA CHILD CARE

Learn more at ymcapkc.org/childcare

Call to register or learn more about programs in your neighborhood:

Pierce County: 253-534-7840
Kitsap County: 360-813-1813

Support Child Care by donating to the annual Strong Kids fundraising campaign. Learn about giving options; contact Sarah Homan at 253-534-7804 or shoman@ymcapkc.org



READY, SET, GO! 5210

MultiCare Health System and the Y

Ready, Set, Go! 5210 is a community-based Pierce County initiative to promote healthy lifestyle choices for children, youth, and families. It is made possible by a partnership between MultiCare Mary Bridge Children’s Hospital, ACHIEVE, The YMCA of Pierce and Kitsap Counties, and multiple community partners.

5210 means that every day you should aim for:

- 5 servings of fruits and vegetables
- 2 hours or less of recreational screen time (TV, computers and video games)
- 1 hour or more of physical activity
- 0 drinks with added sugar. Drink more water and low-fat milk.

Visit multicare.org/5210 for additional resources and upcoming 5210 events.

(The Ready, Set, Go! 5210 program is adapted from the Let’s Go! program in Portland, Maine.)



UPCOMING YMCA EVENTS

STRONG KIDS CAMPAIGN

February 21–March 26

Support the annual fundraising campaign to ensure every child has access to a balance life by providing financial assistance for memberships, camp, child care, and outreach programs at ymcapkc.org/strongkids.

Y RUN FOR KIDS

Saturday, April 13

yrunforkids.org

HEALTHY KIDS DAY

Saturday, April 27

Check your YMCA for healthy activities for kids and families.

POOL SAFETY DAY

Saturday, April 27

Check your YMCA for pool safety activities.

CELEBRATION OF PHILANTHROPY

Tuesday, May 7

An evening to honor YMCA supporters.

SUMMER CAMP

June 25–August 30

See page 4 for details on full day, half day, and overnight camps this summer.

LIFE UNIVERSITY

Life University is a collection of groups, workshops, and seminars offered to inspire hope, give helpful information, and provide a place for genuine relationships while navigating some of the most challenging and joyful aspects of life. Call 253-460-8916 or visit ymcapkc.org/lifeuniversity



YMCA OF PIERCE AND KITSAP COUNTIES ASSOCIATION OFFICE
1614 S Mildred St Ste 1
Tacoma WA 98465
253-534-7800

BREMERTON FAMILY YMCA
2261 Homer R Jones Dr
Bremerton WA 98310
360-377-3741

GIG HARBOR FAMILY YMCA
10550 Harbor Hill Dr
Gig Harbor WA 98332
253-853-9622

HASELWOOD FAMILY YMCA
3909 NW Randall Way
Silverdale WA 98383
360-698-9622

LAKEWOOD FAMILY YMCA
9715 Lakewood Dr SW
Lakewood WA 98499
253-584-9622

MEL KORUM FAMILY YMCA
302 43rd Ave SE
Puyallup WA 98374
253-841-9622

MORGAN FAMILY YMCA
1002 S Pearl St
Tacoma WA 98465
253-564-9622

TACOMA CENTER YMCA
1144 Market St
Tacoma WA 98402
253-597-6444

YMCA CAMP SEYMOUR
9725 Cramer Rd KPN
Gig Harbor WA 98329
253-884-3392

YMCA CENTER FOR COMMUNITY IMPACT
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Lakewood WA 98499
253-584-9622

YMCA CHILD CARE
1614 S Mildred St Ste 5
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WE VALUE YOUR VOICE

YouTube: youtube.com/ymcapkc

Facebook: facebook.com/ymcapkc

Twitter: twitter.com/ymcapkc

Email newsletters: ymcapkc.org/enews

WE ALL NEED THE YMCA

Strong Kids Campaign aims to raise \$2 million



When you give to the Y, you strengthen our community.

And we've made it easy. Our new giving website allows individuals and teams to raise money for the Strong Kids Campaign online. Join them by starting your own team, supporting a friend's team, or by making an individual contribution.

Check out "campaigner pages" to read their personal stories about the Y and why they support the Strong Kids Campaign.

"Becca and I continue to be amazed at the impact a short amount of time at Camp Seymour's Outdoor Environmental Education program can have on youth," writes Outdoor Environmental Education Director Scott Gjertson on his page. "Over 9,500 people participated with their school in Camp Seymour's program last year. Over 70% of those schools received financial assistance. Many families cannot afford our already low tuition. We rely on people just like you to donate so that every student can attend camp with their school."

Interested in learning more? You can read more stories like Scott's, start a team, join

a team, or make an individual contribution at ymcapkc.org/storyteller. See why teams and individuals are supporting the Strong Kids Campaign by clicking on their stories, or click the Register button at the upper left of the page to make your contribution and strengthen our community.

FOR SOCIAL RESPONSIBILITY



Donate today at ymcapkc.org/donate or call 253-534-7804



View personal giving websites at ymcapkc.org/storyteller



Read Strong Kids stories at ymcapkc.org/strongkids



See kids in action at the Y at youtube.com/ymcapkc



Use social media sites to stay up to date on the Strong Kids campaign:
facebook.com/ymcapkc or
twitter.com/ymcapkc

PROGRAMS AND COLLABORATIONS SUPPORT HEALTHY LIVING

Harrison Medical Center and the Y

At the Y, we believe that by working with community partners we can give all our neighbors healthy

choices and support their pursuit of healthy lifestyles. We work with more than 50 community partners to help make healthy living a reality for individuals of all ages and backgrounds.

Our relationship with Harrison Medical Center helps us offer services focused on prevention and well-being for our members.

Harrison's Health and Wellness Clinic is located on the second floor of the Haselwood Family YMCA, is open from 8am-5pm,



Monday through Friday, with extended hours for Massage Therapy, Tuesdays and Thursdays until 8pm, Saturdays 10am-2pm.

To schedule an appointment call 360-613-4467

CardioPulmonary Rehabilitation

Phase 3 exercise monitored by our medical professionals.

Outpatient Adult Rehabilitation

Orthopedic Physical Therapy and Occupational Therapy; work conditioning; functional capacity evaluation; aquatic, hand, and oncology therapies.

Nutritional Counseling

Nutrition and diabetes education.

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