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Davie Family YMCA | 336.751.9622

Fulton Family YMCA | 336.661.1093

Kernersville Family YMCA | 336.996.2231

Stokes Family YMCA | 336.985.9622

Wachovia Express YMCA | 336.725.9342

West Forsyth Family YMCA | 336.712.2000

Wilkes Express YMCA | 336.838.2152

Wilkes Family YMCA | 336.838.3991

William G. White, Jr. Family YMCA | 336.721.2100

Winston Lake Family YMCA | 336.724.9205

Yadkin Family YMCA | 336.679.7962

YMCA Camp Hanes | 336.983.3131

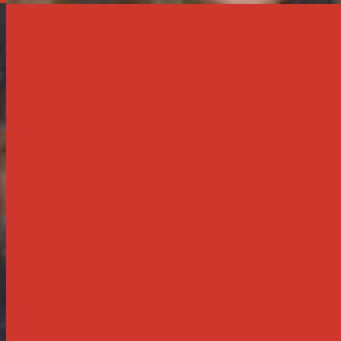
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A United Way Agency

Healthy Communities 2015

Prepare Youth & Teens to Succeed • Strengthen & Support Families
Develop Caring Communities • Adopt Healthy Living Habits



Life Stories



YMCA of Northwest North Carolina



Mission: Helping people reach their God-given potential in spirit, mind and body.



Vision: Our YMCA, through innovative programs, seeks opportunities to prepare youth and teens to succeed, strengthen and support families, develop caring communities and affect the adoption of healthy lifestyles.



Values: Caring, honesty, respect, responsibility and faith are the values we strive to weave into every YMCA program and that, we believe, build the moral and ethical foundation for life.



Angela

Angela wanted to join the YMCA to pursue better health but, being a single mom of three children, a full-time worker and part-time student, she wasn't sure how she would fit it into her schedule.

YMCA staff guided Angela through creating a suitable, enjoyable fitness program and invited her to participate in different exercise classes with them. After seven months, Angela lost 30 pounds and was pleased with her progress. Then she learned about **Y-Weigh**, a 12-week weight management program that involves wellness coaching in a small team atmosphere, realistic weight loss goal-setting and nutritional classes.

YMCA staff encouraged Angela to join Y-Weigh. "I was excited to join because I really wanted to learn more about healthy eating and get more help in losing weight," she says. Angela's team, the Red Hot Chili Peppers, works out together every week and has learned about better nutrition. "I learned about shopping on the perimeter of the grocery store for less processed, fresher foods and I do that now so my kids and I eat better food," she says. "The coach motivates us and we motivate each other. The workouts are tough but we push each other."

Angela has lost another 25 pounds during three months of Y-Weigh. She has gained greater self-esteem and energy. "I know I look cute now," she laughs. "I look and feel better. People notice that I've lost weight and say that I look good. Joining the YMCA is one of the best decisions I've made in my life."

The YMCA lives up to its mission of "Helping people reach their God-given potential in spirit, mind and body."



Philo Magnet Academy Students

Graduating Our Future offers a two-week summer Success Academy for incoming Philo Magnet Academy students. The Academy's purpose is to preview skills and concepts the children would learn about during the upcoming year in middle school.

The Academy involved fun, creative projects for the students to work on. Students participated in activities that incorporated math and reading skills in unexpected ways. These activities got the children comfortable with their new school and excited about learning.

Hans Rheinschild, a Philo Magnet Academy Language Arts teacher who led the Academy, has seen positive results from the Success Academy since the school year started. "On the first day of school, the students were glad to be back, eager even. They were thirsty to continue simply to learn," he says.

During the school year, Hans continued to see a positive change in the learning atmosphere. "It became evident that the Summer Academy students were willing and able to take the lead in the classrooms," Hans explains. "They were excited about being here and that excitement spilled over to the other students. The Success Academy students walked in the door ready to learn and took an active role in their education on day one."

Graduating Our Future is a United Way community initiative led by the YMCA that prepares youth and teens to succeed, strengthens and supports families and develops caring communities.



At the YMCA

thousands of stories are created each day. As we help others reach their God-given potential in spirit, mind and body, we witness stories of caring children, adults and families creating communities where each person is appreciated for his or her unique gifts and abilities.

Children build a foundation of honesty, caring, respect, responsibility and faith through early childhood education, swim lessons, sports leagues and camp.

Caring adults serve as mentors and guides for teens as they transition from childhood to adulthood. Families forge strong bonds while having fun and learning mutual respect and effective communication. All of this happens through your YMCA.

Join us in celebrating just a few of the many stories about people whose lives have been changed by your YMCA.



Sylvester

Nine-year-old Sylvester was invited to attend one week of residential camp at **Camp Hanes** with **Omega Psi Phi**, an African-American professional fraternity. His mother, Mia, is a single mom who wanted her only child to have positive male role models, but Sylvester had never been away from home for an extended period of time.

Mia discovered that the men from Omega Psi Phi would be volunteering their time to spend with the boys, using vacation time from work to go up to Camp Hanes with them. Impressed with the fraternity and Camp Hanes, Mia decided to send Sylvester to camp. "The men from Omega Psi Phi and everyone at Camp Hanes were good role models so I felt comfortable with sending him," Mia explains. "And when I saw the range of activities that Sylvester would be doing, I knew he would enjoy the experience and get a lot out of it."

After Sylvester returned from Camp Hanes, Mia saw a change in his behavior. "He came back stronger, I don't know how else to put it," she says. "I could see a difference in the way he acted. He was more confident. He was more willing to try new things and think, 'I can do this.' He has stronger will power. He has so much respect for others and is more responsible. He does his homework without my telling him to. He stands up straight, he shakes hands, he makes eye contact and he calls people 'sir' and 'ma'am.' It's been a wonderful experience for both of us."

Camp Hanes is proud to partner with many community organizations such as Omega Psi Phi, the Autism Society of Forsyth County, American Diabetes Association and others. In this way, the YMCA helps to give children from many different backgrounds the opportunity to develop independence, self-respect and responsibility.

Robert

After Robert had been hospitalized and put on life support, his doctors told him he would never live without using a walker or breathing treatments and would have an irregular heartbeat for the rest of his life. He was not allowed to return to work and was discouraged.

In his 60s, Robert wanted to become healthier and was told he needed to exercise. Due to his serious health problems, he needed professional guidance on what exercises he could and could not do.

When Robert learned about the **YMCA's variety of exercise programs** for all fitness levels, he found his answer. He joined his local branch and was given personal attention by YMCA staff so he could become comfortable with using the equipment and establishing an exercise routine.

Since Robert joined, his health has improved dramatically. "I'm in better shape now than I've been in 25 years," he says. "I haven't had a breathing treatment in three years. My heartbeat's been normal for two years. And in May, I was released from my walker! I also have muscle that I've never had before. I can do more with my grandkids. My quality of life is better now that it's been in years. I give the credit to the Lord and the YMCA."

Robert's health and quality of life have improved thanks to the physical and emotional benefits a **YMCA membership** can give.





Damaris

Damaris, a junior at Parkland Magnet High School, wanted to join **Youth and Government** after learning about the program from a friend.

Damaris had been interested in law but she built skills above and beyond learning about the legal system. "I've learned that I can debate and not fight," she says. "I teach other people now that they don't have to fight and be nasty towards each other if they don't agree."

Damaris is also getting hands-on experience in state government and is considering a future in politics after she graduates from high school and attends college. "If you have it in you to be successful, you'll make it work," she says. "You have to know you can do it."

The Youth and Government program is one of the many ways the YMCA gives young people the opportunity to develop leadership skills and learn civic responsibility.

Kristin

Kristin's husband was in a debilitating accident that prevented him from working and left Kristin to care for him and their three children, ages 5, 7 and 10. The family needed after school care so Kristin could work. "We didn't need support before and I wasn't sure where to look," she says. "A friend recommended the YMCA. I talked to the YMCA staff about our situation and they set us up with a scholarship so that all three of my children would be cared for."

Kristin and her husband have been grateful for the **YMCA after school** and **summer day camp programs** that have provided care for their children. "Every day they receive homework assistance, do physical activities and play outside unless the weather is bad," she says. "They expend a lot of energy there and then they can come home and spend quality time with us."

The YMCA's Before and After School programs provide fun and learning supervised by qualified, caring staff. Partner With Youth extends these programs so that they are made available to anyone, regardless of his or her ability to pay.



Sara



Sara, a 9-year-old from Winston-Salem, is at-risk for becoming overweight and suffering from related health problems as she matures. Sara and her mother discovered that the YMCA offers **PACES**, the Program for Active Children Eating Smarter. PACES is available free of charge to children ages 8-14 who are at-risk or overweight.

Sara enrolled in the 12-week program where she learned how to make healthy lifestyle choices through exercise and nutritional education. Each week for three months, Sara spent three afternoons at the William G. White, Jr. YMCA, exercising on fitness equipment as well as having fun with her peers playing in organized activities. Sara and her mother also attended a weekly nutrition class.

Sara has started to make healthier eating choices. "I used to ask my mom for burgers and fries, but now I get salads and water instead of soda," she says. Sara says she used to get teased about her weight at school, but now she has more energy and feels better about herself. "Before PACES, I knew I should eat less and work out more but I didn't know how. Now I walk more and eat differently. The PACES staff and the other kids tell me I can do things that I don't think I can do. They help me keep going," she says.

Sara and her mom, Latonya, have both benefited from being in the program. "I hope that Sara can participate again," says Latonya. "She's toning up and looking great. She feels great. The program has given us insight on different choices with food and exercise."

The YMCA spearheads many community programs for everyone, everywhere, believing that people of all ages and circumstances should have the right to lead healthy, fulfilling lives.

Haley

After 11-year-old Haley's father was injured, he lost his job and his health was suffering. Between medical bills and her mother going back to school, Haley's family needed an affordable way to invest in their health.

Haley also didn't have many opportunities to socialize with other children her age or participate in team sports. Once her family joined the YMCA, though, Haley was able to join the branch's **developmental swim team**. Haley has been very active on the team. She has improved her technique and become a stronger swimmer.

More importantly, though, Haley has seen greater benefits. "Since I started swimming, I feel really good about myself," she says. "I've also made a lot of new friends at the YMCA. It's a lot of fun. I can't wait to come here. I wish I could come every day."

Many community members like Haley and her family have benefited from the YMCA by having better health, new friendships and greater self-esteem.





Terry, Jacob, Alyssa & Haley

When Terry received custody of his three grandchildren, Jacob, Alyssa and Haley, he wanted to broaden their experiences. "They had never been anywhere or participated in clubs," he says.

One afternoon, Terry saw an advertisement for **Camp Hanes** and decided to visit. "It wasn't too far so I drove over to learn more about it," he explains. "Everyone there was so friendly. They invited me in and showed me around. When I told them about my grandkids and how there was no way that we could afford camp, they told me about scholarships made possible by Partner With Youth funds."

As a result, Terry's three grandchildren each were able to attend one week of residential summer camp. "Haley, the youngest, matured so much," Terry says. "There was a world of difference. She came back with so much confidence. Alyssa, on the other hand, was always shy and quiet. Alyssa's counselor really took her under her wing and helped her make a lot of new friends. Alyssa just loved her and her new friends so much that she cried when it was time to go."

Jacob, the oldest grandchild, also benefited from his time at Camp Hanes. "Camp has really helped Jacob develop as a leader," says Terry. "This year at school he received the fifth grade Student Leadership award and was nominated for an international conference in Washington, D.C. He also wants to return to Camp as a counselor when he's old enough."

Terry appreciates the opportunity his grandchildren have received thanks to Partner With Youth. "Camp Hanes is a little piece of heaven on earth and there's no way we could have afforded to send the children there without Partner With Youth," he says. "You all have changed our lives tremendously. The children have come back stronger but with softer hearts. Camp Hanes is part of our family now, too."

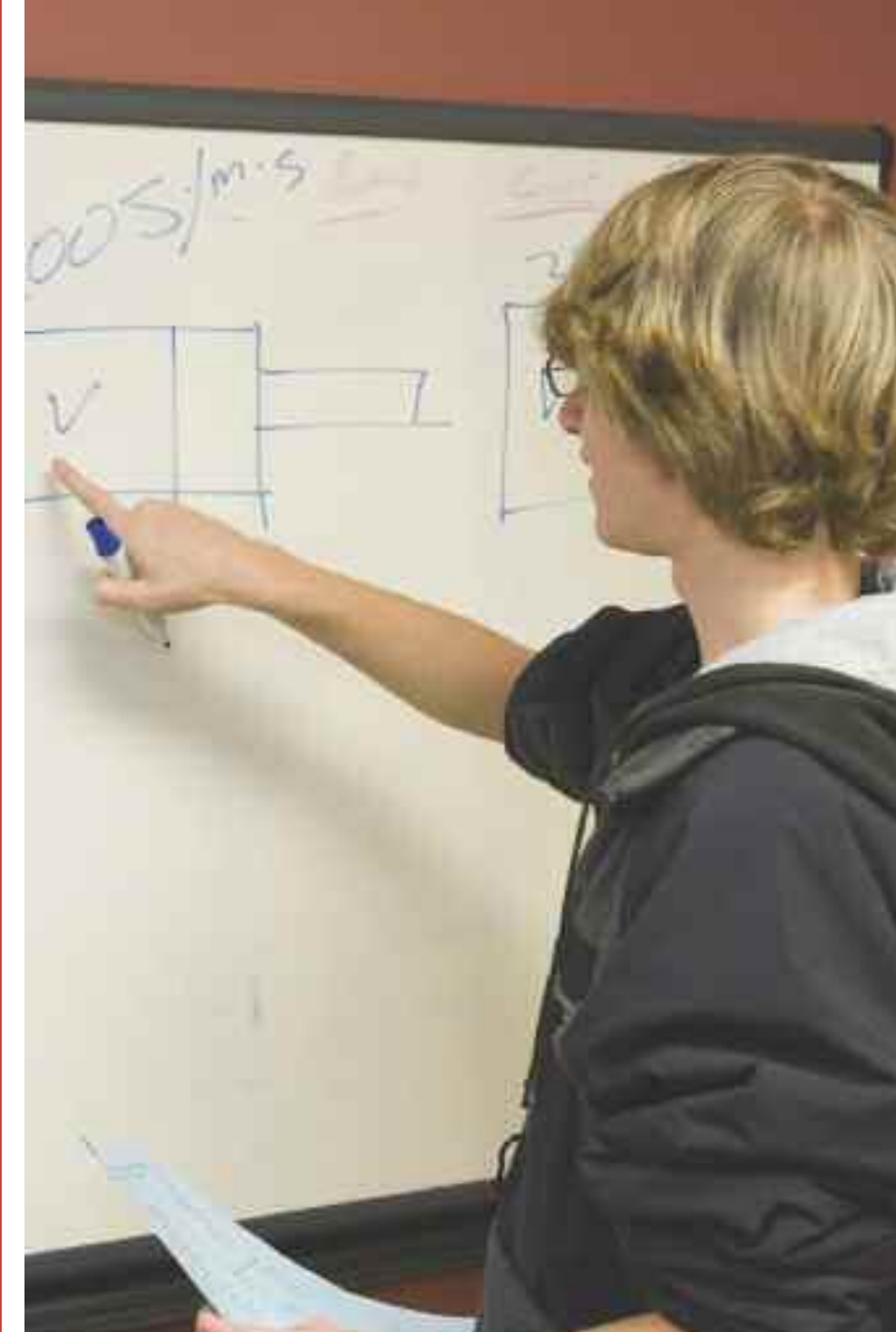
Joshua

During Joshua's sophomore year at Parkland Magnet High School, his math teacher expressed concerns regarding his basic math skills. She was worried that he would not be able to pass the end of course exams. His teacher spoke with Joshua and his mother, recommending that he participate in free after school tutoring.

Free tutoring was made possible through **Graduating Our Future**, an initiative that the United Way chose the YMCA to lead. It started in January 2008 to improve graduation rates at Parkland Magnet High School and its main feeder middle school, Philo Magnet Academy. The initiative targets Parkland Magnet High School since it has the lowest graduation rate in Forsyth County and falls below the state average.

As a result of the free tutoring offered through the program, Joshua's math scores improved. "I stayed after school one or two days a week, and we went over things that I didn't understand in class," he says. "I liked that we had a small group of kids rather than a big class."

Thanks to the Graduating Our Future program led by the YMCA, Joshua was one of the students able to receive extra assistance and one-on-one attention to help him succeed. Not only did he pass his end of course exam, but he was better prepared to take Geometry as a junior. Graduating Our Future helps students improve their skills, raises their self-confidence and helps prepare them to successfully enter the workplace.





McKenzie

McKenzie's mom had to be hospitalized. After four months of being in Intensive Care, she needed to stay in the hospital for additional rehabilitation. McKenzie's grandmother, Lettie, took in her nine-year-old granddaughter but with her work schedule, increased expenses and medical bills for her daughter, Lettie needed after school care for McKenzie that would fit her tight budget.

Lettie heard about the **YMCA's after school program**. "I remembered that McKenzie used to beg her mom to let her be in it because her best friend was in it and enjoyed it so much," Lettie says. "I talked to one of my friends and she recommended it, too." Lettie called the YMCA and after explaining McKenzie's situation, she learned about the Open Doors policy.

Lettie enrolled McKenzie in the after school program and appreciates the fact that it's offered by an organization she can trust. "The number one thing for me was that it was a Christian organization," she says. "I feel blessed that McKenzie is part of it."

One of the ways the YMCA works to build strong kids, strong families and strong communities is through Child Care Services. When a person gives to the YMCA, the YMCA makes sure it goes to the people who need it most.

Jennifer

Jennifer contacted the **YMCA Literacy Initiative** to improve her reading skills so she could apply for a new job after being laid off at the age of 51. After one year of free tutoring, Jennifer's reading level increased from Beginning Literacy to Beginning Adult Basic Education.

As a result, Jennifer has been able to create a resume and enroll in a computer class at a local community college. Her tutor also arranged for her to participate in a mock job interview. The interviewer was impressed with Jennifer's poise. Jennifer made eye contact and was confident, showing the positive impact of the Literacy Initiative program. This year Jennifer also registered to vote and voted in a Presidential election for the first time in her life.

The YMCA provides literacy tutoring at no charge, helping adults improve their reading skills or learn English as a Second Language. Donations provide materials for students so that they can improve reading skills and their self-esteem.

