



FIRST FRIDAY REPORT



A Monthly Update for Friends of
THE YMCA OF METROPOLITAN DALLAS

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Dear YMCA Friends,

Here are a few highlights of what's happening through your YMCA:

Youth Development Twenty Dallas-area high school seniors received a total of \$43,000 in academic scholarships from the YMCA of Metropolitan Dallas Foundation and its supporters at its 37th Annual College Scholarship Dinner. The YMCA of Metropolitan Dallas Foundation provided \$119,500 in support to 71 students, in colleges and universities across the United States for the 2017-18 school year. Funds for the scholarships are made possible through the F.W. and Bessie A. Dye and Carl B. and Florence E. King Foundations. These funds were given to the Dallas Y's Foundation to provide post-secondary scholarships for local youth subject to certain items and conditions. YMCA

Scholarships along with the King and Dye Scholarships are distributed to students who demonstrate the desire to attend and complete college. Scholarships are awarded based on motivation, achievement, and financial need. For more information, please contact collegescholarship@ymcadallas.org



Healthy Living The YMCA's Diabetes Prevention Program (YDPP) helps those at high risk adopt and maintain healthy lifestyles and reduce their chances of developing Type 2 Diabetes. YDPP is based on the landmark Diabetes Prevention study, funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC), which showed that by eating healthier, engaging in moderate physical activity and losing just 7% of your body weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by up to 71%. That's only 14 pounds for a 200-pound adult. In a small group setting a trained lifestyle coach will help you build healthy lifestyle habits by introducing new options for healthy eating, physical activity and other healthy lifestyle changes. For more information on this life changing program, contact Tracey Burns at tburns@ymcadallas.org

Social Responsibility The Senior Standing Tall Coalition has been hosting a 2nd time Senior Prom each year in its efforts to keep seniors active. The Prom had over 300 attendees and was held at the Cross Timbers Family YMCA. The theme for this year was "Hee Haw Hoedown". The basketball gym was turned into a farm setting with sunflowers on the walls, and a barn for a young Elvis to perform his early works. Dinner and dessert were served, seniors danced and enjoyed the music from their early years. High school Honor Society students served the seniors throughout the night. Professional pictures were taken in a "Texas Photo Booth" to let the Seniors to show off their personalities. There was even a kissing booth with Dolly Parton (the actual kisses were Hershey's Kisses®!). The smiles were priceless and the memories will stay close to the heart forever.



Recently, the YMCA of Metropolitan Dallas was named a "Four Star" charity by Charity Navigator, the largest and most-utilized charity evaluator in America. A 4 Star rating is their highest rating and states the charity "Exceeds industry standards and outperforms most charities in its cause". Scoring is based on financial health, accountability and transparency. We're pleased with the recognition and hope you are as well.

Thank you for your continued support.

In spirit, mind, and body.

Sincerely,

Curt Hazelbaker
President and Chief Executive Officer

