



FIRST FRIDAY REPORT



A Monthly Update for Friends of
THE YMCA OF METROPOLITAN DALLAS

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AUGUST 2019

Dear YMCA Friends,

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

Youth Development It's hard to believe, but the start of the school year is right around the corner. As the leader in youth development, we understand the importance of providing our afterschool care participants with a balance of academically rich activities as well as an enhanced focus on overall physical well-being. We work side-by-side with industry experts, and your child's school district to design experiences that help your child learn, grow and thrive. Our staff is carefully selected and screened. Each staff person receives over 30 hours of training annually in topics that span child development to curriculum delivery and much more.



All staff must pass a criminal background check, FBI fingerprint background check and character reference checks. In some districts, we also collaborate with local schools to employ teachers and paraprofessionals to assist with homework time and clubs. Registration for the program is open now. For more information, visit: ymcadallas.org/locations/school_age_services/after_school

Healthy Living Early in July, Camp Grady Spruce hosted the second annual Kamp K'aana. Kamp K'aana introduces children, ages 10-14, to the tools they need to learn and love a healthy lifestyle, while offering the fun of an overnight summer camp experience. This two-week program caters to children who are above a healthy weight. Each day campers receive three meals and snacks in a meal plan designed by dietitians. Meals are delicious, balanced and nutritious with an emphasis on high fiber and whole grains rather than sugar and fat. Campers are equipped with the tools they need to conquer their weight management issues while at the same time offering an incredible experience that increases self-confidence and builds self-esteem.



Sixteen campers attended Kamp this year and lost a combined 130 pounds. One camper completely came off insulin during her time with us. Kamp K'aana is free to participants and made possible through the Annual Campaign.

Social Responsibility Since 2011, YMCA Collin County Adventure Camp has hosted Camp iHope. Camp iHope is a non-profit organization that provides children with cancer and their siblings, ages 7-16, an opportunity to have a camp experience while being in a medically safe environment. During their time at Camp, campers can build lifelong friendships, have the chance to feel “normal”, and be with others who are able to understand what they have or are going through. This 5-day camp provides campers the opportunity to enjoy their time as kids and build a “network of support”. They have an array of activities to participate in; swimming, a zipline, fishing, a 35-foot climbing wall, challenge courses, archery, paintball, and the Alpine Tower. One of the campers has been attending the camp for six summers and has been living with kidney cancer for ten years. She expects to be cancer free next March and is looking forward to her first year in high school. Camp iHope creates special memories for some exceptional young people.



Thank you for your continued support.

In spirit, mind, and body.

Sincerely,

A handwritten signature in black ink that reads "Curt Hazelbaker". The signature is written in a cursive style.

Curt Hazelbaker
President and Chief Executive Officer

