



# FIRST FRIDAY REPORT



A Monthly Update for Friends of  
**THE YMCA OF METROPOLITAN DALLAS**

**PRESIDENT'S OFFICE**  
601 N. Akard St.  
Dallas, TX 75201  
214-880-9622  
Fax 214-871-3014  
[www.ymcadallas.org](http://www.ymcadallas.org)

**June 2017**

## Dear YMCA Friends,

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

### Youth Development

IMAGINE SCIENCE Dallas is one of three national pilot sites where locally Boys and Girls Clubs of Greater Dallas, Girls Inc. of Metropolitan Dallas, Texas A&M Agrilife extension 4-H, and our YMCA are jointly engaging under-represented youth in grades 4-8 in STEM (science, technology, engineering and math) learning through a free summer camp program at two Southeast Dallas middle schools. At IMAGINE SCIENCE summer campers participate in hands-on activities like creating codes and growing food; all while building their critical thinking, problem solving and social skills and boosting their confidence and interest in STEM. At the end of each session students participate in a celebration with family and friends to show off their projects and what they have learned. For more information, visit: [www.imaginesci.org/dallas](http://www.imaginesci.org/dallas).



### 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 then landmark Diabetes Prevention study, funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC). These studies 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. Recently, a class finished at our Richardson Y and a participant stated, "The program works. When I stick to it, I lose weight and feel better." Another said, "I can feel that I'm getting stronger, and looking younger." For more information on this life changing program, contact Tracey Burns at [tburns@ymcadallas.org](mailto:tburns@ymcadallas.org).

**86 MILLION HAVE PREDIABETES**

.....  
**ONLY 9 MILLION ARE ABOUT AWARE OF IT**  
.....



Source: Centers for Disease Control and Prevention

[ymca.net/diabetes](http://ymca.net/diabetes)

## Social Responsibility

Twenty Dallas-area high school seniors received a total of \$43,000 in academic scholarships from the YMCA of Metropolitan Dallas Foundation at its 36th Annual Y Scholars Dinner. These scholarships are renewable over four years for a total of \$172,000. Outside the dinner, the YMCA awarded an additional \$126,000 to 70 continuing college students who re-qualified for prior scholarships based on academic achievement. Funds for the scholarships are made possible through the F.W. and Bessie A. Dye Foundation. 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 and Dye Scholarships funded by the Dye Foundation are distributed to students who demonstrate the desire to attend and complete college. Since 1981, the YMCA of Metropolitan Dallas Foundation had awarded nearly \$4 million in educational scholarship to high school seniors. For more information, please contact [collegescholarship@ymcadallas.org](mailto:collegescholarship@ymcadallas.org).



Thank you for your continued support.

In spirit, mind, and body,

Sincerely,

Curt Hazelbaker  
President and Chief Executive Officer

