



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

OUR COMMUNITY OUR CAUSE

The Easton Family YMCA, a branch of the YMCA of the Chesapeake, is a 501(c)3 non-profit charitable organization serving the communities of Talbot County, Maryland. Our cause is strengthening community through programs that build a healthy spirit, mind, and body for all.

TOGETHER WE CAN DO SO MUCH MORE

Maryland faces new challenges that create a greater need for the work we do. Fortunately, where some see obstacles, we see opportunities for our members, volunteers, staff, and generous donors like you to make a difference.

No other organization can impact as many people as powerfully as we do every day. When you give to the Easton Family YMCA, your gift will help young people achieve their potential, empower people of all ages to lead healthier lives and strengthen the bonds of community.

Together, we'll take on many of the greatest challenges facing our young people, our health, and our community.

In **2019**, we served over **8,900**

Individuals and provided

\$552,000

in scholarships and financial assistance to those in need in our community.

7,132



Volunteer Hours

Were spent in the community by our dedicated volunteers.

Give today and inspire a lifetime.

Your gift can support others in need. Give and do so much more.

\$31 gives a 6th grader a safe place to go afterschool for one-month

\$50 saves a life by teaching a child how to swim

\$100 helps prevent summer learning loss for a 3rd grader in one week of our Summer Learning Program

\$180 helps a person living with, through or beyond cancer to strengthen their physical and spiritual health through a specialized 12-week program

\$480 provides a six-month membership to a senior citizen living on a fixed income; giving them a community of peers to connect with and a place to stay mentally and physically active

\$600 provides a low-income family of four with a YMCA membership for a year

\$1,100 sends a child to camp for the summer

The Easton Family YMCA strengthens community through programs that focus on **YOUTH DEVELOPMENT, HEALTHY LIVING, and SOCIAL RESPONSIBILITY.**

CHRONIC DISEASE PROGRAMMING

DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program helps adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps to improve their overall health and well-being. The program provides a supportive environment where participants work together to reduce individual weight by 7% and build up to 150 minutes of moderate (the equivalent of brisk walking). physical activity per week. The program is delivered over a 12-month period

ROCK STEADY BOXING

New to the Y this Fall is Rock Steady Boxing. This program gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum. The YMCA provided \$14,920 to run this program free of charge for 26 participants in 2019!

ENHANCE FITNESS

Enhance Fitness, an evidence-based health intervention program that uses simple, easy-to-learn movements that motivate older adults to stay active throughout their lives. The CDC has recommended Enhance Fitness as a recognized fall prevention program and an effective arthritis management intervention program.

LIVESTRONG at the YMCA

Cancer survivors participate in free 12 week customized exercise regimens catered to their individual needs from certified fitness instructors. The instructors are trained in cancer survivorship, post-rehabilitation exercise and supportive cancer care. Survivors and often their families receive a membership at the YMCA for the duration of the program. In 2019 the YMCA worked with 30 cancer survivors in this program at the Easton Family YMCA!

YOUTH SPORTS

FC TRED AVON

In the fall of 2016, the YMCA launched a new youth sports initiative called FC TRED AVON. This new program focused on engaging and integrating a diverse population of underserved families with limited access to financial resources and transportation. Leveraging the global game of soccer as a connection tool, the Y partnered with the Town of Easton and the Easton Elks Club to provide walkable access to practices and games via Rails to Trails in the town of Easton.

MIDDLE SCHOOL SPORTS

Public Schools in the State of Maryland don't fund sports for Middle Schoolers. The Easton Family YMCA has found success offering competitive Middle School Sports. The programs serve to prepare Middle School students for High School sports. We currently have successful soccer, field hockey, basketball and tennis programs.

YOUTH DEVELOPMENT

BEFORE & AFTER SCHOOL CARE

In Before & After School Care, kids engage in physical, learning and imaginative activities that encourage them to explore who they are and what they can achieve.

SAFETY AROUND WATER

We offer a wide range of swimming options to improve skills, build confidence in the water, and teach personal safety. Our instructors are nationally certified swim instructors, following a curriculum focused on the mastery of skills in a way that is personalized to the students' needs and pace.

CAMP LAZY DAYS

This is a five-week summer camp program for children with special needs. Camp activities are designed to provide campers the opportunity to participate to their fullest ability, particularly through one-on-one support. **The YMCA provided \$80,000 for 70 campers to participate in Camp Lazy Days in 2019!**

SUMMER CAMP

YMCA of the Chesapeake day camps are centered around improving the well-being of children. We believe in each child's individuality and intentionally focus on three areas of development: friendships, accomplishment and belonging.

OPEN DOORS

The YMCA turns no one away due to the inability to pay. Donations raised throughout the year supports our Open Doors program, providing financial assistance and program scholarships so everyone in our community can belong. **In addition to Open Doors, the YMCA provides over \$250,000 in critical outreach programs free of charge to Talbot County.**

TAKE THE HELM

Take The Helm is a science, technology, engineering, and math (STEM) based, youth development program for middle school and high school students in Talbot County, Maryland. Take the Helm uses the art of wooden boatbuilding as a vehicle to enhance the personal and professional lives of students; strengthening each student's self-confidence and sense of community. Through a series of STEM based lessons, students work together to build a working, 15-foot wooden skiff. **Last year, the YMCA provided \$75,000 to support 70 students in this program free of charge.**

SUMMER LEARNING PROGRAM

The YMCA of Chesapeake and Talbot County Public Schools (TCPS) partner to provide a summer learning program designed to combat summer learning loss. Students were introduced to the (STEM) Science, Technology, Engineering, Math curriculum throughout the morning by TCPS Teachers. After lunch, students transitioned into a robust YMCA summer camping program exposing students to arts and crafts, group games, swim lessons and other camp activities. **Last year, the YMCA provided \$43,000 to support 136 children.**

SUMMER MEALS

The Easton Family YMCA, Carepacks Easton and Talbot County Public Schools have partnered together to fight food insecurity for the past three summers in Talbot County. Carepacks, a weekend meal program identifies youth that qualify as food insecure and the YMCA agrees to serve these youth in camp for eight-weeks at no charge with TCPS. **Last year, the YMCA provided over \$19,000 to support 50 children.**

EASTON FAMILY YMCA

A branch of the YMCA of the Chesapeake
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