



# THEIR POTENTIAL

Because we believe that all kids deserve the opportunity to discover who they are and what they can achieve, the YMCA is for Youth Development. Through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement. Y activities give our children the opportunity to become confident kids today and healthier, happier grown-ups tomorrow.



# THEIR HEALTH

Improving the nation's health and well-being is a priority for the YMCA. At the Y, we help children and adults understand and value their health, and we nurture their well-being. We offer resources and guidance to maintain or improve physical activity, health and wellness. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.



# THEIR FUTURE

At the Y, strengthening community is our cause. The YMCA has been listening and responding to our communities' most critical needs for 123 years. Whether developing skills or emotional well-being, welcoming and connecting diverse populations or advocating for healthier communities, the Y fosters the care and respect all people need and deserve. Across America, our staff and volunteers are kids, parents, grandparents, neighbors and local leaders who are all personally committed to understanding what our neighborhoods need. Together we can build stronger, more inclusive communities, provide support for families and promote positive change overall.

**Impact a life today! Change a life by donating to the YMCA.**

# SUPPORT THE Y STRENGTHEN YOUR COMMUNITY

The Y uses your gift to make a meaningful, enduring impact right in your own neighborhood.

- \$50 Will give a child the opportunity to learn water safety and swimming.
- \$130 Sends a child to a week of summer day camp filled with swimming, crafts, games and other values-based activities.
- \$330 Allows five children the opportunity to participate in a season of youth sports.
- \$679 Sends a child to YMCA Camp Hanes for one week of outdoor exploration and character-building activities.
- \$1200 Provides literacy materials and computer training for four adults with learning disabilities.

**The YMCA is the unparalleled cause for strengthening community because we are the community.** We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause. Every day, we work side by side with our neighbors in our community to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

**Financial assistance keeps the Y available for kids and families who need us most.** We count on the generosity of our members and communities to help people of all ages and from all walks of life be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.

# HOW CAN I GIVE?

There are numerous ways you can give to the YMCA.

## Give Now.

You may donate funds now by contacting Tom Clingman, Director of Annual Giving and Special Events at [t.clingman@ymcanwnc.org](mailto:t.clingman@ymcanwnc.org) or 336 777 6222. Or, tear off the pledge card on the reverse side and mail to the YMCA of Northwest North Carolina with your gift. (Payment may be made by check or credit card.)

## Give Later.

You may designate funds through our YMCA Endowment Fund. To learn more about our YMCA Endowment Fund and membership in the YMCA Heritage Club, contact Joan Marie Belnap, VP / Chief Development Officer, at 336 777 6225 or [jmbelnap@ymcanwnc.org](mailto:jmbelnap@ymcanwnc.org).

## Volunteer.

Our YMCAs are always in need of volunteers and there are a variety of programs and services that could use your help! Visit our website at [www.ymcanwnc.org](http://www.ymcanwnc.org) to learn more about our volunteer opportunities.

**YMCA of Northwest North Carolina**  
301 N Main Street, Suite 1900  
Winston-Salem NC 27101  
P 336 777 6222 F 336 777 6345  
[www.ymcanwnc.org](http://www.ymcanwnc.org)

**YMCA of Northwest North Carolina  
Annual Giving Campaign  
(A Partner with Youth Initiative)**

**YES, I WANT TO HELP**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**HERE IS MY PLEDGE FOR:**

My pledge: \$ \_\_\_\_\_

Employer match: \$ \_\_\_\_\_  
\_\_\_\_\_

(Name of employer if matching)

**Matching form needed by time of payment**

**Total pledge: \$ \_\_\_\_\_**

Donor signature: \_\_\_\_\_

I have, or plan to include, the YMCA of Northwest North Carolina in my estate plans.

**Payment Options** (please choose 1 of the 6 options)

- \_\_\_ **Payment of \$ \_\_\_\_\_ attached, or**
- \_\_\_ I plan to make a single payment. Send a reminder the month of \_\_\_\_\_
- \_\_\_ I plan to make 4 payments by Dec. 31. Send reminders beginning \_\_\_\_\_
- \_\_\_ I plan to make monthly payments, send monthly reminders beginning \_\_\_\_\_
- \_\_\_ I plan to pay by credit card or bank draft (15th of month). Please call me.\*
- \*If paying by credit card or bank draft, we will contact you for account information. Daytime phone: (\_\_\_\_\_) \_\_\_\_\_
- \_\_\_ I plan to make a grant recommendation. Do not send a reminder.

# CHANGING LIVES AT THE Y

## YOUTH DEVELOPMENT

Read a camper parent's letter to Y staff:

"We wanted to take a minute and thank you again for all of your group's efforts on behalf of children and for your sponsoring two scholarships to Camp Hanes via The Children's Home. We also wanted to ensure that each of your members fully appreciates the impact of your generosity on our lives and that of our adopted 14 year old daughter (one of the beneficiaries).

Our daughter has had a difficult childhood to say the very least. She was removed from her home for her own safety when she was seven years old and has been placed in four foster homes by Social Services since then. One of our goals when we met her at age 12 was to try to help her make up for as much of her missed childhood as possible given the few remaining years of her youth.

As for your choice of Camp Hanes we'd like to share with all of you that our experience was absolutely first class. The counselors and other staff there dedicated the time to understand our situation and our needs. They went well out of their way to make our daughter's time there very special while respecting her background and helping us meet her challenges.

When we picked our daughter up on her last day of camp we watched as she initiated hugs with four of the counselors that she had spent the week with. For most this might be rather unremarkable but for our daughter this was a great accomplishment and represented a tremendous step forward.

Some may view contributions such as yours as merely tossing a couple of bucks in the till. For our daughter your efforts have been (without fear of exaggeration) life changing. Indeed, each of you has been a critical part of 'the solution!'" - A camper parent

## HEALTHY LIVING

Karen's first step to where she is today began when she quit smoking. She also knew she did not want to gain anymore weight as a result. This summer she came to the YMCA saying that entering those doors was the hardest thing for her to do. She met Y members who suggested that she take water fitness classes and was encouraged to look in the pool area from the window in the lobby. She decided to give it a try and she loved it! She became involved in the Silver Sneakers classes and Zumba Gold. Karen is now 75 pounds lighter and comments on how the Y and the group support she receives here is the reason for her success. She is encouraged by members and staff and no one is critical.

Karen visits her YMCA daily during the week and says, "It was a great day when I showed up at the Y. Life happened to me."

## SOCIAL RESPONSIBILITY

Margaret (volunteer tutor), and Bridgett (learner), have been working together for about 10 months in the YMCA Literacy program. Margaret is a nurse and Bridgett has worked as a CNA but wants to get a medical records diploma at the community college because the pay is better. Margaret has helped Bridgett develop confidence and use specific strategies to improve her reading comprehension. Bridgett has taken Adult Basic Education classes before, but was never allowed to take a class in the curriculum program she wants. She recently passed the entrance exam and will begin her first class in January. With her tutor's encouragement, she has investigated the services available to her at school. She's confident she'll succeed with continued help from her tutor.

Margaret talks about how much she and Bridgett enjoy working together. It's given her a chance to try out her own personal "road not taken" when she decided to pursue nursing instead of a teaching career.

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YMCA of Northwest North Carolina  
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Winston-Salem NC 27101



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TURN YOUR GIFT INTO...

**YMCA of Northwest North Carolina**  
Annual Giving Campaign  
A Partner With Youth Initiative