

WHY SUPPORT THE Y?



TO HELP THE PERSON STANDING NEXT TO YOU

"I am writing this letter to simply show my appreciation and share the experiences that I have received since being awarded a scholarship to be a member at Los Alamos YMCA. Since I have been going to the YMCA I have seen and felt a difference in my life, fitness, and health. I have lost 10 pounds in the last six weeks. I feel amazing about my achievement.

"Also, when going to the YMCA it definitely helps release the strains that I have on a daily basis. When leaving the gym I feel like a new person. I feel that having this ability to work out helps in my family and daily life as well. Therefore, I am tremendously appreciative and propitious for having the scholarship that has been given to me."

- 2012 Y Member

TO ADDRESS THE NEEDS OF OUR YOUTH AND TEENS

The Teen Center in Los Alamos has helped me "to have friends, make friends and have fun" "to stay out of trouble because Los Alamos has nothing to do" "get to know others" "chill"

Here I've gotten to "have fun doing homework and meeting new people" "play drums during lunch hour" "meet new people and get to know my friends better" "envision my future, do homework and have fun" "see that a place run by adults can be fun" "like different types of people."

I am the lucky holder of a scholarship to the YMCA. I am so grateful for this gift because of all the doors that it opens to me and my family. For me, I have to get fit and lose weight due to health problems from being overweight. Through having a membership at the YMCA, I am able to work out, meet friendly people, and have a place my children get to go to make friends and be active themselves.

We have lived in NM for only a year. Before that we lived in Florida, so we are not used to the snow. Having a YMCA membership provides a way for my family to get together out of the weather and play together. We love going to the gym and playing ball, running races, and playing the different activities that the gym offers.

Having a membership also provides a way to expose my children to many activities that life has to offer. We have played on basketball teams and soccer teams. My children look forward to playing volleyball, taking karate, and doing the other sports and classes offered through the year. I love taking the Zumba classes and yoga classes. Without a membership we would not get to do these things and bond as a family by staying active.

Being members of the YMCA has provided a place that my family can live an active, healthy lifestyle. It provides a place where we meet friendly people (staff and members), and offers an all-around place for well-being. Thank you for making it possible for families like mine to be able to participate in such an amazing program. Without the scholarship, this would not be possible, and we are blessed through the generosity of others.

Sincerely,
B., 2012 Y Member

The Española Teen Center has helped me to "do homework" "be confident in my artwork" "go on field -trips" "it's helped me by letting me hang out here"

I like the center because "I have a place to go after school" "it's fun and it is here for me"

Here I have learned "to take responsibility for what I do, good and bad" "to show my art" "not to say bad words" "how to respect others" "to build and cook" "to show how I feel" "to make benches out of wood" "that I can be anything I want to be."

TO ASSIST CHILDREN & PARENTS

"My child is fortunate enough to be involved in the YMCA after school care program. This program has truly been a gift... I am a full-time student at Santa Fe University of Art and Design and a part-time employee. Being a single mother, I am so grateful to have a safe environment for my child, which is also very affordable.

"On another note, my child loves the YMCA after school program. Just the other day when I picked him up he proceeded to tell me, "this place rocks." He has also shared with me that he loves his teacher Mrs. Hinijosa. They do so many fun activities that stimulate his child's mind and he is excited to be a part of this program.

"For me, I feel like he is in the right place. I am thankful that I, who live on such a limited income, can afford such superb childcare."

- S.C., 2012 Afterschool Parent

"The Los Alamos YMCA scholarship program has been exceedingly helpful to me and wonderful for my children. Due to the fantastic help I receive from the YMCA I am able to let my children have the benefit of a great after-school program that encourages positive social and life skills, and I can continue to finish my education.

"I can't stress enough how generous it is and that without this aid I would not be able to provide this program to my children. I am thankful every day for this!"

-2012 Afterschool Parent

"I have been fortunate to receive financial assistance from the YMCA through a scholarship so my daughter may attend the after school program. This has been so beneficial to both my daughter and I in so many ways.

"With my daughter attending the YMCA I feel secure in knowing that she is well taken care of. The young ladies who oversee the children are wonderful and I know my daughter enjoys herself and is flourishing there.

"This gives me the peace of mind that a single mother with a very demanding job and no family in close proximity needs... I feel very fortunate for the assistance we have received and hope to continue receiving it."

Thank you, S.B., 2012 Afterschool Parent

"My children and I were the recipients of a YMCA Childcare Scholarship last fall. This scholarship allowed me to go back to work full-time for 3 months (after not being able to find work) in order to save up enough money to take care of financial hardships my family was having at the time.

"Being able to work and help contribute to our family's income helped elevate much stress and tension being felt in our home. This economy has been hard on many, many families, and without programs like the ones the YMCA provides, as well as offering a scholarship to help pay for some, if not all of the cost, things would be much tougher. Thank you for helping me during a hard time in my family's life."

-2012 Afterschool Parent

TO STRENGTHEN OUR COMMUNITY

Y programs empower youth and adults, and create connections in our community. Donations support youth leadership programs, including the overheard for this otherwise state-funded YCC job program.

What did you do to help create a cohesive team/crew?" "I worked with my team by listening and asking questions when I wasn't really sure about what to do. Also, I think all of us created a really cohesive team by respecting one another and really taking time to learn about one another."

What advice do you have for future crew members and leaders for creating a positive work dynamic? "I think the most important thing for members and leaders is to have a good attitude. The work is easier and we get more done when everyone is enjoying themselves." "Have a good sense of humor and relax" "Get to know everyone well, tell jokes, have fun." "Maintain a good relationship with everyone, communicate, always try to help someone who's struggling."

What was most positive thing that came out of the Y's YCC program for you personally? "I feel really relaxed and fit after working in nature for these three months." "All the new friends I made. I believe that this job builds strong relationships that will last a long time." "I met a lot of amazing people and I know I made a difference." "It gave me patience and I learned how to tolerate different people with different ways of thinking." "I would totally do this job again. I loved the whole experience, and I really think that this is one of the most important jobs I have ever had." "I would love this job again because if I can help even one person in a community, I've done my job." "I am interested in forestry as a career and my experience with the Corps will help me get a job in that field, as well as prepare me for the tasks I will be performing." "Thank you for the opportunity with this job. I learned a lot and I know I will take what I've learned and apply it in everyday life. It's been a great summer and everybody will always hold a special place in my heart."