



FIRST FRIDAY REPORT



A Monthly Update for Friends of
THE YMCA OF METROPOLITAN DALLAS

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MAY 2019

Dear YMCA Friends,

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

Youth Development YMCA Collin County Adventure Camp (CCAC) recently cut the ribbon on the new Alpine Tower. The Alpine Tower was made possible by a \$125,000 Founders Grant from Speedway Children's Charities – Texas and is a first of its kind ADA-compliant Alpine Tower with shade structures. These shade structures provide children with disabilities the opportunity to climb 50' in the air either on their own or with a teammate. CCAC works with several programs that provide opportunities for children of all abilities to enjoy camp. Camp iHope serves children who are battling cancer. Camp Brave serves children with congenital heart defects and Kamp Kaleidoscope serves children with epilepsy. Many of these children take medication that makes it difficult for them to spend time in the outdoors and by providing shade to our Alpine Tower, they are able to achieve new heights at camp.



Healthy Living One in three American adults has high blood pressure, which puts them at risk for stroke and heart disease, two of the leading causes of death in the U.S. According to the American Heart Association. Nearly 80 million adults have high blood pressure in this country and less than half have it under control. In response to this critical health issue, YMCA's Blood Pressure Self-Monitoring program offers personalized support as participants develop the habit of monitoring their blood pressure. Research shows that the process of recording blood pressure at least twice a month over a period of four months can lower blood pressure in many people with high blood pressure. The Y designed the Blood Pressure Self-Monitoring program to help adults with hypertension lower and manage their blood pressure. The four-month program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management. Goals for the program are reduction in blood pressure, better blood pressure management, increased awareness of triggers that elevate blood pressure and enhanced knowledge to develop healthier eating habits. Visit ymcadallas.org/BPSelfMonitoringProgram to learn how the program might help you or a loved one.



Social Responsibility 68,431. That's an impressive number no matter what it relates to. For the YMCA of Metropolitan Dallas, that number represents the number of unique individuals that received a scholarship in 2018. They needed the Y, but couldn't afford the full cost to participate in a program or membership. Their participation was made possible by nearly 11,000 donors making a gift to the Annual Campaign. You can find more about the impact your Y makes in our 2018 Annual Report. Visit www.ymcadallas.org/annualreport to learn more.

Thank you for your continued support.

In spirit, mind, and body.

Sincerely,



Curt Hazelbaker
President and Chief Executive Officer

