

MAKING A DIFFERENCE



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ANTHONY BOWEN

1325 W St., NW, Washington, DC 20009

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www.ymcadc.org/AnthonyBowen

COMMUNITY PROGRAMS THAT STRENGTHEN U STREET & BEYOND

ACTIVATE AMERICA

Activate America is the YMCA's call-to-action in response to our nation's growing health crisis. Ys across the country are expanding their relationships within their communities to better support Americans of all ages who are struggling to achieve and maintain well-being of spirit, mind, and body. Activate America includes the following initiatives at YMCA Anthony Bowen:

- Community Wellness/ Branch Wellness
- Fit & Well Seniors
- Health & Nutrition Seminars
- PHD (Physical, Healthy & Driven)
- Special Events, such as Healthy Kids Day
- YMCA's Diabetes Prevention Program

CARING FOR COMMUNITY

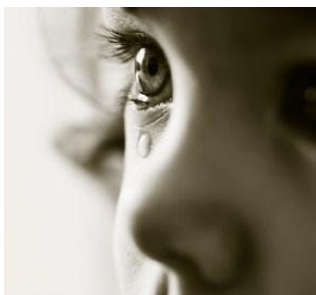
Every day, the Y addresses the most pressing needs in our community by making sure that everyone—regardless of age, income or background—has the opportunity to learn, grow and thrive. YMCA Anthony Bowen uses financial gifts to help individuals and families in need participate in programs such as: summer camp, health and wellness, child care, our Youth Academy and more right here in the U Street/ Shaw community. In 2012, the YMCA of Metropolitan Washington's **Caring for Community** fund provided \$2.4 million in scholarships and subsidies to more than 10,000 local children and families who turned to the Y for help.



COMMUNITY/ PROGRAM MEMBERSHIP

YMCA Anthony Bowen is a gathering place for our community. For 160 years, it has been a beacon of hope, health and connecting neighbors. At the new facility, we are offering a community/ program membership to welcome everyone to take part in our programs and community events. We have a robust calendar that includes wellness seminars, talent shows, local musicians, gardening and book clubs, family activities and more. In addition, our community/ program members receive a discounted rate on YMCA programs, such as summer camp.

DARKNESS TO LIGHT



Long before highly-publicized cases, YMCAs across the country have been addressing child sexual abuse. It's easy to believe that it could never happen to us. In reality, 1 in 4 girls and 1 in 6 boys will be sexually abused before their 18th birthday.

The YMCA of Metropolitan Washington, Prince George's County State's Attorney Angela Alsobrooks and Darkness to Light have partnered to bring the Stewards of Children child sexual abuse prevention training to residents of Prince George's County. *Stewards of Children* is the only evidence-based training

available nationally that is proven to increase knowledge and change child protective behavior. Our intention is simple: to educate adults on how to recognize, prevent and react responsibly to child sexual abuse. When adults actively seek to make a difference, a cultural change can occur. The program is currently being piloted in Prince George's County, MD and will be launched at YMCA Anthony Bowen in the coming years.

FIT & WELL SENIORS

Fit & Well Seniors is a fun and interactive wellness program unique to the needs of the more than 100,000 seniors residing in DC, many of whom are widowed, living on a modest income, and have limited access to activities. Launched in 2010, this program aims to help seniors rediscover the vibrancy of life through wellness, education, and socialization. This program offers land and water-based fitness classes in all 8 Wards of DC, including water aerobics, yoga, and zumba. It also incorporates health and lifestyle assessments, inter-generational activities, social clubs, and a Fit & Well Seniors mobile unit. Implementation of this program is made possible through partnerships with Ward 4 Councilmember Muriel Bowser, DC's Department of Parks & Recreation, DC's Office on Aging, and The Salvation Army. In 2012, 2,877 seniors participated in Fit & Well Seniors.

HEALTH & NUTRITION SEMINARS

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. YMCA Anthony Bowen is a place where you can work toward that balance by challenging yourself to learn about the latest wellness topics, health risks, power foods, healthy eating on a budget, fitness demonstrations and more. We will feature at least two wellness-related seminars every week at the Y. Our seminars (which include social and family enrichment opportunities) are open to all YMCA Anthony Bowen members and community/ program members.

HEALTHY KIDS DAY

During the summer, many children lose exposure to out-of-school activities that keep their minds and bodies active. Research shows that children gain weight two to three times faster during summer vacation than during the school year. The YMCA's Healthy Kids Day is a national initiative created in 1992 to help kids get a jump on a summer full of activities—from fun physical activities to healthy snacks to summer reading—that will keep them growing and achieving. Every April, YMCA Anthony Bowen celebrates YMCA's Healthy Kids Day® with a free community event featuring fun, educational activities that will get families moving, learning and living healthier.



PHD (PHYSICAL, HEALTHY & DRIVEN)

PHD was launched in 2004 in response to the alarming rise in childhood obesity in DC due to the lack of physical activity and healthy food options. The YMCA of Metropolitan Washington developed this program to help local youth, aged 6-14, get active and be healthy. It incorporates pre and post-session assessments, noncompetitive exercise, cardiovascular and flexibility activities, nutrition education, and family involvement. This nationally renowned program attracted the attention of First Lady Michelle Obama, who launched her "Let's Move" initiative at YMCA Alexandria in 2010. It has since expanded to include the PHD on the Move van (the region's first traveling playground), XRKade, Wellness Wednesdays, charter school initiatives, PTA partnerships, fun runs, and more.

In 2012 alone, our PHD program taught 38,197 children how to stay healthy for life... and inspire a love for it! In addition, the PHD on the Move van 115 stops in the DC region, bringing healthy play to the doorsteps of 28,750 urban and suburban children.

PUBLIC SCHOOL PARTNERSHIPS

According to the latest findings of the YMCA's Family Health Snapshot – a survey of parents that gauges their children's activity levels during the school year – only 19 percent of children get 60 minutes of physical activity and only 12 percent eat at least eight fruits and vegetables daily. We know parents and schools struggle to keep kids physically active every day, and we have the programming to help. In area public and charter schools, YMCA Anthony Bowen will be providing nutrition counseling, fitness activities and games as part of our PHD program. In addition, teachers have the opportunity to take part in wellness seminars and our Public Service Membership. We've already partnered with Inspired Teaching School, and are looking to expand in the next few months.

PUBLIC SERVICE MEMBERSHIP

The programs and services at YMCA Anthony Bowen are reflective of the needs of local children, adults and families. Furthermore, we want to ensure that our community continues to grow... and what better way to do so than filling the wellness needs of those who strengthen DC by imparting education and safety day in and day out. The Y is proud to support local firemen/ women, policemen/ women and school teachers with Public Service Memberships at a 50% reduced membership rate. By investing in their wellness, we are reinforcing the backbone of our community.

SUBSIDIZED MEMBERSHIP

At the Y, a supportive community is a big part of wellness. At every age and every level of activity, you'll find people just like you looking to live a little bit healthier. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. Supported through donations, our Caring for Community fund offers subsidized memberships to those who otherwise couldn't afford it.

SUMMER CAMP

Camping, like many Y programs, is about learning skills, developing character and making friends. But few environments are as special as camp, where kids become a community as they learn both how to be more independent and how to contribute to a group as they engage in physical, social and educational activities. Camping teaches self-reliance, a love for nature and the outdoors, and the development of attitudes and practices that build character and leadership. Through scholarships and subsidies from our Caring for Community fund, under-resourced families can afford to send their child this opportunity.

SWIM LESSONS

As a leading nonprofit committed to social responsibility, the YMCA of Metropolitan Washington has been a leader in providing swim lessons and water safety for more than 160 years. There are a variety of programs to choose, including family swim, swim leagues, parent-child lessons, aqua fitness and more. In addition to learning lifesaving water safety skills, YMCA swimmers enjoy water sports, enhance or learn new techniques, meet new friends, and develop confidence and a positive mental attitude. To ensure that everyone has an opportunity to participate, financial assistance is available to those in need to help cover the costs.

THINGAMAJIG INVENTION CONVENTION



Every July, over 4,000 kids from the DC region spend the day developing creative expression, healthy habits, and self-confidence at the Y's Thingamajig Invention Convention. Thingamajig is a free full day of hands-on challenges and activities that expose kids ages 5-14 to science, technology, aeronautics, engineering, active fitness and play, nutrition, going green and much more. The highlight is the opportunity for kids to compete for prizes by inventing the next great Thingamajig! With 14 invention challenges and over 50 interactive

workshops last year, Thingamajig allowed kids to develop a personal understanding of the world, their health and their future. This event is free and open to YMCA summer camp participants, church, school and youth groups, and more.

YMCA DC YOUTH & GOVERNMENT

YMCA DC Youth & Government, headquartered at YMCA Anthony Bowen, empowers youth to become critical leaders and responsible citizens through training in the theory and practice of making public policy. Established in 2001, the program has given more than 1,000 DC students the forum to learn and discuss critical, nationwide issues with city administrators, elected officials, and peers. Over the course of a school year, high school students learn invaluable skills in a rigorous but fun curriculum that enable them to improve their communities for years to come. All program activities build up to the YMCA DC Youth & Government Legislative Weekend, held in March, where students participate in a two-day working simulation of the DC Government's legislative process with an opportunity to play the part of city officials. In 2012, 305 teenagers learned how to make positive change in their community.



YMCA'S DIABETES PREVENTION PROGRAM

YMCA's DPP is an evidence-based behavior change program that helps those at high-risk of developing type 2 diabetes adopt and maintain a healthy lifestyle. It is a CDC-certified program that is comprised of 16 weeks of intensive education followed by monthly maintenance. A trained lifestyle coach will use scientifically-proven methods to help participants change their eating habits, physical activity and behavior. Those whose employer/ insurer doesn't cover the program have self-pay and financial assistance methods available. Programs like the YMCA's Diabetes Prevention Program that help people lose 5-7 percent of body weight through healthier eating and increased physical activity could reduce the number of cases of diabetes by 58 percent. YMCA's DPP in DC was awarded pending recognition for the CDC Diabetes Prevention Recognition Program (DPRP) in 2013.

YOUTH ACADEMY

At the YMCA, we believe that the skills learned early on are vital building blocks for the future. The Youth Academy at YMCA Anthony Bowen enriches the minds and inspires the hearts of children ages 2 ½ to 5 years old. In this leadership and academic enhancement program, students will benefit from a smaller class size, passionate teachers and experiential learning. Our program offers developmentally-appropriate instruction in literacy, social development, STEM, arts, health, nutrition, character, and civic responsibility. In a structured, nurturing environment, students will learn about themselves and the world around them. To afford this opportunity to the under-resourced families who need us most, 30% of all enrolled children will be subsidized.