



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

At the Tri-County YMCA, our mission is to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all. With a commitment to **nurturing youth development, promoting healthy living, and fostering a sense of social responsibility**, the Y ensures that every individual has access to the essentials needed to learn, grow, and thrive.

YOUTH & TEENS: A SAFE PLACE TO GROW AND CONNECT

THE NEED: Young people need a safe, nurturing place to go when school is not in session. 68% of our state's school-age population have all parents working. Over 172,000 (16%) of Indiana youth are living in poverty, and an additional 226,000 (21%) are living in low-income households.

OUR RESPONSE: The Y ensures all youth and teens have a place to go when school is not in session. After school programs include: homework help, positive role models, & healthy snacks.

- Provide care for 188 students through our Afterschool locations at the Tri-County YMCA, Jasper Elementary School, Holy Trinity Central Campus, Pine Ridge, and Dubois Elementary
- Offer Youth Memberships for 10-18 year olds

ACTIVE OLDER ADULTS: STAYING HEALTHY LONGER

THE NEED: The senior population in Indiana is growing more rapidly than other ages. Social isolation and loneliness hinder good health—putting older adults at risk for chronic diseases, depression, and cognitive decline. The risk of falling — and fall-related problems — rises with age.

OUR RESPONSE: We offer a variety of programs for older adults and continue to provide a place for not only health and fitness programs, but also a safe place for social interaction.

- Morning Energizers Senior Exercise Class at Ferdinand, Santa Claus, & Tell City
- Enhanced Fitness class at Huntingburg
- Served 40 Parkinson's patients in our Rock Steady Boxing program at Ferdinand and Jasper in 2023
- Established a Sit and Relax area in our lobby for members & guests

SAFETY AROUND WATER: PREVENT DROWNING

THE NEED: Drowning remains in the top 5 causes of unintentional injury-related death from birth to 5 years old. 1 in 4 parents of U.S. parents have low confidence with water activities or bodies of water, affecting their own and their children's safety.

OUR RESPONSE: At the Y, we believe that learning to swim is not a luxury, it's a necessity. We are working to ensure every child, teen and family member in our community has access to critical programs like swim lessons.

- Taught 110 kids and adults swimming lessons in 2023
- With the addition of our therapy pool in Summer 2024, we will be able to introduce more children, teens, and adults to water and water safety

SUMMER YOUTH PROGRAMS: PROVIDING THE BEST CARE FOR KIDS

THE NEED: Long summer months can lead to “summer slide” and lack of consistent access to adequate food, physical activity, and safe places to have fun. Excessive screen time is linked to anxiety, depression, ADHD, and obesity in children.

OUR RESPONSE: Our summer programs get kids outdoors, away from screens, and engaged in positive activities all day long. We offer financial assistance to families to ensure cost is not a barrier.

- Engaged with 322 campers through our 2023 Summer Day Camp program at Ferdinand, Jasper, & Tell City

FINANCIAL ASSISTANCE: PROVIDING ACCESS TO ALL

THE NEED: In Indiana, 12% of households earn below the Federal Poverty Level (FPL). 27% are ALICE, in households that earned above the FPL but not enough to afford the basics in the communities where they live.

OUR RESPONSE: We never turn an adult, family, or senior away for the inability to pay for membership or programming. We award financial assistance to those in need so that every person, regardless of finances or family situation, can benefit from the YMCA.

- Provided \$45,552 in scholarships to children in our Afterschool program and Summer Day Camp program
- Provided \$11,132 to our members through scholarships in 2023

We could not do this without your support. The Annual Campaign helps to offset financial assistance and also allows the Y to subsidize programs offered throughout our service area. Donations go directly towards helping those in Dubois, Perry and Spencer counties. Enclosed you will find information on how you can help support our services. Donations can also be made online at www.tricountyymca.org by clicking the DONATE TODAY link at the top of the page.

We appreciate your consideration and support of your Tri-County YMCA.

Thanks,

Mike Steffe

Executive Director/CEO

TRI-COUNTY YMCA

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The Y: We're for youth development, healthy living and social responsibility.