



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

OUR COMMUNITY OUR CAUSE

The Richard A. Henson Family YMCA, a branch of the YMCA of the Chesapeake, is a 501(c)3 non-profit charitable organization serving the communities in and around Wicomico County, Maryland. Our cause is strengthening community through programs that build a healthy spirit, mind, and body for all.

TOGETHER WE CAN DO SO MUCH MORE

Maryland faces new challenges that create a greater need for the work we do. Fortunately, where some see obstacles, we see opportunities for our members, volunteers, staff, and generous donors like you to make a difference.

No other organization can impact as many people as powerfully as we do every day. When you give to the Richard A. Henson Family YMCA, your gift will help young people achieve their potential, empower people of all ages to lead healthier lives and strengthen the bonds of community.

In **2017**, we served **8,106**

Individuals and provided
\$418,715

in scholarships and financial assistance
to those in need in our community.

1,080



Volunteer Hours

Were spent in the community by our dedicated volunteers who provided coaching, youth mentoring, water safety instruction, and development planning.

Give today and inspire a lifetime.

Your gift can support others in need. Give and do so much more.

\$31 gives a 6th grader a safe place to go afterschool for one-month

\$60 saves a life by teaching a child how to swim

\$100 helps prevent summer learning loss for a 3rd grader in one week of our Summer Learning Program

\$180 helps a person living with, through or beyond cancer to strengthen their physical and spiritual health through a specialized 12-week program

\$480 provides a six-month membership to a senior citizen living on a fixed income; giving them a community of peers to connect with and a place to stay mentally and physically active

\$600 provides a low-income family of four with a YMCA membership for a year

\$1,100 sends a child to camp for the summer

The Richard A. Henson Family YMCA strengthens community through programs that focus on **YOUTH DEVELOPMENT, HEALTHY LIVING,** and **SOCIAL RESPONSIBILITY.**

EARLY LEARNING PROGRAM

Support approximately 28 children and their caregivers in our Early Learning Program. **This program is designed to provide school readiness for children ages birth to age 5 and their caregivers.** This is a free program offered two mornings per week at the Y during the school year.

DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program helps adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps to improve their overall health and well-being. **The program provides a supportive environment where participants work together to reduce individual weight by 7% and build up to 150 minutes of moderate (the equivalent of brisk walking) physical activity per week.** The program is delivered over a 12-month period in a classroom setting.

SENIOR WELLNESS

Active Older Adults at the YMCA experience a strong sense of belonging and a network of friends who provide supportive communities for sustained health and well-being. Senior socials, educational seminars and specialized group exercise classes provide opportunities to stay fit, both mentally and physically.

OPEN DOORS



The YMCA turns no one away due to the inability to pay. Donations raised throughout the year supports our Open Doors program, **providing financial assistance and program scholarships so everyone in our community can belong.**

4th GRADE WATER SAFETY

Teaching children to be safe around water is not an option on the Eastern Shore; it is a necessity. The YMCA works with Wicomico County Board of Education to provide free Water Safety lessons to every 4th grader in the county. This program helps students to learn essential water safety skills opening up a world of possibilities to them while reducing the risk of drowning. **Last year we taught over 1,000 4th graders how to be safe around the water at no cost to their families.**



SUMMER CAMP

The Henson Family YMCA believes every child deserves the opportunity to have a magical summer full of adventures, learning and friends. Summer Camp provides an exciting, safe community for children and teens to explore the outdoors, develop skills and make lasting friendships and memories. **Over 150 campers participated each week this past year. Of those, over 70% relied on financial assistance to attend camp.**

GIRLS ON THE RUN

Girls On the Run is kicking off its inaugural year at the Henson Family YMCA. This program inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. Girls on the Run believes every girl can embrace who she is, can define who she wants to be; can rise to any challenge and can change the world. We anticipate at least 70% of participants will require financial assistance to participate.

RICHARD A. HENSON FAMILY YMCA

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