



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Y IMPACT

LANCASTER FAMILY YMCA

WINTER 2018

## Julia Pays it Forward to Welcome Jose to a New Community



Greta Fairbanks has been teaching Zumba at the City Center YMCA for 6 years. Through her classes, she has created a welcoming environment where Y members improve their health and form close friendships.

Greta's teaching moments don't stop when Zumba is over however. Recently, she proposed a challenge to her children to help them learn the value of giving back to others. Her daughter Julia explains, "My mom gave us each a necklace that says Pay it Forward on the front and has our initials on the back. The goal for us was to find someone that needed kindness and to be reminded that there are good people in the world. We were to complete an act of selflessness for someone and then present our necklace to that

Jose (wearing the red Genius Mode shirt) poses with his family from Lancaster. Greta and Julia are at the far right of the photo.

person and say 'please take this necklace as a reminder to do something kind for someone else when you get a chance.' We are hoping the necklace gets passed on to many different people."

Julia's Pay it Forward moment came soon enough when she learned that her fourth grade class was getting a new student from Puerto Rico. Jose's family had to move to Lancaster and live with family here as a result of Hurricane Maria. Julia learned that Jose's birthday was in December and

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Jeffrey S. Kenderdine  
Lancaster Family YMCA  
President & CEO

## US is Empowering. US is a Promise. US is a Possibility.

### YOU Make a Better US.

Recently, the YMCA of the USA launched a new awareness campaign centered on the concept of "US." US is based on a key insight about the things people across the country are experiencing, from anxiety to social isolation, to a lack of empathy. Through these daily struggles the YMCA is there—to bring people together, to help find common ground and to address pressing social issues that so many communities are facing.

You are US. Every day, Y members, staff, donors, volunteers and partners help to strengthen our community and help all of US who live here find the power of our potential.

In this issue of Y Impact, you'll see how one of our young YMCA members empowered others to offer the hope of friendship and a fresh start to a new classmate. You'll also discover how we are partnering with our local schools to deliver on the promise of Closing the Academic Achievement Gap for students in need.

Thank you for helping to make this mission impact possible. You Make a Better US.

#### Julia Pays it Forward continued from page 1

wanted to throw him a surprise party and invite her classmates so that he would feel safe and special and to help him make friends.

On December 18, the City Center Y was privileged to play a small part in Julia's big effort by offering the gymnasium for Jose's party. Jose is still learning English and Greta was able to arrange for students in the Catholic High School Spanish program to volunteer their time as translators so that Jose and the other children could communicate and get to know each other better. Members of the Catholic High School basketball team also volunteered their time and skills to lead the kids in games.

Jose and his family have been through a very tough time, but because of Greta, Julia and so many others who embrace the importance of Social Responsibility, they felt the welcome of a new community and have hope for a brighter tomorrow.

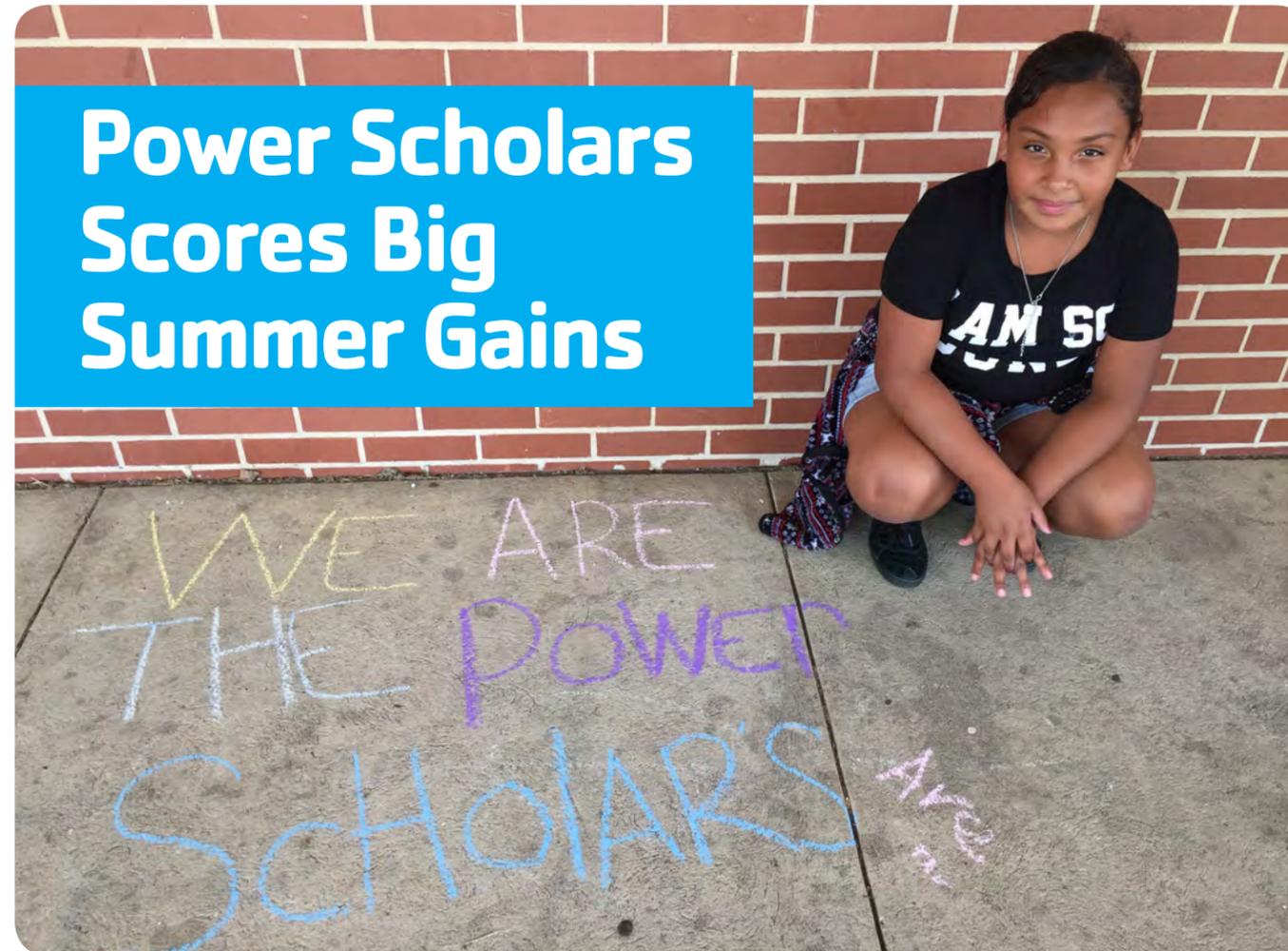


### YMCA at New Holland Becomes Official Branch of Lancaster Family YMCA

In 2013, the Lancaster Family YMCA took on operations of the New Holland Rec Center via a lease agreement at the request of the Rec Center Board of Directors. The future goal was for the Lancaster Family YMCA to eventually take on ownership of the facility and provide services to New Holland and the surrounding communities on a long-term basis.

We are pleased to announce that in December we were able to secure the future of the YMCA at New Holland by purchasing the facility through a merger agreement.

Many thanks to the New Holland Rec Center Board of Directors, our Y members, donors and the New Holland community for your support in helping us achieve this mission milestone.



## Power Scholars Scores Big Summer Gains

Last summer, the Lancaster Family YMCA launched a new summer learning loss prevention program - Power Scholars Academy - for 1st-5th grade students from King and Carter & MacRae Elementary schools in the School District of Lancaster. Power Scholars Academy is a national YMCA program powered by BELL (Building Educated Leaders for Life) and blends rigorous literacy and STEM instruction with hands-on enrichment, social emotional development, health and nutrition education and community engagement.

Kids from low-income households often don't get the same summer enrichment opportunities as those from families with higher disposable incomes, and as a result, are at a greater risk of falling behind in learning than their higher-income peers. About 95% of the children from these two schools come from economically disadvantaged households.

65 children participated in our Power Scholars Academy program and the evaluation results show the students gained 2 months in literacy skills and 1.5 months in math skills.

"This was the first time we offered Power Scholars Academy to children in the City of Lancaster and the impact

**90% of parents reported that their children were more confident in their abilities after participating in Power Scholars.**

was profound," said Lancaster Family YMCA Youth Development Director Tracy Brunke. "Not only did we see the children advance academically, they also benefited from the holistic aspects of the program such as learning about good oral hygiene from dentists who visited the class. One of our enrichment activities included a field trip to a local college which opened a new world of opportunities to them. They could imagine a vision for their future. They could say 'I can see myself here.'"

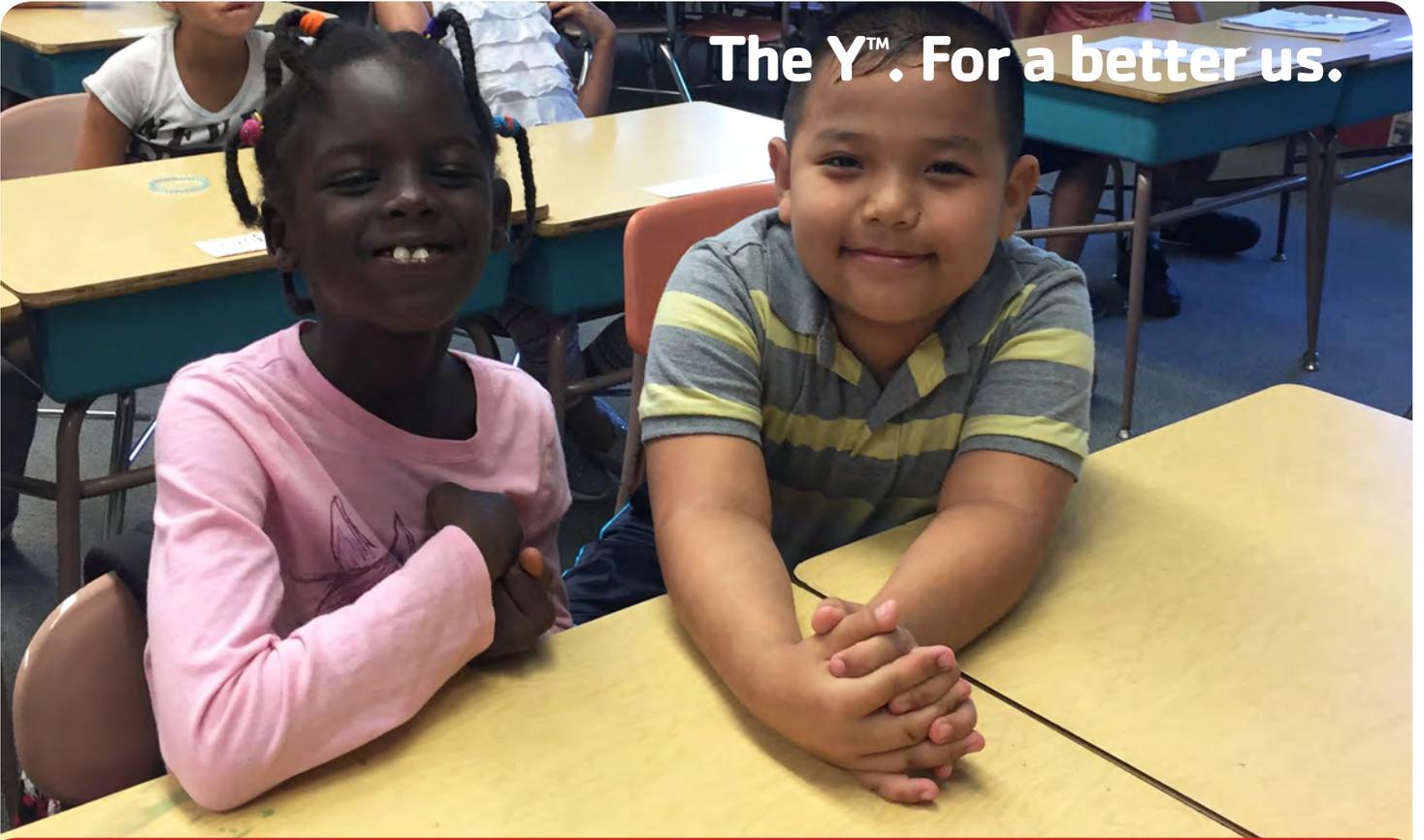
We are very pleased with the initial success of this program, and we're currently talking with the School District of Lancaster on plans to expand the program to support even more children this summer.

**YOUR SUPPORT CHANGES LIVES.**

**Donate to the Lancaster Family YMCA at**

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The Y™. For a better us.



Our Mission: To nurture our community through the pursuit of life-long growth in spirit, mind, and body.

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