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CENTRAL CONNECTICUT COAST YMCA

CENTRAL CONNECTICUT COAST YMCA INSIGHTS - March 2024

Tim Bartlett President & CEO

CRITICAL COMMUNITY NEEDS INCREASE, CENTRAL CONNECTICUT COAST YMCA RESPONDS

As our communities struggle to meet the most basic of needs, the **Central Connecticut Coast YMCA** is proud to report on our progress in making the daily lives of those around us better.

The CCC YMCA strives daily to support those struggling with economic, housing and food insecurity. Our **Alpha Community Services YMCA** continues to support those dealing with chronic homelessness and have been at the forefront of ensuring individuals and families have a roof over their heads. Our Y South End Community Center serves as a warming facility center to make certain the most vulnerable are not out in the elements during the winter. We were the first warming center to open it's doors in the State of CT for the '23-24 season and have served 137 individuals to date. Twenty-three of these individuals have been housed in permanent homes. Given the nature of the population served, this success rate is exceptional.

Our YMCA firmly believes that no one should go hungry. Through partnerships with eight other community organizations, the Y either directly contributed or provided support services to our preschool and afterschool programs as well as our summer camp attendees and the community at large to fight food insecurity. We have marshalled the efforts of staff and member volunteers to assist in state wide initiatives getting food into the hands of those most in need. From weekend backpack programs, to mobile food distribution, to maintaining community refrigerators, the CCC YMCA distributed over 211,000 meals in our 26 town service area.

As families struggle with the economics of day to day life, our YMCA provided support in a record numbers both in the number of individuals supported but also in amount of overall financial aid cholarships awarded for Y memberships and programs. At a time when fiscal instability is adding undue stress to many families in our neighborhoods, the Y provided nearly $3.4 million dollars to 10,646 individuals in an effort to lessen the burden A key portion of our mission is to provide needed services to all regardless of an inability to pay.

Click here for more about our 2023 Community Impact.

EDUCATIONAL SEMINARS TEACH HEALTHY LIVING

Each month, the **New Haven YMCA Youth Center** hosts the SNAP Ed Nutrition Education Workshop Series. The Eating Smart-Being Active Workshop curriculum centers around hands-on activities to reinforce learning and apply new skills, including food preparation, food tasting, and physical activity. This program is free of charge and open to all. It has been a great resource for our families and staff throughout this school year. Each month brings new and exciting topics, we're so thankful for this enriching partnership!

HAVE A HEART FOR A CAUSE

On Thursday February 8, the **Lakewood-Trumbull YMCA** hosted it's first Annual "Have a Heart for a Cause" fundraising gala at Tashua Knolls Golf course. The night was dedicated to our late instructor Robin Bova. Funds were raised supporting our chronic disease programs specifically Yoga for people with MS and our LIVESTRONG at the YMCA program, as well as future programs such classes for people with Parkinson's.

Over the course of the very fun evening, we had 4 honorees, dinner, a silent auction and raise the paddle. We closed the evening with dancing! We had 129 attendees and raised over $20,000! The honorees represented the Y's core values, which are Caring, which went to our member Antonia Prentice. Honesty, which went to Staff member Donna Bogen, Respect, to our Board Member Glen Snajder. And finally, the Responsibility Award went to Trumbull Chief of Police Michael Lombardo.

Next year's gala is slated for Thursday February 6: We hope to see you there!

Click here to donate to the Central Connecticut Coast YMCA Annual Campaign

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The **Stratford YMCA** and **Lakewood-Trumbull YMCA** are partnering with Kennedy Collective to offer Project Search, a nationally recognized internship program for young adults with intellectual and developmental disabilities.

During this 10-month unpaid internship, our 3 interns will participate in membership, child care and facilities. While working side by side with Y staff members, they are learning business processes, procedures, and communication skills. They are also gaining independence, self-confidence, and self-esteem. They are learning valuable skills to prepare them for competitive employment.

Click to learn more about Project Search and attend an informational session.

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OUR MISSION To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

CENTRAL CONNECTICUT COAST YMCA
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The Y is a charitable, not-for-profit, community service organization.

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