

AUG 2009



MEMBER NEWS

WWW.YMCA.NET



Our Youth After 3:00 P.M.

IN AMERICA TODAY, more young people than ever before are alone and unsupervised in the hours after school, before parents or caregivers return home from work. According to *America After 3 PM*, a national survey commissioned by the Afterschool Alliance with funding from the JCPenney Afterschool Fund, 14.3 million kids care for themselves when school lets out, putting them at risk for unhealthy behavior. Teens who do not participate in afterschool programs are nearly three times more likely to skip classes than teens who do participate. They are also three times more likely to use marijuana or other drugs, and are more likely to drink, smoke and engage in sexual activity.

Growing evidence suggests that quality, out-of-school opportunities matter significantly—that they complement environments created by schools and families and provide important support that deters failure and promotes success.

An analysis of 73 afterschool studies concluded that afterschool programs using evidence-based

approaches were consistently successful in producing multiple benefits for youth in the areas of socialization, academic achievement and self-confidence. YMCAs have known this for some time. In the mid-1970s, Ys began establishing formal afterschool care programs, most of which were held inside school buildings with activities that were social and recreational in nature. Within just a few years, the YMCA became one of the leading providers of afterschool care.

YMCA afterschool programming has evolved over the years to more formally emphasize children's learning and development, while infusing staff training and youth activities with the YMCA's core values of respect, honesty, caring and responsibility. In many YMCAs, afterschool care is one of the largest programs offered and can include the arts, health and fitness, homework support, literacy, science and technology, service-learning and conflict resolution.

SINCE 1999, JCPenney and the JCPenney Afterschool Fund have supported YMCA afterschool programs with more than \$34 million, making a difference for tens of thousands of youth and their families through financial assistance for those who otherwise could not afford to participate and through increased community awareness of afterschool programs.

The JCPenny Afterschool Fund is currently supporting the update to a pivotal study, *America After 3 PM*, due out in October 2009. For more information visit www.jcpennyafterschool.org.

1. Office of Juvenile Justice and Delinquency Prevention.
2. The Collaborative for Academic, Social, and Emotional Learning, 2007.



UNITED We SERVE

VOLUNTEERS ARE THE ENGINE OF YS ACROSS THE COUNTRY, serving on boards, tutoring young people, teaching classes and spearheading innovative programs—and that's just at the Y.

This summer, President Obama has called on all of us, young and old, from every background and neighborhood, all across the country—to engage in meaningful service in our communities. This call to action, United We Serve, specifically asks individuals to identify organizations and projects that address needs in four areas: education, health, energy and the environment, and community renewal. The initiative is led by the Corporation for National and Community Service and runs through the National Day of Service and Remembrance on September 11th.

How you and your family can participate:

- ❖ If you're already doing service, post your opportunities at Serve.gov so others can join your efforts
- ❖ Check with your Y. Is there a volunteer opportunity or project at your YMCA that you can participate in or start
- ❖ Visit www.serve.gov to find or create service projects in your community
- ❖ Post your projects and share your stories at Serve.gov

SERVICE SUGGESTIONS

Health

- ❖ Organize a Back-to-School community health drive
- ❖ Plant a community garden
- ❖ Work with senior centers and nursing homes to promote exercise

Education

- ❖ Collect and distribute books
- ❖ Register community members for library cards
- ❖ Read to children

Energy and Environment

- ❖ Educate community members on energy efficiency
- ❖ Restore and renew public lands
- ❖ Conserve fuel by organizing carpools and bike to work programs

Community Renewal

- ❖ Collect and deliver food
- ❖ Mitigate community blight block by block



YMCA Mission in Action

YMCAS HELPING COMBAT HUNGER

Food banks across the country are reporting a significant increase in the number of people requesting groceries to supplement their household pantries and stretch their tight budgets. In San Diego, the San Diego Armed Services YMCA, neighbor to the country's largest military housing area—27,000 homes—provides a monthly food distribution service to low-income families in the area, many of them military families. To qualify, a family of four must make less than \$33,072 a year; a family of six, less than \$44,293.

According to Executive Director J. Scofield Hage, they are helping feed roughly 200,000 people in the county each month and handing out 20% more food than last year. The enterprise is funded with help from a federal emergency-assistance program and the Sempra Energy Foundation.

The San Diego Armed Services YMCA helps feed roughly 200,000 people in the county each month.

Many YMCAs, from Boston to Portland to Houston, offer food banks, are part of food bank networks or hold regular food drives. Ask at your YMCA about how you might help a family or individual in your community.

THE YMCAs COMMITMENT TO AMERICA

America's YMCAs commit to extend our charitable heritage by directly engaging 25 million children and adults from all segments of our communities in achieving health of spirit, mind and body by 2012.

- ▶ **Every child and youth** will deepen positive values, their commitment to service and their motivation to learn.
- ▶ **Every family** will build stronger bonds, achieve greater work/life balance and become more engaged with their communities.
- ▶ **Every individual** will strengthen their spiritual, mental and physical well-being.

YMCA of Ireland

The island of Ireland is located in the North Atlantic to the west of Great Britain. Since 1921 the country has been divided into the Republic of Ireland, consisting of 26 counties, and the six counties of Northern Ireland, subject to British rule.

The Catholic Republic's population is roughly 3.9 million, with 1 million citizens residing in the greater Dublin area. The population of Northern Ireland—46 percent of which is protestant—is 1.7 million; 350,000 people live in or near the capitol city of Belfast. There are 2 official languages, Irish (Gaelic), which is also referred to as "the first official language," and English.

Over its long history, Ireland has survived invasions, famine and civil war, but has recently come into its own, benefiting from peace in the North, support from the EU and its own rapid economic development.

The YMCA of Ireland

The YMCA has operated in Ireland since 1849 (Dublin). Five of the country's 21 YMCAs were founded in the 19th century. Of the current Ys, eight are in the Republic and 13 in Northern Ireland. The YMCA serves about 22,000 young people through 230 staff and approximately 460 volunteers.

The YMCA in Ireland is very focused on youth work, particularly in the realms of health, unemployment, preventing crime, prejudice reduction, housing and citizenship. Having recently emerged from a long period of violence, Northern Ireland YMCAs concentrate on building a 'shared future' for its young people.

One very successful program is STEP, which has been operating since 1989. A 23-week 'second chance' program, STEP works to develop core skills such as communications and personal effectiveness among participants while introducing them to the world of Information and Communications Technology and preparing them for the workplace. STEP is also actively involved in seeking certification for participants through the Further Education Training and Awards Council (FETAC) and trains and tests them to acquire the European Computer Driving License (ECDL).

To learn more about YMCA work around the world visit www.ymca.net/worldservice.



RESPECT
CARING
HONESTY
RESPONSIBILITY

One act of beneficence, one act of real usefulness, is worth all the abstract sentiment in the world.

— Ann Radcliffe,
18th Century English Author

DID YOU KNOW?

The YMCA does its work with the help of more than 540,000 volunteers

Actor/comedian Drew Carey, Polar explorer Ann Bancroft, former U.S. representative Tom Foley, TV producer Gary Marshall, pro football Hall of Famer Doak Walker and actor Denzel Washington were all YMCA camp counselors

YMCAs have ranked first or second in *The NonProfit Times* "Top 100" list of nonprofit organizations for nine consecutive years.

TRIVIA QUESTION

How many YMCAs offer lifeguard training?

ANSWER
1,551