



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

**Dear Friend of the YMCA:**

As the winter season approaches, we are surrounded by temptations everywhere we go: the savory aroma of fresh-baked pie, enticing displays in every store window, and bubbly flowing at all of the holiday parties. This time of year is one of cherishing peace and goodwill, but, most significantly, a time to focus on what is really important in life. Given the chance, we would trade our "to do" lists for the simple things, everyday miracles, which remind us that life is a myriad of precious moments. Furthermore, we need to think about those who do not have the means to address their most critical needs, such as food, shelter, a warm coat, or even someone to share the holidays with. In these stressful and volatile times, it is more important than ever to take stock of all that we have to be thankful for so that we may bring joy and laughter to our life and those around us.

At the YMCA of Metropolitan Washington, we are thankful to have compassionate individuals who believe in our cause and are dedicated to fulfilling it. They enable us to deliver ever-growing programs and services that build healthy minds, bodies, and spirits for all in our community. This year was all about building on past foundations while carving out new paths for our future. Every endeavor we take on is designed to build the groundwork for lasting prosperity and impact, from new branding, new programs, and new leadership to successful events and revamped facilities.

Sincerely,

Angie L. Reese-Hawkins  
President and CEO  
YMCA of Metropolitan Washington

**BE GOOD**

We give thanks to the YMCA movement, which has remained committed to strengthening communities in the areas of youth development, healthy living, and social responsibility for 155+ years. The YMCA's **national rebranding initiative** launched earlier this year will enable us to better communicate who we are, what we stand for, and the lives we have touched. There are miracles taking place every day at the Y, from the mother who is reassured that her child is in a safe place when she gets home from work to the little boy with newfound confidence because he learned how to swim. In addition, with community initiatives such as coat, food, and book drives, the opportunities give back are endless at the Y.

We have already begun deepening our impact by expanding our services to reach the more than 100,000 seniors who reside in Washington, DC, many of whom are widowed, living on a modest income, and have limited access to activities. Kicked-off in September, the **Fit & Well Seniors** program is a wellness, education, and socialization program that offers land and water-based fitness classes in all 8 Wards of the District, from the traditional to the avant-garde. This program, sponsored by CareFirst BlueCross BlueShield, officially launched on November 3rd in partnership with Ward 4 Councilmember Muriel Bowser and numerous others. Our goal of 1,000 seniors in the first year will certainly be surpassed, as we already have over 780 participants.

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**OFFICE OF THE PRESIDENT**  
**Angie L. Reese-Hawkins**



## DO GOOD

On July 29, our 16th Annual **Thingamajig Invention Convention** transpired in Upper Marlboro, MD with the theme, "Where Imaginations Soar." We were able to touch the lives of 3,822 children with a fun-filled day of imagination and innovation. With 615 inventions and projects entered into this year's contest, this was our most successful Thingamajig to-date! Furthermore, our **Annual Celebration** was held on October 29th in Washington, DC, where we had the opportunity to celebrate "Building Spirits, Transforming Communities." Over 200 guests were in attendance as we honored community leaders who have helped us extend our reach, improve the region's health and well-being, and provide support to our neighbors. Finally, more than 7,000 runners participated in our **Annual Turkey Chases** held in Bethesda-Chevy Chase and Camp Letts, truly making this event a family tradition.

I am honored to announce our newest YMCA of Metropolitan Washington **Board Members**: Don Richardson is a Managing Director of Apex Consulting Services Group, Inc. and a specialist in the areas of financial management, accounting, information technology, and related services. Lesley Zork is a medical negligence attorney with a passion for advocating accountability and finding solutions. With such a wide range of knowledge and passion for the community, they are certain to bring fresh perspectives on how we can further our impact and fulfill our mission.

To further execute our brand promise, the YMCA of Metropolitan Washington has implemented numerous capacity building initiatives, one of which being our **annual preventative maintenance** efforts. We are pleased to report that it was a huge accomplishment across all of our 17 branches and program centers, whom now have rejuvenated facilities, equipment and programs. Thank you to our staff and volunteers who diligently worked to ensure that our facilities are top-notch while keeping costs down.

## FEEL GOOD

I urge you to remember that the holiday season only comes once a year, but your YMCA is committed to the health and well-being of people of all demographics regardless of their ability to pay for Y programs and services. The YMCA was founded by and encompasses people from all walks of life, a paradigm for what our nation represents. We cannot transform lives and create miracles without caring, responsible, honest and respectable individuals that rally around our cause. With your support, we can give the gift of wellness to thousands in our community without the capacities to partake in vital resources that will help them live a more fulfilled life. **Make an annual tax-deductible gift today to help us support the community. Please visit our website at [www.ymcadc.org](http://www.ymcadc.org) and click "Donate Today."**

This is truly an exciting and transformative time at the Y. As we approach the New Year, you can expect to see new developments, initiatives, and partnerships that will only support adherence to our very important mission. All that we are accomplishing within our community is a testament to all that we have to be thankful for.

## STRENGTHENING OUR COMMUNITY

- **17,974 children participated in YMCA summer camps across the region this summer**
- **463 volunteers joined us in the most successful Thingamajig Invention Convention to-date**
- **About 4,800 neighbors became new members of our Y in September and October**
- **More than 2,000 children are currently participating in our PhD program**
- **155 underprivileged families were able to enjoy a Thanksgiving Day meal because of our Thanksgiving Food Basket Drive**
- **75 new coats were donated to local children in our Annual Coat Drive**



### Mission of the YMCA

The YMCA of Metropolitan Washington's mission is to foster the spiritual, mental, and physical development of individuals, families, and communities according to the ideals of inclusiveness, equality, and mutual respect for all.