



May 20, 2025

Dear Friend and Partner,

Over the past year, your support has made it possible for the Harold Mezile North Community YMCA to show up for our community in meaningful ways. From creating safe spaces for youth, to supporting working families, to fostering connection across generations – you’ve helped make it all possible! We’re proud to share some of the impact you have been part of and give you a glimpse of what’s ahead this summer.

A YEAR OF IMPACT AND MOMENTUM

Thanks to your generosity:

- Our **ForeverWell program** for adults 55+ has consistently logged over **155** weekly visits, growing into a thriving community anchored by partnerships with Volunteers of America and our own LIT Fridays. From wellness workshops to cultural field trips, our seniors are engaged, supported, and celebrated.
- More than **\$377,000 in donor-funded support** has helped **200** working families access affordable, high-quality School Age Care at just a fraction of the cost, ensuring children had a safe, enriching place to grow and learn while parents pursued work, school, or stability.
- Our **SPARK! Apprenticeship Program** empowered **30** teens to explore entrepreneurship and creative disciplines like culinary arts, studio production, and photography. Youth participants built both their resumes and their confidence through mentorship, culminating in a showcase that celebrated their growth and voice.
- Our **aquatics program** has annually served **1,000+** people of all ages (infants to seniors) who have learned lifesaving water safety skills and built confidence in and out of the pool.
- We’ve provided **over 42,000 free, nutritious meals and snacks** to youth during out-of-school time, fueling learning and wellness, and helping relieve the burden of food insecurity.
- Through our annual **Back to School Carnival**, we distributed **1,200+** backpacks filled with school supplies to local youth, helping families start the school year with confidence.
- We have strengthened our **Urban Agriculture program** by revamping our aquaponics system and adding supplemental grow lights in the greenhouse, allowing young people in our community to grow fresh produce year-round and explore sustainable agriculture.

WHAT’S AHEAD THIS SUMMER

- **Cooking Up Community: Flavors of the Northside** is our new intergenerational cooking series that brings families together around food, culture, and health. Participants will learn hands-on culinary skills, explore new flavors, and build community while preparing fresh, nutritious meals together. Details and dates coming soon!
- Our 4th –8th graders will dive into **real-world career and financial exploration** through our continued partnership with **Junior Achievement**. By participating in JA BizTown and Finance Park, they’ll take on roles like business owners, city leaders, and consumers while they build confidence and skills in financial literacy, entrepreneurship, and decision-making that will serve them for life.

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WHERE GROWTH IS HAPPENING

Three areas where your investment is creating real-time change:

- **Older Adult Wellness and Connection** – Our ForeverWell program continues to grow and thrive, with more seniors joining every week. Thanks to ongoing external partnerships and the success of our popular LIT Fridays, older adults are engaging in movement, mental health workshops, cultural enrichment, and joyful community connection.
- **Nourishing Our Neighborhood** – Through partnerships with the Food Group's Twin Cities Mobile Market and Humanity Alliance, we're addressing food insecurity and rising grocery costs head-on. The Mobile Market brings a bus stocked with low-cost fresh groceries to our site weekly, while Impact Meals provides free, chef-prepared meals to families, ensuring healthy food is accessible right here in the community.
- **A New Layer of Support: IMPaCT Cares** – We're excited to launch our IMPaCT Cares Community Health Worker (CHW) program, an evidence-based model that pairs trained community health workers with individuals navigating health-related social needs. This work expands our commitment to whole-community wellbeing, providing personalized support to those facing barriers related to housing, food, employment, and mental health. By integrating trusted CHWs into our YMCA communities, we're creating a deeper safety net, particularly for residents who've historically been excluded from traditional systems of care.

WHERE DONOR IMPACT IS MOST FELT & MOST NEEDED

Your support this year made it possible to keep childcare affordable, feed our neighbors, and mentor teens. As we look ahead, continued support is essential to meet growing needs in our community.

- **ForeverWell Expansion:** \$35,000 will help us reach more older adults with social connection and wellness activities that reduce isolation and foster community.
- **Community Programming:** \$50,000 will support community events like the Back to School Carnival and A Night of Giving & Gratitude, in addition to year-round resource offerings that build community and provide essential support.
- **Childcare Access:** \$500,000 will ensure we can continue providing 200+ working families in our community with high-quality School Age Care.
- **Teen Impact Programs:** \$800,000 will provide resources and tools to engage and empower 150+ youth through mentorship, academic support, skill-building, creative expression, civic engagement, and career exploration.

A MISSION MOMENT

"A member, Ms. Connie, had a knee replacement last October and had to take some time off from the Y. When she returned last month, I noticed that she could barely walk, and every step looked painful. One morning while checking on her in the fitness center, we began to discuss her healing process, and I gave her some suggestions. She said, 'Tanisha, everything you just showed me is the exact same thing my physical therapist does. Can I just work with you instead?' I was a bit reluctant, but I agreed. Last week, Ms. Connie graciously thanked me for taking the extra time to help her and that her knee felt better than it ever has since the surgery. She gave me the warmest hug. It felt amazing. I, in turn, thanked her for believing in my ability to help her get better." –Tanisha, ForeverWell Coordinator & Group X Instructor

Thank you, truly, for believing in our mission and investing in our work.

Every gift you make, every moment you share, helps us build a more connected, thriving Y community — one meal, one lesson, one relationship at a time. I wish you a fantastic summer ahead and can't wait to see all the good we'll accomplish together in the months and years to come!

With deep gratitude,



Shakira Onwuachi, Executive Director

