



May 30, 2026

Dear Forest Lake Y Community Members,

It's that time of year again when we've made it through another long Minnesota winter and giddily welcome warmer weather, now with summer (finally!) right around the corner. This year feels especially meaningful as we celebrate 10 years of serving our community here at the Forest Lake YMCA.

For a decade, our Y has been a place where individuals and families grow stronger — in body, mind, and spirit. As I reflect on the first half of 2026 and the journey to this milestone, I'm filled with gratitude for the vital role you've played as a donor and friend in helping us build a welcoming, supportive community for all.

I'm excited to share a few highlights and updates made possible through your ongoing partnership:

- One of the most powerful reminders of our mission in action came from a mom who recently used our Kids Stuff program shortly after welcoming her second baby. She arrived exhausted and unsure, but left feeling supported, cared for, and renewed — something she didn't realize she needed in that moment — showing how the Y is truly so much more than a place; it's a source of care and connection when it matters most.
- We've also seen how critical that connection is for our seniors. When many older adults unexpectedly lost their insurance-supported gym memberships, our team responded quickly by creating flexible, low-cost membership options and working one-on-one with individuals to ensure they could remain part of our Y community. For many of our ForeverWell members, our Y is essential to their physical health, social connection, and emotional well-being.
- Additionally, we're proud to continue responding to emerging and evolving needs. Through our ongoing partnership with Family Means, we host a weekly respite care program for individuals living with Alzheimer's and dementia, offering meaningful engagement for participants and providing some much-needed time for caregivers to rest and recharge.

Behind each of these are real stories, real people, and real impact. One family shared that, as healthcare workers balancing demanding schedules, financial assistance through the Y allows them to care for their own health, so they can continue to show up their best when caring for others. That ripple effect is only possible because of generous folks like you who are passionate about helping us carry out our mission each day.

As we look ahead, we're excited to celebrate our 10-year anniversary while continuing to build on the foundation we've created together. Our focus remains on strengthening opportunities for families to connect and discover wellbeing, expanding ForeverWell programming for seniors, and deepening community partnerships. We're especially excited to explore new after-school opportunities for teens in collaboration with Lakes Center for Youth and Families.

At the same time, needs continue to grow, with many families and older adults still facing barriers to accessing the programs and support they rely on. Your ongoing partnership ensures the Y remains a place where everyone belongs — regardless of their circumstances.

As we proudly honor a decade of serving our Forest Lake community, we're reminded this milestone isn't just about time — it's about the people, connections, and lives changed along the way.

Thank you for being an important part of our story. We're so grateful to have you alongside us through every chapter, and we can't wait to see what we'll make possible together in the months and years ahead!

Wishing you a bright and memorable summer,

A handwritten signature in black ink that reads "Lindsay Deering". The script is fluid and cursive, with the first letter of each word being capitalized and larger than the others.

Lindsay Deering  
Executive Director, Forest Lake YMCA