



**STRONGER
COMMUNITIES.**

THAT'S Y.

**AT THE Y, YOUR GIFT EMPOWERS
THOSE IN NEED.**



2024 ANNUAL CAMPAIGN

SUPPORT OUR 2024 ANNUAL CAMPAIGN.

Join us in raising \$1 million to fund programs that create lasting change in our community. Your gift builds brighter futures for keiki, strengthens families, and improves the lives of our kōpuna.



GIVE TODAY

Go to: bit.ly/GiveNowYMCA





A PLACE TO HEAL. THAT'S Y.

Give people facing life's toughest challenges the chance to recharge their body, mind, and spirit.

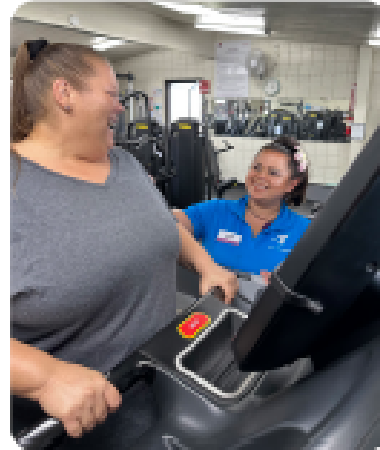
While raising her kids as a single parent in Kalihi, Carmael had always relied on the Y. So when she was diagnosed with breast cancer, she turned to the Y once again. "I told my kids that should I die, there were friends who would help them," said Carmael, "And one of those friends was the Y." Undeterred by the illness, Carmael's son Aissea helped her stay fit on the treadmill. And to steady her mind and spirit, she enrolled in Tai Chi. "Before the mastectomy, my classmates sent me a card, and when I lost my hair, a crocheted beanie," said Carmael, "That really touched me." Now in remission, Carmael rebuilds her strength at the Y working out with sons Esaias and Aissea, while daughter Adeline enjoys Day Camp. "Mom, we got this," is what her kids tell her.



HEALTHIER FAMILIES. THAT'S Y.

Give families a transformative boost through lifestyle changes, educational enrichment and community engagement.

As a single mom stuck in an unhealthy relationship, Keitha sought a better life for herself and her daughter, Christa. "The Y has really positive people," said Keitha, "It's like a second family." With most of her paycheck going to essentials like rent and food, the Y provided financial aid.



"By myself, I wouldn't have been able to afford a membership or childcare," said Keitha. Now, young Christa can attend day camps that help her learn and grow while giving Keitha the time she needs to get healthy herself and earn a living for her family. "The Y has put us in a really good spot," said Keitha, "I know that we have a bright future ahead of us."





KINDNESS FOR KŪPUNA. THAT'S Y.

Give kūpuna a safe place to go where they can improve their health and create friendships that last a lifetime.



Gary and Sally Takashima have been Leeward Y members for 17 years. "We look forward to coming to the Y every morning," said Gary, "Eat breakfast, clean the dishes, off we go." Gary and Sally both work out in the gym followed by time socializing with friends. "You meet new

people," said Sally, "And the relationship grows." For 17 years, Gary and Sally have also donated to the Y's Annual Campaign. "We're not big donors," said Gary, "but for the kūpuna who are lonely and the families and keiki who are less fortunate, every bit helps." At the Y, everyone is accepted for who they are. Added Gary, "The Y represents an ideal microcosm of what the world could be."

FIND YOUR Y

\$50: Give a week of hot lunches and companionship to provide food security and prevent social isolation for a kupuna.

\$140: Give a child the joy of being safe in the water with swim lessons.

\$275: Provide a week of day camp to keep a child thriving during school breaks.

\$330: Give a family in need the gift of healthy programs with a 3-month Y membership.

\$550: Provide specialty classes to help kōpuna find their balance, prevent falls and maintain their independence and health.

\$700: Help a teen see and realize their future with a week at Y College Camp.

\$1,385: Provide a month of preschool to support a toddler's successful start on their academic journey.



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Stronger Communities. That's Y.

Stronger Communities. That's Y.
Watch our Annual Campaign Video.
Go to: bit.ly/YMCAAnnual



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