

Dear Elk River Y Community Member,

Every year, as we close out spring and welcome the excitement of summer, we take a step back to reflect and pen a letter to our amazing community of donors here at the **Elk River YMCA**. This allows us to share an update on the accomplishments we have witnessed and all that we have planned for the second half of the year.

As one of our partners, making sure you know the latest and greatest is a high priority because you help bring these shining points to life!

First, though, we want to emphasize how thankful we are for your kind welcome over the last few months. Stepping into these new leadership roles has been a truly inspiring journey, and we are humbled to carry out this work alongside valued members like you.

Now, let's dig into the details! We are thrilled to share that:

- We continue to see ongoing growth in our **ForeverWell community!** In particular, our senior breakfasts have been a great way to welcome new members and provide health and wellness education, focusing on topics like nutrition and the importance of balance.
- Our **youth programming** numbers are also booming! From Kids Stuff to our swim lesson programs, school release days, and Summer Power registration – we love that families can rely on us to support their needs on so many different levels!
- We are continuing our **community partnerships** with the Sherburne County Government Center, providing child care services for their visitors, and with the City of Monticello to offer our swimming facilities at Camp Manitou during the summer.
- As we put an increased focus on integrated health and **whole-person wellness**, we have started an initiative called "Mental Health Mondays." These offerings feature different presenters who talk about important mental health topics, such as seasonal depression and de-escalation for kids. Sessions are free to attend and open to all community members, regardless of membership status.
- In collaboration with the City of Elk River, we have been hosting an **indoor farmers market** on the first Thursday of every month during the non-summer months. We look forward to resuming this popular community event in the fall!



- Ensuring all members of our community have access to our programs and resources remains a high priority, especially as the **need for financial assistance** in areas like family memberships and youth programs continues to rise. We see the wide-ranging impact of these donor-supported scholarship dollars each day and hope to reach even more individuals and families facing barriers through this funding in 2024 and beyond.

We want to express our deepest gratitude for your help in making all of this (plus so much more!) possible. Your ongoing generosity empowers us to continue showing up for our community members, purposefully evolving our programs and resources to meet diverse needs. It is no exaggeration to say that together, we are making a profound impact in the lives of many.

We look forward to sharing more with you in the coming months as we foster new opportunities to explore wellness, connection, and growth.

**Thank you for being a vital part of our Elk River Y community!**

With gratitude and well wishes for a wonderful summer ahead,



Molly Ruby  
Associate Executive Director



Katie O'Toole  
Operations Director