

Dear Midway 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 [St. Paul Midway 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.

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

- Earlier this year our new **Community Wellbeing** initiative launched, which aims to offer more opportunities that focus on holistic, whole-body-and-mind health. This includes weekly group acupuncture sessions, nutrition workshops, and a mindful movement program to help adults manage their thoughts and emotions while overcoming barriers to exercise. Individual health coaching and nutrition consultations with a registered dietician are also available.
- Our **free community group acupuncture** program will reach 192 non-YMCA members this summer, further promoting physical and emotional wellbeing for all.
- This summer we will welcome over 125 K-5 youth for our **Summer Power** program and 250 teens into our **Get Summer** program. We will also continue to be a bus stop and provide before-and-after care for local kids attending **day camp at Camp St. Croix**. Please join us in embracing the excitement and energy that these young individuals bring to our Y!
- Ensuring all community members have access to our programs and resources remains a high priority, especially as the **need for financial assistance** in areas like family memberships and aquatics continues to increase. We see the wide-ranging impact of these scholarship dollars each day and hope to reach even more individuals and families through this donor-supported 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 Midway Y community!

With gratitude and well wishes for a wonderful summer ahead,

A stylized, handwritten signature in black ink, appearing to read 'Dede'.

David Dominick
Executive Director

A handwritten signature in black ink, appearing to read 'Ernest Kaehler'.

Ernest Kaehler
Associate Executive Director