



YMCA of Frederick County  
1000 N. Market Street  
Frederick, MD 21701

The Y.™ For a better us.™



**ANNUAL  
CAMPAIGN**  
A YMCA Initiative



**TOGETHER, WE CAN  
BUILD A BETTER US**

# THE COMMUNITY NEEDS YOU.

## YOUTH DEVELOPMENT



**1 in 8 children in Maryland lives in poverty without access to opportunities to reach their full potential.**

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential.

## HEALTHY LIVING



**28% of Maryland adults are not physically active and even more are obese and at risk for chronic disease.**

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. From Peddling For Parkinson's to active older adult programs, the Y helps individuals live healthier.

## SOCIAL RESPONSIBILITY



**1 in 10 individuals in Maryland struggles to make ends meet.**

With our doors open to all, we bring people from all backgrounds together and support those who need us most. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

The Y.™ For a better us.™

To learn More about giving to the Y:

YMCA of Frederick County

301.663.5131, Ext. 1239

[www.frederickymca.org](http://www.frederickymca.org)

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# A BETTER COMMUNITY A BETTER YOU A BETTER US



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YMCA of Frederick County

## A MEMBER'S Y STORY

For 12 years, I talked myself out of leaving. I was afraid of his reaction. I was afraid that it would be too hard on the kids. I was afraid of failing, and mostly I was afraid of change. One night, I woke up and realized that I only had reasons not to leave, and no reasons to stay.

In the months that followed, my initial fears were realized. Veiled threats became non-stop harassment and eventually, true violence. Child support payments stopped and life turned upside-down.

My experience with the Y, prior to that first summer, was limited to a couple of swimming trips with a friend. When I had to go back to work, she suggested that I look into the scholarship programs to help me with summer camps. The idea of letting people in and accepting help was difficult, but I quickly realized that paying for summer camps for 6 children for 8 weeks on my salary alone was actually impossible. I was too embarrassed to even call, so I sent an email requesting info on the scholarship program. From the first interaction with Y staff, I was treated with respect, care and true friendship.

The YMCA has been so much more than just a place to drop them off so I can work. They have built real relationships and always look forward to seeing their "camp friends" each summer. When their father was scary

and unstable, their counselors were tender and consistent. Later, when he was just gone, they were there...day after day, summer after summer. Staff who knew of our situation would text me throughout the day, letting me know they were safe. When one of "the littles" had a summer of separation anxiety, the Y staff went above and beyond to assuage his fears (and mine). Their weeks at the Y were a haven. A place they could just be kids—laughing, swimming, playing and learning.

I've learned so much about myself since I got the courage to end my marriage. I've learned to live deliberately and what true peace is. I've learned that misery is a choice, and so is joy. And I've learned that everyone has a season of need. The ANNUAL CAMPAIGN is your chance to change lives and reach real people in our community.

Life is peaceful and joy-filled now. The kids are thriving. I am financially stable and a singularly wonderful man (and his children!) loves us all. But this summer, we will be back at the Y. The older few will have a chance to give back as CITs. My middle and younger kids will find their "camp friends" and hold onto childhood for a little longer. And I will drop them off each morning knowing that the gift someone gave us years ago was far, far more than just a scholarship.

# GIVE TODAY

We have an extraordinary opportunity to ensure a brighter future for our community. Your gift to the YMCA of Frederick County will have a lasting impact in the community by helping us to reach more people through life-changing programs and services.

**\$45**

gives a child the opportunity to learn the life-saving skill of swimming or gain confidence during a season of youth sports.

**\$200**

sends a child to one week of summer day camp filled with enriching, healthy activities, and positive role models.

**\$316**

provides 4 youths the opportunity to learn self defense and self discipline through the art of Karate.

**\$552**

gives an active older adult one year of access to the YMCA where they can connect with friends and improve their health.

**\$750**

enables 6 dancers to dance at the Weinberg Center for the Arts with a recital package.

**\$1,080**

provides a household membership to two adults and all dependent children providing opportunities for health and wellness for the entire family.

**\$1,475**

provides 5 children a loving, caring, and safe place to learn in our Early Learning Centers.

**\$2,592**

provides 9 months of after school care for a child in need of a safe place to go after the school day ends.

**YMCA OF FREDERICK COUNTY**  
**Annual Campaign**

**YES, I WANT TO HELP**

Donor Name: \_\_\_\_\_  
 Company Name/Contact (if corporate gift) \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Branch Designation: \_\_\_\_\_

**HERE IS MY PLEDGE FOR:**

My Pledge Amount: \$ \_\_\_\_\_  
 Give this gift:  One Time  Monthly  Quarterly  
 Employer match: \$ \_\_\_\_\_ Name of Employer \_\_\_\_\_  
 Total Pledge: \$ \_\_\_\_\_  
 Optional Program Designation \_\_\_\_\_

I have included, or plan to include, the YMCA of Frederick County in my estate plans.

**PAYMENT OPTIONS** (please select one option)

My personal pledge will be paid by: (please choose one)  
 Payment enclosed  
 Credit card  
 Please call me at: \_\_\_\_\_  
 Please bill me  
 Now for single payment  
 4 times this year, beginning \_\_\_\_\_  
 Monthly, beginning \_\_\_\_\_  
 Other \_\_\_\_\_  
 Payroll Deduction (Y Staff Only)

Donor Signature: \_\_\_\_\_

**MAKE YOUR GIFT ONLINE AT: [frederickymca.org](http://frederickymca.org)**

**OFFICE USE ONLY**

Fund Time ID #: \_\_\_\_\_ Pledge # \_\_\_\_\_  
 Storyteller Name:  Excel  CCC  
 Last Year's Storyteller: \_\_\_\_\_  
 Division: \_\_\_\_\_



Fill out, detach & mail this pledge card to **YMCA of Frederick County, Attn: ANNUAL GIVING CAMPAIGN, 1000 N. Market Street Frederick, MD 21701**