

**A New Year's Resolution for All of Us**  
**By Kimberly S Chaney**  
**Kimberly S Chaney, CPA**

January 1 is a time that many of us stop to reflect on the year just ended and to anticipate the year ahead. I recently had an opportunity to view a video developed by the National YMCA (<https://www.youtube.com/watch?v=IbJQsbrwos0>) and it made me think about my New Year's Resolution.

If you are like me, your typical NY's Resolution goes like this: Lose Weight, Exercise More, Work Less, Spend More Time with my Family. Do they sound familiar? Those are all excellent objectives for 2018. But, what if each of us added to that something like: Try to understand someone with a different perspective, Be respectful of other opinions, Do something kind for a stranger each day, Volunteer to make a difference.

The YMCA of Frederick County offers many different ways you can make a difference in our world. We welcome members into our programs from every walk of life. We have volunteer opportunities to help in many capacities. We offer scholarship programs for those in need of child care and other services. We have opportunities to provide charitable gifts in many different forms – annual, capital and endowment gifts.

Before you finalize your plans for 2018, take a look at the video on the link above. Then perhaps, in addition to "Lose 10 Pounds", you will consider adding to your list "Make A Difference in someone else's life". The YMCA of Frederick County can help you keep that resolution!

*Should you or a loved one be interested in learning more about giving options at the YMCA of Frederick County, please contact Tom Clingman at (301)663-5131 or [tclingman@frederickymca.org](mailto:tclingman@frederickymca.org)*