



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**

2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

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**FOR IMMEDIATE RELEASE**

**North Suburban YMCA Offers New Programs and Services  
To Those Who Need It Most**

**May, 2020; Northbrook, IL** Coming together as a community during unprecedented times is more important than ever. Although the “Shelter-in-Place” orders given on March 20 have kept the North Suburban YMCA from opening its facilities, its staff and volunteers have been busy developing new outreach services and programs to those who need it most. This includes providing new virtual programming, and outreach and resources to other non-profits and organizations in a mutual effort support its neighbors.

While services are continuing to develop, the NSYMCA is currently maintaining a variety of programs and initiatives including:

- Partnering with the [Red Cross](#) to host 3 critical blood drives and super red donations on the Y campus on May 22, June 9, and August 25.
- Working in partnership with the [Northfield Township Food Pantry](#) and [Hunger Resource Network](#) to utilize the NSYMCA as a collection and future distribution site for food donations to help families with food insecurities.
- Collecting and distributing tablets and smart phones so those in need can stay connected virtually.
- Utilizing outreach of volunteers and staff to conduct well-being checks on seniors and other community members.
- Providing emotional support for those in isolation through the “Brighten Someone’s Day” initiative, where community members can share uplifting notes, pictures and videos to homebound seniors and others during the “Shelter-in-Place” order. A virtual gallery can be found at [www.nsymca.org](http://www.nsymca.org) by clicking on the “Your Community in Action” link. Participants can create a message by clicking the “Brighten Someone’s Day” link.

- Partnering with local senior centers to utilize the “Brighten Someone’s Day” initiative to keep their residents connected.
- Partnering with [Sunset Foods](#) to place pictures and notes in grocery bags.
- Providing free virtual exercise classes allowing community members to take care of their health and help release stress.
- Creating online boards and new virtual platforms for niche program groups such as dance, art, and Special Olympics.
- Maintaining communication boards and virtual events for seniors, special needs individuals, families, and other populations that rely on their Y connection for day to day well-being. This also includes the Adult Education Series, the caregiver support group, Brain Games, and the social club through online platforms.

“The North Suburban YMCA is honored to provide these critical services, as they embody the heart and soul of the Y organization. We are so grateful to the generous donors and to the many loyal members who have opted to continue paying their monthly dues in the form of a tax deductible donation for the COVID-19 response, or who sent in a donation towards our efforts,” commented Debbie Madeley, NSYMCA Development Director.

Stay up to date on all the ways the NSYMCA is supporting the community through this health crisis at [www.nsymca.org](http://www.nsymca.org)

### **About the North Suburban YMCA**

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](http://NSYMCA.org).

Be a  
  
rainbow  
in  
someone else's  
CLOUD

HI,



I hope you are having  
a amazing day! i  
know it's gloomy but  
try to make the best out  
of today. We are  
thinking of you.



  
Love, Samantha .J.

*Caption: The NSYMCA has developed a variety of new outreach services and programs including the "Brighten Someone's Day" initiative where community members share uplifting notes, pictures and videos to homebound seniors. For more information visit the "Your community in action" link at [www.nsymca.org](http://www.nsymca.org)*