



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
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FOR IMMEDIATE RELEASE

**YMCA Offers New Special Services for Fall 2016**

**Northbrook, IL: July 2016** – Developed to meet the very specific challenges of the special needs community, the North Suburban Y’s “Special Services Wheel” model will launch an expanded array of services this fall on August 29, 2016.

Encompassing programming for youth and young adults, the model utilizes both expert YMCA staff and resources from the community. The enhanced services are made possible by generous support from the Romo Family Foundation, the Northbrook Rotary Club, the Northridge Group Foundation, and other Y donors.

“I am so excited to work with families in our community,” shared Elizabeth Frusti, who was recently hired as the new Special Services Coordinator to facilitate the programmatic expansion, increase outreach and bridge the Y’s in-house programming with services provided by community partners. As Special Services Coordinator, Frusti will act as the hub of the Wheel, building connections and evolving the existing programs to address emerging needs.

Frusti comes to the NSYMCA with degrees in Therapeutic Recreation and Psychology, as well as professional experience with the Northwest Special Recreation Association and other organizations in downstate Illinois serving people with disabilities.

“We can use our Y’s strengths as a center of the community to support other agencies in their efforts and to help individuals find the best opportunities for them,” Frusti exhorted. “Most of all, the Y offers a nurturing, welcoming environment for everyone to learn, socialize, and lead healthier lives.”

The NSYMCA’s in-house services already include H.A.W.K.S. (Helping All Wonderful Kids Succeed) programming in yoga, swimming, workout buddies, computer, art, and dance in addition to the Y’s Special Olympics swim team and Exercise Connection for young adults with autism.

New partner services will include social interaction programs presented by Lekotek (a division of Anixter), and TotalLink2 Community.

Like other Y programs, the Special Services Wheel relies on the generosity of the community to operate. Donations to the program can be made at [NSYMCA.org/Give](https://www.nsymca.org/give) or by contacting Development Director Adrienne Wright at [awright@nsymca.org](mailto:awright@nsymca.org).

Fall Session registration is now open for Y members, and non-member registration will open on August 3. The complete Fall Program Guide is available online at [Nsymca.org](https://www.nsymca.org). For more information about specific programs, contact Liz Frusti at 847) 272-7250 or [lfrusti@nsymca.org](mailto:lfrusti@nsymca.org).



*Photo caption: The NSYMCA welcomes Special Services Coordinator, Liz Frusti.*



*Photo caption: The YMCA partners with community agencies to provide a variety of services for individuals with special needs. Visit [nsymca.org](https://www.nsymca.org) to learn more about Fall Session programs.*

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

The North Suburban YMCA has served the northern suburbs of Chicago for over 45 years through programs and services that address youth development, healthy living, and social responsibility. Every day, Y staff and volunteers deliver on our cause to strengthen families and connect the 15 surrounding communities we serve. Whether building confidence in kids, encouraging someone to achieve a health goal, or bringing people from different backgrounds together to improve our local neighborhoods, every connection made contributes to a better "us." Working together for good is who we are: An association of

people united in a common effort to help individuals become healthier, more connected, and confident. We believe that lasting personal and social change can only come about when we all work together to invest in our community and each other. The Y is the nation's leading nonprofit because there is no other nonprofit quite like the Y: We have the local presence and partnerships to not just promise, but deliver, positive change, making sure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive. For more information visit [nsymca.org](http://nsymca.org).