



**YMCA OF WESTERN
NORTH CAROLINA**

YMCA MORE VITAL THAN EVER DURING COVID-19 CRISIS

From emergency child care to feeding the hungry, the Y is meeting urgent community needs.

Like many YMCAs across the nation, the YMCA of Western North Carolina has shifted operations to support critical community needs during the coronavirus pandemic.

The Y suspended programs and temporarily closed facilities on March 16. Following the recommendations of Gov. Roy Cooper and the N.C. Department of Health and Human Services, it will remain closed through April.

The shutdown has serious long-term implications for the Y's operations, but hasn't stopped the nonprofit community benefit organization from serving the public. The Y has rallied to provide support such as emergency child care, meal programs, homeschool resources, online workouts, and wellness checks.



CHILD CARE FOR ESSENTIAL PERSONNEL

"Our Y has the ability to pivot our mission to respond when our communities need us most. We have the expertise to provide emergency child care and other services while doing our part to protect children and our staff," said Paul Vest, president and CEO of the YMCA of Western North Carolina. "No other organization is better equipped to provide child care to medical personnel, first responders, and the critical workers the community relies on."

The Y is providing these services in partnership with county emergency management agencies, local school systems, and other nonprofits. Y staff are following all recommendations from health experts, including temperature checks upon arrival and throughout the day, and thorough cleaning.

Susan Jimison, a registered nurse who does home hospice visits, is using YMCA child care in McDowell County for her 8-year-old son, Waylon. "I was really panicking about what I was going to do with him," the single mother told NC Health News last week. "I have to get out to see my patients."

To register for emergency child care, go to ymcawnc.org/emergency-childcare.

HOMESCHOOL RESOURCES

With North Carolina schools out until May 15, parents and caregivers have found themselves responsible for overseeing their children's academic activities.

YMCA staff have stepped in to help with fun educational activities, active play ideas, character development exercises, and STEAM (science, technology, engineering, art and math) projects for all ages.

The Y is supporting middle schoolers with daily check-ins to share new curriculum activities, weekly resource guides, and regular social media updates. A homework hotline is also in the works.

Resources are available to the public at ymcawnc.org/home-resources.



FOOD FOR ALL

The Y's mobile markets and meal programs

have moved into high gear over the past two weeks.

More than 30 scheduled mobile food market sites in five counties are running as scheduled each month, with prepackaged bags of fresh produce. The Y is also serving takeout meals at nine sites across Buncombe, Haywood, and McDowell counties. These sites include the Corpening Memorial YMCA in Marion and the Ferguson Family YMCA in Candler, which serve takeout lunch Monday through Saturday.

As always, there's no charge for these services, and no questions are asked.

To meet the enormous demand, the Y has partnered with The Venue, a catering and event space in downtown Asheville. The company has donated the use of its certified kitchen and equipment for Y staff and volunteers to prepare takeout meals for people in need.

"We are thoroughly honored to be able to participate in this effort," said Marta Santamaria, owner of The Venue. "Our goal is to be able to do about 2,000 meals a day."

Since the closure, the Y has served thousands of children, families and seniors and distributed tens of thousands of pounds of food.

Anyone who is quarantined and in need of food resources can reach out to 828-775-7081 for assistance.

See the full nutrition outreach schedule at ymcawnc.org/nutrition.

FIT TIP OF THE MONTH

Working out can help lower stress levels and supply time and space for yourself.

To stay consistent with your workouts amid Covid-19 crisis try these tips:

1. Stay on a schedule
2. Plan your workouts
3. Have a workout accountability buddy to check in with through the week

Find many home workout options at ymcawnc.org/virtual-ymca.



FOR ALL, ALWAYS

The YMCA of Western North Carolina is a nonprofit organization committed to helping people reach their full potential through programs that build healthy spirit, mind, and body. We serve people of all ages, backgrounds, abilities, and incomes. It is our belief that no one should be turned away for their inability to pay.

Our Y-Access program offers sliding-scale fees designed to fit each individual's or family's financial situation. Funding for this program is made possible through the generous support of our donors to our annual campaign.

Go to ymcawnc.org or call (828) 251-5910 to learn more.

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