

FOR IMMEDIATE RELEASE: [Date released]

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Chincoteague Island Family YMCA Receives Funding From the United Way of Virginia's Eastern Shore

Funding supports efforts to serve the senior population on Chincoteague Island

Chincoteague Island, Virginia – The Chincoteague Island Family YMCA, a branch of the YMCA of the Chesapeake, Inc. is pleased to announce it has been selected by the United Way of Virginia's Eastern Shore as a recipient of this year's United Way Campaign Funds. Awarded funds will support efforts by the Chincoteague Island Family YMCA to deliver quality programs and services for the senior population living in the greater Chincoteague Island area.

"We are so thankful to be selected as a recipient of this year's United Way Campaign Funds," Executive Director, Katie O'Shea said. "The monies received will expand the resources available to the Y to deliver quality programming to the older adult population, both on the island as well as on the mainland."

By holding regular programs specifically tailored to the senior population, the YMCA hopes to create a supportive community and network of friends, that will cultivate a strong sense of belonging for sustained health and well-being.

The Chincoteague Island Family YMCA has served the greater Chincoteague Island community for over 14-years. The YMCA believes everyone should have the same access and opportunity to learn, grow, and thrive. At the YMCA of the Chesapeake, no one is turned away due to the inability to pay. YMCA staff and volunteers work side-by-side with their neighbors to address critical community needs that help kids develop into smart, resilient adults; for people to improve their health and wellbeing; and for the most vulnerable young people to get the care and support they need.

In partnership with the Island Community House, the Chincoteague Island Family YMCA has begun running senior outreach programs at both facilities numerous times a week. In developing this program, staff surveyed YMCA members and the broader community to determine what topics, programs, and services would be of greatest use. The YMCA is pleased to share that the new senior outreach program includes Lunch & Learn talks, formal classes (e.g. Maintaining Active Citizens, Cooking Classes, Diabetes Prevention, Environmental Education, Nutrition Services), screenings/seminars, games/recreational activities, and intergenerational programming. These programs are all available to the public, free of charge. Transportation to and from the events are also offered, at no cost.

Since February 2019, our senior programming has served over 200 participants. We continue to see increases in our participation numbers with programming currently fully scheduled through October 2019.

The Y is one of the nation's leading nonprofits and the largest Human Service organization on the Eastern Shore of Maryland; strengthening communities through youth development, healthy living and social responsibility. Across the Shore Ys engage 40,000 members; men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the shore's health and well-being, and provide opportunities to give back and support neighbors. In 2018, the YMCA of the Chesapeake provided over \$1,750,000 in assistance to over 16,000 community members, turning no one away due to inability to pay. Additionally, the Y spent \$200,000 on outreach efforts and programming in the communities it serves.

For more information on the Chincoteague Island Family YMCA please visit www.ymcachesapeake.org.

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