



YMCA Military Outreach Initiative

November 4, 2009

## Help Spread the Word: Free YMCA Memberships for Eligible Military Families

Dear YMCA Military Family Member:

Thank you for participating in the outreach effort of the YMCA and U.S. Department of Defense to provide free memberships to eligible military personnel. We are so glad you are here and hope that you are enjoying the many benefits our YMCA provides to you and your family.

Remember that in order to renew your membership, you must meet the 8 visits per month requirement. Make sure to check your renewal date, so that you can continue to enjoy YMCA programs and services. Memberships are granted in six month increments. Please note: we have received an update that the 8 visits must be 8 separate days during the month and if a family attends the YMCA together, it will only count as 1 visit for that day. Always make sure to scan your card or if you don't have your Y card, then give your name and ask to have it inputted so your visit is recorded. (memberships not reaching the monthly/total visit requirements will not be eligible for renewal by the DOD)

### Tell other military families

Do you know of a military family or other personnel who also would benefit from a membership at the Y? If so, please help us spread the word! The easiest way is to simply forward this e-mail to anyone you know who may be interested.

### Who is eligible for membership?

Title 10 personnel only, including:

- Family members of Title 10 deployed National Guard or Reservists
- Relocated family members of deployed Active Duty personnel
- Independent Duty personnel

Questions can be directed to **Bill Bauman, Operations Director, Heather Nelsen, Membership/Marketing Director, or Jennifer Keller, Membership Accountant** at 255-1525. Ask about the "Military Family Outreach membership." Or visit [ymca.net](http://ymca.net).

### November proclaimed Military Family Month

On October 30, 2009, President Barack Obama proclaimed November 2009 as Military Family Month and called on "all Americans to honor military families through private actions and public service for the tremendous contributions they make in the support of our service members and our Nation." Here are some ways for you to leverage this designation and honor the military families in your community this month and throughout the year.

### Healthy Family Home

In addition to your YMCA membership, you can find ways to help improve your home environment and jumpstart habits that will lead to a healthier way of living on the Healthy Family Home section of [ymca.net](http://ymca.net). The site supports the whole family in making nurturing, wholesome choices throughout each day.

## **Operation Holiday Joy**

Mark your calendars for Sunday, afternoon, December 6, 1:00-3:30pm at the YMCA. The YMCA and the ND National Guard Service Family Member Support Division are partnering on an event at the YMCA to distribute toys to dependents of deployed Reserve and Guard families in need. In addition to Santa and the toys, we will have respite care for ages 0-10, so mom or dad can have a break and YMCA general use for the older children. Please watch for official communication from the SFMS Division soon with more details.

## **Our Military Kids**

Comfort. Stability. Routine. Fun!

All children need these ingredients to thrive but especially those who have a parent deployed in military service to our country or recovering from injury at home.

Along with the sacrifice of having a parent away in service for months at a time, many Guard and Reserve families are so financially stretched they cannot afford the fees for sports, fine arts, or tutoring programs so crucial to their children's sense of well-being. Children of severely injured service members face similar financial difficulties along with the challenges of learning to adapt to the physical, mental, and emotional changes in a loved one.

Our Military Kids, founded in 2004, stepped in to fill these gaps with a simple grant program that pays for children's activities. Eligible families apply for a grant and within days of receipt in the Our Military Kids office, a packet is sent to the child thanking them for their service to our country and notifying them of the award, then a check is sent directly to the service provider.

Our Military Kids helps families who often fall outside the parameters of established support programs - the families of National Guard and Reserve service men and women who have been and are continuing to sacrifice so much for our country.

<http://www.ourmilitarykids.org/>

There are many opportunities to use grants at the YMCA. Swimming lessons, private swimming lessons, personal training, or one of the many youth sport programs for all ages of children. Please contact Brent Kleinjan, Sr. Program Director, 255-1525, for more information on youth sport programs or opportunities at the YMCA

## **Thanksgiving Hours**

The YMCA will be open on Thanksgiving Day from 7:00am-12:00 noon for you to get your exercise before the big meal!

We're proud to serve those who are dedicated to making sacrifices for our country. Please let us know how we can be of any further assistance to you.

And, again, help us spread the word to other military families!

Sincerely,

Bill Bauman  
Operations Director

## Comments

We definitely wanted to take the time to tell you just how awesome our YMCA memberships are. I work out on avg 5 days a week at the Y; there gym equipment is second to none. Also my wife works out there when she can do some of the dancing classes and the aerobics classes. My kids have also learned to swim there graduating from two level of swim classes which I was very impressed with. I also coached basketball last winter for my son's team, it was a blast. I really appreciate everything the Army One Source has done to get us the YMCA memberships they have definitely gave me and my family some good quality time together and the activities are all geared to keeping my family healthy.

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I am amazed how great the YMCA is working well for my family. My husband is military and we moved here not knowing anyone. I always meet friendly people and the staff always has a smile and that makes you feel good. It is always so clean and very comfortable. Thank you all for all that you do to make people feel special.