



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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October 10, 2011

JACK LUND  
PRESIDENT & CEO

James Metzger  
The Whitmore Group, Ltd.  
370 Old Country Road  
Garden City, NY 11530

Dear James,

Because you are among a select group of generous and major contributors, I am delighted to send you our new Chair's Round Table Newsletter. As a member of our Chair's Round Table, you are a part of a society of donors who strongly believe in the Y's mission and our life-changing work.

I am certain you will enjoy reading about Tiffany Younger, an alumna of our Youth and Government Program; Nancy Reyes, a hard working mom and participant in the YMCA Diabetes Prevention Program; and the success of the Y Scholars program in a Bronx school. Their stories are representative of the ones written every day in communities throughout New York City by the Y's family of members, dedicated staff and volunteers.

These stories of overcoming adversity and personal achievement would not be possible without the generosity of you, the members of our Chair's Round Table. Please know how much your support means to the New Yorkers we serve.

I look forward to keeping you updated in future editions of the newsletter, and sharing examples of the impact that your Strong Kids Campaign contribution is making. New York City's YMCA is truly fortunate to count you among our most loyal friends and supporters.

Thank you.

Sincerely,

Jack Lund

P.S. If you would like to learn more about or visit the Y programs featured in this newsletter, please contact Diego Aviles, our Vice President of Fund Development by phone at (212) 630-9607 or by email at [daviles@ymcanyc.org](mailto:daviles@ymcanyc.org).

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# CHAIR'S ROUND TABLE NEWSLETTER

NEWS AND INFORMATION FOR OUR LOYAL SUPPORTERS

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## Putting the Y in Youth

### Mentoring, Community Service and College Prep.

The pride of academic achievement and the possibility of college education are often a distant dream to youth in New York's less affluent communities. For many kids, where they live is unfairly predictive of where they will or won't end up.

Y Scholars is working to overturn the idea that geography is destiny. The program focuses on year-round high school and college success by weaving academic enhancement, tutoring, mentoring and coaching, as well as career, leadership and life skills, into a rich fabric of personal achievement.

#### THE TURNING POINT IS MIDDLE SCHOOL

Because high school is challenging enough as it is, Y Scholars begins by providing young people from middle school with an outlook on academic involvement.

Each year, Y Scholars is introduced to a new class of sixth graders, leading them through high school on a seven-year path to college. Based on years of YMCA experience, the program helps young people build on their strengths to better succeed at school and in life. At the heart of the program is the philosophy of the Search Institute's Developmental Assets, the building blocks that form the foundation of academic and personal success.



Principal Nancy Diaz: "A program that puts the interests of the students at its center is great for motivating them to learn."

The program provides an array of individual case management, mentoring and coaching that allows students to gain emotional self-awareness, build self-esteem, develop positive social skills, and learn effective problem solving, conflict resolution and teamwork.

In the process students seek out counselor advocates for support, attend career days, develop their resumes, participate in mock interviews, and practice for Special High School Exams and tour colleges. They learn about financial literacy and how to budget both money and time.

*continued on next page*

#### Accumulating assets for success

The Search Institute has defined a list of 40 Developmental Assets that the Y uses to reinforce the mechanisms of its Y Scholars program.

*Assets identified as important to the experience of young people include:*

- Encouragement and support
- Personal responsibility
- Positive interactions with adults
- Truth telling
- Standing up for oneself
- Optimism

Source: The Search Institute, [www.search-institute.org](http://www.search-institute.org).



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