



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMUNITY CONNECTION

YMCA Young Adult Services
Issue 2—May-July 2011

INTRODUCTION TO THE NEWSLETTER

Welcome to the second edition of the YMCA Young Adult Services Community Connection Newsletter! This newsletter is just as full of news and features as our first issue, you should have a better idea of what we do, and this issue focuses more on program updates and new information about our organization. We hope that you learn something new and enjoy.

SEATTLE PHILANTHRO PARTNERSHIP

The philanthropic group Seattle Philanthro has formed a partnership with YMCA Young Adult Services to help the over 3000 young adults and foster youth served by our branch. This group of young professionals was formed in order to spark philanthropic work among young professionals, a group that is underrepresented in the charity arena.

Seattle Philanthro incorporates a three step plan into their partnerships with community organizations, like the YMCA. Step one consists of a volunteer event alongside the partner organizations to better understand what they are about. Step two is a social mixer to gain a further understanding of the day-to-day work and the people doing that work. Finally, Seattle Philanthro hosts a fundraiser for the organization.

The volunteer event took place at the Y's 2100 Building offices, with over 40 Philanthro members and friends creating decorations for the Young Adult Services Independent Living Conference, to baking cookies for foster parents, and more. The Social Mixer was an immensely successful "Y-Care" event giving Philanthro and friends a better understanding of the day-to-day workings of Young Adult Services. The culminating event, "Illuminate," raised \$5,000, with over 300 people in attendance at the DJed black light event. The partnership has been an inspiring experience for both organizations, providing a learning experience for both groups.

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Seattle Philanthro and Y Participants 2011

INDEPENDENT LIVING EXPANDING SOUTH

In February, the YMCA Independent Living services expanded to South King County (SKC). Prior to this expansion, foster youth in SKC had to travel long distances to Seattle to attend workshops. Monthly workshops provide foster youth with the opportunity to make connections with adults (the facilitators and other YMCA staff) and each other. Foster youth in SKC also have the opportunity to meet with a staff resource specialist, attend social events, and access resources such as <http://www.ilpseattle.com>

Classes are held on the last Tuesday of every month from 4:00-5:00pm at Green River Community College – Kent Campus. This location is ideal because it has a bus and train transit center so it is easy for youth to access. The SKC Team developed a monthly learning objective for workshops for the next seven months (see below).

Month	Learning Objective	Class Topic
February	Life Skills	Goal-Setting
March	Education	Applying for Educational Training Vouchers and FASFA
April	Securing Housing	Housing Orientation
May	Becoming Familiar with Finances	Financial Literacy and How to Budget
June	Securing Employment	How to Search for a Job Successfully
July	Life Skills	Goal-Setting

For more information: Henry Jenkins
hjenkins@seattleyymca.org or 206-749-7581



Green River Community College - Kent Campus



YMCA Young Adult Services Garden

YMCA GARDEN PROJECT

In partnership with members of The 2100 Building and the Seattle Just Garden Project, Young Adult Services is launching its newest project, a small organic container garden. Made of two four by eight beds and a set of small cement containers, fruits and vegetables grown will be used to cook community meals open to any participants interested in learning more about urban gardening or healthy lifestyles!

On May 14th participants, staff and volunteers joined together to build, fill, and plant the beds behind the building. All materials were donated through the Just Garden project, a program sponsored by Seattle Tilth in its second year in King County. 30 other gardens were built simultaneously across King County, an event created to show a community unified under the banner of urban farming and sustainable, healthy lifestyle choices! After finishing hours of manual labor, everyone joined together to share a barbecue before heading to Pratt Park for a county wide Just Garden celebration of our lands natural fertility and the awesome food it can grow!

Just Garden will sponsor the garden through its first year with seeds and starts for 4 separate growing seasons. Youth and young adults from a few different organizations within the building will volunteer regularly to maintain the garden and build a community of healthy and environmentally aware participants.

If you're interested in learning more about the garden project or would like to get involved through donation or volunteering, please contact Jess Reichard via email at jreichard@seattleyymca.org.

INDEPENDENT LIVING CONFERENCE

The Independent Living Conference is an annual conference promoting independent living skills for young adults. This year the theme for the conference was "The Game of Life" and included classes relating to housing, education, employment and life skills. Some of the highlights included a parenting class, Zumba, and a real life "Game of Life." All the meals for the day were provided for participants along with raffles going on throughout the day. The all-day event drew over 60 participants and Young Adult Services' own Member Advisory Committee (MAC), helping to make sure that the event went smoothly.

The Independent Living Conference for 2012 will be happening again next year in April. If you are interested in volunteering with the planning committee, or donating to the event, please contact Glenn Leever - Volunteer Coordinator, at gleever@seattleyymca.org or 206-749-7576



MAC Members at the Independent Living Conf. 2011

BURTON CHILL

Earlier this year the Young Adult Services Y participated in the Burton Chill snowboarding program. Chill is an international learn-to-snowboard program for underserved youth from a variety of backgrounds. Every Monday for six weeks, one staff, a dedicated volunteer and 5 of our program participants learned to snowboard at Snoqualmie Pass. While learning how to snowboard the participants also learned experiential lessons in patience, persistence, responsibility, courage, respect, and pride. Burton Chill was an incredible experience for our participants and they're already looking forward to next year's winter. For more information about Burton Chill contact Alex Okerman: aokerman@seattleyymca.org or 206.271.1583.



Participants at Burton Chill 2011

INDIVIDUAL DEVELOPMENT ACCOUNTS

The YMCA Individual Development Accounts (IDA) Program is a matched savings program that helps young adults in the foster care system to gain financial skills and purchase assets such as cars, rent or computers for employment or educational goals. The IDA Program has enrolled a total of 177 participants and 68 of them have completed the program. 43 have purchased vehicles, 26 have purchased computers, 99 have made rent payments and 1 has purchased health care. Participants have earned \$21,040 worth of incentives through the program through earning strong GPAs, completing high school, General Equivalency Diploma (G.E.D), AA/ College degree, attending various workshops in The Center, creating cover letters and resumes, volunteering.

Since the fall of 2010, 57 young adults have opened new IDA savings accounts. All participants will attend money management, housing and assets specific trainings at the YMCA this year to prepare them for making their asset purchase. The YMCA makes certain that youth are engaged in workshops and have one-on-one time to address personal financial struggles as one participant stated, "I liked the money management class. It really started making me realize how much money I spend on things I don't need!" She began to realize "that it's important to save money! You never know what will happen so you need to be financially ready for anything."

The IDA program enrolled new participants in the winter of 2011. Keep an eye on upcoming newsletters for future IDA opportunities. If you have questions pertaining to the program please e-mail Terra Holcomb at tholcomb@seattleyymca.org

FUTURE OPPORTUNITIES TO VOLUNTEER

Thanksgiving Feast 2011: Help to plan, set-up, decorate and serve food. We are also always looking for support in the form of food donations to help make the feast even better.

Holiday Party 2011: Help to plan, set-up, decorate and serve food. We are also always looking for support in the form of food donations to help make the party even better.

Volunteer at a Shared Home: Work alongside participants and other volunteers to clean-up and rejuvenate one of the Young Adult Services' transitional living shared homes.

Lead a Workshop: The YMCA publishes a full monthly calendar of workshops for young adults to develop life skills, receive additional support, or just have fun. Current needs include money management, job connection, education mentoring, men's and women's leadership groups and more. You can also share your own additional interests (cooking, personal finances, book club, knitting, meditation, etc.).

Individual Opportunities: There are new individual opportunities opening up every day at Young Adult Services. If you are interested in volunteering in a longer term position, please call to inquire about our current openings.

For more information about opportunities or details, contact: **Glenn Leever—Volunteer Coordinator**
gleever@seattleyymca.org or 206-749-9780

VOLUNTEER SPOTLIGHT - MEET JAMIE!

Jaime came to the Y in January 2011 and is currently volunteering as the Experiential Learning Specialist.

How did you come to the Y?

I was doing some career research and I found a position open at Young Adult Services (YAS); I didn't have the qualifications for the position but I really liked what YAS does for the community so I asked if I could volunteer.

What have you gained from volunteering with the Y?

I think the biggest thing is optimism and inspiration; the participants of the Burton Chill program had amazing attitudes, they were dedicated and ready to take on new challenges no matter what the conditions

Why would you recommend volunteering with the Y?

The education, skill set and community support that YAS offers is so valuable. The staff at YAS are genuine and there aren't very many places like this.

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GIVE. GROW. INSPIRE.



The YMCA views youth as resources to be developed, not problems to be fixed. Each year, across greater Seattle, we help more than 69,000 children and teens.

In YMCA programs, caring adults work to help young people build a solid foundation based on developing lifetime skills, an ethic of service and the Y's core values of respect, responsibility, honesty, and caring.

Our goal this year is \$4,602,000 to ensure that YMCA programs are available to everyone. On behalf of thousands of kids, families and our larger community who directly benefit from your support and campaign efforts

The Young Adult Services campaigner team raised more than \$38,000 for our annual Partners With Youth campaign, and we project exceeding our Downtown Seattle YMCA branch goal of \$505,000 by the end of May.

Partners With Youth funding helps vulnerable youth, adults and families imagine a better future through access to an array of housing, healthy living, child care and crisis response services. **To donate, visit our website at www.ymcayas.org and click the "give" tab**



Jamie and Supervisor Alex

We serve young adults from 17-25. The Center for Young Adults provides support in the areas of employment, education, housing and life skills. The YMCA of Greater Seattle strengthens communities through youth development, healthy living and social responsibility.