



IS A  
POSSIBILITY

US

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



The Y.™ For a better us.



YMCA OF VINCENNES  
2010 College Avenue  
Vincennes, IN 47591

The Y.™ For a better us.

»» DONATE FOR A BETTER US.

We can't do it alone.

The Y is now...as it has always been...a place of possibility and promise for all. Unfortunately, in times when the true power of "us" is unknown to many and our bonds are fraying, we must do even more to enhance our human connections. That's why the Y passionately focuses on strengthening communities.

Every day, the Y supports kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. Everything we do helps empower communities and the "us" who live in them to thrive.



# US... IS A PROMISE

Annual Campaign  
YMCA OF VINCENNES

# US... IS EMPOWERING

Penelope was simply unable to care for herself when she entered the doors of our YMCA Bettye J. McCormick Senior Center. Her sugar was extremely high. She was simply unable to stay on a diabetic diet required to keep her sugars regulated. She had no transportation to get her to the store, medical appointments or to see her elderly mother. Her meals often consisted of a bologna sandwich, cookies and ice cream. With help from the staff at our Bettye J. McCormick Senior Center, she was able to overcome many of these obstacles. The nurse at the center began to bubble pack her meds and assisted her with her daily insulin injections. They went over her menus and she began to see the proper way to handle her diet. She took advantage of both breakfast and lunch at the center. Very quickly her sugar leveled off and she was able to decrease her insulin intake. And as she began to feel better, she began to take more advantage of the other services at the center like day trips and outings which boosted her morale. They have made application for medical assistance, snap and energy assistance. Penelope has more than settled into the program and says it is her second family. We are excited to see Penelope benefit so greatly from programs offered by our YMCA Bettye J. McCormick Senior Center.

## The Y.™ For a better us.

To learn more about giving to the Y, contact:

**YMCA OF VINCENNES**  
812 895 9622  
vincennesymca.org

When you donate to the YMCA of Vincennes you make the community of Vincennes better and the “us” who live in them stronger.

### Youth Development

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y’s core values of caring, honesty, respect and responsibility.

### Healthy Living

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

### Social Responsibility

With our doors open to all, we bring together people from all backgrounds, to support those in need. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

## Donate for a better us.

Every dollar donated to the YMCA of Vincennes has a lasting impact on the people of Knox County. Donate today for a better us.

**\$55**

Gives a child 8 classes of life saving swim lessons.

**\$144**

Gives a child access to every opportunity the Y provides through membership.

**\$1080**

Sends a kid to camp for the summer