



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

eliminating racism
empowering women
ywca



OUR VOICE

SUMMER 2017 NEWSLETTER

150 YEARS OF SERVICE TO THE COMMUNITY

In 1866, US Congress authorizes the 5 cent Shield piece and the world's first public skating rink opens in Newport, Rhode Island.

Here in Dubuque, news was being made as well. Though it wouldn't make national headlines, the opening of the Dubuque YMCA in 1866 certainly made headlines locally. The Dubuque YMCA, now known as the Dubuque Community YMCA/YWCA is celebrating its 150th anniversary. This year-long celebration, that began on September 11, 2016, is inviting the community to take part in the celebration. Each month the Dubuque Community YMCA/YWCA will hold special activities, 150 focused challenges and more.

"In the Tri-States the Y is more than a gym, it's a place of community," said Sharon Covey President/CEO. **"As the needs of the community have shifted, our mission has shifted as well.** Today, we work to ensure that everyone has the tools they need to reach their full potential—whether that's through a swimming lesson, a Diabetes Prevention Program class, or our mentoring program—we're here for you and your family."

Continued on next page...

This sessions DIABETES PREVENTION PROGRAM
Participants lost a total of 163.2 lbs and still going!
Find out if you are at risk of Type 2 Diabetes by taking our quiz on page 3.

GREAT READS

- 150 Years of Service
- Group Mentoring
- Diabetes Prevention Program
- Upcoming Programs
- Restorative Strategies
- Take Note! - Dubuque Y Highlights

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QUESTIONS, COMMENTS, IDEAS?
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When Dubuque YMCA opened on September 11, 1866, it was a few rooms above E.H. Moore Drug Store at 130 Main Street and later moved to 679 N. Main Street. In 1894, Mr. H.L. Stout donated his home at 9th and Iowa Street to the YMCA. A fundraising building campaign was begun, and in 1895 the YMCA auditorium was built and included a pool, gymnasium, weight room, racquetball court, wood working shop, and game room as well as lodging accommodations.

The YWCA of Dubuque was founded under the inspiration and initiatives of Elizabeth Horr in 1902 with a 1st year membership of 300. During its first year of existence in Dubuque, the YWCA offered classes in the Bible, German, dressmaking, cooking, needlework, shorthand and arithmetic. The following year, physical fitness was introduced to YW members and a new Physical Fitness Director from Philadelphia "introduced the young women to the use of dumbbells and Indian clubs."

By 1909 two buildings were acquired,

renovated and connected at 6th and Locust Streets, which had 22 dormitory rooms and a cafeteria. In 1931 the government purchased the 6th & Locust Street site for a new post office and after a temporary relocation, the YWCA moved to their 11th and Iowa Street site.

Come 1965, the YM had outgrown its facilities on Iowa Street and at the recommendation of the United Way's Community Services Planning Committee, began discussions with the YWCA Board of Directors regarding the sharing of joint facilities. In November 1970, after a successful million dollar capital campaign, the YMCA and the YWCA moved into new joint facilities at its current location, 35 North Booth Street.

In 2000, the YMCA and YWCA merged governing Boards and staff under one corporate entity called the Dubuque Community Y. The YMCA and YWCA have retained their respective affiliations to their national organizations.

Today, through the Dubuque Community Y, the YMCA/YWCA continues to meet the needs of a growing and diverse community by offering a variety of programs including health & wellness, youth sports, swimming lessons, day camping and youth outreach programs.



DUBUQUE YMCA/YWCA HISTORIC TIMELINE

- | | | | |
|-------------|--|-------------|---|
| 1866 | November 8. First YMCA "rooms" in Dubuque are located above the E.H. Moore Drug Store at 130 Main Street. Later the rooms were located at 679 Main Street. | 1910 | YWCA of Dubuque offers program for non-english speaking women. |
| 1894 | March 27. Mr. H.L. Stout donates a \$20,000 home at 9th and Iowa Street to the YMCA. | 1931 | Government purchased YWCA property at 6th and Locust Street for \$75,000 to make way for post office. |
| 1902 | May 23. The First business meeting held. Upstairs rooms were rented at 567 Main Street. First home contained a clubroom, dining room and kitchen. | 1967 | Decision by YMCA Board and YWCA Board to have joint facilities. |
| 1903 | First physical fitness classes begin at Dubuque YWCA. | 1969 | September. Ground breaking for new building at Dodge & Booth Street. |
| 1909 | YWCA - Open House held at new home on 6th and Locust Street. House has 22 dorm rooms for working women. | 1980 | Expansion opened small pool, weights and exercise room, 2 handball courts. |
| | | 2000 | Front Expansion is built |

PEER SUPPORT WITH A SIDE OF CONFIDENCE. GROUP MENTORING. A Reach & Rise® Initiative



The Group Mentoring Program is designed to serve youth in a group setting to provide a safe place for them to process thoughts and feelings that help normalize their experiences, challenges, and developmental milestones, and reduce isolation and gain healthy peer support.

Though mentoring groups utilize a therapeutic model, they are not psychotherapy or counseling groups and mentors will only fulfill roles as volunteers, even if they work professionally as trained counselors or

mental health professionals.

The goals of Group Mentoring is to help youth improve relationships (peer, adult, and family) self-confidence, sense of belonging, sense of achievement, and increase access and linkage to services. Group topics can include: Life Skills, All about Me, Feelings, Relationships, Communication, & School Engagement.

Are you interested in supporting, participating or enrolling a youth in this program? Please contact Tonya Millard, Executive Director of Social Services at tmillard@dubuquey

NEW & EXCITING!

ARE YOU AT RISK?

TAKE THIS QUIZ AND KNOW IF YOU ARE AT RISK OF TYPE 2 DIABETES

WHAT IS YOUR RISK SCORE?

7 quick questions to see if you might be at risk

For each "yes", add the number of points listed:	YES	NO
Are you a woman who has given birth to a baby weighing more than 9 pounds?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
Find your height on the chart to the right. Do you weigh as much or more than the weight listed for your height?	5	0
Are you younger than 65 years of age and get little or no physical activity in a typical day?	5	0
Are you between 45 and 65 years of age?	5	0
Are you 65 years of age or older?	9	0

YOUR SCORE:

IF YOU SCORED A 9 OR HIGHER, then you may be at risk for prediabetes or diabetes, and may qualify for the YMCA's Diabetes Prevention Program. This does NOT mean you have Diabetes. You will need a blood test to confirm if you have diabetes.

AT RISK HEIGHT CHART

HEIGHT	WEIGHT (in pounds)	HEIGHT	WEIGHT (in pounds)
4'10"	129	5'8"	177
4'11"	133	5'9"	182
5'0"	138	5'10"	188
5'1"	143	5'11"	193
5'2"	147	6'0"	199
5'3"	152	6'1"	204
5'4"	157	6'2"	210
5'5"	162	6'3"	216
5'6"	167	6'4"	221
5'7"	172		

COMING FALL 2017!!

Community Health Programs

New Session of DIABETES PREVENTION PROGRAM

ALL NEW PROGRAMS INCLUDE:

**BLOOD PRESSURE
SELF-MONITORING PROGRAM
ENHANCE FITNESS**

READY TO LIVE A HEALTHIER LIFE?

CONTACT, Casey Breitbach

Wellness Director & Trained Lifestyle Coach

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RESTORATIVE STRATEGIES

DEFINE & REPAIR THE HARM



WHAT IS RESTORATIVE STRATEGIES?

Restorative Strategies is a philosophical framework that has been proposed as an alternative to the current way of thinking about crime and criminal justice. Restorative strategies emphasizes the ways in which crime harms relationships in the context of community.

Restorative Strategies defines accountability for offenders in terms of taking responsibility for actions, and taking action to repair the harm caused to the victim and community.

The Dubuque YM/YWCA piloted a Restorative Strategies program in the fall of 2016 in their before and after school programs at 10 elementary schools in the Dubuque and Western Dubuque community school districts. They implemented the "Circles" and

"Peer Mediation" practices in the schools providing students with a different way to deal with conflict resolution and allows for character development and respect. To date, the program has served 385 students. According to one 1st grader's perception:

"I like that other people know about me"

Future goals of the Dubuque Community Y is to continue to develop community partnerships with a focus on implementation of restorative strategies in the justice system and community at large. One of the Y's five pillars includes a task force charged with Eliminating Racism and Creating Social Justice whose mission is to assess the need and implement restorative strategies throughout the community.

HOW IS HARM REPAIRED?

- Restitution
- Circle Sentencing
- Victim Impact Statements, Classes, Panels
- Victim/Offender Mediation, Dialogue
- Community Reparation Boards
- Community Service
- Restorative Group Conferencing
- Letters Of Apology

WHAT ARE THE NEEDS OF THE VICTIM?

- Information
- Truth-Telling
- Empowerment
- Restitution/Vindication

WHAT ARE THE NEEDS OF THE OFFENDER?

- Accountability
- Encouragement of Personal Transformation & Integration into the Community

WHAT ARE THE NEEDS OF THE COMMUNITY?

- Attention as Victims
- Strengthen Community & Mutual Accountability
- Liability for the Welfare of Their Members
- Join a Task Force

TAKE NOTE

WE NEED YOU!

Volunteer Today

Volunteers of the Y:

- Lead our Board of Directors
- Raise funds to ensure the Y is accessible to all members of the community
- Coach our sports teams and teach many of our classes
- Serve as a Reach & Rise Mentor
- Extend a hand to help adults who want to do more, be more, or live healthier
- Advocate for the Y's efforts to influence policies and initiatives that positively impact societal issues of importance to the nation, and your community
- Joining a Task Force/Committee
- Become an advocate for our Victim Services Shelter

Take an active role in strengthening your community and become a volunteer today.

Please contact Abbey Degenhardt at 563.556.3371 or adegenhardt@dubuquey.org.

THANK YOU!

We would like to extend our thanks to the United Way of Dubuque Area Tri-States for their generous grant of \$140,000. These funds support the work of the Victim Services Shelter, Before/After School Care and our Licensed Preschools.



We would like to extend our thanks to the Dubuque Racing Association (DRA) for their generous grant of \$25,000. These funds will support our Aquatics Department and new updates.



100,000 READING MINUTES

The Dubuque Community YMCA/YWCA's Cool School Summer Program will be hosting a READ-IN during the 2017 summer session. The staff and students of our program invite parents and members of our community to share the commitment to reading. Celebrate literacy by reading with us this summer!

With 57 Cool School Days this summer we hope to achieve 100,000+ minutes. Our Cool School program serves children in grades Kindergarten thru 5th Grade. If you would like to participate, or you would like more information, please contact Teresa Fischer, Childcare Director at tfischer@dubuquey.org.

WE'RE MORE THAN A GYM WE'RE A CAUSE

2017 Annual Community Support Campaign
Fundraising Goal: \$100,000

Last year, because of wonderful donors like you we exceeded our \$100,000 fundraising goal. Will you help us reach our goal again this year? When you donate to the Dubuque Community YMCA/YWCA, you are making our community a better place for all. For a better you. For a better me.

For a better us.®

All gifts, regardless of size, make a difference and help provide deserving kids and families with needed opportunities to learn, grow, and thrive.

GIVE NOW
DubuqueY.org/Give

For more information on ways to give please contact Abbey Degenhardt at adegenhardt@dubuquey.org