

**News Release**

**Kandiyohi County Area Family YMCA Capital Campaign**

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The Kandiyohi County Area Family YMCA building is only 10 years old but prior to the construction the YMCA offered youth programs and summer day camp. The programs that were offered during those early years were fashioned toward youth and families. Once the building was built, programs for youth and families continued but programs and services for adults and seniors were added. Today, the YMCA is serving more seniors than ever before.

A typical day finds many seniors waiting at the front door when the Y opens at 5:15 a.m. Lap swimming, walking on the track and strength training are popular in the early hours. During the day, many seniors can be found in classes such as Zumba Gold, Water Aerobics, and Muscular Strength and Range of Motion.

The aging of our citizens is real. By 2030, according to Blue Cross and Blue Shield, one of every four Minnesotans will be over the age of 65. "It is essential for us if we are to continue to have a high quality of life in Kandiyohi County that we are prepared to meet and provide for our aging population" states Theresa Wittenberg, Executive Director of the YMCA.

Today, the YMCA membership is comprised with youth, families, adults and a large percentage being seniors. The Silver Sneakers Program is just one example of how the YMCA is providing to those 65 and older. This program is designed for participants to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily life skills.

The Kandiyohi County Area Family YMCA is conducting a capital campaign to expand so that it can serve more people. The original facility was designed to accommodate 3,000 members and today there is over 5,800. A new multi-purpose gymnasium, expanded wellness center, specialized fitness room, and a large wellness studio are all within the plans. All of these assist in providing new and innovative programs and services to the senior population as well as the youth and families. Campaign volunteer Steve Linder states, "We are contributing to the YMCA mission of supporting Christian values and providing programs to build healthy lifestyles for our entire community."

Long time YMCA supporter, Bill Linder said, "My family and I support the YMCA because of its mission, its ability to serve all ages, especially the seniors and because it welcomes a diverse

population. We are proud to support the YMCA capital campaign and hope our contribution will encourage others to give”.

Thanks to the \$100,000 contribution to the YMCA \$3,000,000 capital campaign from Lakeland Broadcasting and the Linder Family, the YMCA can continue to plan and construct the necessary additions so that seniors will be served for many years to come.

For Audio cuts please contact Theresa Wittenberg at 320-222-9622