



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION IMPACT

“Every day I do an act of kindness because of the YMCA!” – Sandy

Sandy is a people person, and when her husband passed, her job as a barista at a coffee shop kept her busy and interacting with people. But when she injured her back and was no longer able to work, she became isolated and dependent on anti-inflammatory meds and occasionally pain pills. A good friend suggested she join the Y, and although she was skeptical at first, within two months, her back pain was gone and she was able to completely quit taking her pain medication. Sandy formed many friendships at the Y, and coming to the Y became part of her weekly routine. Water walking in the lazy river and the rowing and weight machines helped Sandy stay strong and pain-free.

Then, in late 2017, she was diagnosed with cancer and given only 3 months to live. She got her affairs in order, and during that time, she says the front desk employees and her friends at the Y were positive and supportive. Sandy had surgery to remove a tumor from her neck in January of 2018, and the biopsy results were miraculous – it was not cancer after all!

Sandy says she has grown through all of this, and her next goal is to quit smoking. She has made progress by cutting back from a pack a day to only 10 cigarettes, and she is determined to quit altogether. Sandy said, “I have been through a lot, and if I was strong enough to quit taking pain meds, I can quit smoking, too!”

Today, Sandy works out regularly at the Y, and she is grateful for the financial assistance the Y provides, which makes her membership affordable. “I am on long-term disability, and I couldn’t afford to pay the full amount. The Y has been a special place. Every day I do an act of kindness because of the YMCA. Blessings to you all!”

