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## **Pav YMCA receives grant for senior programs**

*The Pav YMCA and Community Nutrition Network will partner to expand healthy living programs for seniors*

[BERWYN, 12/5/11] – The Pav YMCA has received a \$108,872 grant award from the Russel and Josephine Kott Memorial Charitable Trust, Michael Kott, Craig Lusthoff and Oak Park-River Forest Community Foundation. This grant will be used to support our growing and successful healthy living programs for seniors. The Y will work with the Community Nutrition Network, Inc. (CNN) to provide seniors in our community with nutritional meals, both at our facility and home delivered, along with social and fitness programs to enrich their lives.

The Pav YMCA and Community Nutrition Network, Inc. (CNN) have partnered since 2005 to provide seniors with healthy meals and social activities. Since October 2010, over 34,000 meals have been served at the Pav YMCA or delivered to senior's homes, making our site the largest in suburban Cook County. In the past 2 years, participation in our meal program has increased by 190%. Currently we have 399 participants and 31 volunteers in our program.

The grant funds will enable the Y and CNN to increase enrollment, help seniors be more independent and have a higher quality of life through social interaction, physical activity and individual support. "We want our program to be more than just a drop-in site for meals, we want to make an impact in lives and strengthen community through personal relationships," says Jamie Kucera, Interim CEO at the Pav YMCA. The grant will provide senior friendly tables and chairs, fitness classes, YMCA memberships, care packages for homebound seniors, computers, games, trips, and special events.

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### **About the Pav YMCA**

The Pav YMCA has been serving the communities of Berwyn, Cicero, Stickney, Riverside, North Riverside and Lyons for the past 40 years. We are a cause driven, nonprofit organization committed to strengthening communities through youth development, healthy living and social responsibility. Every day we work side by side with people from all walks of life towards our mission: To put Christian principals into practice through programs that build healthy spirit, mind and body for all.