

SB 5530
TESTIMONY BY SAM CARROLL
Lottery Bonds for YMCA
May 19, 2017

Joint Committee on Capital Construction

Senator Fred Girod, Co-Chair
Representative Paul Holvey, Co-Chair
Senator Peter Courtney
Senator Richard Devlin
Representative John Huffman
Representative Tina Kotek
Representative Greg Smith
Representative Jennifer Williamson

Co-Chair Holvey, Co-Chair Girod, members of the Joint Committee on Capital Construction, thank you for hearing my testimony today.

My name is Sam Carroll, I am the CEO of the YMCA of Marion and Polk Counties.

I am here to testify in support of lottery bond allocation for the construction of a new YMCA here in Salem.

Before I get to the details of my testimony today I wish I could take you to the Y to see what happens on Wednesday afternoon when children who are physically challenged because of disease come to our pool to experience one hour of freedom from their wheelchairs, Where twice each week cancer survivors come to the Y to

reclaim their health and feel normal. Where every day children come together to learn, grow and build relationships that will last a lifetime. These, and many other, life changing events occur every day in programs provided at the Y.

First, a bit of background on the YMCA of Marion and Polk Counties. The YMCA has served Marion and Polk Counties since 1892. Since 1926 the Salem Y has been an important part of the lives of State workers and their families. The location of the Y provides easy and convenient access to the State complex for childcare and Healthy Living activities. Over 50% of our Youth Development program participants are from families who work for the State of Oregon. The majority of morning and noon users are State of Oregon employees.

While much of our local membership is comprised of State workers, the Y serves a quite diverse population. The Y will provide over \$400,000.00 in financial aid in 2017 to those who have limited financial resources so they can participate in activities that build healthy mind, body and spirit. Those activities include childcare, before and after school care, day camp, resident camp, swim

lessons, youth sports, dance, self- defense, membership and healthy living activities.

In 2016 the Y served 13,397 individuals in membership activities, 3,477 individuals in swim lessons, 945 children in resident camp, 347 children in day camp, 528 children in before and after care and 259 children in early childhood care.

We are also very proud of our work with community non-profits. In particular our partnership with Isaac's Room allows us to support youth development through the Ike Box Café, where I'm sure many of you have had more than one morning coffee through the years. The Ike Box provides meaningful life skills and a supportive community to the youth who work there. Our construction plan includes a new space for Ike Box, and continued support for Isaac's Room. We will also be looking for additional community non-profits to partner with to better serve our members and our community.

Now, onto our construction proposal.

You are all likely familiar with the current Y facilities. The Y operates out of three facilities at the corner of Court St. and Cottage St. These buildings were constructed in 1920, 1926, and 1954. We love our location in the heart of Salem. It allows us to serve a diverse cross section of the community that is accessible to those using public transportation, and ensures that we are a central point of downtown Salem.

However, the building is old, and is in need of constant repair and maintenance. Our current facilities are not energy efficient, the space is ineffectively utilized, it has not been seismically upgraded, the roof is leaking, the HAVAC system needs replacement, there is a lack of parking for our members, and lighting and heating is inefficient and variable throughout the building. Perhaps most importantly, we are severely lacking in ADA accommodations, and our members requiring ADA access must go through the Child Care area or take a ramp to the basement to enter the building.

The Y Board of Directors has undertaken an effort to construct a new facility at our current location. The new facility will be designed to be energy efficient, ADA

compliant, and space efficient- reducing our footprint from over 110,000 sq. ft. to under 80,000 sq. ft. and to increase parking for members and guests.

Facility amenities will include full length pool, warm water therapy pool, walking/running track, gymnasium, group exercise studios, locker facilities, family changing areas, cardio training area, strength training area, meeting rooms.

The projected costs of construction and FF&E is \$24,000,000.00. we are asking for \$12,000,000 in Lottery Bonds from the State. The additional funding sources will include donations from Foundations, private donors, City support, and New Market Tax Credits.

Thank you for hearing my testimony today. I would be happy to take any questions you may have.

The YMCA of Marion and Polk Counties

We're More Than You Know

No one is turned away because of a lack of financial resources and all are accepted regardless of race, age, ability, sex or belief.

Our Three Pillars

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.

Youth in Government Video

<https://www.dropbox.com/s/gikydt41gcly7s2/salemyymca-raul-v1.mov?dl=0>

Camping Video

<https://www.dropbox.com/s/9u8by2lkt9tb360/salemyymca-summercampspotlight-v2.mov?dl=0>

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.

LiveStrong Video

<https://www.dropbox.com/s/c8n425osrnwlt6/salemyymca-michelle-v1.mov?dl=0>

Social Responsibility

With our doors open to all, we bring together people from all backgrounds, and support those who need us most. 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.



SALEM FAMILY YMCA



Photo Credit: Catholic Charities USA



Imagine being born in a refugee camp to a mother who constantly fears for your safety. This refugee camp is filled with danger, people who are in limbo - everyone waiting to find a home, safety, and security.

After a lifetime of waiting, imagine boarding a plane and being transported from that refugee camp to a new country. A country in which you know no one, don't speak the language, and the culture is totally and absolutely foreign to you.

Now, imagine you begin to feel safe. There are people in this new community that care about you, want to help, and are determined to give you and your family the life you deserve. Your parents start to take English classes, and while they learn, you have an opportunity to go to camp. YMCA Summer Camp - a place where you finally get to be a kid!

At the Y you get to learn, be active, play, and most importantly make new friends. You become more confident, get time to read, spend time interacting with kids your own age, and get out of the house you've begun to call home. This summer you find hope and happiness, and finally, a sense of belonging.

The Salem Family YMCA is proud to work with Salem For Refugees in providing a welcoming place, filled with kind and knowledgeable staff, and bursting with daily activities related to Art, Reading, and STEM. At the Y we believe in strengthening our community, and that includes welcoming all to our Summer Club program.

SALEM FAMILY YMCA SUMMER CLUB INFORMATION: www.theYonline.org/childcare/club



OREGON YMCA

YOUTH AND GOVERNMENT



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SALEM FAMILY YMCA

685 Court St. NE, Salem, OR 97301

September 2017

theYonline.org

"DEMOCRACY MUST BE LEARNED BY EACH GENERATION"



WHAT IS YOUTH & GOVERNMENT?

This program is a three day intensive educational experience unlike any other. It allows students to practice parliamentary procedure and participate directly in a mock legislative process; providing the opportunity to learn about a wide variety of issues, develop critical thinking skills, and articulate their beliefs while engaging constructively with those who hold like and opposing views. Students draft all legislation, serve in leadership roles and learn about the process of passing legislation.

How to get involved

Students in grades 9-12 can become involved through their school club. Teachers act as the advisors of the club to assist in leading club meetings, helping students with bill writing, judicial practice or club organization.

Our Goal

To create an environment in which students can increase their political awareness and understanding, while learning the meaning of social action through an actual experience in government.

Calendar

September:

Recruit participants

October:

Confirm interest/intent

Program Registration opens

-Oct 1, 2018

Start preparing measures

Practice parliamentary procedure

November:

Early Bird Registration ends

-Nov 30, 2017

All Financial Aid applications due

-Nov 30, 2017

December:

Registration ends

-Dec 31, 2017

File declarations of candidacy with state office

-Dec 31, 2017

All measures due to state office

-Dec 31, 2017

February:

Attend Pre-Legislative Session

-March 10, 2018

Prepare debate for April

Final draft of measures due

-March 23, 2018

April:

Attend 3 day session in Salem

-April 5-7, 2018

Financial Assistance through the YMCA is available for those in need.

"I learned more about our legislative system here than I could anywhere else."

OREGON YMCA YOUTH AND GOVERNMENT INTEREST/INTENT FORM

Please complete this form to indicate your intent to participate in Oregon YMCA Youth and Government or your interest in obtaining more information about the program. *Registration and program information will be sent in October to those indicating an intent to participate.*

School/Club/YMCA Name: _____

Teacher/Advisor Name: _____

Phone: _____ Cell: _____

Best time to call/prep period: _____

Business Address: _____

City: _____ Zip: _____

Email: _____

School Web page address: _____

Yes! We plan to have approximately _____ students participate in the 2017-2018 program of the Oregon YMCA Youth & Government.

We are interested, but would like to have more information before deciding. Please contact me immediately.



Please return this form to Nekole Baurer by October 1, 2017

PROGRAM FEES

\$175* per participant
Registration ends
December 31, 2017

Save \$25 if registered by
November 30, 2017

*Additional fees apply for
hotel stay based on
occupancy

**Financial Assistance is
available through the
YMCA**

- ◆ Hands-on experience with the state legislative process including debating student created measures and the state office elections/campaigns.
- ◆ Students have the opportunity to debate measures on the floors of the actual House of Representatives and Senate Chambers at the Oregon State Capitol.
- ◆ Students elect their own leaders including a Youth Governor, Secretary of State, President of the Senate, Speaker of the House, Clerks, Reading Clerks, and Committee Chairs.
- ◆ All programming, materials and supplies are provided.
- ◆ Program is conducted in accordance with YMCA core values of Caring, Honesty, Respect and Responsibility.

QUESTIONS, COMMENTS?

Contact **Nekole Baurer**
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**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HEALTHY AGING AT THE Y

STRENGTHENING COMMUNITY IS OUR CAUSE

THE FAMILY YMCA OF MARION AND POLK COUNTIES

IMPROVING THE NATION'S HEALTH AND WELL-BEING

Evidence-based programs give individuals the tools they need to lead healthier lives, reduce their risk for chronic disease and reclaim their health.

CRITICAL SOCIAL ISSUES AFFECTING OUR COMMUNITIES:

- High rates of chronic disease and obesity (child and adult)
- Needs associated with an aging population
- Health inequities among people of different backgrounds



EVIDENCE CREATES SUCCESS

An evidence-based program means that it meets the following criteria:

1. Evaluation and research show that the program produces the expected positive results.
2. The results can be attributed to the program itself, rather than extraneous factors or events.
3. The evaluation is peer-reviewed by experts in the field.
4. The program is “endorsed” by a federal agency or respected research organizations and is included in their list of effective programs.

OUR SHARED INTENT:

To improve lifestyle health and health outcomes in the U.S., the Y will help lead the transformation of health and health care from a system largely focused on treatment of illnesses to a collaborative community approach that elevates well-being, prevention, and health maintenance.

OUR DESIRED OUTCOMES:

- People achieve their personal health and well-being goals.
- People reduce the common risk factors associated with chronic disease.
- The healthy choice is the easy, accessible, and affordable choice, especially in communities with the greatest health disparities.
- Ys emphasize prevention for all people, whether they are healthy, at-risk, or reclaiming their health.
- Ys partner with the key stakeholders who influence health and well-being.



EVIDENCE-BASED FITNESS

Programs designed to meet the needs of an aging population

ENHANCE ® FITNESS

Enhance ® Fitness is an evidence-based group exercise program for older adults that uses simple, easy to learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. Each class session includes cardiovascular, strength training, balance, and flexibility exercises and the fostering of **strong social relationships** between participants.

ARTHRITIS MANAGEMENT

The concept of healthy aging in Enhance®Fitness programming boosts participants' ability to manage arthritis and to live independently with arthritis, leading to healthier, happier individuals and stronger communities.

Participants experience healthy aging by developing and maintaining optimal physical, mental, and social well-being and function. People who regularly attend class grow stronger, improve their balance and become more limber. Even the unfit quickly find themselves able to do the things they want to do, safely and independently.

LIVESTRONG ® AT THE YMCA

LIVESTRONG® at the YMCA is a small-group program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. Through this program YMCAs are creating communities among cancer survivors and guiding them through safe physical activity, helping them build supportive relationships, and reducing stress-leading to an improved quality of life.

PHYSICAL BENEFITS

Cancer survivors are provided the opportunity to build cardiovascular endurance, core muscular strength and endurance, core flexibility, and balance, which may help improve functional ability, reduce the severity of therapy side effects, prevent unwanted weight changes, and improve energy levels and self-esteem.



PEDALING FOR PARKINSON'S™

Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace, optimally 80-90 revolutions per minute. This research inspired the launching of Pedaling for Parkinson's™, an indoor cycling program geared specifically toward individuals with Parkinson's disease.

DAILY EXERCISE

Recommended for the treatment of Parkinson's disease, regular physical activity improves gait, balance, coordination, flexibility, agility and energy. Fast-paced cycling is changing the lives of increasing numbers of participants who, prior to, had no hope beyond medication and eventually surgery to slow the progression of their disease.

WHO HAS PARKINSON'S?

- As many as one million Americans.
- Men are one and a half times more likely than women.
- Incidence of Parkinson's increases with age, an estimated 4% are diagnosed before the age of 50.

MOVING FOR BETTER BALANCE

Moving For Better Balance is a falls prevention program that uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities. Led by a Tai Chi-trained instructor, the program is a valuable addition to the Y's older adult programming, including Silver Sneakers, rehabilitation programs, and partner programming with hospitals and senior centers.

REDUCING THE RISK OF FALLS

The Centers for Disease Control and Prevention estimates that one out of three adults age 65 and older will fall each year. In 2010, about 21,700 older adults died from fall injuries. Of those whose falls did not result in injury, the fall left them fearful causing them to reduce their physical activity resulting in limited mobility, which ironically increases their risk of falling.

According to the CDC, programs like Moving For Better Balance help adults reduce their risk of falling by 55 percent. Participants in Moving For Better Balance should expect to increase their strength, overcome their fear of falling, reduce their chances of falling, increase their self-confidence, gain a sense of achievement, and improve their well-being in a safe and supportive environment.



ARTHRITIS FOUNDATION/YMCA AQUATIC PROGRAM

Participants in the Arthritis Foundation/YMCA Aquatic Program exercise with others who have arthritis and related diseases and gain confidence in their ability to manage their symptoms. Increased strength, flexibility and endurance allow those with arthritis to live more safely and securely with their condition. Participants have a sense of achievement when mastering skills that make living with arthritis a little bit easier.

FIBROMYALGIA

Individuals suffering from fibromyalgia have shown relief of symptoms including pain, anxiety, quality of sleep, functional capacity, and quality of life when participating in low to moderate intensity aquatic exercise.

BUILDING RELATIONSHIPS

Individuals have the opportunity to connect and build authentic relationships with other participants, as well as with caring, well-trained YMCA staff. There is a high degree of positive interactions within these relationships, which lay the foundation of trust.

Many participants say that

- They feel comfortable with the other members of their group.
- They feel good when they participated in the group.
- They value their group exercises.
- They support each other in making everyday choices to be healthy and live well.

We Believe in Healthy Living

We're more than a place, we're a cause. Every day, the Family YMCA of Marion and Polk Counties strengthens the communities we serve through our programs and services.

SO MUCH MORE IS POSSIBLE WITH YOUR SUPPORT

Your investment will help people achieve their potential, empower people of all ages to lead healthier lives, and strengthen the bonds of community in Marion and Polk Counties.

The Family YMCA of Marion and Polk Counties has a wonderful history. We have been a powerful association of men, women and children of all ages and from all walks of life. We have, since our founding in 1892, been delivering long standing personal and social change in Salem and the surrounding areas.

INVEST TODAY

With your help, we have an extraordinary opportunity to ensure a brighter future for our community. Your gift to the Family YMCA of Marion and Polk Counties will have a lasting impact on the quality of life for those we serve through life-changing programs and services.

Contact information:

The Family YMCA of Marion and Polk Counties

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[All contributions are administered by the FAMILY YMCA OF MARION AND POLK COUNTIES, a 501(c)(3) not-for-profit organization.]

All contributions are tax-deductible to the extent allowed by law and are acknowledged in writing.]