



We build strong kids,
strong families, strong communities.

FOR MORE INFORMATION CONTACT:

Nancy Gerstein
Creative Marketing Associates, Inc.
www.creativemarketingassociatesinc.com
nancygerstein@yahoo.com
c:847-401-0384

Gigi Ramis
Creative Marketing Associates, Inc.
www.creativemarketingassociatsinc.com
gr161@aol.com
c:847-373-1511

For Immediate Release

**North Suburban YMCA Announces
“Island in the Storm” During Turbulent Economic Times**

Northbrook, IL Giving back to the community is not a new concept to the YMCA. But now, during these tough economic times, the Y’s familiar phrase, “No one will be turned away due to the inability to pay” is in full play as the North Suburban YMCA announces their “Island In the Storm” initiative.

This initiative focuses on supporting and giving back to the community by being a safe, family-oriented, wellness facility that is available to everyone as unemployment rates continue to skyrocket .

“The YMCA is your ‘Island in the Storm ‘ whether you, your family or your company needs help. If your company is under great stress and your employees need some mental or physical relief, they can get a NSYMCA “Storm Shelter” pass to get a break and work out their frustrations in a healthy, relaxed environment. If someone in your family has lost their job, we’ll make sure your membership stays current. And if you are a community organization needing space to meet or get together and money is tight, we’ll do what we can to accommodate your space needs. It’s not about the money,” said Howard Schultz, CEO /Executive Director of the North Suburban YMCA.

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North Suburban YMCA • 2705 Techny Road • Northbrook, Illinois 60062
847-272-7250 • fax: 847-272-7587 • www.nsymca.org

Our mission: The North Suburban YMCA promotes values that build strong families and the health of each individual’s spirit, mind and body in an inclusive, welcoming environment.



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In conjunction with "Island in the Storm" is the NSYMCA Give and Get Community Connection Project: an "old fashioned" bulletin board concept of people helping people whereby a community member may need an item, service or job, while another may be offering solutions that connect with what someone else needs. In addition, the Pioneer Press will be partnering with the Y to support the effort by supplying free copies of the

Northbrook Star at the front desk throughout the month of April. Details of the Give Get Community Connection Project and the Island in the Storm Initiative are available at the Y front desk, or online at www.nsymca.org

"At a time when there are so many forces pulling people apart, the Y gives us a renewed sense of community strength that is helping us re-connect physically and mentally," said Debbie DePalma a long-time YMCA member.

If you know a company or individual who needs the YMCA's services, or you would like to help support the Island in the Storm Initiative by making a donation or volunteering, contact Howard Schultz at 847-272-7250, hschultz@nsymca.org.

The YMCA's goal has always been to provide a healthy, safe outlet for the community through its mission to promote values that build strong families and the health of each individual's spirit, mind and body in an inclusive, welcoming environment. The North Suburban YMCA has been a not-for-profit organization in the Northbrook Community for over 40 years and serves 200,000 people in 12 communities. For more information please visit the Y website at www.nsymca.org.

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