



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
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**NORTH SUBURBAN  
YMCA**  
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FOR IMMEDIATE RELEASE

**Keshet Artists Exhibit Work at the North Suburban YMCA**

*Community Gallery hosts artwork by adults with intellectual and developmental disabilities.*

**Northbrook, IL: October 2021** – An art exhibit by participants from GADOL, [Keshet](#)'s day program for adults with intellectual and developmental disabilities, will be on display in the North Suburban YMCA's Community Gallery during the month of November. A reception will be held for the artists on Thursday, November 4th from 5:00 – 7:00 p.m. at the Y, located at 2705 Techny Rd. in Northbrook.

The acronym GADOL stands for **G**iving **A**dults **D**aily **O**pportunities for **L**iving. In Hebrew, the word "gadol" means big or great. Participants in this program are encouraged to think big, be creative, and experiment with different media and materials. The GADOL philosophy is that the art one creates becomes a tool for developing interpersonal skills, reducing stress, increasing self-esteem, and communicating ideas and emotions.

In addition, Keshet has partnered with the InFocus project, a local agency that works with self-advocates, families, and communities to enhance the image of people living with a disabilities. A section of the GADOL exhibit will include photography from these program participants.

"We are grateful to have the Beverly Goldstick Creative Arts Program, which encourages artistic expression through a variety of mediums offered at GADOL, including art, drama and music," commented Lisa Lew, MSW, LSW, C-ASWCM, Director of Adult Services at Keshet. The artwork included in the November exhibit is created by artists participating in this program at GADOL.

The North Suburban YMCA's Community Galleries support the local arts community by giving it a place to show and sell their works. For more information about the gallery, contact Cathie Winnie at [cwinnie@nsymca.org](mailto:cwinnie@nsymca.org).

### **About the North Suburban YMCA**

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](http://NSYMCA.org).

### **About Keshet**

Keshet is a community-based, non-profit organization offering educational, vocational, recreational and residential programs for children, teens and adults with intellectual and developmental disabilities. Over 600 people with disabilities at 70 sites throughout metropolitan Chicago benefit directly from Keshet's support. Keshet values each individual, and tailors experiences to create purposeful and meaningful lives for people with disabilities in their home communities. From the very start, Keshet has grown alongside our participants, creating community where people of all abilities learn, play, work and live together.



*Photo Caption: During the month of November, the North Suburban YMCA's Community Art Gallery will host an exhibit by adults from the Keshet day program.*