



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

**NSYMCA Receives \$120K Grant from the Buehler Family Foundation  
for New Inclusive Equipment & Weight Room Floor repairs**

*Equipment is Senior and Special Needs Friendly*

**February 2023; Northbrook, IL** The North Suburban YMCA announced today that the Buehler Family Foundation has awarded a capacity-building grant of \$120,000 to purchase new strength training equipment dedicated to the Y's increasing Senior and special needs populations. The grant covers the purchase of 25 new pieces of fitness equipment in the Y's two expansive fitness areas. It also includes future repairs needed for the weight room floor.

"We are so thankful for our continued partnership with the Buehler Family Foundation," said Debbie Madeley, North Suburban YMCA Development Director. "The Foundation's generous support is an essential component of the Y's commitment to the community, and helps us broaden our overall impact on every age and ability group we serve. We believe focusing on fitness and wellness can help our Seniors and special needs individuals live and lead healthy lives."

Over the last 5 years, the Y's senior population has grown to 24% of its membership, with senior wellness program participation growing by 62%, while special needs programming participation has almost tripled. The Y has aggressively invested in new programs and services to meet the needs of these growing demographics, providing new methods of accessing healthy lifestyle choices that are accessible to all.

"With the old equipment, many of our members who could benefit from strength training were unable to do so without assistance," said Megan Vazquez, the Y's Senior Director of Wellness. "The new equipment is ergonomic, easy to use and adjust, easy to get in or out of, ADA

accessible (where appropriate), and senior-friendly.” Vazquez added that the new equipment is spaced with a wide path between the other equipment to allow for wheelchair mobility, is cable based or hydraulic for smooth weight adjustments, and is easy on the hands for those with arthritis or grip strength issues.

Donna Shavell, 85, a Y member since 1970 broke her femur bone several years ago. “I have a stainless-steel rod from my knee to my hip and was told I may never walk again. Today, I’m using the new leg press at the Y, and it’s so easy to use. I now work out 3 days a week and I’m in great shape.”

The donation by the Buehler Family Foundation helps the Y create a foundation for expansion of its Senior and special needs services. "The YMCA's concern for the wellness of Seniors and individuals with special needs inspired this donation," says A.C. Buehler III, President of the Buehler Family Foundation. “It’s a great cause that we believe in and is necessary for the health of the entire community. We’re proud to play a role in the wellness of these growing populations, and we know how much of a difference it will make in the quality of so many lives.”

For information about the North Suburban YMCA, visit [NSYMCA.org](http://NSYMCA.org), call 847-272-7250, or stop by the facility at 2705 Techny Road, Northbrook, IL.



*Photo Caption: The Buehler Family Foundation donated \$120,000 to the North Suburban YMCA to purchase Senior and Special Needs fitness equipment. Pictured from left, Dennis Pollina, Y member; Megan Vazquez, North Suburban YMCA Senior Wellness Director; Phil Carello, Y member; Denis Fitzsimons, Y member; A.C. Buehler III, Buehler Family Foundation President; Kathy Fielding, North Suburban YMCA CEO; and Debbie Madeley, NSYMCA Development Director.*



*Photo Caption 2: The Buehler Family Foundation donated \$120,000 to the North Suburban YMCA to purchase Senior and Special Needs fitness equipment. Pictured from left, Donna Shavell, Y member; Buehler Family Foundation President A.C. Buehler III, and Kathy Fielding, North Suburban YMCA CEO.*

### **[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 501(c)3 charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](http://NSYMCA.org).