



YMCA of South Hampton Roads

We build strong kids, strong families, strong communities.

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YMCA Receives *Quality of Life* Grant from Christopher & Dana Reeve Foundation

Funds provide aquatic chair lift for water therapy and pain relief programs for disabled.

Chesapeake – Each year the Christopher & Dana Reeve Foundation awards grants to non-profit organizations that provide services to individuals living with paralysis. This year the Foundation is proud to announce the Greenbrier Family YMCA as one of the 145 recipients, receiving \$6,190 in aid.

The YMCA will use the grant to help those living with paralysis become active members in everyday life. A new aquatic chair lift has been installed in the indoor pool, which will help provide water therapy and pain relief programs for disabled older adults with arthritis or joint replacement, members who use wheelchairs, and Chesapeake Public Schools' adapted physical education classes.

"We can't wait to see the smiles!" said Tom Button, Executive Director at the Greenbrier Family YMCA. "The new pool chair lift will be a great treasure to our members living with paralysis, especially the children from the Chesapeake Public Schools' Adapted PE program. Kathleen Tomlin, the Adapted PE teacher, is so excited about the opportunity to expand her swimming program."

"Ten years have passed since the late Dana Reeve created the Quality of Life program," said Peter T. Wilderotter, President and CEO of the Reeve Foundation. "It is our hope that, in the years to come, we can continue to support programs that enable children and adults living with and affected by paralysis and their families the full range of activities that many of us take for granted."

The Quality of Life grants are designed to promote active and fulfilling lives for those living with spinal cord injuries and other paralysis causing conditions. Individuals are encouraged to participate in sports, train for a job, operate specially-adapted computer technology, modify homes for wheelchair accessibility, access public transportation, participate in the arts, proactively maintain their health, and much more. The program also provides assistance for family members and caregivers, offering services such as counseling, support groups and educational conferences.

For more information about YMCA Aquatic programs, call 962-5555 to connect to the YMCA nearest you, or visit www.ymcashr.org. If you would like information about charitable giving to the YMCA, contact Tom Marshall at 962-5519 or tmarshall@ymcashr.org.

About the Reeve Foundation: *The Christopher and Dana Reeve Foundation is dedicated to curing spinal cord injury by funding innovative research, and improving the quality of life for people living with paralysis through grants, information and advocacy. For more information, and to review the entire list of Quality of Life grant recipients, please visit our website at www.ChristopherReeve.org or call 800-225-0292.*

About the YMCA of South Hampton Roads: *The YMCA of South Hampton Roads is a nonprofit, community-based health and human services organization that serves over 200,000 children and families each year. More than 19% of those families receive financial assistance through the Open Doors program, helping them achieve their full potential in spirit, mind and body. The YMCA's doors are open to people of all ages, backgrounds, abilities and incomes.*

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