

Everyone needs access to support, connection, and the opportunities that help them thrive, especially in their most vulnerable moments.

Will you help people facing financial barriers access vital Y programs?



"Many of my clients face social isolation."

Duncan affectionately refers to the people he delivers food baskets to as his "clients."

He has gotten to know them personally and they have shared stories and challenges with him.

Duncan volunteers for the Y Home Delivery program, which started 4 years ago to meet an urgent and growing need in our community: help community members with transportation barriers access food.

And that's why I wanted to write to you today. We need your help.

I hope you will consider supporting individuals facing challenges, such as those served by our Y Home Delivery program. **You can help our community by making YMCA programs and services available to all.**

I asked Duncan to share what a typical Y Home Delivery week looked like, which included separate days for different areas of the city – North End on Tuesdays, South End on Wednesdays, and East and West on Fridays.

Deliveries are physically demanding. Each day begins with loading and unloading 20lb boxes of food. The demand has remained steady and Duncan is delivering 266 food baskets a month.

"My clients are facing hunger, social isolation, disabilities, and the crushing weight of rising rental costs," he says. "My role is more than just a drop off of food but a connection for many to the outside."

Life can feel incredibly isolating. Imagine being confined to your home or not having the means to get to the grocery store, unsure if you'll have enough to eat this week. The loneliness sets in – days go by without seeing a friendly face or hearing a kind word.

Can you imagine struggling to make ends meet? You've lost your financial stability. You're isolated from friends and family. You can't afford basic necessities like food. And worst of all, you feel like you've lost your independence.

These are the moments that define us as a community. **You're someone who cares, who believes that everyone deserves a chance to thrive, no matter what life throws at them.** This is your opportunity to reach out a hand and lift someone up.

Please, will you consider sending a gift today so we can open the doors of the Y even wider and serve even more community members who need help—those struggling with hunger, isolation, or other challenges. Y programs aren't luxuries—they're lifelines.

Your gift of \$35, \$75, \$250, or even \$5000 will ensure everyone across our communities can access the Y's life-changing services, regardless of their financial circumstances.

Your generous gift will provide:

- Access to **Poverty Reduction** programs at our Early Childhood Hubs
- Access to **Food** through our Home Delivery program
- **Mental health** support for children through our Rainbows program
- Help those in our community experiencing **Social Isolation** feel connected
- Support the well-being of those with **Chronic Health** conditions
- Remove **Economic Barriers** so that everyone can participate
- **Inclusive** environments that are safe and welcoming

For the individuals and families relying on the Y Home Delivery program, like Duncan's clients, **regular food deliveries mean more than meals—they offer connection and hope.**

When I asked Duncan about the future of the Y Home Delivery Program, he said, "Growth is needed. But to expand, we need more volunteers, space, and resources at our food banks."



Every step towards growth means more lives touched—more people getting the support they need when they need it most.

The Y isn't just a place—**it's a feeling, a sense of acceptance, hope, and belonging. The Home Delivery program shows that you don't need to walk through our doors to benefit from the Y.**

Please consider making a gift today. Your generosity will provide more than food—it will provide hope and stability to our entire community.

With Gratitude,

A handwritten signature in black ink that reads "Shilo Boucher". The signature is fluid and cursive, with a long, sweeping tail on the letter "h".

Shilo Boucher
President & CEO
YMCA of Southwestern New Brunswick

P.S. Your generosity today will support not only the Y Home Delivery Program but all our vital services that uplift families, seniors, and individuals in need. **Every donation helps us provide essential programs that deliver hope, connection, and support to those who need it most.** Together, we can build a stronger, more compassionate community. Will you make a special gift today to help us continue this important work?