

- PRESS
- Press Releases

AARP and YMCA to Partner in 10 U.S. Localities for Community-Focused Programming

Combatting Social Isolation and Improving Health and Fitness Levels Are Among Areas of Concentration

WASHINGTON, DC — AARP and YMCA of the USA (Y-USA) today announced they will partner in 10 U.S. communities to create and deliver programming and local events focused on the health and well-being of residents of all ages. AARP and Y-USA said the communities were selected in order to reach a variety of people, cultures, and community sizes. They are: Asheville, NC; Bismarck, ND; Treasure Valley, ID; Burlington, VT; Colorado Springs, CO; Long Island, NY; Houston, TX; Jacksonville, FL; Rapid City, SD, and Sussex County, DE.

In each local market, teams of AARP and YMCA staff and volunteers will engage residents and members in events and activities intended to help reduce social isolation, improve physical health, encourage wellness, and stimulate learning, among other initiatives, the organizations said.

"Partnering with the Y on community-focused programming that helps people maintain and improve their health and overall well-being as they age is a natural fit for AARP and we're very happy to be a part of it," AARP CEO Jo Ann Jenkins said.

"AARP shares our commitment to strengthening communities, and this partnership will support the Y's efforts to help people of all ages live their healthiest lives," said Kevin Washington, President and CEO, YMCA of the USA. "We're excited to get started and enhance our existing portfolio of programs and services for older adults and their families."

The programming will begin in late summer in most communities and run through the fall. AARP and Y-USA will explore additional opportunities to help people live healthier, more engaged lives based on these first 10 programs, the organizations said.

About AARP

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38 million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment. AARP also works for individuals in the marketplace by sparking new solutions and allowing carefully chosen, high-quality products and services to carry the AARP name. As a trusted source for news and information, AARP produces the world's largest circulation publications, AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org or follow @AARP and @AARPadvocates on social media.

About the Y

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 22 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. ymca.net

SOURCE AARP

For further information: Jessica Winn, jwinn@aarp.org, 202-434-2506; Kevin Dietz, media@ymca.net, 312-419-8418
