



NORTHSHORE AND DUNELAND YMCA BUILDING PROGRAM TO EXTEND YMCA'S HEALTHY LIFESTYLES MISSION

An organization that has given five towns a way to enhance health and wellness for more than 50 years will soon offer new programs and services.

The Duneland Family YMCA is joining with NorthShore Health Centers to plan a program-based partnership. The effort came about because the organizations share similar missions: To provide health-based services for all people in need.

"The YMCA is for healthy living, so our focus areas is to ensure that all people have the opportunity to live a healthy lifestyle. We have a lot of services, but we know we don't have the expertise in health care that NorthShore does," said Dave Kasarda, CEO of Duneland YMCA.

He said the two organizations are in the early stages of designing the partnership, with focus is on two specific areas: Preventive programs generally and chronic disease prevention, especially Type 2 diabetes and hypertension. "Those are so prevalent and preventable through lifestyle changes. The goal is to build programs to benefit our YMCA clients, many of whom are also patients at NorthShore," Kasarda said.



The Duneland Y has about 3,000 members and serves just over 10,000 people annually with a variety of programs and services. "Quite a significant impact in such a small community," Kasarda said. The new programs and services will be available to anyone in the community, which includes the five towns that make up Duneland: Chesterton, Burns Harbor, Porter, Dune Acres and Beverly Shores. Kasarda said the partnership is expected to begin offering new programs by the end of the first quarter of 2022.

YMCA referrals to NorthShore will depend on the issue, Kasarda said. Current discussions are addressing several things, including creating programs and services to increase quality of life through quality of living.

"Many people don't know that NorthShore offers a variety of services including dental, pharmacy and help navigating health insurance. We have a very active group of senior citizens, and NorthShore is playing a role in their ability to access prescriptions and medical services," Kasarda said.

"People are here at the YMCA from cradle to old age. We can't provide all the services they need so that's why the partnership with NorthShore is so important," Kasarda said.

He said the single biggest advantage of the partnership is that the YMCA will be able to offer direct reference to

medical professionals and health care services for all that address health and wellness concerns in the community.

"We are absolutely thrilled to partner with NorthShore, to share that commonality of purpose. We're going to do some great work together," Kasarda said.

"Through this unique collaboration, we will be able to extend the continuum of care for our patients by connecting them with programs and services that will help them continue to improve their health. NorthShore is committed to providing Duneland YMCA with quality affordable healthcare, dental, and pharmacy," said David Hall, CEO of NorthShore Health Centers.

Duneland YMCA and NorthShore Health Centers are seeking community input on programs and services to be offered. To offer input on a survey, visit northshorehealth.org/northshore-is-joining-the-y/ or dunelandymca.org.

NORTHSHORE'S MISSION

NorthShore Health Centers has 11 clinics across Lake, Porter, La Porte and Jasper Counties. In addition to care for an injury, flu and dental problems as well as routine sports physicals — real-life needs patients face — preventive medicine is also a priority including:

- Cervical cancer screenings, Pap tests and breast cancer and osteoporosis screenings for women at recommended ages
- Healthful lifestyle modifications and blood-pressure reduction for patients with a hypertension diagnosis
- A1C test monitoring every three months and annual cholesterol and retina exams for diabetics
- Colon cancer screenings at recommended ages for adults
- Well-child visits, lead screening, Hgb (Hemoglobin) test and immunizations at recommended ages for children
- Optometry services for adults and children at the Lake Station, Portage and Hammond locations, including exams, contact lens and glasses, and management of eye infections and diseases

NorthShore Health Centers also offers patients an easy-to-use, Internet-based portal for home, office or smart phone.

NorthShore has a team of courteous and compassionate professionals to treat all patients whether through private insurance and/or Medicare and Medicaid and for those with no health insurance. As a federally qualified health center, NorthShore treats many patients who didn't have access to health services. NorthShore's commitment to the communities it serves is strong, providing access to excellent, affordable health care.

NorthShore Health Centers ... The Right Care for Our Community.



Dave Kasarda,
CEO of Duneland YMCA

