

# 100+ Women Who Care Supports Y-OPAS in Honoring Seniors with Dignity and Love

BY KIM TARNOPOLSKI



In April, Y-OPAS Executive Director Brenda Nichols and longtime volunteer Bev Strom shared the program’s mission with **100+ Women Who Care Valley of the Sun – Ahwatukee**, a philanthropic group of women dedicated to supporting local nonprofits. Their message resonated deeply with the members, who responded with a generous collective donation of \$14,175. “On behalf of Y-OPAS’ team of volunteers and the seniors we serve, we extend a heartfelt thank you for being selected for this amazing gift,” said Nichols. “This gift directly impacts the well-being of our aging community, helping reduce isolation, foster independence, and create a stronger, more connected environment for those who deserve it most.”

The donation is part of a broader legacy—since its inception in 2015, **100+ Women Who Care Valley of the Sun** has contributed over **\$1.4 million** to nonprofits across the Valley, showing the profound impact of collective giving.

If you’re looking to make a difference, consider joining the next Giving Circle on **August 5, 2025**, at Foothills Golf Club. Guests are always welcome. Learn more or register at [100wwcvalleyofthesun.org](http://100wwcvalleyofthesun.org).

To support Y-OPAS or become a volunteer, visit [valleymca.org/opas](http://valleymca.org/opas). Together, we can ensure every senior in Ahwatukee feels valued, connected, and cared for.



In the heart of Ahwatukee, a powerful example of compassion and community is quietly transforming lives. The

Outreach Programs for Aging Seniors (Y-OPAS), a beloved initiative of the Ahwatukee Foothills Family YMCA, helps local seniors live with dignity, independence, and connection.

Founded in 2001 and adopted by the YMCA in 2006, Y-OPAS offers free services to residents aged 65 and older—providing transportation to medical appointments, help with grocery shopping, friendly visits, and light handyman support. At its core, Y-OPAS is about more than errands; it’s about creating a sense of belonging and ensuring older adults feel seen and supported.

The program is powered by volunteers aged 21 and older who give their time—and their hearts. Whether

offering a ride or sharing a cup of coffee, these volunteers forge meaningful bonds that enrich both their lives and those of the seniors they serve. In a time when social isolation is a growing concern among older adults, Y-OPAS helps bridge the gap, keeping seniors engaged and empowered to remain in their homes longer.

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—BRENDA NICHOLS,  
Y-OPAS EXECUTIVE DIRECTOR