



**The Storehouse**  
COMMUNITY CENTER

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**FOR IMMEDIATE RELEASE**

## **Collaborations with Plano YMCA and American Heart Association Support Long-Term Health and Wellness at The Storehouse Community Center**

*Serving together as one community, these organizations empower neighbors toward self-sufficiency with education, resources, and tools for better wellness*



MaKayla Boyd, membership service representative at the Frisco Family YMCA, helps a participant take her blood pressure to establish a baseline. Neighbors will track their readings weekly while learning how to manage their heart health.

**PLANO, TEXAS – September**

**17, 2025** – Organizations coming together as one community are creating lasting impact at The Storehouse Community Center, where collaboration is key to empowering neighbors on their journeys toward self-sufficiency. Through joint efforts with the **Plano YMCA** and the **American Heart Association**, neighbors are gaining access to vital health education, preventative tools, and lifestyle guidance that support long-term wellness and improved quality of life.

The Plano YMCA began hosting its Blood Pressure Self-Monitoring Program on Saturday mornings at The Academy, the education program of The Storehouse, starting in September 2024 through December 2024.

The program ran again from February to May 2025 and was relaunched in September 2025. It is now being held every Saturday from 8 to 9 a.m., continuing through November 2025.

To further support this initiative, the American Heart Association donated a blood pressure kiosk, providing quick and accurate blood pressure readings to both participants in the class and others at The Storehouse who wish to

monitor their blood pressure. A trained volunteer assists users in operating the machine, which prints out systolic, diastolic, and heart rate values after a 20-second scan.

“This is an extraordinary program for our well-being,” said Beatriz Martinez, a participant in the blood pressure monitoring program. “I’ve been diagnosed with hypertension, and the accurate weekly measurements at The Storehouse, along with the recommendations from the health coach every Saturday, have helped me become more aware of the improvements I need to make for a better quality of life. The new BP machine has allowed me to get precise readings that I can take to my doctor for potential adjustments to my medication. I would like to thank The Storehouse, YMCA, and the American Heart Association for providing us with care, education, and support for our health.”



(Left) In the fall 2024 semester, MaKayla Boyd helps a participant measure her blood pressure using the new kiosk provided by the American Heart Association. Educational posters and materials were also provided.

(Right) Javier Barrios, heart health ambassador with the Plano Family YMCA, leads a seminar on managing blood pressure and hypertension. He conducts multiple sessions each semester to help participants learn how to manage their own care.

The YMCA’s four-month program is designed to help adults with hypertension manage their blood pressure through regular self-monitoring and proper health practices. Each of the 23 enrolled neighbors receives a home blood pressure monitor, participates in weekly consultations, and attends educational seminars focused on nutrition and heart health. Participants are also given YMCA membership cards that grant access to gym facilities and group exercise classes.

“A nutrition coach comes monthly as part of this program and discusses a variety of topics on how to decrease blood pressure, including how to reduce sodium levels, the importance of eating whole foods and avoiding preservatives, and how to read food labels,” said MaKayla Boyd, membership service representative, Frisco Family YMCA. “At the end of our four-month session, the group is invited on a grocery store tour with our nutritionist at

Sprouts, where they can put their knowledge into action by learning how to read labels and discussing best food choices. Our partnership with The Storehouse isn't just about community health and providing resources. It is about accountability and support to those wanting to start their healthy lifestyle journeys."



Javier Barrios teaches participants how to read nutrition and ingredient labels to make healthier food choices. The 12-week class concludes each semester with an educational tour at Sprouts Farmers Market.

The American Heart Association, a relentless force for changing the future of health for everyone everywhere, sees this collaboration as a powerful extension of their mission.

"By providing tools like the blood pressure kiosk and supporting educational efforts, we're helping neighbors take meaningful steps toward better heart health," said Jenny Eyer, vice president of community impact. "It's inspiring to see how shared commitment and care can lead to lasting change in people's lives."

Additionally, for neighbors who are not currently taking medication due to a lack of health insurance, The Storehouse helps connect them to local medical resources that can assist with care and prescription access.

"After attending these seminars, many neighbors have seen a reduction in their blood pressure levels and no longer need medication!" said Ligia Urrego, director of The Academy. "Working with the Plano YMCA and the American Heart Association has been a beautiful example of what it means to serve as one community. Through the YMCA's weekly classes and the generous donation from the American Heart Association, our neighbors are not only learning how to care for their health—they're experiencing the power of community walking alongside them. These organizations have truly become part of our family."

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**The Storehouse Community Center** (formerly The Storehouse of Collin County) is a nonprofit organization dedicated to serving the community through food, clothing, resources, education, and employment support. By creating strong partnerships and offering transformational programs, TSCC works to address the root causes of food insecurity and empower neighbors to achieve self-sufficiency. During its previous fiscal year, The Storehouse served 182,024 unduplicated neighbors with the support of more than 2,000 volunteers. Visit [www.thestorehouseecc.org](http://www.thestorehouseecc.org). The Storehouse EIN: 27-1883333