



Monthly

Connections

YMCA OF CENTRAL KENTUCKY

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Good News, Better Stories for Board Members, Friends & Staff September 2011

Dear Friends,

In the "old days," September was the month of fresh starts as schools got back into the groove. With our August kickoffs, summer seems to end sooner and those fresh starts get under way stat. Yet September still has a feel of routine and learning. Afterschool programs and the Black Achiever's program now are fully staffed and kids are learning from positive Y role models about reaching their full potential -- whether in health and well-being, academics or spirit.

With the heat waves gone, the anticipation of fall-like weather has people exercising outside again. Our youth sports programs and adult leagues are full and busy. Both offer a great chance for small communities to gather together.

Our staff are working on 2012 budgets innovatively looking out for ways to best serve health seekers in neighborhoods across our area.

Onward we go!

Gail M. Glasser
President and CEO



The Kids Triathlon always delivers an opportunity for kids to make friends, have fun, get active and discover who they are and what they can achieve.

GLIMPSES OF SUMMER



Summer campers had plenty of fun making friends, learning new skills and beating the heat at Bar Y.

FOR YOUTH DEVELOPMENT

Great Story from North Lexington

The numbers from the summer camps at the North Lexington YMCA are impressive:

- Averaged 97 campers per day
- 71.3% of participants received financial assistance totaling \$57,079

But those numbers come to life when you realize that every one of those children has a story to tell. Stories like the one shared by the mother of two foster children who attended camp at the North Lexington YMCA this summer. The children, living in their fifth foster home, "learned that people love them and want good things for them," said senior program director Trevor Singleton. Here's a note from the foster mom:

We are foster parents to two elementary age boys and I have been working closely with [Trevor and the North Lexington YMCA staff] all summer and they have been amazing. The staff has worked alongside us to reinforce positive behaviors and choices

with our boys and it shows. The boys' behavior has improved significantly since they were first placed in our home in May.

Additionally, the staff does not hesitate to contact me with questions or concerns. I know there are unfortunately a significant number of foster children and children living with relatives in the summer camp this summer, and Trevor has looked for opportunities to train the college-age staff on how to handle behaviors and issues that may arise. My hope is that these students will take this experience this summer and use it in the future to better the community and provide for children in need.

Two of the girls have told me they adore our boys and would love to adopt them and I just have to smile because I was once a counselor that fell in love with a foster child in my class, and now I am a foster parent. Thank you and the rest of the YMCA crew for the amazing services you are providing to our community. Thank you.

Good News from Community Services

When the Y started in 1844 the main focus was Christian reading rooms and lecture series. That has always been woven into the fabric of the Y and is a big part of our community efforts today. As of the end of 2010, the YMCA of Central Kentucky has distributed 59,894 books to families in need as well as providing reading and writing programs.

Recently the *Herald-Leader* ran a front page article about the Reading Is Fundamental (RIF) funding being pulled from the federal budget and how that would affect Kentucky. The Y runs a summer RIF program as part of the literacy line up and it will be difficult to make up this loss.

However, this news has resulted in an outpouring of support and people asking how they can help. It reminds me of the quote by Margaret Mead, "A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has." It

shows that our community will make sure they are nurturing the potential of every child and teen. That is a great area of focus.

-- Wendi Keene

Good News from Scott County

This story serves as a reminder that the impact of Y programs can spread exponentially from one participant to many others.

One of the children who began swim lessons with us this year was extremely reluctant and scared to get into the pool. Eventually, after a couple of sessions with our patient instructors, she became less and less timid.

This past lesson when we had a child acting similarly, she told her, "I used to be scared, too, but then I learned that the instructors will not let us get hurt. That's when I began to swim better." After that, the other child was less reluctant about participating in the lesson and was visibly less timid.

-- Rob Van Til

FOR HEALTHY LIVING

Great Story from Beaumont Centre

The Flat Out Fun Dance Team, a group of SilverSneakers® participants from the Beaumont Centre Family YMCA, were recently invited to perform at the Humana 50th Anniversary Celebration at the YUM! Center in Louisville.

Instructor Robin Norris shares the story: We arrived at the YUM! Center to find that there were close to 10,000 employees and supporters including; Governor Steve Beshear, Louisville Mayor Greg Fischer, Humana Chairman and Chief Executive Officer Mike McCallister; Humana Co-founder and Chairman Emeritus David A. Jones; former board chair and current board member David A. Jones, Jr.

Tom Noland, Senior Vice President for Corporate Communications, was the emcee and gave the SilverSneakers® group the most wonderful introduction. He started by saying how committed Humana is to

making their members healthier, and one of the best and most effective ways they do that is with the SilverSneakers® Fitness Program, specifically at the Beaumont Centre Family YMCA in Lexington. The members took the stage, with their SilverSneakers® t-shirts on and danced to 'Joyful, Joyful'. The crowd went wild, they were screaming, "WE LOVE SILVERSNEAKERS®," and it ended with a standing ovation (the only standing O of the entire event). I was completely blown away with the response of the crowd and the sheer happiness this event brought to the members and the Humana employees.

It is our hope that this five-minute performance will leave a lasting impression of the Y and SilverSneakers® on everyone from customer service reps, to sales agents, to CEOs. This was a really exciting opportunity for me, SilverSneakers®, the Beaumont Centre Family YMCA and The Flat Out Fun Dance Team!

Good News from Black Achievers

A few years ago the morning snack at the Black Achievers Saturday sessions consisted of doughnuts and juice. The result of this was unnecessary expense and unhealthy food and beverage options. We weren't setting the proper example for our participants and volunteers.

In order to make a change, we decided to first choose an item that was healthy, then compare the difference in price. We chose granola and nutrigain bars as the morning snack and Koolaid Jammers for the juice for our Achievers and volunteers.

Even though we still occasionally indulge in doughnuts as a treat, the overall change has been significant and positive for the program.

-- Roxanne Brown

Good News from the Y

The YMCA of Central Kentucky's YMCA Diabetes Prevention Program has been awarded a \$12,500 grant from Y-USA to scholarship 50 seniors (65+) in YDPP classes. This funding was presented to the Y as a result of the success our program has exhibited since its inception.

The YMCA of Central Kentucky is in a collaborative with nine other Ys across the country and has produced the greatest number of classes and largest participation within the collaborative.

"We have been blessed to have dedicated coaches and a great coordinator that embrace the intent of the program as well as the relationship-building component so critical to the program's success," said Kevin Haury, Director of Strategic Initiatives. "This award recognizes and validates the spirit and culture of the cause-driven Y we continue to aspire to become through all of our chronic health efforts and staff development."

FOR SOCIAL RESPONSIBILITY

Great Story from Child Development

The Y, along with various neighborhood sites, partnered to hold 20 Back to School Rallies. At the rallies, 8,000 backpacks and school supplies were distributed to Lexington children to ensure that every child had the necessary tools to start the school year off right. Thanks to the generosity of donors and community partners and the work of hundreds of volunteers, the rallies were a huge success!



Good News from High Street

The High Street YMCA was selected to host a film screening titled "Hawo's Dinner Party: The New Face of Southern Hospitality." The film is a tool designed to support community leaders — including educators, clergy, law enforcement, public officials and employers — who are helping to integrate newcomers from Muslim-majority countries, often against considerable obstacles. It was developed to deepen discussions, break the ice around difficult issues, build-bridges across faith and culture, and enhance cultural competency among service providers.

The screening will be followed by a dialogue workshop. Conversations about community building, tolerance, and alliances across religious, ethnic, and other differences are especially important in the lead-up to the 10th anniversary of September 11. Two film screenings will be held at the High Street YMCA on September 13 and 15. Registration will be required and spaces will be limited. Registration will begin September 1 and information will be available at all branches.

Good News from Jessamine County

The children in our summer camps (an average of 100 per week) benefited greatly from the Wal-Mart Summer Feeding Program Grant.

First this allowed the site directors to provide creative nutritious snacks for the summer camp children. The site directors were having a competition to see who could provide the most nutritious snacks that the children would eat. They also shared all their ideas and results with each other. The children were able to experience healthy options that they had never eaten before. Some of the children enjoyed the snacks so much they were asking their parents to make these snacks at home.

Another benefit that this grant provided was that the site directors carried this creativity of snacks to the after school programs. The children are still asking for the snacks that they received at summer camp. It has been great for all involved to see the children experiencing and enjoying healthy options for snacks.

-- Jennifer Bishoff