



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y IMPACT

LANCASTER FAMILY YMCA ASSOCIATION

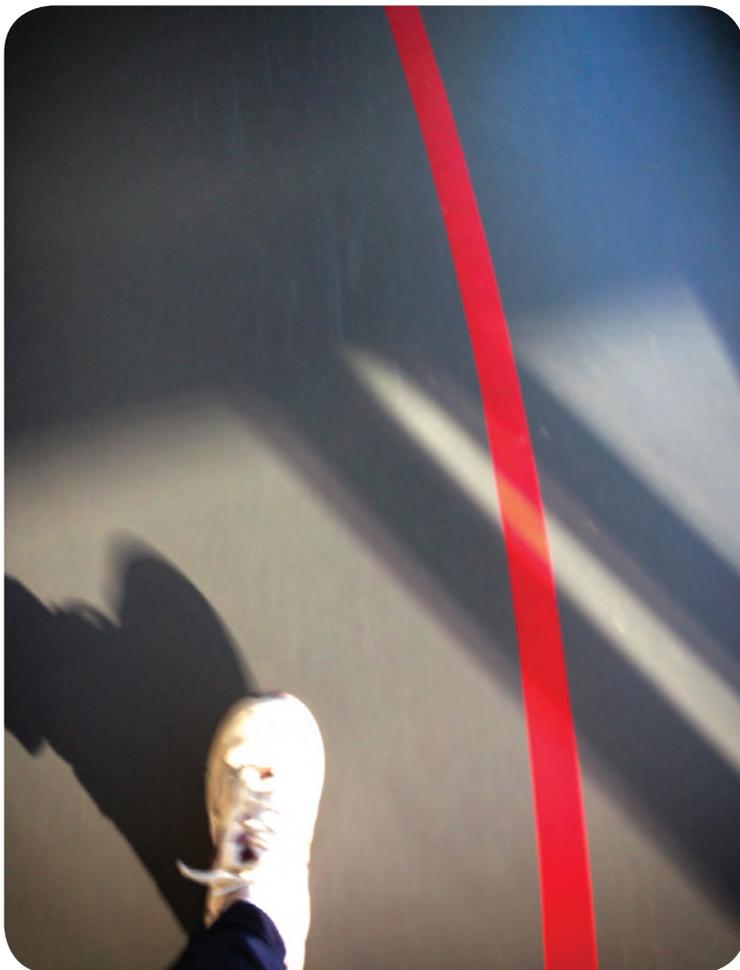
SPRING 2014

www.lancasteryymca.org

IN THIS ISSUE - THE PATH TO RECOVERY AND RESTORATION RUNS THROUGH THE Y

TO SURVIVE AND THRIVE

By Y member, Kristin Rehder



Photos by KRISTIN REHDER



I walk around and around the track at the City Center Y. In the gym below, squealing kids play a version of dodge ball, four sharpshooters square off under a side hoop, and a father gives his son a quick boxing lesson. I think back to when I was a young athlete whose engine never idled. Exercise and competition delivered friends, skills, teamwork, and independence. Though I was very good in the classroom, I was at my best in sports. It's not unusual then that when I was diagnosed with breast cancer in the late spring of 2013, I turned to exercise at the Y to connect me to my core—to help me survive and thrive. At first, with chemo, I didn't have enough strength to walk a single lap. Eventually, after surgery, as I transitioned

CONTINUED ON PAGE 5

As a leading nonprofit, the Y is the place where families have fun and spend quality time together, kids play and build character, adults develop ways to live healthier and neighbors connect with their community.

LETTER FROM THE CEO

SHARING THE ROAD TO RECOVERY

A few weeks ago the Y hosted its first annual YMCA Kids Marathon in partnership with Garden Spot Village. In the months leading up to this unique event, 140 kids across Lancaster County ran, biked, swam or walked 25 miles. On race day, the children came together to complete the final distance of 1.2 miles.

It was a touching moment to see these youngsters cross the finish line full excitement for what they had just accomplished. It was a reflective moment for me, as I thought about the bright futures that lie ahead of them and how the Y is playing a role in helping them get there.

Yet all too often the bright and hopeful journey we plan for our lives takes a detour. Disease and debilitating health issues creep in and suddenly the future becomes dark and uncertain.

In this issue, you'll read about people who are on a journey to recovery - they're working to reclaim the health and wellness that illness and chronic disease took from them. And the Y has walked beside them, providing the programs, support and the welcoming place where they find the physical, spiritual and mental strength to keep moving forward.

Whatever miles lie ahead for the children, adults and families in our community, the Y will be there for them by promoting wellness, helping them reduce risks and recover good health.

Jeffrey S. Kenderdine
President and Chief Executive Officer



UPCOMING EVENTS

JUNE: SUMMER CAMP BEGINS

CAREERS THAT MAKE A DIFFERENCE

We have employment opportunities in the areas of youth development, aquatics and health and wellness. For more information, visit our employment web page at: lancasterymca.org/employment

Visit us at lancasterymca.org
Connect with us on Facebook



CITY CENTER BRANCH
(717) 393-9622

LAMPETER-STRASBURG BRANCH
(717) 464-4000

YMCA AT NEW HOLLAND
(717) 354-4747

CAMP SHAND
(717) 272-8001



CaRE CONNECTS

Offered in partnership with Lancaster General Health, the Lancaster Family YMCA's Cancer Rehabilitation Exercise (CaRE) program helps cancer patients regain strength and move past the residual effects of cancer treatments. In this 12-week program, participants meet twice a week for group exercise sessions and individual workouts led by a Y personal coach.

"Participating in CaRE is one of the best things I've done since finding out I had cancer," explains Denise Harnish, a Fall 2013 participant in the CaRE program at the City Center branch. Denise, age 52, had never been a regular exerciser and was nervous about feeling comfortable and fitting in. She praises personal coach Valerie Petersheim for putting her and her fellow participants at ease, allowing her to quickly make connections among the group.

In addition to the physical activity, Denise credits the camaraderie she felt with helping her to gain self-confidence and strength. While everyone's path was unique, by sharing familiar experiences, such as depression following chemotherapy, she and others in the program felt connected and encouraged to tackle common challenges. Denise's classmate Beca Stamp agrees, sharing that "it was almost like a small sorority with the support we could offer each other."

Beca, who had a mastectomy fourteen years ago, sees herself as one of the lucky ones, who both benefitted from the group and could give back by offering encouragement and support. She also valued the adjustments that their personal coach Val made for each participant's particular abilities. Beca wasn't able to do some of the leg exercises following a recent partial knee replacement, so she relied on alternatives that worked best for her while also keeping up with the group. Denise, Beca and the rest of the Fall 2013 CaRE group ended their program with a celebratory lunch in December, sharing healthy dishes and plans for the new year, including vows to keep coming back to the Y.

CaRE is a free program and participants are encouraged to bring a "support buddy" with them to the sessions. Both the participant and buddy are given a free Y membership to access wellness equipment and health and wellness programs during the days CaRE is not in session.



A LIFE RESTORED



Seventy year old Ed Slaymaker has been a volunteer fire policeman since he was fourteen years old, keeping him on the move for decades. However, a staggering number of health issues – including six heart attacks and three bouts with cancer – have taken their toll over the years. Additionally, Ed was in a serious car accident in 2003 that left him in a coma for thirty-five days. “Even after coming out of the coma, my surgeon told me to reach out to loved ones, because I was surely close to death,” shared Ed, who astonished his doctors, family and friends with his survival.

As he had done for many years as a member of the Lancaster Township Fire Department, Ed volunteered at the 2012 Lancaster Family YMCA Duathlon. By that time Ed weighed 350 pounds and struggled just to get around. When Y CEO Jeff Kenderdine encountered him at the event, he took the opportunity to thank Ed for his contributions to the Y and supported his desire to improve his health by offering him a free trial membership and sessions with a Y personal coach.

In early 2013, Ed took his first steps toward recovering a way of life he thought he’d lost for good. City Center YMCA Health and Wellness Director Amanda McFerren worked

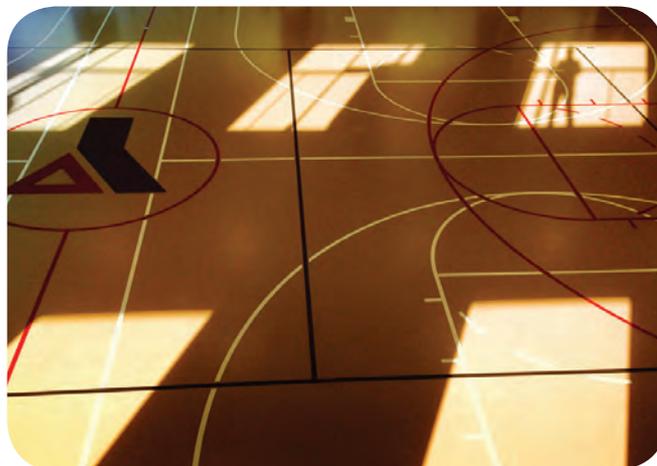
with Ed to design a program that gradually introduced both cardiovascular exercise and strength training. Ed insists that “Mandy didn’t ease up on me,” and over the course of the year, Ed lost eighty pounds while gaining strength and confidence. Ed enjoys surprising family and friends with all he can do – at a family picnic, while kicking a soccer ball around the yard with his young grandsons, Ed joked that his daughter-in-law the Registered Nurse could rest easy because he was doing just fine.

He’s also made impressive progress with several health conditions. Arthritis and bursitis in his shoulders had significantly limited his range of motion, but regular workouts have greatly increased his flexibility in both his upper and lower body. A possible hip replacement surgery has now been postponed due to Ed’s dramatic weight loss. “Jeff and Amanda saved my life,” shares Ed – by telling him he could do it and helping him to discover how. Ed values the medical gains as well as the everyday triumphs, from giving up his cane (“who needs it?”) to walking (not riding) through the grocery store. After a recent visit to his cardiologist to address some temporary chest pain, Ed quickly asked “when can I go back to the Y?”

TO SURVIVE AND THRIVE... CONTINUED FROM PAGE 1

to radiation, I started to build some endurance. For 33 weekdays in the winter months of 2014, I drove straight to the Y after my treatments to hit the track, walking just a mile each time then unwinding with some tai chi. Going to the Y wasn't just about the benefits of exercise and strengthening (there were many!). My daily commitment gave me something to look forward to beyond the radiation routine, and as I walked, I felt alive, hopeful, and determined. I had very few health problems as my treatments progressed. My spirits were high. The technicians and nurses at the Barshinger Cancer Institute, to whom I am so grateful, would ask each day: "Are you going to the Y?" "Yes," I'd say. And I did. We all knew it was making a difference. On February 3, 2014, I had my last treatment for breast cancer. Now I am one of the fortunate ones. I have a new start. The Y helped to make it so. Thank you, round and round again.

Kristin Rehder, a native of Wilmington, NC, moved to Lancaster two years ago from Saratoga Springs, NY with her partner, Sue Washburn, a 1973 graduate of F&M. Kristin achieved a distinguished four-decade career in fundraising communications for educational institutions. She is an avid photographer, kayaker, and traveler.



As she walked at the Y, Kristin took a moment to capture the warm glow of the sun shining into the gym.

GETTING BACK IN MOTION TIPS FOR BECOMING ACTIVE AGAIN AFTER A LONG WINTER

After a long winter, springtime allows us to start being more active again. As people age, activities can feel limited by aching joints, especially the hips and knees. A few tips can help individuals stay active and minimize aches at the same time:

- Begin any new activity gradually. Starting with just a few minutes a day and slowly increasing will allow the body time to adjust to the new routine and avoid overuse of muscles that haven't been used as much over the past couple of months.
- Low-impact activities such as bicycling or walking are much friendlier to the joints. Swimming can be a great workout as well. Swimming uses more of the upper body muscles and the buoyancy of the water takes much of the body weight off of the hips and knees.
- Take along a walking stick or two (or a cane for older individuals) when going longer distances. This takes some of the weight off of aching joints as well. If you use a single walking stick, be sure to hold it in the opposite hand from the side that aches. For example, if your left hip hurts, use your walking stick in the right hand. By doing this, the walking stick will help to share the load that would otherwise go through that aching joint.
- Maintain a healthy body weight. This is one of the few ways to change the biomechanics around a joint. By reducing excess body weight, the joints feel less pressure on them and will feel better.
- With age, joints have a tendency to lose their previous flexibility. A gentle stretch is good, but it should not be painful. Especially in joints with arthritis, the limited motion is fixed, so stay in a comfortable range when stretching.

Lastly, shoes lose their cushioning with time. A new pair of comfortable shoes can also make a big difference.



Dr. Thomas M. Ring
Orthopedic Surgeon
Fellowship trained in
Total Joint Reconstruction





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LANCASTER FAMILY YMCA ASSOCIATION
252 Harrisburg Avenue, Suite 300
Lancaster, PA 17603

NON-PROFIT ORG.
U.S. POSTAGE
PAID
LANCASTER, PA
PERMIT NO. 1037



STRENGTHENING COMMUNITY IS OUR CAUSE.

YMCA Kids Marathon - April 11, 2014

Y LAUNCHES KIDS MARATHON

A crowd of friends, family and community supporters cheered on 140 children as they experienced the thrill of completing a "marathon" during the Lancaster Family YMCA's first annual Kids Marathon.

The YMCA Kids Marathon - created in partnership with Garden Spot Village - provided children with an opportunity to develop healthy lifestyles by engaging in regular exercise. Through the support of volunteers and school districts across Lancaster County, children were encouraged to participate in this unique marathon and complete 25 miles of running, walking, swimming or bicycling in the months leading up to the final race. Using a tracking log, the kids would mark off the miles they completed each week as they worked towards the final goal of 26.2 miles. On April 11, the kids ran the final mile of the marathon using the same starting line as the Garden Spot Village Marathon runners used the following day.

Aubrey and Jarod Sweinhart, who ran in the Kids Marathon with their children Megan and Jarod (at right) said, "Our children had run in smaller races before, but we really liked how the Kids Marathon concept got them running in advance of the race, and training for the event was something fun we could do as a family." "Megan and Jarod both enjoyed tracking their progress on the mileage logs and seeing their achievements motivated them to continue on."

Through community partnerships that creates events like the YMCA Kids Marathon, we make a bigger difference in the lives of children and families and celebrate together as more healthy lifestyles are formed.

Visit our Facebook page to see more photos of the YMCA Kids Marathon.

