



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y IMPACT

LANCASTER FAMILY Y ASSOCIATION

Winter 2013

www.lancasterymca.org

A newsletter for members and supporters of the Y

CONTINUING TO CaRE

Joan Decker has cancer. Her journey with this disease first began in April 2010, after many rounds of medical tests finally detected the bladder cancer that was the cause of her health problems.

Joan's type of cancer requires that she must routinely undergo surgery to control the regrowth of the cancer cells. These surgeries are often followed by chemotherapy treatments.

What could have been a bleak future took a positive turn when Joan learned about the YMCA Cancer Rehabilitation Exercise (CaRE) program. Joan says, "In December of 2010, I broke my shoulder. My cancer treatments had left me so weak that it took nearly a year of physical therapy to recover from the injury. While working with a therapist from Lancaster General Health, she suggested that I try the CaRE program to improve my strength."

Now entering its fifth session, the Y's CaRE program, run in partnership with Lancaster General Health, is designed to help cancer patients regain strength and move past the residual effects of cancer treatments such as fatigue and loss of appetite while providing an environment that supports the mental and spiritual needs of the participants. The program encourages the cancer survivor to bring a "support buddy" with them to the CaRE sessions, and both the participant and buddy are given a free Y membership to access wellness equipment and programs during the days CaRE is not in session.

Joan completed the 2012 spring session of CaRE and cannot say enough about the positive impact the program had on her. "This class filled a need

CARE CONTINUED ON PAGE 2



Joan Decker (forefront of photo) participates in a CaRE group exercise session.

As a leading nonprofit, the Y is committed to improving the lives of children, individuals and families through youth development, healthy living and social responsibility.

LETTER FROM THE CEO

FILLING THE GAP



Over the past few months our Association has been working on a new strategic plan—a plan that will guide our actions for the next three years and beyond.

As an organization focused on strengthening community through youth development, healthy living and social responsibility, we need to carefully look at the emerging needs of this community and thoughtfully plan the way we can put our skills and expertise to work in addressing these issues.

Currently, childhood obesity is on the rise, the number of people dealing with diabetes and chronic disease is skyrocketing and the cost of health care continues to climb. To compound these problems, we're facing unprecedented economic challenges that have caused an ever-widening gap in social service programs that can address these issues.

The Y needs to relieve these burdens and fill that gap.

So, as we continue to develop a successful strategy for the future, we move forward with actions that begin to fill that gap now. In this issue of Y Impact, you'll learn how our CaRE program has helped cancer survivors find the support needed to regain physical, mentally and spiritual strength, and you'll discover how STRIDE is helping young boys build character while teaching them ways to avoid the risks of childhood obesity and lay the foundation for a healthy lifestyle.

Thank you for sharing in this journey towards a stronger community.

Jeffrey S. Kenderdine
President and Chief Executive Officer

UPCOMING EVENTS

MARCH 7: ASSOCIATION ANNUAL DINNER

MARCH 29: GOOD FRIDAY BREAKFAST

APRIL 20: HEALTHY KIDS DAY

APRIL 21: CAMP SHAND FAMILY FUN DAY

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: lancafterymca.org/employment

Visit us at lancafterymca.org.

Connect with us on Facebook



WWW.LANCASTERYMCA.ORG

CITY CENTER BRANCH

(717) 393-9622

LAMPETER-STRASBURG BRANCH

(717) 464-4000

CAMP SHAND

(717) 272-8001



ASSOCIATION ANNUAL DINNER

Please join us for the 2013 Lancaster Family YMCA Association Annual Dinner.

A night where we honor those who have had an exceptional impact on the Y and reflect on the achievements the Y has made within our community over the past year. The celebration includes great food, fun and entertainment by Tom Pontz.



Thursday, March 7, 2013

5:30 p.m. Reception

6:30 p.m. Dinner

Lancaster Country Club

Tickets: \$70 per person

RSVP by February 28

Reservations will be held upon receipt of payment.

If you wish to attend, please contact Karen at 393-9622, x117.

The Lancaster Family YMCA Association will honor the following award recipients at its Annual Dinner:

2013 Volunteer of the Year

Emily Davis

2013 Youth of the Year

Ty-tianna Taylor-Buchko

2013 John R. Mott Servant Leader Award

Alcoa Mill Products

Lancaster, PA

The Lancaster Family YMCA is a 501(c)(3) non-profit organization. Proceeds from the Annual Dinner benefit the Lancaster Family YMCA's mission-based programs and activities.

CARE CONTINUED FROM PAGE 1

for me by acting as a network of support that allowed me to feel that I wasn't alone in my battle with this disease. It was very helpful to work with other survivors and hear their stories. Everyone was so positive and motivational. When I saw others doing the exercises, it made me more determined as I thought "I can do that too!" Exercising gave me a rush of energy, a boost of self-confidence and a feeling of being in control," said Joan.

The YMCA offers a safe and secure place where cancer survivors can connect and reach out to each other.

Following her CaRE session, Joan's breathing improved, she slept better and felt healthier and stronger. After undergoing another surgery later that summer, her doctor noticed an overall improvement in her recovery process that she hadn't experienced with previous surgeries.

Joan says, "The YMCA offers a safe and secure place where cancer survivors can connect and reach out to each other. We developed a little family that looked out for one another and helped meet our needs, whatever the challenges or struggles were at hand. I hope this class can continue forever so that others have the opportunity to participate in this wonderful program."

Joan continues to be part of the CaRE program as past participants are welcome to join in the group exercise classes that are part of each weekly session.

To date, 32 people have participated in CaRE located at our Lampeter-Strasburg branch. As a result of the positive outcomes of the program and the ongoing need in the community, the Y plans to expand the program to offer CaRE sessions at our City branch location.

If you, or someone you know, would be interested in becoming a CaRE participant, please contact:

**Deborah M. Schrodi PT/CLT-LANA
Rehab Supervisor
Women & Babies Hospital
Lancaster General Health**

(717) 544-3773

www.LancasterGeneralHealth.org

BUILDING EXCELLENCE IN CHARACTER

THE Y LAUNCHES *STRIDE*



The number of children who are overweight or obese is growing at an alarming rate. With that extra weight comes the risk of developing type 2 diabetes, high blood pressure and high cholesterol. Overweight children are also more likely to be bullied leading to depression, stress, anxiety and learning and behavioral problems.

As a way to combat this problem, the Lancaster Family YMCA has launched STRIDE. STRIDE is a fun fitness and character building program for boys. Participants develop character while building their running endurance to compete in a 5k race. The initials in the program name stand for **S**uccess, **T**eamwork, **R**espect, **I**nspiration, **D**etermination = **E**xcellence in Character. The mission is to encourage boys to exhibit excellence in character in all aspects of their lives, make healthy choices and build confidence.

The Lancaster Family YMCA's STRIDE pilot program launched in September at Buchanan Elementary School and was led by volunteer coaches John McGrann, Scott Haiges and Angela Post Speitel. Twice a week for 10 weeks, 17 boys in grades 3-5 gathered after school to practice running and take part in lessons on topics such as "Eating Healthy," "Drugs Stink," "Running Rocks," "Setting Goals," and "Working with a Team."

Within just a few weeks the coaches noticed the boys coming together as a team and exhibiting leadership skills as

EXCELLENCE IN CHARACTER CONTINUED ON PAGE 4



The first Lancaster Family YMCA STRIDE team poses with their "STRIDERS" – adult runners who ran with each STRIDE boy to provide support and encouragement – and proud family members, friends and our sponsors from Smilebuliderz.

BRACING FOR WINTER BRACING FOR A FALL

By Frank M. Essis, Jr., M.S., M.D.
Orthopedic Associates of Lancaster, Ltd
www.fixbones.com



Winter's slippery conditions make fall-related injuries a chilling and real possibility. But falls, the nation's leading cause of emergency room visits, may be preventable even in bad weather.

"We all do things around our house to get ready for winter," says Dr. Frank M. Essis Jr., a surgeon with Orthopedic Associates of Lancaster (OAL). "Just be smart about it."

Dr. Essis and the 11 surgeons at OAL provide 100% of the orthopedic surgical coverage for trauma cases and the majority of emergency cases at Lancaster General Hospital. Among the most common fall-related injuries they see are wrist and hip fractures, with many of them blamed on missed steps, a slip on a sidewalk or black ice.

Staying alert can help avert disaster. In the case of ice, it may be hard to stop a fall from happening. But if you're going down and have no time to react, you may be able to lessen the severity of your injuries.

"One tip for everyone to remember is to try to protect your head," suggests Dr. Essis. "If you can think about it, get your center of gravity as low as you can before you hit the ground."



EXCELLENCE IN CHARACTER CONTINUED FROM PAGE 3

the faster boys would often circle back to run alongside the slower boys and encourage them to keep going.

At the beginning of the program, the boys had doubts about their ability to complete a 5K, but 10 weeks later, when all the boys finished the Jingle Bell Run for Arthritis in less than 40 minutes, they learned a valuable lesson in self-confidence – they had the power to set a goal and achieve it.

As a result of the success of the first STRIDE session, the Y plans to expand the number of STRIDE programs this spring, creating more opportunities for young boys to get healthy, build character and reach their full potential.

The Lancaster Family YMCA's STRIDE program was launched through the sponsorship of Smilebuilderz, a gift from an anonymous donor, and a grant provided by Lancaster General Health.

SUPPORTING THE Y THROUGH A CHARITABLE IRA ROLLOVER

The American Taxpayer Relief Act of 2012 (ATRA) included a provision that allows individuals age 70½ and older to make direct gifts totaling up to \$100,000 per year from traditional IRAs to qualified charities. This provision is in effect for calendar year 2013 and may be extended to future years. The Lancaster Family YMCA, because of our 501(c)(3) non-profit status, is a qualified charity and eligible to receive IRA rollover gifts.

The basic details and restrictions to take advantage of this opportunity to support the Y are as follows:

- You must be 70½ or older when you make your gift, and the gift must be made from an IRA – no other retirement plans (such as 401k, 403b or SEP accounts) qualify.
- Your gift must come to us outright, and it cannot be used to establish a life income arrangement.
- Although the distribution will be free from income tax, it will not generate an income tax charitable deduction.

If you meet the age requirement and have IRA assets, this may be a very tax efficient way to help the Lancaster Family YMCA increase the financial scholarships we make available to members in need and to enhance and expand Y programming. As with any type of planned gift, we recommend that you speak with your financial advisor before acting so that you may review this potential gift in light of your overall financial circumstances.

Please contact Susan Bromell at sbroomell@epix.net or 717-529-0889, for more information on supporting the Y through a charitable IRA rollover.



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Strengthening community is our cause.

THE POWER OF GIVING BACK



As part of a school service project, students from New Danville Mennonite Elementary School assist Y Family Services Director, Melissa Adams, with organizing our Power Packs food pantry.

In October 2011, the Y became the first affiliate partner of Power Packs Project. Power Packs provides weekend food and nutritional information to families whose children might go hungry when the school's subsidized lunch program is not available to them. Now in its second year, the program run out of our Lampeter-Strasburg branch continues to assist families in need at Hans Herr Elementary School.

But at the Y, Power Packs does more than just provide food. As part of the Y's focus on Social Responsibility, the volunteer-driven program offers people in the community the opportunity to give back to their neighbors, helping them experience the personal rewards that comes with serving others.

Currently, a group of nine individuals comprised of Y members, Y board members and community residents serve as volunteers with our Power Packs program.

Plans are underway to offer a Power Packs program at our City branch this summer.