



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y IMPACT

LANCASTER FAMILY YMCA

FALL 2018

LIVESTRONG AT THE YMCA HELPED PUT LUCIA MURPHY BACK IN THE RACE

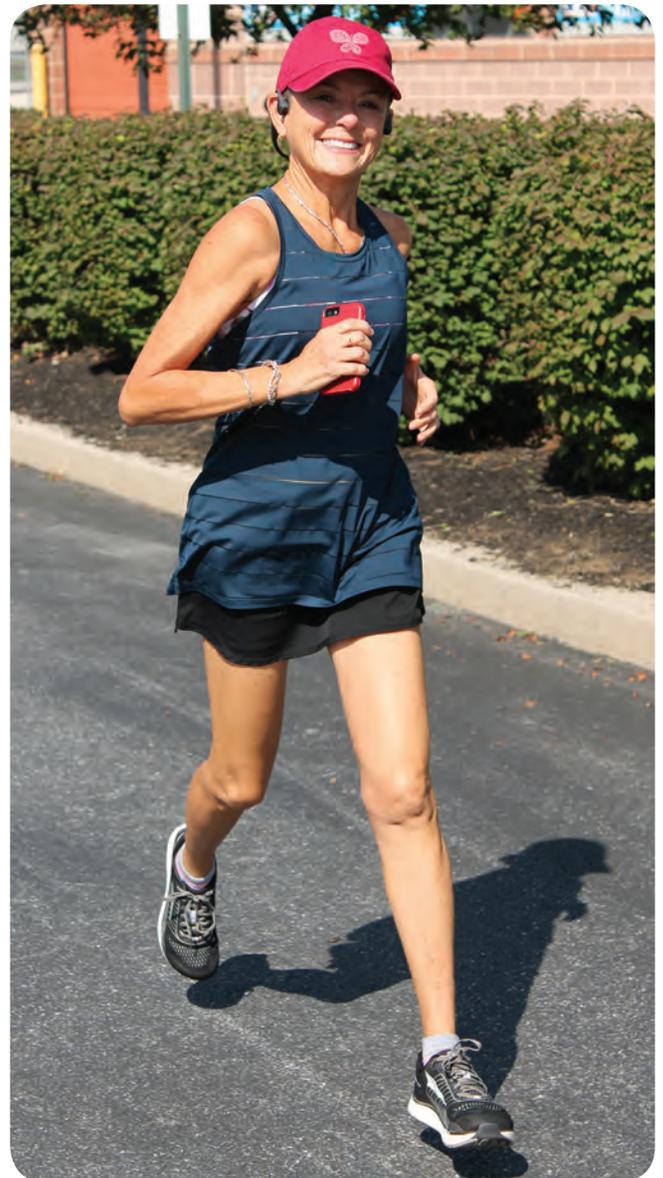
Dr. Lucia Murphy, also known as “Doctor Murph,” shares her story on overcoming her “life speed bump.”

Lucia has been a “health nut” for years: exercising, eating well, getting annual checkups and mammograms, making the lifestyle choices that are supposed to keep us insulated from terrible health issues. As Lucia was getting ready to run the Pittsburgh Marathon race in May 2016, “adjusting [her] girls” into a sports bra, she noticed a small bump near the bottom of her right armpit. Having had a clean mammogram just five months before and not having a family history of cancer, she took a doctor-friend’s advice and waited a couple of months to see if it would go away. Then on August 3, 2016 she got the nightmare call that you hope to never receive. “This is cancer.”

After a lumpectomy to remove the tumor, the Ann B. Barshinger Cancer Institute threw her directly into the fight as they started her on chemotherapy in October of 2016. Following a short break, Lucia battled through a total of 37 radiation treatments that started in February of 2017. Lucia mentioned how long recovery takes when the human body goes through that much intense, relentless medicine. “I couldn’t even think about putting a sports bra on until 3 months after my last radiation treatment,” Lucia mentioned when referring to the lengthy recovery time.

Lucia stated several times how there were points where she wanted to give up, but thinking about her family, especially her three wonderful kids, kept her going back to each painful treatment looking for that light at the end of the tunnel. Lucia joined the YMCA’s CaRE (Cancer Rehabilitation Exercise) program to find those she could relate to and share the thoughts and feelings that she felt even those close to her maybe didn’t want to hear. Lucia specifically said, “I credit the CaRE program with my mental sanity.”

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US is Empowering. US is a Promise. US is a Possibility.

For the past two years, the Lancaster Family YMCA has offered youth Summer Learning Loss Prevention programs as part of our mission priority to help Close the Achievement Gap. Children from low-income families have a proven “gap in learning” throughout their academic life as compared to their higher-income peers. A lack of financial resources to participate in quality early learning programs and ongoing summer enrichment are factors that contribute to this problem.

Our Camp Exploration summer program is run in partnership with the Lampeter-Strasburg School District and focuses on improving literacy skills for students in first and second grades who are falling behind in reading. Our Power Scholars Academy™ is a five-week summer program that tackles summer learning loss for children who live in urban communities and who lack access to summer learning opportunities.

We recently received the results of these programs and they are impactful (see page 4). The work we are doing through our Power Scholars Academy™ gained the attention of the Pennsylvania Alliance of YMCAs, and I’m pleased to report that we were chosen to receive their 2018 Community Impact Award for Youth Development. But numbers only tell part of the story, and I encourage you to read about Whitney’s sons to understand the positive effect that a program like Power Scholars has on the youth and families in our community.

This summer also brought a change in our mission priority focus area of Chronic Disease Prevention and Recovery. Since 2011, we have been offering an exercise-based cancer recovery program at our Y branches free of cost to men and women across Lancaster County recovering from

cancer. Earlier this year, we transitioned this program to **LIVESTRONG** at the YMCA. This move gives us more tools to support cancer survivors in their recovery, while still offering the same type of holistic curriculum that has changed the lives of cancer survivors like Lucia Murphy.

The dedication and hard work of our Y staff, volunteers, board members and partner organizations is a driving force behind the impact we have made so far.

But, hard work can only take us so far.

Without financial support for mission impact programs like Power Scholars and **LIVESTRONG** at the YMCA, our progress will stop. We can’t let this happen.

When we have opportunities to get out there, telling the Y story and asking others to support our great work; we must take it. One such opportunity is right around the corner. On November 16, the Y will take part in Lancaster County’s biggest online giving event known as the Extraordinary Give. Through your gifts that day, we can continue transforming lives together.



Thank you.

Jeffrey S. Kenderdine
Lancaster Family YMCA President & CEO

You can give to the YMCA on November 16 at:
www.extragive.org/organizations/lancaster-family-ymca

\$85

Helps teach a child to swim and be safe around water

\$190

Provides a child with a week of Early Learning programming

\$500

Helps a cancer survivor reclaim health and wellness through our cancer recovery programs





PARTNERS IN CANCER RECOVERY

LIVESTRONG AT THE YMCA

Studies have shown that exercise is one of the best ways for cancer survivors to regain energy and overcome the side effects of cancer treatments. Since 2011, the Lancaster Family YMCA has offered a cancer recovery program that channels the power of exercise to help cancer survivors in Lancaster County move past the effects of treatments and regain their health and wellness. In this program - now called **LIVESTRONG** at the YMCA - cancer survivors meet twice a week at the YMCA for group and individual workouts led by a Y Personal Coach trained in supporting their needs. The program incorporates educational components to help cancer survivors develop coping skills, understand proper nutrition and learn fatigue management techniques while offering a supportive environment where they can share their stories and motivate each other on the journey forward.

LIVESTRONG at the YMCA is offered at all Lancaster Family YMCA branches at no cost to men and women recovering from any type of cancer.

LIVESTRONG at the YMCA is offered with support from



LUCIA MURPHY BACK IN THE RACE

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Lucia isn't your average runner. She is a long distance runner who works hard at getting stronger, testing herself at half and full marathons, and with more to come. The CaRE program, now the **LIVESTRONG** at the YMCA program, not only helped Lucia get started on strength machines and relay the importance of continual exercise, but also created a community. Here Lucia was able to befriend people who were experiencing the same physical and emotional difficulties that follow chemo and radiation therapy. Lucia gratefully mentioned how she was, "not by [myself]," while going through all of this. Two instructors came right to mind when Lucia was raving about the program; Maria Waterfield and Valerie Petersheim.

To this day, Lucia is still an active member of the **LIVESTRONG** at the YMCA program. She's regained much of her strength and endurance, as she has successfully completed the Baltimore Half-Marathon in October of 2017; just a year after she was officially diagnosed with cancer! Whether it was making a shirt for every chemo cycle, ringing bells after each radiation treatment, lifting weights, or researching alternative medicine, Lucia went into the ring face to face with a dark disease, and emerged victorious. She brought things into perspective as we ended the interview with a tearful hug and her affirming, "family and friends are what really matter in life."



If you or someone you know is interested in participating in LIVESTRONG at the YMCA, please contact communityhealth@lancasterymca.org or call 717-393-9622.

Participants from the YMCA's September 2011-January 2017 cancer recovery classes reported a 76% improvement in their functional activity and an 89% improvement in endurance.



CLOSING THE ACHIEVEMENT GAP THROUGH SUMMER LEARNING LOSS PREVENTION

Power Scholars Academy™

Power Scholars Academy™ was created through a partnership between the YMCA of the USA and BELL (Building Educated Leaders for Life). This summer program tackles summer learning loss for children who live in urban communities and lack access to summer learning opportunities.

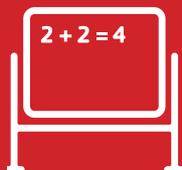
The Lancaster Family YMCA offers Power Scholars Academy™ free of cost to eligible families in the School District of Lancaster as part of its key mission priority to Close the Achievement Gap. The program is made possible through a combination of funding from individual local donors, local and national foundations and the School District of Lancaster. The Y first launched the program in 2017 serving 65 children from King and Carter and MacRae Elementary Schools. In 2018, the program was expanded and served 213 children from elementary schools across the School District of Lancaster.

Camp Exploration

In its second summer at the Lampeter-Strasburg YMCA, Camp Exploration offered summer learning loss prevention programming to 27 first and second grade students from the Lampeter-Strasburg School District. Based on the YMCA of the USA's Summer Learning Loss Prevention program, Camp Exploration's goal is to prevent summer learning loss through a combination of literacy instruction, quality enrichment activities aligned to literacy instruction, and positive youth development opportunities for struggling readers.

Camp Exploration is offered to students without cost through the support of local donors and the Lampeter-Strasburg School District.

In 2018, our Power Scholars achieved:
2.5 MONTHS AVERAGE READING GAINS
1.5 MONTHS AVERAGE MATH GAINS



84% of our Camp Exploration campers maintained or increased their percentile rank on the STAR literacy assessments.

POWER SCHOLARS ACADEMY™ IS A SUMMER LEARNING GAIN FOR WHITNEY'S BOYS

Whitney Perez first learned about the Lancaster Family YMCA's Power Scholars Academy™ in the spring of 2017 when she received a flyer about the program through her son's classroom at Carter and MacRae Elementary School.

Power Scholars Academy™ was created through a partnership between the YMCA of the USA and the national nonprofit BELL (Building Educated Leaders for Life). It is a five-week summer program that tackles summer learning loss for children who live in urban communities and who lack access to summer learning opportunities. The goal of the program is to enhance overall youth development, academic performance and graduation rates. Power Scholars Academy™ provides support in literacy, math, enrichment activities in STEM and the arts, along with a health curriculum.

Whitney is a mother of five children and three of her sons - Nehemiah, Josiah and Lemuel - were in the eligible age range (1st-5th grades) for the program, so she decided to give it a try and enroll all three boys. "I liked the idea of an all-day program that would provide consistency in learning through the summer and also be fun for the boys," said Whitney.

2017 was the first year that the Lancaster Family YMCA offered the program in partnership with the School District of Lancaster for students from King and Carter and MacRae Elementary Schools. Based on the success of that inaugural year, the School District of Lancaster asked the YMCA to offer Power Scholars Academy™ as their 2018 summer learning loss prevention program for students across the district.

Whitney's boys had such a positive experience that first year that they went again this past summer.

"Power Scholars has made a big difference in their reading skills and desire to read. They wanted to read more often and it became a normal part of their day. They would often bring books home with them," shares Whitney. "Two of my sons have some special learning needs and not every program has the ability to work with them. The teachers in Power Scholars were so patient, loving and understanding with them. I felt they cared for them as individuals. As a mother of five children I want to provide opportunities equally for all my kids, but financially that can be tough.



The Power Scholars program is a helpful resource for parents and I felt great being able to offer this to my kids."

Whitney also cites the Y's partnership with the School District of Lancaster in this program as being beneficial to both her and the boys. "We saw familiar faces from the regular school year and that added to our comfort level. The boys enjoyed being with friends from school that otherwise they wouldn't have seen as much over the summer." But most importantly, Whitney states, "Because of Power Scholars, my sons were ready to start school."