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## The Y. It's so much more than a place to work out.

### Restoring Health and Wellness After Cancer.

In October 2011, the Lancaster Family YMCA launched its first CaRE (Cancer Rehabilitation Exercise) class at our Lampeter-Strasburg branch in partnership with Penn Medicine/ Lancaster General Health. The program uses exercise therapy to help cancer survivors overcome the residual effects of cancer treatments, such as loss of appetite and strength, and offers a supportive community for the participants to share their stories and encourage one another.

Six years later, CaRE has been a cornerstone program in our mission priority of Chronic Disease Prevention and Recovery, and we now offer three CaRE sessions a year at all three Y branches. Since beginning CaRE we have supported more than 375 men and women in their recovery from many types of cancer.

In this issue of Y IMPACT, you'll learn about Victoria and Dale and their personal journeys with cancer that have inspired them to give back in support of the CaRE program and others struggling to recover from this disease.

At the Y you'll find a place to work out... but you'll also discover that **we're so much more than that.**

Our Mission: To nurture our community through the pursuit of life-long growth in spirit, mind, and body.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Y IMPACT

LANCASTER FAMILY YMCA

FALL 2017

## Victoria Channels the Power of Music to Support Cancer Survivors at the YMCA

Victoria Mowrer had a long journey with breast cancer. As she dealt with the disease she felt that life was still going on around her, but she was losing a big chunk of time. She was very limited in what she could do. Her story is a long one and every cancer patient has a story as unique as the cancer that they are dealing with.

On a visit to the Barshinger Cancer Institute, Victoria saw a flyer about the YMCA's CaRE (Cancer Rehabilitation Exercise) program and decided to give it a try. She participated in CaRE at the City Center Y in 2015. "CaRE helps level the playing field for those of us dealing with cancer. We have an immediate understanding of why we are all there and what each other is going through," reflects Victoria. "Participating in the class increased my strength, but there was also a lot of power in being able to share your personal story with others and be part of that supportive environment."

As Victoria moves forward in her life and recovery from cancer, she has found another way to feel empowered and express herself as a vocalist in the Willie Marble Xperience band.

Victoria became part of the band through her involvement in the Music For Everyone (MFE) Lancaster Community Chorus. She shares, "We had a pop-up concert one beautiful summer evening and a few of us were so elated that afterwards we walked the streets and just kept on singing ... and folks responded in kind. It was delightful. There were 4 of us - one fella and 3 gals. We just happened to be bass, tenor, alto and soprano. Then we had this brainstorm to start a little group that would wander around signing on Music Fridays. While we were messing around with that idea, Willie Marble was looking for 3 back-up female harmony singers. Our paths crossed, and I've been a lucky and happy singer with them for several years. I'm still a member of the MFE Chorus and we're now in our 9th season!"

Three years ago, the Willie Marble Xperience began playing benefit concerts for local nonprofits at Tellus360. Long-time Y member Dr. John Gerdy, who is the founder and executive director



**CaRE is a fully-subsidized program offered at all Lancaster Family YMCA branches in partnership with Penn Medicine/Lancaster General Health. The program helps cancer survivors move past the residual effects of cancer treatments and regain health and wellness. Learn more at [WWW.LANCASTERYMCA.ORG/CARE](http://WWW.LANCASTERYMCA.ORG/CARE).**

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## VICTORIA CHANNELS THE POWER OF MUSIC

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of Music for Everyone and one of the founding band members explains, "The band would get together one Thursday every month to practice. We came up with the idea of using that practice time in a way to support the community and we began partnering with Tellus360 and Music for Everyone to offer benefit concerts for local nonprofits. Music is the universal language that can be applied to all aspects of life, and this experience has been a win, win, win. It's good for the band, good for the nonprofit and also good for Music for Everyone as we gain awareness during these events. The success of these concerts speaks to what a great community we live in and the generosity of Tellus360 and the band members in their desire to give back to others."

In keeping with Breast Cancer Awareness month, **The Willie Marble Xperience will play a benefit concert at Tellus360 on October 19 in support of the Lancaster Family YMCA CaRE program.** While Victoria has a special connection to the CaRE program, John also feels a strong passion to support groups dedicated to cancer awareness and recovery as his mother was two-time cancer survivor.



**The Willie Marble Xperience - October 19 at Tellus360**  
**Doors open at 7:00 pm. The show begins at 8:00 pm.**  
**100% of the proceeds benefit the CaRE program**

*Learn more at the Lancaster Family YMCA Facebook event page.*



## Walk for CaRE

Inspired by the impact of the Lancaster Family YMCA's CaRE program and his wife's personal battle with cancer, YMCA member Dale Groff has been helping to raise awareness and funds in support of CaRE for the past two years

In 2016, Dale raised awareness and funds for the CaRE program by completing a One Day 50 Mile Walk. This year, Dale organized a community Walk for CaRE on September 23. The walk took place at the Enola Low Grade Rail Trail near Quarryville, PA and offered a 1/2 marathon walk, a 10K walk and a 5K walk.

40 walkers participated, raising more than \$1700 for the CaRE program and demonstrating the Y spirit of Social Responsibility by giving back to others.

You can donate to the CaRE program online at [LANCASTERYMCA.ORG/GIVE](http://LANCASTERYMCA.ORG/GIVE). Please select Walk for CaRE in the *Campaign* box

You can also donate by sending a check made out to:  
Lancaster Family YMCA

Mail to:  
Lancaster Family YMCA Association  
Attention: Walk for CaRE  
252 Harrisburg Avenue, Suite 300  
Lancaster, PA 17603

# STRONG SWIMMERS SAFE AND CONFIDENT KIDS

Swimming is a life skill as well as great exercise and a challenging sport. With three branches across Lancaster County, the Lancaster Family YMCA is in a unique position to support our community through swim lessons for all ages, competitive youth swimming teams, adaptive swim programs for children with special needs, and invaluable water safety classes so that everyone can safely and confidently enjoy the pleasures of an aquatic environment.

## The Y Welcomes New Swim Team

### Lancaster Lightning Kicks off the 2017-2018 season

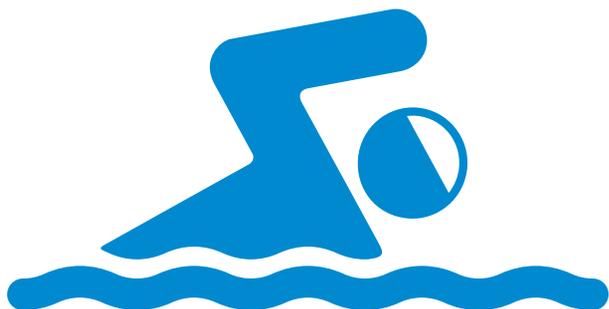
The Lancaster Family YMCA is excited to offer another swim team option to Y members and the community as part of our focus on Youth Development and helping kids reach their full potential through aquatics programs.

The new YMCA Lancaster Lightning swim team was formed through a collaboration with the former Diplomat Swim Club and began their new season in September. The team is a Mid-Atlantic USA swim club and will also participate in sanctioned meets with other YMCAs, competing in district, state and national level meets. Lancaster Lightning offers a short course program running September-March and a long course program running April-July.

We welcome the 98 team members and their families to the Y and wish them great success in the 2017-2018 season!

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**In addition to the new Lancaster Lightning swim team, the Lancaster Family YMCA offers a summer swim team – the L-S YMCA Otters – which competes in the Lancaster County Summer Swim League and the L-S YMCA Rumlbers, which is a non-competitive developmental swim team.**



## Keeping Kids Safe Around Water



**Drowning is the second leading cause of death for children from 5-14 years old. While all children need water safety skills, 70% of African American children and nearly 60% of Hispanic children have low or no swim ability, putting them at higher risk for drowning.**

Once a week, you'll see an energetic group of second grade students from Wharton Elementary School at the City Center Y pool. They're here to learn critical water safety and swimming skills that will help to increase their confidence around water and possibly save their lives.

These classes are part of the Y's safety around water key mission priority and the Future Red Tornado initiative. This program is in its second year at the YMCA and is offered at no cost to the students through a partnership with the Lancaster Recreation Commission and the School District of Lancaster.

The Lampeter-Strasburg YMCA also supports safety around water efforts for children by serving as the host site for the Lampeter-Strasburg School District's Second Grade Learn to Swim Program.