

PRESIDENT'S NEWSLETTER



YMCA of the Capital Area President's Newsletter - June 2019

LIVESTRONG

FOUNDATION

LIVESTRONG AT THE YMCA

We are excited to join YMCA's across the country to provide **LIVESTRONG** at the YMCA, to our local community. **LIVESTRONG** at the YMCA is a 12-week recovery program for adult cancer patients and survivors. This program works to instill a safe and comfortable place for cancer survivors to build companionship and draw support from others affected by cancer. For the survivor, there is no cost to participate; additionally, **LIVESTRONG** at the YMCA participants and their families have the added benefit of a YMCA membership for the duration of the program.

The **LIVESTRONG** at the YMCA program is an evidence-based physical activity and well-being program that is designed to help adult cancer survivors reclaim their total health following a cancer diagnosis. Y staff, trained in supportive cancer care will work with participants to achieve their goals such as building muscle mass and strength; increase flexibility and endurance; and improve confidence and self-esteem. In addition to physical benefits, **LIVESTRONG** at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community where people affected by cancer can connect during treatment and beyond.

We look forward to providing this life-changing program.

ANNUAL CELEBRATION



The YMCA Annual Celebration, themed "Creating A Better Us", was held at the Crowne Plaza in April with more than 270 guest and community leaders in attendance. The Y recognized the outstanding 2018 volunteers and donors who helped advance the Y's cause to strengthen the foundation of our community.

During the program, the Y presented Elena Mizell with the annual Edward D. Grant Volunteerism Award. Mizell has dedicated more than 530 hours of service to the YMCA's statewide Youth and Government program and has also assumed the role as the lead volunteer for the statewide YMCA Model United Nations program.

The Y also presented Tinisha Monroe with the annual Myron Falk Fundraising Award. Monroe served as the fundraising chair for the Dow Westside YMCA's Annual Support Campaign and with her dedication and leadership, the Y successfully reached its fundraising goal.

YMCA Metropolitan Board Chair, Chris Spencer, highlighted the Y's past-year achievements in the focus areas of Youth Development, Healthy Living and Social Responsibility. In 2018, more than 7,800 youth and teens participated in afterschool, summer camp and teen programming. The Y served more than 36,000 individuals through health and wellness programs and more than 4,300 men, women and children learned to swim at the Y. An additional 14,000 youth and adults participated in sports and tennis programming. The dedication of the more than 3,700 YMCA volunteers and donors, helped raise in excess of \$540,000 for the YMCA in 2018. Through additional special events and grant funding, the Y was able to provide more than **\$960,000** to help underserved children, families and seniors participate in YMCA programs.

During the celebration, each YMCA of the Capital Area location honored an Adult Volunteer of the Year:

Tommy Milazzo, A. C. Lewis YMCA
 Jesse Moland, Americana YMCA
 Herman Brister, Baranco Clark YMCA
 Alvin Burton, C. B. Pennington Jr. YMCA
 Donald Elliott, Charles W. Lamar Jr. YMCA

Owen Cope, Dow Westside YMCA
 Gloria Jefferson, ExxonMobil YMCA
 Walker Johnson, Paula G. Manship YMCA
 Dr. Jeffrey Keller, Southside YMCA

A new addition to this year's celebration was to recognize youth volunteers for their dedication and commitment to the Y and the community. This year's Youth Volunteers of the Year recipients included:

Zoe Vilaysack, A. C. Lewis YMCA
Macheala Neal, Americana YMCA
Dealia Jones, Baranco-Clark YMCA

James Lalonde, C. B. Pennington, Jr. YMCA
Kennira Adams, Charles W. Lamar Jr. YMCA

The night ended in celebration and recognition for the generous donors, dedicated volunteers, hard-working staff and enthusiastic partners who support the Y in creating a better, stronger community, one person and one family at a time.

[Click here](#) for the 2018 Annual Report.



Christian Engle

YMCA of the Capital Area
President / CEO

Our Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Our Impact

We seek to protect and nurture all those we serve, helping them reach their full potential, improve their health and well-being, and to support social change that will unite all people.

OUR CAUSE FOR ACTION

Drivers of a common vision to achieve desired outcomes that strengthen community through

YOUTH DEVELOPMENT

Nurturing the potential of every child

HEALTHY LIVING

Improving the community's health and well-being

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

Connect with us



YMCA of the Capital Area | ymcabr.org

