



STRENGTHENING CITRUS TOGETHER



THE IMPACT OF YOUR GIFT TO THE CITRUS MEMORIAL HEALTH FOUNDATION YMCA

November/December 2019

PARTNER SPOTLIGHT

Ricky and Robin Barlow are members of the Y and are Chairman's Round Table Level donors to the Citrus Memorial Health Foundation YMCA. They have been married for 34 years and they have two children and 5 grandchildren. Ricky has a career in wealth management for Merrill Lynch and Robin is a retired teacher from Seven Rivers Christian School. They both have long time roots with the YMCA. Ricky was a volunteer youth basketball coach and Robin worked as a certified aerobics instructor at the Augusta, Georgia YMCA. They met when Ricky participated in one of Robin's classes and they married while living in Georgia. Robin continues to be active with the YMCA and enjoys working out in the Wellness Center and getting in an early morning workout with the Boot Campers.

Four generations of their family are members of the Citrus County YMCA. One of their daughters attends regularly with her family and enjoys the childcare provided so that she can get in a workout and spend some time socializing with friends. Robin's mother is 87 years old and attends the Silver Sneakers classes at the Y four days per week. "There are people at the Y at all levels and abilities and it is a place where everyone can feel comfortable," says Robin.

When the opportunity to make a capital contribution to help build the YMCA was presented to them by long-time friend and then YMCA Advisory Council Chairman, Gerry Mulligan, they knew supporting the Y was something they wanted to do. Robin notes she respects the values that the Y instills, "The Y is not just a gym. It is a community-building, Christian organization, helping people of all ages achieve their goals."

Robin also served on the YMCA Annual Giving Community Campaign and says, "I wanted to share with others that I believed in what the cause is doing to improve lives in our community." Ricky and Robin feel that the Y has gone beyond their expectations to help connect people in our community and strengthen Citrus County.



ADVISORY MEMBER HIGHLIGHT HIGHLIGHT

Susan Gill, Citrus County Supervisor of Elections, has served as a YMCA Advisory Council member since 2015. She has been a great supporter for our cause and a very active volunteer through her participation at events hosted by the Y. Susan serves on the Advisory Council Development Committee helping to identify, recruit and develop volunteers to serve on the Council. Susan has also served on the Healthy Living Committee working with local medical professionals sharing insight on how the YMCA can build a stronger, more connected and healthier community. We are fortunate to have a dedicated volunteer like Susan helping to further our cause in Citrus County.

TAKE A TOUR TODAY!

Please contact Joanna Castle, Citrus YMCA District Vice President, at jcastle@suncoastymca.org or call (352) 500-9622 if you would like a personal tour of the Citrus Memorial Health Foundation YMCA.

WAYS TO PARTNER

Did you know there are many ways you can give to your local Y? How about gifting stock, matching gifts through your employer and more. For information visit ymcasuncoast.org/give-better-us or contact Joanna Castle at (352) 500-3622 or email at jcastle@suncoastymca.org.

MAKE A LASTING IMPACT

Your support of the YMCA of the Suncoast will help our community learn, grow and thrive for generations to come. For more information on planned giving, please contact Ben Prewitt, Philanthropy Advisor at bprewitt@suncoastymca.org or (727) 467-9622.

2019 CITRUS COUNTY 3RD ANNUAL YOUTH TRIATHLON



On Sunday October 6, 2019 the Y hosted its 3rd Annual Youth Triathlon. Children had fun swimming, biking and running around their way around the YMCA campus for a fun fitness challenge.

This year 173 children took part in the event, the most participants since the event started. The children were able to build a passion for the sport and healthy living, as a whole, that they will be able to take with them throughout their adult lives.

Thank you to all of the volunteers and sponsors who helped make this



event possible for the youth in our county! The sponsors that participated in the event were: Citrus Oral & Facial Surgery, AT&T/ Inverness , Animal Hospital, Beverly Hills American Legion Post 237, Crystal River Eagles Aerle 4272 Inc., Citrus County Chronicle, DADS Tools-Matco, Justin Brashear-Edward Jones, Nature Coast EMS, Suncoast Dermatology, Better Health Chiropractic, Ag-Pro Companies, Century 21 J.W. Morgan Real Estate, American Title Services of Citrus County, Kona Ice, Cayla's Coats, Brannen Bank, Citrus Alternative Medicine, Citrus Sports and Apparel, FGE Prints and Advanced Disposal.

LIVESTRONG PROGRAM AT THE YMCA



Cancer takes a tremendous physical and emotional toll on those affected and their families. The Y is here to help. LiveStrong at the YMCA is a 12-week, evidence-based physical activity program

with the goal of getting cancer survivors back on their feet at no cost to them. The program includes two sessions per week, which implements a combination of cardiovascular conditioning, strength training, balance and flexibility exercise.

Building supportive and life-long connections with other survivors is at the core of what makes the LiveStrong program so powerful for participants. "Through interaction with staff, volunteers and each other we learned we all have our challenges that can be conquered through sharing and support," states Ruth Johnson, LiveStrong volunteer and participant.

The YMCA was one of the charities selected as a beneficiary of this year's 4C Golf Tournament organized by the Black Diamond Ladies Golf Association. The Black Diamond Ladies Gold Association donated more than \$15,000 to LiveStrong at the YMCA. "Since some of our members are cancer survivors, or are currently fighting this disease, our passion to support LiveStrong is deeply rooted in our charitable efforts to help others move beyond cancer in spirit, mind and body," states Demetria Cefola, 4C 2019 CCCC Co-Chair.

ADVISORY COUNCIL MEMBERS

Nancy Ayres	Gerry Mulligan
Mike Bays	Mike Prendergast
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