



STRENGTHENING CITRUS TOGETHER



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

January /February 2020

PARTNER SPOTLIGHT

Ken and Vera Swade have been supporters of the cause of the YMCA for many years and are Chairman's Club Level and Capital Campaign donors. They believe that it is important to support the Y because it gives children and families the opportunity to have a better quality of life and grow together as a family creating many wonderful life experiences. Ken adds "As a former student athlete, educator, coach and sports official, I support the cause of the YMCA



because I view it as a chance for children to have the opportunity to gain many life's experiences involving competition, success and achievement. The Y played a major role in my youth as it was an avenue for me to learn how to compete and develop my basic skills in the sport of basketball, which ultimately lead to an opportunity to go to college on athletic scholarship." Ken has been volunteering with the YMCA as a coach and mentor for 10 years.

They agree that the Y has had a major impact on the community through programs and the facility. Vera states, "The rapid explosion of growth at the Y since its inception has clearly demonstrated that the Y is a necessary, vibrant force in our community to be supported and to be celebrated for all of the opportunities that is presents to families. The many programs that the Y offers reach all of the specific needs of this community and help our citizens to see that they can find support, friendship and success at the Y. At the recent dinner we attended, we were moved by the lady who spoke about how she felt that the Y gave her a purpose and a reason to continue when she was at her lowest point. This kind of success on many levels and for many of our citizens requires and deserves continual financial support and continual involvement of many of our citizens through volunteering, teaching and participating in the many programs at the Y."

Ken and Vera are strong advocates of the cause of the Y and agree the prior to the existence of the Y, the families of Citrus County had fewer options, especially if they were restricted financially. "The Y has provided the necessary funding, motivation and encouragement for these families to join the Y and begin to experience the many wondrous benefits of the Y. The popularity of the Y and its variety of programs that impact all ages and levels and involvement shows all of us how the Y provides a vital service to everyone in Citrus County. We are so happy to support the Y and tell those who we know about the benefits and explain how each and every person can find a spot at the Y," states Ken.

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? You can donate your time and participate in the Y's Togetherhood projects. You can also gift stock, in-kind, matching gifts through your employer, in honor/in memory, marketable securities, planned giving, or charitable trust. For more information visit ymcasuncoast.org/give-better-us or please contact Joanna Castle at (352) 500-9622 or email at jcastle@suncoastymca.org.

ADVISORY MEMBER HIGHLIGHT

Mike Busler has served as a YMCA Advisory Council member since 2014. He has been a great supporter for our cause and a very active volunteer through his participation in events. Mike has kept busy spreading Holiday cheer to hundreds of children and families as Santa at the YMCA Santa's Breakfast and School Age Programs for the past few years. Mike serves on the Fund Development Committee helping to help raise funds to enhance Y program and provide financial assistance for the cause of the YMCA so that we can remain open to all.

ART FROM THE HEART

The YMCA's Art from the Heart program opened its door in the Spring of 2018. One year later, the program is serving 18-20 attendees monthly, all facing the daily challenges of living with Alzheimer's or dementia. Art from the Heart provides Caregivers and their loved ones living with Alzheimer's or dementia, a safe place to build friendships, share challenges, awaken skills and abilities, and simply relax. Art from the Heart is an afternoon of fun, creativity, laughter and friendship! The 2-hour class strives to stimulate conversation, recall memories and instill a sense of accomplishment in its attendees.



The first hour of each class, participants work on an art project, while live musicians provide soothing background music. Each class begins with a group discussion of the month's theme, while focusing on loved ones' communication. A painting or craft project follows, which aims to exercise dexterity, utilize decision-making and listening skills, and to deliver a sense of accomplishment and pride in all participants. Many of the participants come with little art experience and a hesitation to work with the art materials. The second hour of class, live musicians lead the group in sing-a-long, percussion instrument play, and dancing for those that wish to do so. One thing that's consistent from month-to-month is the participants' enthusiasm for music, their boisterous song, and their genuine joy for group singing and instrumentals.



Class instructor, Janet Siegle, has been with the program from its inception. Janet has extensive experience in creative programming and years of hands-on Caregiver experience while caring for her parents as her father lived with dementia. Janet's interest in the YMCA's program came from, "seeing that art and music activities were something both my parents could participate in together. Art from the Heart welcomes anyone living with Alzheimer's or dementia and their Caregiver, as well as musicians interested in working with the program. Art from the Heart is another of the YMCA's commitments to strengthen our community.

PEDALING FOR PARKINSONS

Pedaling for Parkinson's is a cycling program that aims to improve the lives of those living with Parkinson's disease. The Citrus Memorial Health Foundation YMCA is pleased to offer this program to our community. Regular exercise is one of the key components in treating the many symptoms of Parkinson's disease, and it has been proven that pedaling a bicycle may change the life of someone with Parkinson's disease.

"I was diagnosed with Parkinson's Disease in August of 2015 at the age of 59," states Debi Herman, YMCA Advisory Council Member. "At first I was devastated however, I quickly began doing research to determine how diet and exercise coupled with medication can help manage the disease. I found that several experts and studies have shown that bike riding can greatly help patients better manage the effects of the disease. But, it must be accomplished at specific levels of intensity. The Pedaling for Parkinson's program is designed to do just that. I have found that following this regimen around 3 times a week, my symptoms have improved and over the past 4 years, my medication levels have remained the same.

Research conducted at the Cleveland Clinic showed a 35 percent reduction in symptoms through the simple act of pedaling a bicycle at a rapid pace, optimally 80-90 revolutions per minute. Fast pedaling is not a cure for Parkinson's disease, but there is compelling evidence to show that it does make a real difference in many who try it. We will be offering the program at the Citrus YMCA on Mondays, Wednesday and Fridays from 1pm -2pm beginning December 9th.

The program is offered at no cost to any community member with Parkinson's Disease for 8 weeks. Call Tracy Joyner at: 352- 500-9622 for more information and to register!

ADVISORY COUNCIL MEMBERS

Nancy Ayres	Doug Lobel
Mike Bays	Joe Marteski
Joe Brannen	Gerry Mulligan
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