



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CENTRAL CONNECTICUT COAST YMCA

cccymca.org

FALL 2012

CHANGE TODAY FOR A HEALTHY FUTURE

Earlier this summer, the Central Connecticut Coast YMCA hosted a Diabetes Prevention Forum at Fairfield University with the goals of educating the public about Type 2 Diabetes and informing those we serve about the steps that can be taken to prevent the onset of this terrible disease. Our excellent panel presented some sobering statistics including the following:

- 79 million Americans have pre-diabetes putting them at great risk for developing Type 2 Diabetes.
- Diabetes is a growing epidemic that will affect 1 in 3 U.S. adults by 2050 if current trends continue.



David Stevenson, Ph.D.
President & CEO

If we do nothing to guide and support pre-diabetics to a healthier lifestyle, the cost to our nation over the next ten years is estimated to be \$2 trillion.

Now – the good news! The YMCA's Diabetes Prevention Program uses an innovative and evidenced-based model that can reduce the risk of developing Type 2 Diabetes by an astounding 58%. Program goals include reducing bodyweight by at least 7% and building physical activity to 150 minutes per week. The program is offered in a comfortable and non-threatening classroom setting that includes guidance from a Lifestyle Coach and support from fellow participants.

All participants are adults (18 or older) and must be overweight (BMI \geq 25; BMI \geq 22 for Asians). A person is deemed to be at high risk for developing diabetes through the following 1) a physician's diagnosis; or 2) documentation of a combination of risk factors.

You can learn more about the YMCA's Diabetes Prevention Program at: <http://www.cccymca.org/2011/10/ymca-diabetes-prevention-program/> or to enroll in one of our YMCA classes, please contact our Program Coordinator, Kelly Vaughan, at kvaughan@cccymca.org or at 203-375-5844.

Best wishes to all for a happy, healthy, and active fall season!

BOARD OF DIRECTORS OFFICERS

Jon Leckerling, Chairman
Lisette Andino, Vice Chair
Dan O'Donnell, Vice Chair
Preston Tisdale, Vice Chair
Diane Chiota, Secretary
Tim Martin, Asst. Secretary
Christopher Gallo, Treas.
Jason Corsi, Asst. Treas.
David Bjorklund, Past Chair

TRUSTEE OFFICERS

Robert Fiscus, Chairman
John Crawford, Vice Chair
Jerry Stagg, Secretary
Michael Leone, Treasurer

CORPORATE STAFF

David Stevenson, Ph.D.
President/CEO
Christian Engle
Sr. VP Operations/COO
Suzanne Friedbacher
VP Human Resources
Pamela Hearn
VP Development
Melissa Kessell
VP Finance/CFO
Janet Samelwich
Controller
Donna Lisitano
Marketing & Communications Director

BRANCH LOCATIONS

Alpha Community Services YMCA
Bridgeport CT
Bridgeport YMCA
Fairfield YMCA
Hamden/North Haven YMCA
Lakewood-Trumbull YMCA
New Haven YMCA Youth Center
Ralphola Taylor Community Center YMCA
Bridgeport CT
Soundview Family YMCA
Branford CT
Stratford YMCA
Valley YMCA
Ansonia CT
Woodruff Family YMCA
Milford CT
YMCA Camp Hi-Rock
Mt. Washington MA
Association Office
New Haven CT

OUR MISSION

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

A FUN AND SAFE SUMMER

When both of Emily's parents were laid off in 2009, they struggled to find an affordable summer program for her. **Emily's mom was able to apply for a camp scholarship** and that summer, Emily explored new places, made awesome new friends and took on new-found confidence in herself.

Camp meant the world to Emily and our Y is committed to being there for her and other kids and families who may be struggling financially. The Y's scholarship program meant deserving kids throughout Greater Bridgeport, Greater New Haven and the Lower Naugatuck Valley were able to experience the wonder of the sandy beach or a grove of towering pine trees; the fun of tie-dying t-shirts and singing silly camp songs; or the thrill of discovering new talents and new friends in sports or specialty camps. Thanks to the generosity of donors to the Y's annual Strong Kids Campaign, children were carefree – and cared for – at Y camp this summer. Thank you!

The Y is the nation's leading non-profit for youth development, healthy living and social responsibility. Camping is one of the Y's oldest and most impactful programs.

- One in seven children attended Y camp on a scholarship this year.
- More than 5,000 youth attended at least one camp session throughout the Central Connecticut Coast Y service area.
- The Central Connecticut Coast Y provides educational and life-changing experiences at 10 camps in Fairfield and New Haven Counties, as well as the Lower Naugatuck Valley and Mt. Washington, MA.

You can learn more about the Central Connecticut Coast YMCA Strong Kids Campaign at: <http://www.cccymca.org/make-a-difference/give/>

KIDS LOVE CAMP





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW LOOK, NEW PROGRAMS AT THE HAMDEN/NORTH HAVEN Y

This summer the staff at our Hamden/North Haven branch has been very active updating the facility, adding new smiling faces and creating new programs.

In addition to new flat screen TV's in the Wellness Center, we've added a Group Cycling Studio where classes are led by our energetic instructors.

High energy group fitness classes, our beautiful indoor pool, the new TRX suspension training and exercise equipment round out the offerings for adults, while kids can enjoy instructional sports including soccer, t-ball, archery and tumbling.

Fresh faces, fresh paint, a newly paved parking lot and high energy make the Hamden/North Haven Y a great place to be this Fall.

Come by and see the changes for yourself! The branch is located at 1605 Sherman Avenue in Hamden CT P 203 248 6361



WATER SAFETY TO HAVE FUN

To help keep kids safe around the water, the Central Connecticut Coast YMCA branches taught approximately 1,250 children about basic water safety and swimming skills during our Water Safety Education, *SPLASH*, Week this spring.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING COMMUNITY PROVIDING SUPPORT

On May 16, 2012, our Alpha Community Services Y branch officially launched the opening of the Jessica Tandy Apartments.

The festive ribbon-cutting ceremony was attended by state and local officials plus staff, while the new residents proudly gave tours of their beautiful homes.

Located on Park Avenue in Bridgeport, CT, the Jessica Tandy Apartments are a permanent supportive housing residence that accommodates families who have battled with homelessness.

In addition to celebrating the addition of six new apartments, the Alpha team partnered with KaBOOM! in June to build a beautiful new playground at their Clinton Avenue family homeless shelter.

Thanks to the generosity of the Rosengarten family, other anonymous donors and the help of more than 200 volunteers, what started out as a rainy Saturday turned into a glorious celebration of children and free play! The completed project includes a new playground designed by the children, a picnic area, colorful mural, shade structure, benches, planter boxes and an outdoor classroom.

With the collaboration and help of the Fairfield Y lifeguard team, families at our emergency shelters were able to participate in the Y's water safety program. Together, we are bridging the swimming gap in our community by teaching every child how to be safe in and around the water.

