



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CENTRAL CONNECTICUT COAST YMCA PRESIDENT'S NEWSLETTER

cccymca.org

FALL 2014

SENDING THE RIGHT MESSAGE

Dear Friends:

Since its beginning in 1844, the YMCA movement has been dedicated to building character in all, particularly young people. Over the past two decades, Ys across the U.S. have recommitted to this original principle by focusing their efforts on teaching, demonstrating, and reinforcing the core character values of caring, honesty, respect, and responsibility. In fact, the very first goal of our CCCY Real-Time Strategic Plan states that *the Y will attract and engage youth in programs and activities that will build character, particularly the values of caring, honesty, respect, and responsibility.*



David Stevenson
President & CEO

In a recent study published by Harvard University (THE CHILDREN WE RAISE: The Real Messages Adults Are Sending About Values), researchers reported that the majority of youth surveyed appear to value aspects of personal success (achievement and happiness) over concern for others. Some youth reported that "If you are not happy, life is nothing. After that, you want to do well. And after that, expend any excess energy on others." Interestingly, most parents and teachers say that developing caring children is more important than a child's individual achievements, and that healthy communities are dependent on adults who will put the common good before their own. Unfortunately, there appears to be a rhetoric/reality gap between what many adults *say* are the top priorities and the *real messages* they convey in their behavior. When asked, 80% of youth surveyed reported that their parents are more concerned about achievement or happiness than caring for others.

So what can we do as adults to teach, demonstrate, and reinforce strong character? Here are two ideas that were highlighted in the study. First, let's continue to create opportunities for youth to *practice* character values with guidance from adults. We do this every day through our Y programs and services. Secondly, let's continue to create opportunities where youth can be around strong *moral role models*. I continue to be amazed by the thousands of older teens and adult Y volunteers and staff who are teaching and demonstrating great character to the youth we serve.

Thank you to all of our generous donors, volunteers, and staff for your support and leadership. You're making it possible for thousands of young people to hear the right messages every day.

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

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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.

HARWOOD TAKES THE CCC Y STAGE



Alice-Anne Harwood was recently named the CCCY Vice President/Chief Development Officer. She brings a wealth of development experience to the Association. She is a proven team builder and fundraiser, with experiences at the Neighborhood Music School, Leeway and Long Wharf Theatre, all in New Haven CT.

"It took approximately one week for me to fully understand that the Y is, indeed, So Much More," said Alice-Anne.

As the newest member of the Central Connecticut Coast YMCA and a newcomer to the Y, I've had an opportunity to immerse myself in learning about this wonderful world of the Y. Here's what I've discovered so far:

The Y has a history of innovation with the acumen to see what is possible and the courage to make it real. It's a commitment to building communities that has allowed the Y to remain relevant for 170 years. It is a place for learning in so many ways about so many things. It is a sanctuary when needed, the foundation of incalculable friendships, a platform upon which individuals transform their lives in myriad ways and a space that nurtures all aspects of our lives in spirit, mind and body.

Most outstanding is the discovery of what makes all of this possible, what is at the center of the Y that makes us extraordinary - You. It's you and your contributions of time, energy, leadership, financial support and active participation that make the Y the incredible resource that it is.

I cannot wait to meet the remarkable team of volunteers who has galvanized their networks to raise critical funds to support the work we're endeavoring together. We've a few months left to make 2014 the strongest year ever, and we're already dipping our toes into planning for 2015. I know there are even more individuals among our members who are eager to be a part of the excitement; I'm looking forward to talking with you soon! Feel free to contact me at aaharwood@cccymca.org or 203 777 2105 x2105 to share ideas or discuss avenues to get in on the action!

For more information about our Annual Campaign, how to volunteer or to make a donation, please visit cccymca.org/make-a-difference/



WATER SAFETY FIRST

All Branches of the Central Connecticut Coast Y are near bodies of water. Keeping kids safe in and around the water is paramount in our community.

For the past several years, all of our Branches have taught the SPLASH water safety to youth - especially those under the age of twelve. This year over 815 kids participated in the five-day program.

Kids enjoyed the program at the beach, in their Y, during their afterschool program and even in the park across the street from their home.



CAMP ROCKS AND ROLLS

We held our first "All Camp" Day on one of the most beautiful summer days ever!

Excited campers piled off school buses and descended on the Woodruff Family Y, where they competed in relay races, gaga, danced to age appropriate tunes, met new friends and spent the entire day with kids from the other day camps across our service area.



SUMMER MEALS - A SOCIAL RESPONSIBILITY

In an effort to combat child hunger, the Bridgeport Y and the Soundview Family Y offered its campers free food programs this summer.

Thanks to a grant from the Walmart Foundation, the Bridgeport Y was able to serve 35 camp participants two meals and a snack daily while they enjoyed fun summer themed activities like swimming, playing kick ball and singing songs.

The Soundview Family Y, in collaboration with Branford CT's The End Hunger Initiative, fed their Walsh Enrichment Camp kids over 400 free breakfasts and lunches. Parents were really excited to participate while the children liked sharing a meal with friends.

The healthy options in both programs included fresh fruits and vegetables, whole grains and lean proteins.

The Y is committed to nurturing the physical, mental and social-emotional development of youth and is working to ensure that all kids have access to nutritious meals, so that they can continue to be healthy and thrive in and out of school.

MEET OUR NEWEST BOARD MEMBERS & LEADERS



Dan O'Donnell, newly appointed Chair, is a Partner and Account Director at his own marketing and advertising firm, Odonnell Company, in downtown New Haven. Dan has been building brands, creating communications and managing projects for over 15 years. As an avid water-skier, Dan shares our pursuit to teach all ages to swim and how to how to be safe in and around the water.



Leo Connors, Jr. is an Assistant Vice President and Senior Financial Advisor for Merrill Lynch Wealth Management. Leo is intimately involved in the New Haven Community having graduated from the Greater New Haven Chamber of Commerce Leadership Program in 2013. We are confident that Leo will leave his mark while serving on the CCCY Board.



Jeannette Ickovics is a Professor of Epidemiology and Public Health and of Psychology at Yale University; and Director of CARE: Community Alliance for Research and Engagement. Her guidance after holding important academic and community leadership positions for over a decade will be beneficial to attaining our strategic plan goals.



Jacqueline James was born and raised in New Haven's Hill neighborhood remaining committed to serving the people in her hometown and state. As Deputy Director of Economic Development for the City of New Haven, we will rely on Jackie's expertise as we work to strengthen the foundations of communities and families through youth development, healthy living and social responsibility.



Having served on the Board since 1992 and most recently as Chair; we would like to extend our deepest gratitude to **Jon Leckerling** for his devotion and leadership to our YMCA. As Jon embraces his new role as our Past Chair, we thank him for his knowledge, passion, time and friendship.

MORE OUTSTANDING OUTCOMES TO FOLLOW

The YMCA's Diabetes Prevention Program continues to grow, engaging more people in our fight to educate the community about preventing the onset of type 2 diabetes.

Recently, we hosted a two day training program in downtown New Haven, developing fifteen new Y Diabetes Prevention Program Lifestyle Coaches.

Seven Central Connecticut Coast Y Branches now offer a monthly Y Diabetes Prevention Program informational session for the community, to educate and spread the word about the ways adults can become empowered to make lasting lifestyle changes that will improve their overall health and reduce their chance of developing the disease.

We have three classes in session - one of which just began in Bridgeport. We hope to start others very soon, possibly in New Haven, North Haven, Stratford, Seymour, Trumbull or Branford.

The YMCA's Diabetes Prevention Program is a community-based lifestyle improvement program for adults with prediabetes. Currently, diabetes affects nearly 29 million people. Another 86 million have prediabetes and are at risk of developing diabetes, but only 11 percent are aware of it. Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program reduce the number of new cases of diabetes by 58% overall and by 71% in individuals over age 60. For more information, call us at 203 375 5844 ext 32 or visit ccymca.org.

58% OF NEW CASES OF **TYPE 2 DIABETES** CAN BE PREVENTED THROUGH PROGRAMS LIKE THE **YMCA'S DIABETES PREVENTION PROGRAM**