



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CENTRAL CONNECTICUT COAST YMCA PRESIDENT'S NEWSLETTER

cccymca.org

FALL 2015

STRIVING FOR A HEALTHY LIFE

Dear Friends:

We believe that a healthy life is achieved by actively striving for spiritual, mental, and physical well-being. This powerful sentence serves as one of the core belief statements of our Y and inspires our work every day. While goal achievement is important, we also believe that there is great joy in the journey of *actively striving* for well-being. So how is America doing on this important journey? While we have a long way to go in improving our nutrition and physical activity habits, there is some promising news. Recent studies have reported that Americans are starting to eat better and that daily calorie consumption is down. Full-calorie soda taken in by the average American has dropped by 25% since the late 90s, and the biggest changes appear to be happening in households with children. The result of these improvements include obesity rates that have stopped rising for adults and school-age children, and have actually come down for our youngest children. Researchers are crediting information campaigns that have educated the public about the causes and effects of poor nutrition, high-calorie diets, and physical inactivity (similar to the campaign launched in 1964 addressing the hazards of smoking). In fact, 60% of Americans have reported wanting to lose weight as compared to 35% in the 1950s. While the good news serves as a bright spot, Americans are still not eating enough fruits and vegetables and still enjoying too many sweets. Yes, calories are down, but the quality of the food many of us consume is still poor. How, then, can the Y inspire, educate and support our neighbors striving for a healthier life?



David Stevenson
President & CEO

This fall, the Central Connecticut Coast Y will launch an exciting new **Healthy Lifestyle Program**. The goals of the program are to create a **safe, fun, educational,** and **supportive environment** where participants can learn how to **eat healthier, increase physical activity,** and **lose weight**, while enjoying the journey of healthy living. The Y's Healthy Lifestyle Program will be led by trained coaches in small group settings at a local Y branch, and will include 16 one-hour sessions followed by 8 monthly sessions. To learn more about the Y's Healthy Lifestyle Program and the introductory information sessions, visit or contact your local Central Connecticut Coast Y Branch, or visit our website at www.cccymca.org.



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

Dave

Dave



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BRANCH LOCATIONS

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

OUR MISSION -

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

BIGGEST ISSUES WORKING PARENTS FACE

(And how the Y helps you face them!)

Working couples. Single mothers. Grandparents raising grandchildren. Each of you juggle monumental challenges daily. Sick days. Snow days. Conference days. Early Release days. School vacations. Summer recess. What's a parent to do?!

Go to the Y.

The Y has a long history of being the solution to a multitude of challenges in our community and we are experts in child care. As part of our child care initiatives, the Y provides options for early release, the unexpected snow day, and even scheduled school holidays.

Did you know:

- Fewer than one-in-three children today have a full-time, stay-at-home parent;
- Low-income families spend a much larger portion of income on child care than middle and upper-income families; a stunning 49.5%;
- Your support of the Y is an important part of the \$808,000 in financial assistance we provided to families with school-aged child care needs last year?

You make the difference for working families, providing peace of mind that their children are in safe, fun, learning-rich environments on those days that school isn't in session. You set the stage for success in these families, helping them get the support they need to maintain the endless juggle between work and family.

The need is great and your support allows us to serve many of your neighbors. When that first snow storm hits and you hear the glee in your children's voices, remember the parent who once panicked at forecasts for snow, and imagine the relief you have given them through your support of the Y. Together we truly can do so much more. Support working families in your community. **GIVE** at cccyymca.org or <http://tinyurl.com/q3gdk5u>

WITH LAUGHTER AND ENJOYMENT

In collaboration with the Chase Michael Anthony Kowalski Foundation the Lakewood-Trumbull Y and the Woodruff Family Y offered a free, six week, youth triathlon program this summer. Children learned to run, bike and swim just like the late Chase Kowalski. It was incredibly heart warming to watch them confidently compete in the Race4Chase with the new friends they had made during training and to cheered on by their families.



INTRODUCING OUR NEWEST BOARD VOLUNTEERS



Patrick Charmel is the President & Chief Executive Officer of Griffin Hospital and its parent organization Griffin Health Services Corporation. He has served in a number of administrative positions and volunteer roles in healthcare and human services.



Eileen Lopez-Cordone is an Economic & Community Development Specialist with UIL Holding Corporation in New Haven. Eileen is involved with the Greater Valley Chamber of Commerce and the Valley United Way.



Kurt Mohlman has been a self-employed Investor/Consultant for several years after different careers in financial management and investment analysis. Kurt's experiences are concentrated asset management in the energy and utility sectors.

FAMILY AND FRIENDS UNITE AT PARKER SEELEY

Donors, volunteers, alumni, campers and their families, staff, neighbors, builders, and many, many friends of YMCA Camp Hi-Rock gathered recently to celebrate the dedication of new Parker Seeley lodge and the people who made it possible.

The new Parker Seeley lodge is the centerpiece of Camp Hi-Rock where campers for generations to come will gather for fun, friendship, to relax and enjoy a book in the Hi-Rock library or just be enchanted by the majestic views.



71% OF THE WORLD IS WATER

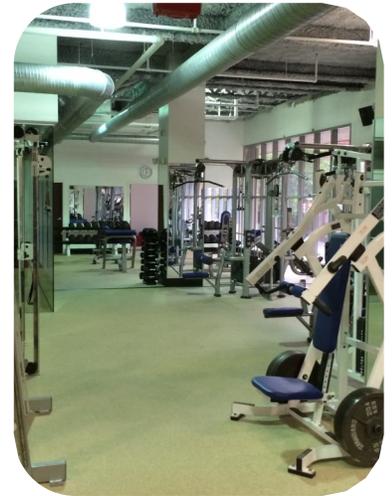
And 100% of the children we serve are curious! These statistics keep the CCC Y Aquatic Staff on their toes. They are constantly teaching swim lessons and guarding our pools. In June, they taught over 550 children "Safety Around Water." In July, they tested their skills and competed in the annual CCC Y Lifeguard Competition. Who won? We all win with this team of pool safety experts. Kudos to all of you, thank you for all you do!



ELM CITY Y SHINES OVER THE NEW HAVEN GREEN

With the major renovations complete in the Elm City YMCA, we are positioned to support downtown New Haveners with all their health and wellness goals. New flooring, new mirrors and a fresh coat of paint have brightened the center immensely. The revised floor plan has improved workout routines with the new state-of-the-art cardiovascular equipment with upgraded audio visual components a bonus. Initial feedback from our Members has been positive and exciting.

At the Grand Opening, the Wellness Center will be dedicated in honor of legendary YMCA leader Duke Faubert. Duke is the grandfather of the Elm City Y Executive Director, Tyler McCauley.



ENDLESS SUMMER FUN

Turquoise and orange shirts were everywhere, when over 650 campers and their counselors spent their day at the Woodruff Family Y Camp Wepawaug for the second annual CCC Y All Camp Day. Field games, Zumba, gaga, parachute pull, climbing and archery - the spirit of summer camp was felt throughout the day!



COMMITTED TO STRENGTHENING COMMUNITY



U.S. Congresswoman, Rosa DeLauro, visited the Valley YMCA to learn about Y programs and services and to meet with constituents. Pictured: Barbara Moore, Valley Y Executive Director, DeLauro and David Stevenson.



U.S. Senator Richard Blumenthal, Y Aquatic Coordinator Amanda Goodwin, Lyn McCarthy from St. Vincent's Hospital, Bridgeport Mayor Bill Finch and Fairfield First Selectman Mike Tetreau gathered at an event at the Fairfield Y.



U.S. Senator Richard Blumenthal jumped in the Fairfield Y pool and swam to support the Y, St. Vincent's Hospital and the community!