



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CENTRAL CONNECTICUT COAST YMCA

[cccymca.org](http://cccymca.org)

SUMMER 2012

## TAKING RESPONSIBILITY ENCOURAGING HEALTHY HABITS

With the Affordable Care Act now in front of the U.S. Supreme Court, the spirited conversation over health care in America continues to focus on accessibility, cost, and quality of health care. The word *responsibility* has been used often during the debate as it relates to actions taken by government, health insurance providers, employers, and physicians. I'd also like to add another party to the list of those who must act responsibly – ourselves.



David Stevenson, Ph.D.  
President & CEO

Here are some of the facts in America. Most of us are overweight, are physically inactive, do not eat well, and many still smoke. There are currently 79 million Americans who are pre-diabetic, and most diseases and disorders that force us to use our health care system are brought on by unhealthy habits and poor lifestyle choices. That's the bad news.

The good news is that we can improve America's health by taking *personal responsibility* for our *own* wellness! Most Americans want to be healthy and well (in the Y we recognize these folks as "Health Seekers") and we can begin to achieve great goals when we *take charge* of a plan for improvement in our personal health. More good news – we're not in this alone. The volunteers and staff at the Central Connecticut Coast YMCA want to do all that we can to guide and support you on your path to health and wellness. In fact, a key component of our new Real-Time Strategic Plan states that the Y will reduce youth and adult obesity and reduce the onset of Type II diabetes. If you're feeling good about where you are now – super! We'll support your healthy lifestyle with encouragement and advice. If you want to take new steps towards improved health and wellness, consider doing the following:

- Pledge to take *responsibility* for your own health and wellness.
- Invite others, including your doctor and the Y team, to join you in your journey.
- Use your YMCA membership including many free or low cost wellness programs, services and facilities.

Like any journey worth taking, there will be obstacles. Work with your team to overcome them and celebrate your success along the way!

Best wishes to all for a happy, healthy, and active summer season.

**BOARD OF DIRECTORS OFFICERS**

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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.

## CELEBRATING Y VOLUNTEERS

The Central Connecticut Coast YMCA recently held its 153<sup>rd</sup> Annual Meeting/Dinner and Volunteer Celebration. The meeting honored several volunteers and named new members to the Board of Directors.

The newest member elected to serve the 2012-2015 term on the Board of Directors is **Jatin Mehta**. Mr. Mehta is retired from Wright Investors' Service and has been a longtime volunteer in the Bridgeport area. Other Directors elected to serve another term include **Dave Bjorklund, Jason Corsi, Martha Dulla, Jon Leckerling** and **Preston Tisdale**. Retiring board member and former chairman, **Don Hutchinson**, was also recognized for his years of service. He was honored for his hard work and dedication to fulfilling the Y's mission.

A highlight of the evening was the surprise presentation of the H. Richard Brew Volunteer Service Award to **James A. Hodge, Jr.** for his long time service and commitment to the Y. His Y involvement began when he was recruited to serve on the board of the Ralphola Taylor Community Center Y in 2005. Through the years, he has supported the work of the Center, led it through transitions and served not only as the Chairman of the Board for six years but also as its representative on the Association's Board of Directors. He has been a strong advocate for youth and for encouraging other adults to invest their time, talent and treasures into strengthening the foundations of the community, especially the East End of Bridgeport.



James A. Hodge, Jr.  
H. Richard Brew  
Volunteer Service Award

Twenty-five Y members were honored as Branch Volunteers of the Year for showing exemplary work, enthusiasm and devotion to our Y branches.

Alpha Community Services YMCA ~ **Reverend John Gamble, Deacon Ruby Pettway** and **Leora Reasor**

Bridgeport YMCA and Stratford YMCA ~ **Erin Russell**

YMCA Camp Hi-Rock ~ **Shelly Folsom** and **Caroline Qualey**

Fairfield YMCA ~ **Diane Morosoff** and **Tim McCall**

Hamden/North Haven YMCA ~ **Kathy Garner** and **Tyler Doyle**

New Haven YMCA Youth Center ~ **Kathryn Douglas** and **Troy Kemp**

Lakewood-Trumbull YMCA ~ **Tom McGinnis** and **Julia Lindberg**

Ralphola Taylor Community Center YMCA ~ **Carolyn Watson** and **Jonathon Hartley**

Soundview Family YMCA ~ **Rebecca Steinkraus** and **Juliana Robinson**

Valley YMCA ~ **Joan Tichy, Judith Oswald** and **Aimee Champagne**

Woodruff Family YMCA ~ **Austin Cesare, Maggie Cole, Emily Fetter,** and **Raeven Grant**



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## CENTRAL CONNECTICUT COAST Y BRANCHES CELEBRATE HEALTHY KIDS DAY



## WE ALL NEED THE Y

Earlier this year, the Rivers family tragically lost their home to a fire. The staff and Y community rallied to help provide financial and physical support to the family. Nicholl Rivers and family extend their sincere thanks.

*To the YMCA Community:*

*This letter is being written to express gratitude and appreciation from our family to the personnel and YMCA extended community for helping our family and others make it through tough times when it seems as if no one else really cares. The contributions obtained from the YMCA to encompass money, clothing and compassion has afforded my family with the financial and mental means to get through the adversity we have recently been subjected to.*

*We will never forget March 3, 2012, the morning we woke up to the explosion of a neighbor's house and people banging on our doors and windows attempting to help us out of our home. We have lived in our home for 15 years and have worked hard throughout the years to live righteously, to help those less fortunate, donate to the goodwill, and accumulate things that possess sentimental value. All of these things were taken away from us in the blink of an eye without a warning leaving my family devastated. My children and I left our home with bare feet and pajamas and besides each other this is all we thought we had to cling to and rely on in this world. However, the YMCA organization has proven otherwise. It is such a blessing and an honor to be a part of the YMCA family and to know that people really do care. My two children have attended the YMCA since pre-school and love the program because they comprehend this is part of our family. From a few days after the fire there were monetary donations and donations of essentials that my family truly needs to pick up the pieces and we are so grateful that words cannot express.*

*Please accept this letter as a small token of appreciation. We sincerely thank you, Nicholl Rivers*



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## ALWAYS HERE FOR YOU WOODRUFF FAMILY Y

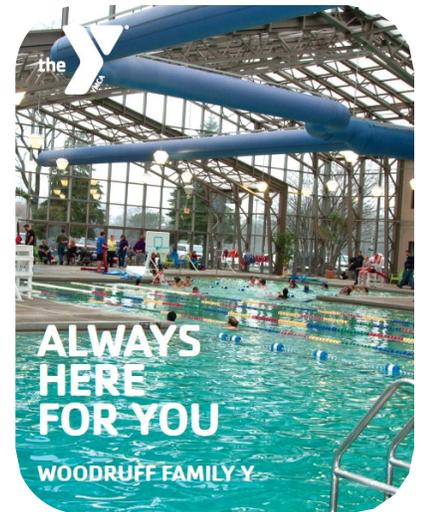
The Board of Managers and the staff of the Woodruff Family YMCA are excited about the future! Y leaders have researched and formed a visionary plan to develop new programs, further enhance existing programs and expand our services to even more children, teens, families, adults and seniors of all socio-economic levels and backgrounds.

The Woodruff Family Y is here to nurture a positive fellowship so that our community grows together. As our population grows and societal demands increase, the role of the Y becomes more important than ever before. It brings together people intent on improving themselves and their families, and intent on making our community a better place to live and work. It is truly a vital community resource.

To help accommodate the growth of the Woodruff Y community, the Board of Managers is making it a priority to complete the second floor of our Y. Updated and reconfigured space will accommodate current programs and allow us to add new youth sports, senior programming, teen activities, water therapy and child care. It will also enable us to modernize the Wellness Center and add an elevator, ensuring the Y is available to all.

To sustain our mission, to ensure the Y's future and to fulfill our promise to the community - to be a family Y with a focus on youth development, healthy living and social responsibility - we simply cannot afford to keep the second floor dark any longer. The \$1.4 million capital campaign will allow us to expand our facilities and programs to meet the current and future needs of our community.

If you are interested in learning more about the campaign, please contact Charlie Clifford, Executive Director, at 203 878 6501.



## WORKING TOGETHER, LIVING BETTER YMCA'S DIABETES PREVENTION PROGRAM

Prediabetes affects over 79 million Americans. The Central Connecticut Coast YMCA is helping members of the community learn if they might be prediabetic, then putting them on a path to a healthier future. The YMCA's Diabetes Prevention Program gets to the root of the diabetes epidemic by helping those at high risk make lifestyle changes. The program focuses on healthy eating, increased physical activity, and maintaining a healthy weight. For more information click: <http://www.cccymca.org/2011/10/ymca-diabetes-prevention-program/>