YMCA EXPANDS SERVICE IN NEW HAVEN

Dear Friends:

I am thrilled to announce that the Central Connecticut Coast YMCA has recently acquired the assets of a local wellness center allowing our Y to open a new Branch in New Haven. The new Elm City Y is located at 900 Chapel Street overlooking the historic New Haven Green and will offer health and wellness programs and services as part of our core mission to promote healthy living.

The Central Connecticut Coast YMCA and New Haven Fitness recently finalized an agreement resulting in the Y’s purchase of the wellness center that has been offering health and fitness services for the past seven years. We have welcomed members of New Haven Fitness as new Y members who now have access to all thirteen Y Branches serving New Haven, Bridgeport and the twenty-three neighboring towns and cities. This is a fantastic opportunity to expand the Y’s mission by creating new opportunities to promote healthy living. By growing our Y physical activity, nutrition education, and diabetes prevention programs, we’ll be making great strides in improving the health of the communities we serve.

Tyler McCauley, co-owner of New Haven Fitness since its beginning, has agreed to become the Executive Director of the new Elm City Y. The Wellness Center within the new Branch will be named in honor of legendary YMCA leader, and Tyler’s grandfather, Duke Faubert.

This is New Haven’s second Y Branch in the city. The New Haven YMCA Youth Center, located at 50 Howe Street, offers child care, school-readiness, after-school, aquatic, youth sports, and youth drop in services. Since its beginning in 1859, the YMCA has been providing programs and services in New Haven. We have successfully served New Haven for 155 years because we have remained true to our mission and have continued to meet the changing needs of those we serve. Our work is focused on three core areas including youth development, healthy living, and social responsibility, and the new Elm City Y will help us reach out, inspire and support healthy living habits. Two thirds of American adults are overweight or obese and one in three adults is pre-diabetic. The new Elm City Y will allow us to work with more people in battling the terrible consequences of an unhealthy lifestyle.

I’d like to offer my special thanks to our Boards of Directors and Trustees who have provided excellent support and counsel during this year-long development process.

Best wishes to all for a happy and healthy new year!
YOU MADE 2014 THE YEAR OF CHANGE

Congratulations! We have no doubt you have succeeded in your personal changes because you’ve had a powerful impact on your community through your support of the Central Connecticut Coast YMCA.

People tell us they donate to the Y because of the profound impact a Y program has had on their lives. Others have articulated their commitment to building strong communities. Financial support from donors like you are what makes that happen.

You should know - your 2014 donation made possible:

- An equal chance for success for over 1,100 youth living in under-served communities or economically challenged households through participation in quality reading programs designed to close the achievement gap;
- The assurance of safety for 7,564 youth through swimming lessons and water safety programs;
- A roof overhead and the safety of walls in which over 200 families can rebuild a home.

In addition, your donation keeps vital Y programs available for thousands of families who are working to adapt healthier lifestyles and nurture the character and values of their children and grandchildren; it opens a path to health for adults in our region struggling to reduce the onset of Type II diabetes.

On behalf of those people, and the thousands other Y community members whose lives you have changed, thank you for joining in our effort to provide every individual access to the essentials needed to learn, grow and thrive. Your donations makes change possible for so many. Thank you.

Together we can continue to do so much more.

Make a gift online at please visit cccymca.org/make-a-difference/ or contact Alice-Anne Harwood, Chief Development Officer at 203 777 9622 x2105 or aaharwood@cccymca.org for gift arrangements.
GOVERNOR DANIEL MALLOY VISITS

The Ralphola Taylor Community Center Y Board of Directors and Staff hosted a forum for Bridgeport East End senior citizens to meet with CT Governor Malloy, other elected officials and local community leaders. The community had a chance to ask questions and receive feedback about local issues and statewide initiatives.

STRATFORD Y CELEBRATES 50 YEARS

For Youth Development. For Healthy Living. For Social Responsibility. For 50 Years!

The Stratford Y recently celebrated 50 years of serving the community of Stratford with an Anniversary Dinner attended by past and present board members, local officials, community businesses, staff, and members.

Many spoke of the Y as it used to be, while others were excitedly sharing the new programs, upgraded facility and growth that has occurred in the most recent years.

From summer camp and swim programs, to teen leadership and senior wellness, many in Stratford have been touched by the array of health and human services offered at the Y.

NO SCHOOL, NO PROBLEM

Have you ever visited one of our Branches when there was a school vacation day? They’re buzzing with excitement, filled with laughter and children’s voices, seemingly smiling from door to door.

That’s Y Vacation Club, one of our most popular programs that fills to capacity quickly. All membership Branches of the CCCY offer an opportunity for school-aged youth to join their friends for a day of swimming, arts & crafts, games, physical activity and healthy snacks.

The program is led by the same staff that the kids know from camp and after-school care. For more information about this family friendly program, visit cccymca.org.
TISDALE HONORED AS LEADER

Preston Tisdale has brought outstanding leadership, generosity, and passion for serving others to the CCCY for the more than two decades. Elected to the CCCY Board of Directors in 1990, Preston has led as the Chairperson of the Board and currently serves as a Board Vice-Chair and Chairperson of the Board Development Committee. Preston was recently honored at the CT Alliance of YMCAs Leader’s Dinner for his commitment to the CCCY.

TO BETTER SERVE YOU

At the Y, we recognize that for our communities and members to succeed, everyone must be given the opportunity to be healthy, confident, connected, and secure—including our staff. The CCCY is serious about developing its staff to support our members.

To strengthen our commitment, our membership and wellness staff recently gathered for an afternoon of training, role playing and fellowship. It’s rare to have all of our key players in one place at one time.

In order for the Y to provide the support for our members to achieve wellness success, we must first be successful teachers. In early October, wellness staff and fitness instructors trained with Interactive Fitness Trainers of America. Staff members were taught to teach Non Stop Tabata, Muscle and Core, Tabata Box and Barre Mat Workout classes. All membership branches are demonstrating these new classes now and will incorporate them into the New Year schedule.

We are proud of our staff and encourage them to challenge themselves to learn, grow and thrive.

MAYOR FINCH READS TO YOUTH

Bridgeport Mayor Bill Finch does a lot of reading and recently read aloud to our Bridgeport Y Kolbe Center preschoolers. Not only did he meet most of the 198 participants, but he also toured the school, spoke with staff and observed first hand our NAEYC accredited program and the work we are doing to help close the achievement gap.

MAYOR HARP VISITS YOUTH CENTER

New Haven Mayor Toni Harp opened the New Haven YMCA Youth Center Annual NH Fire vs. NH Police Basketball Game by wishing two of her favorite teams well as they squared off in a match that brings awareness of the programs and services that the Y offers the community. She also had a chance to reminisce about her families’ tie to NH Y basketball.