



FREEDOM VALLEY YMCA
CORPORATE OFFICE
19 W. Linfield-Trappe Rd
Limerick, PA 19468

Winter 2012 Newsletter

LETTER FROM THE PRESIDENT

GROW. DEVELOP. ACHIEVE.

Dear Members,

Making commitments can be a daunting task. Every year we make well intentioned resolutions and within the first few weeks of the New Year, we are back to our old ways.

Resolutions often fail because they're made with no action plan or measurable steps. Thinking of your 2012 resolutions more like goals might help you achieve them. Good goals are more likely to be reached if they come with commitment, a plan and support.

As a leading organization for strengthening community through youth development, healthy living and social responsibility, the Y addresses national issues such as chronic disease prevention in communities across our neighborhoods. This commitment furthers our ability to help thousands of kids improve their health.

Now, in response to a call by first lady Michelle Obama and the Partnership for a Healthier America (PHA), we want to be the healthiest leading provider of child care. With support from our community network of members, donors, volunteers and staff, we will continue to plan and focus on furthering our cause and making a significant commitment to helping improve the health of our nation's children.

Look for information on our web site, e-mails and in the branches as we share updates on new programs, our community outreach and resources that will help you set and accomplish your goals for the New Year.

Have a Healthy, Happy & Prosperous 2012!

A handwritten signature in black ink, appearing to read 'Jay R. Schaeffer'.

Jay Schaeffer
President & CEO
Freedom Valley YMCA

SPECIAL REMINDERS

SUMMER DAY CAMPS

Registration began January 28 for Freedom Valley YMCA summer day camps. **REGISTER TODAY!**

HEALTHY KIDS DAY

Join us for the largest national initiative event supporting our focus on healthy living! • **APRIL 28, 2012**



2012 GOLF OUTING AUGUST 7, 2012

Mark your calendars for the Freedom Valley YMCA 26th Annual Golf Outing at RiverCrest Golf Club in Phoenixville, PA. Proceeds support Freedom Valley Y Cares, our financial assistance program benefiting children, families and adults of all ages and abilities.

For more information or sponsorship opportunities, contact Allison Stinger, Director of Financial Development:

astinger@fvymca.org
484.674.6235

PLAY. GROW. THRIVE.

Imagine being 16 years old and having never experienced riding a bike. For many kids with special needs and delayed developmental skills, this is only too common. The Spring Valley YMCA dedicates unprecedented resources and energy to helping special needs kids. Most recently, the branch became a helping hand to one very special member.

Two years ago, Glen Buono, age 9, was diagnosed with Cardio-fascio-cutaneous syndrome (CFC). CFC is a rare genetic condition that typically affects the heart (car-dio-), facial features (facio-) and skin (cutaneous). But none of these symptoms could stop Glen from riding a bike. Earlier this year, AMBUCS™ donated an AmTryke to Glen and his family.

AMBUCS, is a non-profit service organization dedicated to creating mobility and independence for people with disabilities. Their specially-designed tricycles can be hand- and/or foot-operated and can accommodate riders of all ages, sizes, and with varying degrees of physical limitations.

Lisa Rulli, Special Needs Coordinator, Spring Valley YMCA explains, "The tricycles offer many therapeutic benefits to these children including improved motor skills, strength development and self-esteem. Over the last several years, our branch has been a recipient of several of these tricycles which we incorporate into multiple programs and special needs summer day camps designed for kids just like Glen."

This spring, Glen will join the Super Stars program, a YMCA free-play class that uses this special bike. This summer he will join other campers in Camp AKAI, the camp designed for his developmental needs. **He will play, grow and thrive, but most of all, he'll be a kid!**

Together the Spring Valley YMCA and AMBUCS will help more children enjoy the benefits of a healthy, active lifestyle. On February 26, 2012, AMBUCS will present 30 Amtrykes to children with physical limitations and their families from our local community. The Spring Valley YMCA is proud to be a community partner with sponsors like AMBUCS who join us in strengthening the communities we serve.



BELONGING TO THE Y MAKES YOU FEEL GREAT! SHARING THE Y WITH A FRIEND... EVEN BETTER.

Get a friend to join the Y. You'll reap the rewards of a new workout buddy **AND \$10 Y Bucks** for Y merchandise and programs.

COMMIT TO BE FIT

Use your Frequent Y'er card!

Visit the YMCA 12 times in 30 days to receive a Commit To Be Fit t-shirt! Stop at your member service desk for more details and to pick up your Y'er card!

CELEBRATE 50!

When Helen Manney became a volunteer at the Phoenixville YMCA in the early '60's, she experienced a much different Y than our members know today.

This January, our beloved Helen retired after **50** years with the Freedom Valley YMCA.

She will start a "new era" as a retired volunteer at the Phoenixville Branch YMCA on "some Wednesdays".

"Thanks again to Helen for her commitment and dedication to the Phoenixville Branch YMCA. We will all miss seeing her smiling face and contagious laugh every day, but will look forward to seeing her as our newest volunteer",
- Jon Agnew, COO Freedom Valley YMCA.



MISSION IN ACTION

A SAFER Y FOR ALL!

Aware that safety concerns are very real for parents in today's world, the Y demonstrates another reason to instill confidence in the programs it provides.

Les Rinehart, President and owner of Potty Queen, and his wife Karen have always felt that safety for the children in our community is of the utmost importance. In 2007, the Rinehart's donated a security system to the Pottstown YMCA's Early Learning Center, which enables the center to be in "lockdown" at all times. Entering the building requires an authorized fob or a staff controlled buzzer. To further enhance the security of the Y's program and its children, the Rinehart's have recently donated \$4,500 in support of a Raptor system for the childcare center. This system instantly screens for registered sex offenders, domestic dispute offenders and other trespassers, using a drivers license or approved forms of identification.

The Rinehart's also donated additional funds to expand the existing security system by adding cameras to monitor the Early Learning Center and the YMCA facility.

The Pottstown YMCA Early Learning Center currently serves over 125 children ages 6-weeks to Kindergarten. The state licensed, Keystone STARS III center is fast approaching STARS IV status (out of four).

"A technological security system is not a requirement for these Keystone STARS levels, but we felt it was a good investment in providing safety for our the children," says Executive Director Joan Daly.

"The Rinehart's are supportive of all that our YMCA does and this is just an amazing example of that generosity," Jackie Wilder, Director of the Early Learning Center.



Check Presentation, shown left to right. Karen & Les Rinehart; YMCA staff and children of the Pottstown Early Learning Center.

PINK CONFETTI

A CELEBRATION OF LIFE & HEALING

Pink Confetti is a **NEW** free fitness program developed by the Freedom Valley YMCA in collaboration with Phoenixville Hospital. Designed exclusively for breast cancer survivors, this program is recommended for adults who have nearly or recently completed their breast cancer treatment. The program is **offered free to the community through dollars raised in support of our Y Cares Campaign**, the financial assistance program.

With the support of trained YMCA staff members, participants will learn how to safely re-enter a healthy way of living through fitness and education. Meeting two days a week, each 7-week session includes an informational lecture and a series of group fitness classes, holistic classes or the PALS for Life Program.

Michelle Ferretti, Wellness Director at the Phoenixville YMCA gave an insight into how the program is going. "Volunteers and staff members are excited about this program and anxious to see what members think as we get further into the session. I have worked with the PALS for Life participant who is seeing great benefits from the program." PALS for Life is a research-based exercise program for those who are at-risk or recovering from Lymphedema.

To learn more about this fitness program, contact the Wellness Center at your local Freedom Valley YMCA branch.





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**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

RECOGNIZING OUR 2011 VOLUNTEERS OF THE YEAR

The Freedom Valley YMCA held its 59th Annual Volunteer Recognition event where the Board of Directors, staff, and families of the seven award recipients turned out to honor those whose daily efforts contribute to the YMCA's success in meeting the needs of the community. Jay R. Schaeffer, President & CEO expressed his appreciation for the many hours and efforts volunteers and staff commit to the Y.

"We define a volunteer as someone **who willfully gives time to help the Y carry out its mission, and who doesn't get paid for it,**" he said. "By sharing your time, talents, experience, hope, vision and enthusiasm, you give the most precious thing of all – yourself – and for that we are truly grateful."

The biggest honor given by the YMCA, the Humanitarian award, was presented to Jonathan Detwiler, long time supporter of the Y. Recognized for giving of his time, talent and treasure, Mr. Detwiler's countless volunteer hours to the Board of Directors and generous contributions have had a tremendous impact on the lives of thousands of children and families in our community.

To learn more about all the volunteer opportunities, visit the Member Services desk at your local Freedom Valley YMCA branch.

Humanitarian of the Year
Jonathan Detwiler

Audubon YMCA
Marian Martin

Pottstown YMCA
Traci Evans
Linda Drohosky

Phoenixville YMCA
Sue Ann Levy

Spring Valley YMCA
Rebecca Richardson

Upper Perkiomen YMCA
Lucy Kern