

OUR VOICE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER NAPLES YMCA

5450 YMCA ROAD, NAPLES FL

January/February 2019

www.GreaterNaplesYMCA.org

The Greater Naples YMCA Community Newsletter



RETHINK AND REFRAME YOUR 2019 RESOLUTIONS

New Year–New You! A YMCA national survey found less than a quarter of respondents keep their resolutions. Many tried, but 71 percent stated they fell short of their goals, while 40 percent confessed they gave up within the first few months of the New Year.

While there is no “right way” to keep a resolution, your Greater Naples YMCA is here to help you exceed your goals. Approach your goals by:

- 1. Start small.** Break big resolutions into small, achievable goals. “Getting healthy” is too broad. Reframe that big resolution into smaller, more manageable goals. Instead of cutting chocolate out of your diet entirely, commit to enjoying chocolate 3 times a week. Or trade your two sodas a day, for one soda and one glass of water.
- 2. Take it one step at a time.** Trying to change too many habits at once can easily lead to frustration. Instead of a New Year’s resolution, make a new month resolution. Focus on that one change for the month and add another (small) change when the new month rolls around.
- 3. Keep the faith.** Embrace and accept setbacks. Even though you may experience some missteps throughout one day—or even one week—accept the setback and start again. New habits take 21 consecutive days to stick and become a new habit.

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JOIN. GIVE. KNOW.

2019 SNEAKER BALL

Join us for the comeback event the year!

SNEAKER BALL: Saturday, February, 23, from 7:00 – 10:00 pm here at your YMCA.

Be part of history to celebrate 52 years of serving Collier County. Your participation will help transform lives. Proceeds from your evening of appetizers, drinks and fun will benefit the Annual Giving Campaign. Dollars raised for the Annual Giving Campaign benefit children and families participating in Y programs receiving financial assistance scholarships. **Tickets available for just \$99.**

GreaterNaplesYMCA.org/YSneakerball



GIVE WHERE YOU LIVE COLLIER

Our Naples Y is a proud partner of Give Where You Live Collier, a 24-hour fundraising event to support local charities, like your Greater Naples YMCA. On **Thursday, February 21**, starting at noon, please go online to www.cfcollier.org, select Greater Naples YMCA as your non-profit of choice to donate. Your donation through this event transform lives.

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4. It's all about attitude. Think about what you're gaining from a resolution rather than what you are missing. This will make a resolution feel more achievable. For example, you may want to limit your screen time in 2019, but that can be more manageable if you replace it with something you enjoy like volunteering or setting special time aside for family walks and outings.

5. Talk it out. Stick to your resolutions with the help of a friend or Y staff personal trainer. Team up with someone to set your 2019 goals and help each other establish a game plan dedicated to exceeding goals. Set specific check-ins to help each other out of slumps and to cheer each other during the high points.

"Changing behaviors is a tough task even for the most dedicated and motivated people," said Diana Sideri, Healthy Living Director, Greater Naples YMCA. "The new year is a great time to make changes, but it's important to remember that any change takes time, and the type of resolution you make plays a huge factor in your success."

Additionally, many people join a gym or other health facility to keep their resolutions. Just as making your resolutions manageable contributes to success, the type of place you join is important as well. Make sure the facility you pick is the right fit for your goals.

"While we'd love everyone to join the Y, when it comes to adding healthy behaviors like increasing physical activity, it's important to find a facility where you feel comfortable, but also keeps you motivated," added Sideri. "Before committing to a membership, take a tour of local gyms to find the best fit for you. Your facility should not be just a gym, but an environment that offers more health, more hope and more opportunity."

For additional tips, group exercise class schedules, hours of operation or to learn how to get involved with the Greater Naples YMCA, contact the Y at 239.597.3148 or visit www.greaternaplesymca.org.



STAFF HIGHLIGHT: FREDO RAMOS

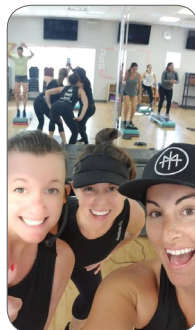
Welcome Fredo Ramos, our new Director of Membership Experience! Fredo originally began working at the Y in 2012 as a way to be closer to family who also worked at the Y. During his earlier years at the Y, Fredo worked in multiple roles, including youth sports, after school, summer camp, fit floor, and membership.

After leaving the Y for a few years to pursue other interests, Fredo found himself unhappy with his career. Being moved with the positive changes at the Y and seeing an opportunity to make a positive impact in

his community, he decided to seek opportunities to rejoin the Y staff team. "I love everything about the Y. The Y is family oriented and the staff is an example of that."

Fredo loves working in our membership department. It gives him the opportunity to build relationships with our members so they feel a sense of belonging and love. Stop by the front desk to meet Fredo!

EVENT CELEBRATIONS: NEW YEAR'S ROCK YOUR RESOLUTION FITNESS EVENT



MY Y STORY: IMPACT IN ACTION

Security, confidence and growth are just some words describing how my family has changed since the day we first walked into the Naples YMCA. Our family was once burdened with a difficult past, and as a mother, I was broken, praying that someone could help. I wasn't confident or even sure I could carry on. But then my life changed. I contacted the YMCA, asked for help and immediately received a financial assistance scholarship for membership and child care for my two girls. That first day at the Y resulted in immediate friendships, a sense of safety and hope for my family. Now a year later, I am back to work, have many new friends and support because of my Y, and my girls are developing without worry, knowing they have the support and a second home at their YMCA.

"Thank you YMCA for everything you have done and will do in the future for my family."

- Kristen Kosh





FOR YOUTH DEVELOPMENT®
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SNEAKER BALL

IT'S BACK!

Join us for the comeback event of the year as we celebrate 52 years of serving our community with a night of appetizers, drinks, music, dancing, best sneaker contest, silent auction, game room, rooftop lounge and more!

All proceeds support our community through the Y's Annual Giving Campaign. Dollars raised benefit children and families participating in YMCA programs receiving financial assistance scholarships.

\$99 PER PERSON

Tickets + Event Sponsorship Details at

GreaterNaplesYMCA.org/YSneakerball

Attire: Semi-formal with sneakers!

SATURDAY, FEBRUARY 23, 2019

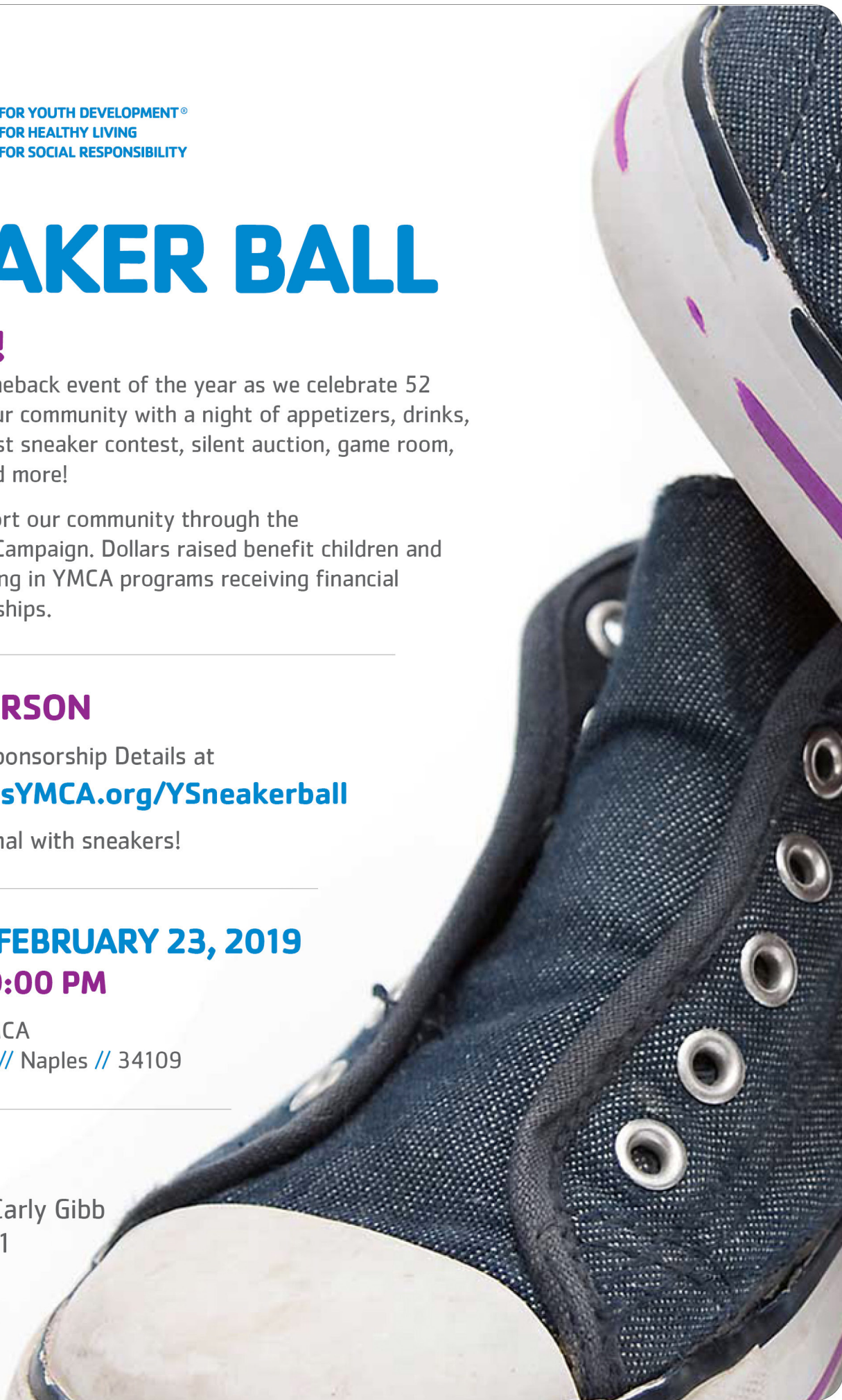
7:00 PM – 10:00 PM

Greater Naples YMCA

5450 YMCA Road // Naples // 34109

QUESTIONS?

Please contact Carly Gibb
at 239.963.3771





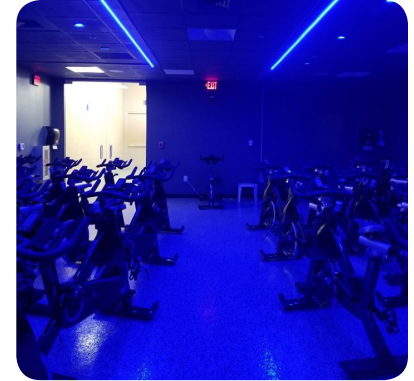
VOLUNTEER HIGHLIGHT: COACH GABE RIVERA

Meet Gabe Rivera, YMCA Youth Basketball Volunteer Coach. As a huge fan of basketball, becoming a volunteer coach was an easy decision for Gabe to share his love of the game with his son, nephews and others. Now two years into coaching, Gabe has enjoyed seeing the growth of his players. "The kids are impressive, they have been growing, and it's cool to see them get better each season. They struggled at first, but they gain confidence and improve each season."

The relationships he has built with the children and their families is what keeps Gabe coaching all season after season. It's important to Gabe to teach the kids the 4 core values of the Y: caring, honesty, respect and responsibility, while having fun. He also enjoys watching them succeed. Children return each season to learn and play under Gabe's positive, fun and enthusiastic coaching style.

"I AM GLAD TO VOLUNTEER AT THE Y, IT'S A COOL PLACE TO HELP KIDS."

Want to make a difference in a child's life? Volunteer in youth sports! Do so by contacting Richard Tamer, your Y sports director at rtamer@greaternaplesymca.org.



NEW SPIN STUDIO

New Bikes! New Room! New Energy!
An exciting new spin room is relocated to the second floor. The brand-new spin room features 41 state-of-the-art spin bikes. Special thanks to our Y members and staff who hosted a fundraiser earlier this year in support of this project which will better serve all Y members.



HEALTHY LIVING SERIES

Whether you are trying to prevent, manage or reverse chronic diseases; lose a few pounds; or gain a healthier living style, this series is for you!

Classes provide support, open discussion, videos and cooking demonstrations, all easy to incorporate into your life.

UPCOMING TUESDAY SESSIONS:

- February 12
- February 26 (Cooking Demo)
- March 12
- March 19 (Cooking Demo)

Sessions are **FREE**. Sign up online or at the Y front desk.

RECIPE OF THE MONTH

ROASTED CAULIFLOWER TACOS

Ingredients

- 1 head cauliflower cut into small pieces
- 2 cloves garlic unpeeled
- 1 Tbsp butter melted
- 1 tsp smoked paprika
- 1/2 tsp cayenne pepper
- Salt and pepper
- 8 tortillas
- 1 cup cheese grated
- 1/2 cup salsa

Instructions

1. Turn the oven to 400 °F.
2. In a medium-sized roasting pan, arrange the cauliflower pieces and the unpeeled cloves of garlic. Pour the butter over the cauliflower and then sprinkle the spices over top. Use your hands to thoroughly coat the cauliflower with butter and spices.
3. Bake for 45 minutes to 1 hour, depending on how crispy you like the florets. Squeeze the roasted garlic throughout and trash the skins.
4. On medium high heat warm up the tortillas one or two at a time until light brown spots appear on both sides and they are pliable and just a little bit crispy.
5. Place two to three tortillas on each plate and fill with a generous serving of cauliflower. Sprinkle the grated cheese over top and drizzle with salsa or sauce of your choice.

Servings: 4



PERSONAL TRAINER SPOTLIGHT: SAMANTHA HUNTINGTON



Samantha's passion for fitness started with gymnastics where she successfully competed through school and college across the state and nationally within England. After college she was appointed head coach for a club team outside of London and coached women's artistic gymnastics at a high performance level for a number of years.

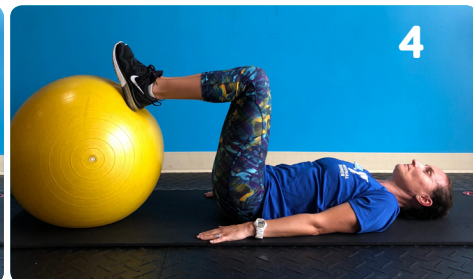
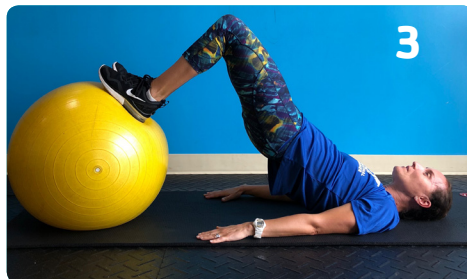
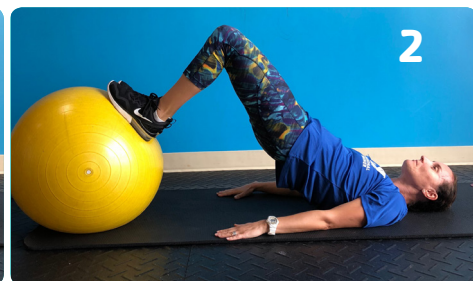
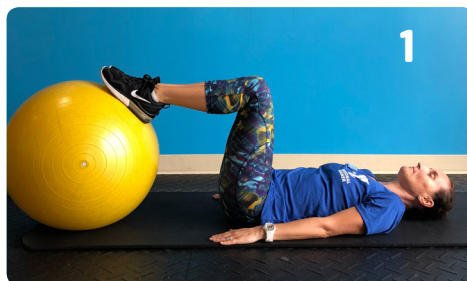
As a nationally certified Personal Trainer, she enjoys building a personal connections with her clients and helping them realize their goals. Below, find Samantha's favorite exercise and learn how this move benefits our overall body.

GLUTE BRIDGE ON STABILITY BALL

How to do it:

1. Place your feet hip-width apart on the ball.
2. Press down through your heels and lift your glutes off the ground.
3. Drive your hips up as high as possible, squeezing the glutes.
4. Hold this position for about two seconds and lower all the way back down to the ground before repeating.

Safety Tip Reminder: Before you try this exercise, consult with a Y certified personal trainer on proper form to avoid injuries.



Why it works:

This bridge is an effective glute-toning exercise, while also working your hamstrings, abs, and lower back. It is suitable for all fitness levels and can help relieve back pain. Make sure to keep your belly drawn in so you don't hyper extend your back.

Want to learn more about Samantha Huntington and our other amazing personal trainers? Visit us online at www.greaternaplesymca.org/personaltraining.html



ANNUAL GIVING TREE MAKES CHRISTMAS MERRIER FOR Y FAMILIES

This past year, the Y continued its annual tradition by organizing the Christmas Giving Tree. This yearly tradition helps provide a memorable holiday for children and families that may need a little extra love during the holidays. Applications from 25 families were received, totaling in over 200 gift requests. Hundreds of members, Y staff and volunteers and community organizations, including Laces of Love and Bikes for Tikes, stepped up to help those in need.

The families were amazed at the generosity poured out to them and many had tears of gratitude. Gifts ranged from the basics of shoes, socks and clothing to bicycles, scooters, dolls, games, electronics, gift cards and many more. Thank you to all those who supported this community effort.



WHEN SCHOOL IS OUT, THE Y IS IN!

The Y's Schools Out Fun Days provides positive out-of-school time experiences for your child on school holidays and breaks. **Fun Days are 7 am to 6 pm at your Greater Naples Y location.**

Upcoming dates: February 18 (Presidents Day),
March 8, March 11 - March 15 (Spring Break)

Learn more and register at
www.GreaterNaplesYMCA.org/fundays.html.

THANK YOU! TO OUR SNEAKER BALL SPONSORS



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Join us for Sneaker Ball
Saturday, February 23, 7-10 pm,
Greater Naples YMCA.



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GREATER NAPLES YMCA

5450 YMCA Road, Suite 100

Naples, Florida 34109

239.597.3148

GET INVOLVED

JOIN US TO STRENGTHEN OUR COMMUNITY

GIVE TO HELP ALL THRIVE

Visit www.GreaterNaplesYMCA.org/give.html to support our mission.

VOLUNTEER TO STRENGTHEN YOUR COMMUNITY

Email volunteers@greaternaplesymca.org to learn more about volunteering opportunities.

FOLLOW US

Check Facebook, Twitter and Instagram for the latest updates on everything happening at the Naples Y.



BUILDING A STRONGER COMMUNITY

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