

OUR VOICE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER NAPLES YMCA

5450 YMCA ROAD, NAPLES FL 34109

July/August 2019

www.GreaterNaplesYMCA.org

The Greater Naples YMCA Community Newsletter



AFTER SCHOOL, THE NAPLES Y HELPS KIDS REACH THEIR POTENTIAL

A new school year is filled with potential—a chance to start new routines and habits, build new friendships and discover new possibilities and interests. It's an exciting time for many kids, however—at the end of the school day, 1 in 5 children do not have someone to care for them after school, according to Afterschool Alliance, a nonprofit public awareness organization. As families are transitioning from summer to fall, the Greater Naples YMCA is offering programs to school-aged children throughout Collier County to keep youth active, busy and engaged during out-of-school time. Through a well-rounded approach to youth development, the Y's program offers activities in a caring and safe environment during the critical hours after school. Whether through sports, mentorship, or academic support, the Y nurtures the potential of youth throughout the school year.

“Over 11 million children are unsupervised between 3 and 6 pm.”

“Over 11 million children are unsupervised between 3 and 6 pm, an essential time to help increase children's success in school,” said Angeliz Ramos, YMCA Youth Development Director. “Afterschool at the Y is an opportunity for families to ensure their kids are receiving additional support, continued learning and a chance to participate in meaningful activities that can inspire children's motivations and help them reach their potential.”

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SPECIAL REMINDERS

AFTER SCHOOL

Time to Explore after school at the Y! The 2019-2020 school year starts August 13. Visit our website for full program details, including schools served, sign up information and more. Register now at GreaterNaplesYMCA.org/AfterSchool.html

YOUTH SPORTS

Playing sports at the Y is fun for everyone! Basketball, volleyball, soccer and t-ball for all kids ages 3-14 years old. No matter which sport they get involved with, participants will learn the basics of good sportsmanship and healthy competition. Register now at GreaterNaplesYMCA.org/YouthLeagues.html

YOUR VOICE MATTERS

**MEMBERSHIP EXPERIENCE
ONLINE SURVEY
AUGUST 2019**

Check your inbox! Throughout the month of August, members will be emailed a survey from our partner, SEER Analytics, and we ask that you take the time to give us your honest feedback. Your input is valuable, confidential. By completing this online survey, your answers will play a critical role in shaping our efforts to enhance your membership experience!

NAPLES YMCA LEADERSHIP

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Melissa Wilson, *Aquatics Director*



In the Y's afterschool program, youth receive help with homework and can also explore other activities like swim, STEM, sports, youth fitness and more. Financial assistance is available to those in need, to ensure every child and teen has the opportunity to learn and grow at the Y.

For more information about the Greater Naples YMCA's afterschool program, please contact Angeliz Ramos, YMCA Youth Development Director, at aramos@greaternaplesymca.org or visit www.greaternaplesymca.org/afterschool.html.

Y SUMMER CAMP COUNSELORS OF THE WEEK

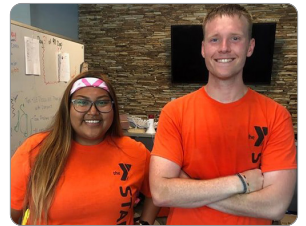
Thank you to this summer's Camp Counselors of the week for making Y summer day camp a great place to be. They've done a great job demonstrating our four core values, **CARING, HONESTY, RESPECT and RESPONSIBILITY.**



Max Walzer
& Mary Lynn Geier



Santiago Jimenez
& Savannah Mackett



Sandra Garcia
& Hayden Fletcher



Wesley Seide
& Lwamba Chibende



Jaden Roth, Adrian Guidicelli
& Keyla Gallares



Solomon Obidiegwu
& Gabby Forte



Sara Buck
& Marlon Alvarez



Sebastian Wright
& Kellie Diebler

SUMMER CAMP CELEBRATION

Few environments are as special as summer day camp, and this summer at the Y has felt like one of our best. We've put together some of our favorite memories over the last few weeks from camp. **THANK YOU!** for your continued support of the Y and for helping to ensure that every child has the opportunity to experience their best summer ever.





Thank you for your support of the Y and for helping to ensure that every child has the opportunity to experience their best summer ever at Y summer camp.



THE ANDERSON FAMILY

**GIVE TODAY
CHANGE A LIFE**

greaternaplesymca.org/give.html



WHY I GIVE TO THE Y

I give to our YMCA because of a lifetime of memories. As a kid growing up in the Midwest, I learned to swim, participated in Indian Guides, played team sports and even worked as a counselor at our YMCA in Bloomington Illinois. As a parent I took my children to the YMCA in Asheville NC and we participated in both Indian Guides and Indian Princesses and coached their basketball (and sponsored) teams.

Here in Naples, we have great memories of swimming, high school graduation, youth basketball games (I even remember when Larry Bird was in our gym watching his son play) and just being around great people.

I'd have to say that you can work out at any gym but very few establishments allow true community. That's why I give to the Y!

- Buzz Hill, Y member, donor and supporter

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- Enter "smile.amazon.com" into your browser
- Search & select "Greater Naples YMCA"
- Shop and place your order
- Amazon donates!

It's that simple to make an impact!

amazonsmile





NAPLES YMCA RECEIVES DONATION FROM THE CAPITAL BANK FOUNDATION

The Greater Naples YMCA recently received a \$5,000 contribution from the Capital Bank Foundation in support of the Y's Send-a-Kid-to-Camp campaign. The donation will help kids, especially underserved youth, attend summer day camp at the Y, where they are introduced to new experiences that build confidence and develop skills to help them reach their full potential. *Pictured (from left to right): Camp counselors Gabe Mora and Hiran Soto, Y CEO Mark Hanke, Trent Byrd, Capital Bank, Carly Gibb and of course, our awesome campers*



SUMMER KICK-OFF CHARITY FITNESS EVENT A SUCCESS

We've reached our \$5K goal! Thank you to all who supported our June fundraiser and to all the team members who dedicated themselves to achieving this goal. Your support will ensure that the Y continues to make our community a better place to live, grow, and thrive..

Y AFTERSCHOOL PROVIDES THE BUILDING BLOCKS KIDS NEED TO SUCCEED IN LIFE AND SCHOOL

Students who regularly participate in afterschool programs...



RECIPE OF THE MONTH

BLACK BEAN QUESADILLAS

In a hurry? These satisfying quesadillas take just 15 minutes to make. If you like a little heat, be sure to use pepper Jack cheese in the filling. Serve with: A little sour cream and a mixed green salad.

Ingredients

- 1 15-ounce can black beans, rinsed
- ½ cup shredded Monterey Jack cheese, preferably pepper Jack
- ½ cup prepared fresh salsa divided
- 4 8-inch whole-wheat tortillas
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced

Directions

1. Combine beans, cheese and ¼ cup salsa in a medium bowl. Place tortillas on a work surface. Spread ½ cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

2. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

Makes 4 servings

Per serving: 375 calories; 16 g fat(4 g sat); 10 g fiber; 45 g carbohydrates; 13 g protein; 89 mcg folate; 13 mg cholesterol; 6 g sugars; 0 g added sugars; 182 IU vitamin A; 7 mg vitamin C; 241 mg calcium; 3 mg iron; 608 mg sodium; 486 mg potassium



PERSONAL TRAINER SPOTLIGHT

Meet Frank DelPrado



Frank was born in Cuba and came to U.S with his family at the age of 4. Raised by both parents, who were P.E teachers, Frank has been exercising and working out since he was 6 years old. In high school, Frank was a multi-sport athlete and participated in football, track, and wrestling for all 4 years and set school weightlifting records.

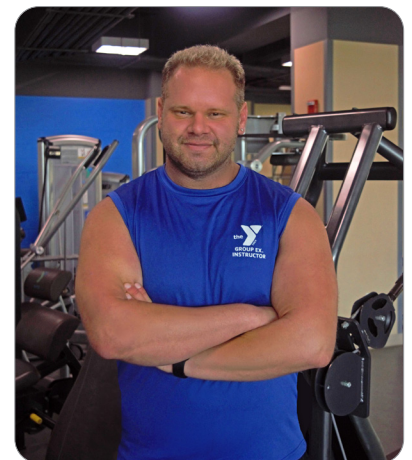
“Fitness and exercise is something that was always instilled in me by my parents. My passion for fitness and physical improvement is what drove me to not only become a certified personal trainer, but to also get my Master’s Degree in personal training, so that I can help others improve their well-being and achieve their goals.” says Frank.

Frank believes that everyone has their own physical potential and they owe it to themselves to achieve it, to not settle for average nor good, but to only be satisfied when they’ve achieved their maximum potential. He specializes in strength, muscle-building, fat-loss, endurance, and speed and agility training for all age groups. He also specializes in training those recovering from an injury or surgery.

Meet Aaron Alper

Aaron Alper is an ISSA certified personal trainer, writer, photographer and musician.

Raised in Florida, he received his BA in Creative Writing at Eckerd College and then his MA in English Ed from USFSP. He also weighed over 400lbs and as he hit his 30’s he realized it was either lose weight or die from complications due to obesity. So over the next few years, Aaron took to cardio, dieting and hiring a personal trainer to aid in his 150lb weight loss and, more importantly, teach him an undiscovered joy in powerlifting. His favorite workouts include the deadlift (all variations), backsquats and HIIT involving anything heavy and swingable.



Outside of training, Aaron has a passion for analogue film, interpreting songs into photographs and shooting portraits of everyday people. His photography has won awards from Lomography, Tori Amos and has been featured in Oxford textbooks and international art galleries. He also is a published journalist and author. His regional zombie anthology “Zombie St. Pete” earned him a place as a key speaker in the Tampa Bay Times Festival of Reading 2010, an award from St Pete City Council. In his free time Aaron sings and plays piano and has performed for USF, the Jewish National Foundation and the Tampa Bay Crisis Center and several national commercials. He currently lives in Naples with his three Shih-Tzus.

Want to learn more about Personal Training? For pricing, training options and to schedule your first appointment, visit us online at www.greaternaplesymca.org/personaltraining.html



STRENGTHENING OUR CAUSE

Thank you! Lou Bavaro and Michelbob's Championship Ribs for strengthening the community we love. Because of generous donors like you, we are able to provide opportunities for everyone to connect with others and contribute positively to our community.

Interested in a banner? To show our gratitude for your support of the Y's charitable work through the Annual Giving Campaign, contributions of \$1,000 or greater will have a personalized banner with your name or company's logo proudly displayed in the gymnasium.

For more information on our banner recognition program, please contact Carly Gibb at 239.963.3771 or cgibb@greaternaplesymca.org



Ready to begin a fitness journey but don't know where or how to begin? Take the first step today! Try our personal training with a **FREE** 30 minute session. Our nationally certified personal trainers are dedicated to helping you achieve your specific health and wellness goals. Email Diana Sideri at dsideri@greaternaplesymca.org or call 239.963.3761.

RED TO GREEN (THAT'S SWIM BAND SPEAK!)

Kuddos to Destin Torres! He has worked extremely hard all summer long learning basic water safety and how to swim. He can now proudly sport his green safety band. This means he can now enjoy all areas of the pool, including the diving board at the Y.



DONATE YOUR BOAT OR CAR TO THE Y!

You can make a difference in your community by donating your used or unwanted boats or vehicles to the Greater Naples YMCA!

Why Donate?

- Avoid the hassle of selling
- 100% tax deductible
- Helps support our mission
- Running or not, we will accept it
- We pick up at your convenience

For more information on boat or car donations, please contact: Carly Gibb, Mission Advancement Director at 239.963.3771 or cgibb@greaternaplesYMCA.org



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GREATER NAPLES YMCA

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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.

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