

# OUR VOICE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

GREATER NAPLES YMCA

5450 YMCA ROAD, NAPLES FL 34109

March/April 2019

[www.GreaterNaplesYMCA.org](http://www.GreaterNaplesYMCA.org)

The Greater Naples YMCA Community Newsletter



## Y CELEBRATES 52 YEARS WITH THE RETURN OF SNEAKER BALL

The return of a worthy tradition! The Greater Naples YMCA hosted Sneaker Ball on Saturday, February 23<sup>rd</sup>. The event marked the comeback of the annual fundraising event after a two year absence. Over 170 guests came together to celebrate the programs, services and classes the Y offers to strengthen our community. Guests included YMCA Board of Directors, community partners, supporters, members, volunteers and staff. Guests enjoyed local food and drinks from Two Guys Catering and Kitchen, dancing, sneaker contest, and activities that included a silent auction, heads or tails game, wine pull and live art by local artist Marvin Rouse.

Of course, a key part of Sneaker Ball was to raise money for the Y's Annual Giving Campaign. The Annual Giving Campaign ensures that the Y is here for all. With the night's support, we moved closer to our 2019 campaign goal to raise \$150,000. The Annual Giving Campaign provides membership and program financial assistance scholarships for youth, families and individuals regardless of circumstance, ability to pay or what zip code they live in, ensuring participation, support and involvement. You can support our campaign anytime by going online to [www.GreaterNaplesYMCA.org/Give.html](http://www.GreaterNaplesYMCA.org/Give.html) or by writing a check. Your gift will help transform lives. Join us next February for Sneaker Ball. View event photos on the next page.

## SPECIAL REMINDERS

### SUMMER DAY CAMP

Are you ready for the **BEST SUMMER EVER?** Friends, games, pool, field trips and more await you this summer at the Y! Fun options for ages 6-14 years old. Register now at [GreaterNaplesYMCA.org/Camp.html](http://GreaterNaplesYMCA.org/Camp.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, they will learn the basics of good sportsmanship and healthy competition. Register now at [GreaterNaplesYMCA.org/YouthLeagues.html](http://GreaterNaplesYMCA.org/YouthLeagues.html)

### SWIM LESSONS

Gain skills and confidence! All ages can learn to swim so they can stay safe in and around water. Check out our flexible class offerings and find one that fits your family's busy schedule. Register now at [GreaterNaplesYMCA.org/Swimming.html](http://GreaterNaplesYMCA.org/Swimming.html)

### GLOW VOLLEYBALL PARTY

On Friday, April 26, from 6:30 pm - 8:00 pm, join us for a night of fun that includes volleyball games and competitions with a glow-in-the-dark theme. Register now at [GreaterNaplesYMCA.org/YouthLeagues.html](http://GreaterNaplesYMCA.org/YouthLeagues.html)

### HEALTHY KIDS DAY

Join us Saturday, April 27, from 9 am - 12 pm to celebrate Healthy Kids Day at your Y, our annual **FREE** community event for the entire family. Enjoy activities, games, arts & crafts, fitness classes and much more.

## NAPLES YMCA LEADERSHIP

### YMCA BOARD OF DIRECTORS

Mick Moore, *Board Chair*

Greg Woods, *Vice Chair*

John Brooks, *Finance Chair*

Jim Krall, *Bldg/Grds Committee Chair*

Shawna Devlin, *Secretary*

Caren Arnstein

Dr. Brooke Austin

Amy Chappell M.D.

Dr. Walter Douglas

Heather Henning

Chris Holter

Jay Webb Horton

Aaron Pierce

Tammie Sweet

### YMCA ENDOWMENT BOARD

Paul F. Ciccarelli, *Endowment Chairman*

Steve Merkel, *Treasurer*

Neri Ciccarelli, *Secretary*

Judy Coleman

Evelyn Garcia

Laura Holm, Esq.

Aaron Pierce

Noreen R. Schumann

Edward Smith, Esq.

Jeannine Stetson

### YMCA ADMINISTRATION

Mark Hanke, *President & CEO*

Heather Perkins, *Chief Operating Officer*

Luis Cid, *Finance Director*

Carly Gibb, *Mission Advancement Director*

Gabriel Londono, *Facilities Director*

Angeliz Ramos, *Youth Development Director*

Fredo Ramos, *Membership Director*

Joanna Rivera, *Human Resources*

Katie Scarantino, *Early Education Director*

Diana Sideri, *Healthy Living Director*

Danny Soto, *Marketing Director*

Richard Tamer, *Sports Director*

Melissa Wilson, *Aquatics Director*

## 2019 SNEAKER BALL

View more photos and download your favorites at [www.greaternaplesymca.org/eventphotos.html](http://www.greaternaplesymca.org/eventphotos.html)!







## KEEP YOUR KIDS SAFE IN AND AROUND WATER WITH THE NAPLES Y

There is a list of common life skills parents instinctively know they must teach their children to keep them safe and healthy. It includes habits such as looking both ways before crossing the street, washing your hands with soap and water and eating the right amount of fruits and vegetables.

Too often, safety in and around water is not added before tragedy strikes a family. Together, let's help our children gain confidence in and around water and save a child's life.

Florida's drowning death rate among children ages 1-4 years is the highest in the nation. Enough children drown each year in Florida to fill four preschool classrooms. By no means has Collier County been spared this preventable tragedy. According to the Bureau of Vital Statistics, drowning is the leading cause of death of children ages one to four in Collier County.

A 2017 national research study conducted by the USA Swimming Foundation with the University of Memphis and University of Nevada-Las Vegas, 64 percent of African American children cannot swim, compared to 45 percent of Hispanic children and 40 percent of Caucasian children. Additionally,

79 percent of children in families with household income less than \$50,000 have no-to-low swimming ability.

During National Water Safety Month this May, the Naples Y is committed to reducing water-related injuries and death by offering affordable swim lessons and drowning prevention knowledge, skills and techniques. Our program teaches children the importance of water safety skills and provides more children access to swim lessons.

As part of the program, the Naples Y provides financial assistance scholarships to families who qualify to participate in swim lessons and drowning prevention workshops. The lessons teach young people valuable skills of what to do if they find themselves in the water unexpectedly, a situation every child should be prepared and practiced to handle.

In Collier County, the Naples Y teaches over 500 children water safety and swimming techniques each year. Through the swim program, the Y hopes to further bridge cultural and access gaps that can prevent some children from learning important water safety skills and save a life.

When children know how to stay safe in and around water, swimming can be a lifelong source of fun and exercise. Instead of keeping your children away from water, help them gain fundamental water safety skills, confidence in and around water and provide a new, exciting way to keep active and meet new friends.

Interested in helping all kids have access to swim lessons and drowning prevention, donate to the Y [GreaterNaplesYMCA.org/Give.html](http://GreaterNaplesYMCA.org/Give.html)

### GIVE THE GIFT THAT CHANGES LIVES

Your gift today will help all kids gain confidence in and around water and save a child's life.

**GIVE TODAY**  
[www.greaternaplesymca.org](http://www.greaternaplesymca.org)

The Y.™ For a better us.™



## BANNER RECOGNITION PROGRAM

The Y's Annual Giving Campaign provides financial assistance scholarships for youth, families and individuals in need of Y membership or programs. Your support ensures that everyone has a chance to belong and participate, regardless of circumstance, ability to pay or what zip codes they live in.

To show our gratitude for your support of the Y's charitable work through the Annual Giving Campaign, contributions of \$1,000.00 or greater will have a personalized banner with your name or company's logo proudly displayed in the gymnasium.

100% of your gift makes an immediate impact right here at the Y.

**Banner contributions are renewed annually.**

To sponsor, please contact:

Mark Hanke, President & CEO  
P. 480.695.3333  
E. [mhanke@greaternaplesymca.org](mailto:mhanke@greaternaplesymca.org)

-or-

Carly Gibb, Mission Advancement Director  
P. 239.963.3771  
E. [cgibb@greaternaplesymca.org](mailto:cgibb@greaternaplesymca.org)



## NAPLES Y ANNOUNCES NEW BOARD LEADERSHIP

The Greater Naples YMCA is pleased to announce the election of Mick Moore as our new Board of Directors Chair. Mick is extremely passionate about the Y and is excited to be leading the Board in strengthening our community through youth development, healthy living and social responsibility. Mick succeeds John Brooks and will serve a one-year term, ending in 2020. We look forward to Mick's leadership as we continue to bring meaningful change in individuals and our community. The Greater Naples YMCA also welcomes the following new board members:

- **Caren P. Arnstein**, Strategic Advisor, Biotech, Life Sciences, Communication
- **Tammie Sweet**, Economic Development

Each new board member offers a wide variety of experience that will be critical in advancing the Y's mission in the community we serve.

## YMCA MEMBER STORIES & TESTIMONIALS

“When I moved from New Jersey to Naples, I asked many different people where they went to work out. Almost all of them said the Y. I joined in 2003 and was introduced to Spin. At the time, we were spinning in a small room at the back of the gym. I met the nicest people and enjoyed many exhausting, but fun spin classes. Fifteen years later I still enjoy the spin classes and love talking to many different people who have become my spin buddies. Thank you to Anna and Gabby for your consistent and exhilarating classes. I have tried other gyms in Naples but the Y is still my home.”  
-Eileen Herzog

**SHARE YOUR Y STORY!** We want to know what the Y means to you. Submit your story at [www.greaternaplesymca.org/ystories.html](http://www.greaternaplesymca.org/ystories.html).



# NAPLES YMCA GEARING UP FOR THE BEST SUMMER EVER!

At the end of the summer, families want to hear their child had “the best summer ever.” To help make that happen, Greater Naples YMCA is offering Summer Day camp, keeping kids and teens in Collier County adventurous, active, engaged and healthy all summer long. YMCA camp programs offer youth fun and unique experiences with an opportunity to explore the outdoors, meet new friends, discover new interests and create memories that last a lifetime.

Summer is the ideal time for kids to get up, get out and explore. But for some kids, summer means no access to recreational and educational activities to help them learn, grow and thrive during out-of-school time. As a result, some kids can experience learning loss and weight gain twice as fast than during the school year. Attending Y summer camp is a wonderful opportunity for kids to keep their minds and bodies active.

Here are five reasons why children should attend summer camp:

- 1. ADVENTURE:** Summer camp is all about a wide variety of new experiences and exploring the outdoors. YMCA camps have a new adventure for every child and teen. Visit [greaternaplesymca.org](http://greaternaplesymca.org) for details.
- 2. HEALTHY FUN:** Day camps offer fun, stimulating activities that engage the body and mind, and also help children and teens learn the importance of nutrition to help improve their healthy eating habits.
- 3. PERSONAL GROWTH:** While in the welcoming environment of camp, youth have a chance to learn new skills, and develop confidence and independence by taking on new responsibilities and challenges. Camps offer cognitive learning and social-emotional development opportunities for achievement.
- 4. FRIENDSHIPS:** Amidst the fun of camp games, songs, swimming, canoeing and talent shows, campers meet new friends and strengthen existing friendships. The bonds formed at camp are important and lasting for many youth.
- 5. MEMORIES:** Summer camp is an unforgettable experience that will give each camper memories (and camp traditions) that will last a lifetime. Youth return to school with plenty of camp stories to share!

The Greater Naples YMCA offers: Field trips, sports, arts and crafts, group games, outdoor play and tons of adventure! And, to ensure that all youth have the chance to experience camp, the Y offers financial assistance to those in need. If you're interested in helping send kids to camp this summer, you can donate to the Naples YMCA at [www.greaternaplesymca.org/give.html](http://www.greaternaplesymca.org/give.html)

## REGISTRATION IS OPEN!

Visit our website [www.greaternaplesymca.org/camp.html](http://www.greaternaplesymca.org/camp.html) or call 239.963.3775 for more information or to register.



## HELP A CHILD ENJOY THE BEST SUMMER EVER!

Help make a child's summer come to life by sending them to Y Summer Day Camp. You don't have to know a child to be their hero. Donate today to help a camper experience a world of adventure and a lifetime of memories, at Y Summer Day Camp.

**GIVE TODAY**

[www.GreaterNaplesYMCA.org/Give.html](http://www.GreaterNaplesYMCA.org/Give.html)

## RECIPE OF THE MONTH

### CILANTRO LIME CHICKEN

#### Ingredients

- 3 pounds skinless chicken thighs
- 4 limes, zested and juiced
- 1 cup chopped cilantro leaves and stems
- ½ cup extra virgin olive oil
- 2 tablespoons honey
- 1 tablespoon cumin
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- Extra cilantro for garnish

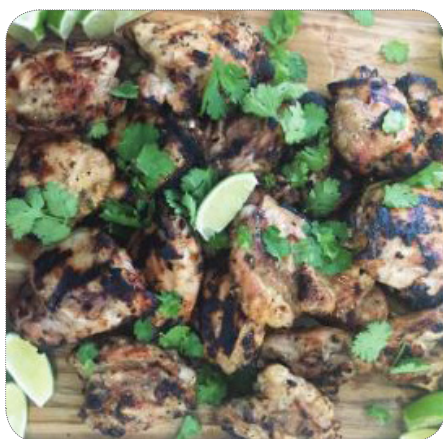
#### Directions

Trim any fat from the chicken thighs and place in a large freezer bag. To the bowl of a food processor, add the lime juice, lime zest, cilantro, olive oil, honey, cumin, salt and pepper and whiz to combine, about 30 seconds. Reserve ¼ of the marinade and pour the rest into the bag with the chicken and refrigerate for 30 minutes up to overnight.

Prepare a grill on medium high, leaving one side of the grill on low or off. Grill the chicken for about 14 minutes, turning often. Once each side has seared, if the chicken pieces seem to be getting too charred, move the chicken pieces to the cooler side of the grill to cook.

Serve with lime wedges and additional cilantro and drizzle the ¼ cup reserved marinade before serving.

**Makes:** 10-12 chicken pieces



## PERSONAL TRAINER SPOTLIGHT: JOY KAUFMAN



Born and raised in Buffalo, NY, Joy has been involved with the Y for over 20 years and has over 25 years' experience in the fitness profession. Joy is a certified Group Exercise instructor and teaches classes such as Pilates, Yoga and Silver Sneakers.

As a nationally certified Personal Trainer, Joy specializes in training active older adults and has advanced training in injury prevention, breast cancer recovery, midlife fitness for women and weight management. Below, find Joy's favorite exercise and learn how this move benefits your overall body.

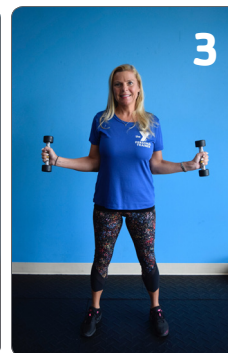
### ROTATOR CUFF EXERCISE

The following exercise can be done with one arm or both arms at one time.

#### How to do it:

1. Keep forearm(s) parallel to the floor thumbs up or palms up grip.
2. Slowly rotate externally, keeping elbows pinned to your side body/rib cage.  
**Note:** If your elbow separates from your side that's an indication that you're rotating too much externally and posing impingement to the joint. Too much weight or too much external rotation can impair something so try to think of it as a therapy and be kind to your joints.
3. Slowly return to the starting position and then repeat.
4. For added challenge you can incorporate core stability by sitting on a ball or holding a yoga pose.

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

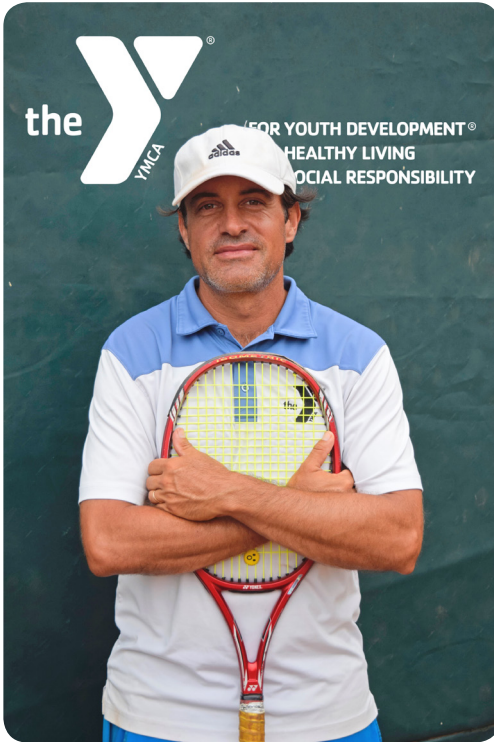


#### Why it works:

The rotator cuff/ball and socket joint is a common area for injury. Everything we do in sports, exercise, and in our daily activities takes the joint out of its natural range of motion. The goal of this preventive shoulder exercise is to assist you in avoiding shoulder injuries and to elevate the level of your athletic performance. So remember to go at your own pace, so that all exercises can be executed with quality form. This is essential to the health of your shoulder.

Want to learn more about Joy Kaufman and our other amazing personal trainers? Visit us online at [www.greaternaplesymca.org/personaltraining.html](http://www.greaternaplesymca.org/personaltraining.html)



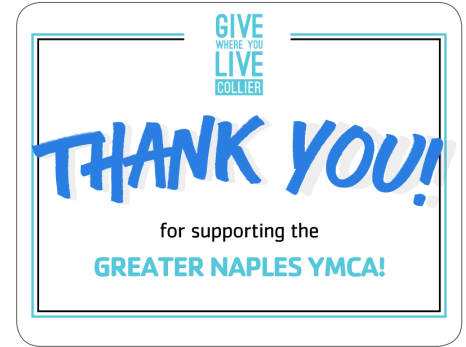


## STAFF HIGHLIGHT: SEBASTIAN SUAREZ

Meet Sebastian Suarez! Sebastian is a PTR certified tennis professional with over 20 years' experience working with players of all ages and abilities. Originally from Santa Fe, NM, Sebastian has coached and trained both women and men's tennis teams, including a championship program at a local high school. Prior to joining us at the Y, he worked as a high performance coach at an academy here in Naples, where he coached and traveled with National & ITF Ranked juniors and touring professionals for 4 years.

Sebastian enjoys coaching young players and teaching youth not only the game of tennis, but also the life lessons you can learn through time on the court.

When he is not coaching he enjoys spending family time with his wife, a voice artist and their three daughters. Stop by the tennis center today and meet Sebastian. He looks forward to working with you and your family!



## GIVE WHERE YOU LIVE COLLIER

**Thank you for your support!** Because of YOU, the Naples YMCA surpassed their goal and raised over \$25,000 in a 24 hour period during Give Where You Live Collier. We were also awarded an additional \$5000 for the Happy Hour prize for bringing in the highest dollar amount of online donations from 4:00 pm to 5:00 pm on Feb 20<sup>th</sup>.

100% of the funds raised through Give Where You Live support the Y's Annual Giving Campaign, investing in the lives of people through the programs and membership provided by the Y.



**Congratulations** to Danny Soto (right), YMCA Marketing Director & Pickleball Coordinator, and Gary Bristow, Y member & Pickleball Volunteer on winning gold in their division at the Florida Grand Slam tournament held at the Bonita YMCA last month. Way to go guys!



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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](http://www.GreaterNaplesYMCA.org/give.html) to support our mission.

#### VOLUNTEER TO STRENGTHEN YOUR COMMUNITY

Email [volunteers@greaternaplesymca.org](mailto: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 BRIGHTER FUTURE

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