

OUR VOICE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER NAPLES YMCA

5450 YMCA ROAD, NAPLES FL

March/April 2018

www.GreaterNaplesYMCA.org

A newsletter for members and volunteers of the Y



COMMUNITY COMES TOGETHER TO RAISE MONEY FOR OUR KIDS

Our annual gala on Sunday, February 18 was a truly inspirational event. Over 170 guests came together to "Transform Lives" and support the great work being done by the Greater Naples YMCA. The event was chaired by YMCA board member Mick Moore and his wife Diane. Guests included YMCA Board of Directors, community officials, partners, YMCA supporters and their guests. The evening also celebrated the incredible story of Jennifer and Felipe De La Mora, one of our incredible Y families. Their story gave voice to the support we provide to our families and members of the community.

Of course, a key part of our Gala was to raise funds for our youth. Through our special appeal paddle raise and a variety of live auction items, we were able to raise over \$95,000 throughout the evening. Dollars raised from the Gala will help support the Greater Naples YMCA's Youth Development Fund, which ensures that all children have the opportunity to participate in our Early Learning, Youth Sports, Afterschool and Summer Day Camp programs, which help all children reach their full potential. It was a wonderful evening for giving back to the community. View photos from the Gala on the next page.

SPECIAL REMINDERS

BEST.SUMMER.EVER!

Registration for summer camp is now open! Give your kids the opportunity to experience the **Best Summer Ever** at the Greater Naples YMCA. Sign up today!

www.greaternaplesymca.org/camp.html

HEALTHY KIDS DAY®

On **Saturday, April 21, 2018 from 9:00 AM - 1:00 PM**, we will celebrate Healthy Kids Day! Healthy Kids Day encourages kids and families to stay active, connected and healthy. Bring the entire family for activities, games, arts & crafts, fitness classes and much more. **EVENT IS FREE & OPEN TO THE PUBLIC!**

ZUMBA-THON! DANCE FOR A CAUSE

Come shake, sweat, and shout on **Saturday, April 7, 2018, from 10:00 am - 12:00 pm** at your Greater Naples Y! ZUMBA-THON is a fun-filled charity event supporting our Annual Campaign. Dance for a cause with all your YMCA Zumba Instructors!

Suggested Donation: \$10. Open to all (YMCA Members & YMCA Guests)

HEALTHY LIVING SERIES

Whether you are trying to prevent, manage or even reverse chronic diseases, need to lose a few pounds or just want to learn how to become healthier, this series is for you!

For upcoming sessions, visit us online at www.greaternaplesymca.org/hls.html. Sessions are **FREE** but registration is required.

RECIPE OF THE MONTH

PIZZA HUMMUS

Most kids love pizza, so why not bring the dish to the table in a new way? This recipe for Pizza Hummus can be used as a dip or spread!

Ingredients

- 1 16-ounce can of chickpeas, drained and rinsed
- ¼ cup tomato paste
- ¼ cup water
- 1 teaspoon dried oregano (or one tablespoon fresh oregano leaves, chopped)
- 1 teaspoon dried basil (or one tablespoon fresh basil leaves, chopped)
- 1 tablespoon olive oil
- 2 tablespoons fresh lemon juice
- ¼ cup shredded Parmesan cheese
- ¼ teaspoon crushed red pepper (optional)
- 1 clove of garlic, minced
- ¼ teaspoon each salt and pepper

Instructions

1. Place all ingredients into a food processor and puree for 1 to 2 minutes, until smooth and creamy.
2. If hummus is too thick to spread on bread or dip vegetables in, thin it with water by adding one tablespoon at a time until you reach the desired consistency.
3. Serve hummus as a dip for raw veggies and whole-grain crackers, or as a spread on your favorite sandwich or in a wrap.
4. Store extra hummus in an airtight container in the refrigerator.

Cooking Tip

For a dairy-free and vegan version, substitute ¼ cup nutritional yeast for the ¼ cup Parmesan cheese.



NAPLES YMCA WORKING TO HELP CHILDREN HAVE THE BEST.SUMMER.EVER.

When the final bell of the school year rings, children run home, eagerly anticipating the freedom of summer. A week (sometimes even days) later, parents hear the dreaded two-word phrase: "I'm bored."

Parents need not fear as the Greater Naples YMCA is making sure that children have their best summer ever thanks to a variety of programs and activities that stimulate both mind and body. "It's important for children to have an outlet to play and learn throughout the summer," says Ivan Torres, Youth Development Program Director. "Camp at the Y provides kids with adventure, healthy fun, personal growth and friendships that can take a so-so summer and turn it into a memory that lasts a lifetime".

The Y supports all children in the community and provides a welcoming environment for kids where they can belong, build relationships, develop character and discover their full potential.

Registration is now open! Visit our website www.greaternaplesymca.org/camp.html or call 239.571.9022 for more information or to register.



GALA PHOTO GALLERY



PROJECT GRADUATION T-SHIRT CONTEST WINNER ANNOUNCED

Congratulations to our Project Graduation T-shirt Design Contest winner Olivia Clubley of Naples High School.

This year will mark our 33rd year of Project Graduation. We are grateful to have achieved 32 consecutive graduation nights in Collier County without an alcohol or drug related death involving our graduating seniors.

SIX YMCA TEACHERS NOMINATED FOR THE APPLE BLOSSOM AWARD



We're excited to announce that six of our early childhood teachers have been nominated for the Apple Blossom Award. Congratulations to (left to right) Gemma Tobey, Midelsy Rodriguez, Maria Bedolla, Ana Solis, Debbie Moran and Mollie Skidmore.

Each year in Collier County, the Apple Blossom Awards recognize exceptional early childhood teachers for their efforts in educating our youngest children through their most formative years.

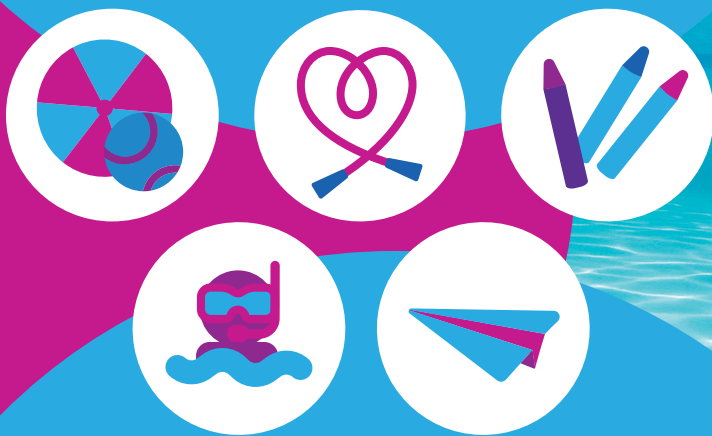
YMCA SUMMER JOB FAIR

Join our Team! Summer Job Fair, **Saturday, April 14th, 10 am – 2 pm** at the Greater Naples YMCA. Are you looking for a job that will impact lives? Work at the YMCA and gain valuable experience while making a difference in your community.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER™



**SUMMER DAY CAMP
STARTS JUNE 4TH!**

Registration now open!

WEEKLY COST: YMCA Members: \$100/YMCA Guests: \$125

GET MORE INFO: www.GreaterNaplesYMCA.org



Y STORIES: IMPACT IN ACTION

Meet an unforgettable member with an incredible Y story – Cindy Coe, who believes the YMCA saved her life – twice.

Her story began on Mother's Day, 2008, when a freak accident almost robbed her of her left leg. After six weeks of hospitalization and lying in bed for months stuffed with powerful drugs, she worried about becoming addicted to pain medication and never being able to fully function again. What to do?

Cindy determined to make do with Tylenol. But she still needed to recover from her accident, and learn to walk again. Since her medical insurance for physical therapy had been exhausted, she sought exercise opportunities at the Y. There, a terrific yoga instructor convinced her to try a class.

As Cindy was guided to a new level of competence by an excellent trainer, with a physical therapy background, she learned how to walk again. Amazed at her rapid recovery, she sincerely believes the Y saved her both physically and mentally.



As a lady used to winning battles, Cindy has managed several businesses. But a few years later, she found herself in need of another miracle. The devastating loss of her beloved husband, Charlie, led to a deep, lasting depression.

Then, in January of this year, along came her second life-saving YMCA connection. With the encouragement of her friends and family (including two daughters who are athletes) Cindy joined the YMCA's pickleball program. She had found an activity with people like

her, kind, supportive, and non-judgmental, and most importantly, a sense of belonging. Today, you can still find Cindy scurrying around pickleball courts, helping others. You could say, the Y is still saving her today!

What's your "Y Story?" We want to embrace your Y experience and share it so others can see the impact the Y has had on your life and on your family. Email Danny Soto at dsoto@greaternaplesymca.org and share your story!

SPRING SPORTS ARE ON!

Registration OPEN NOW

Spring session includes:

- T-Ball
- Basketball
- Soccer
- Swimming
- Tennis
- Volleyball

Sessions for all ages
and budgets.



Spring Session begins April 16
Registration ends April 1, sign up today!

Get more info at www.GreaterNaplesYMCA.org

COMING SOON: YMCA BOUTIQUE WELLNESS

The YMCA Boutique Wellness experience will provide a welcoming, intimate setting for small group trainings or one on one personal sessions. The experience is designed to provide the motivation, guidance, fun and the support you need to help you reach your personal goals... and beyond!

Here are 7 reasons why Boutique Wellness might be exactly what you're looking for!

- **More personal attention:** While large-group exercise offers many benefits, the instructors are not always able to see and correct each individual class member. In small groups, the instructor-to-participant ratios are much lower.
- **More economical:** Personal training provides the most personal attention and greatest opportunity to succeed. Some people, however, may find that group training fits into their budget better and still gives them the attention they need.
- **Variety:** By working with a knowledgeable wellness professional, your workouts will change and evolve as you progress, preventing you from hitting a plateau and getting bored.
- **Camaraderie:** Let's face it, workouts love company. Sharing the workout enhances the experience for participants by boosting morale and support.
- **Motivation:** Having someone exercising right beside you can push you a little harder than you might push yourself.
- **Support:** Both the trainer and other participants are there to help you get through the challenges of the workout, as well as the challenges of life.
- **Results:** When you stick with a well-constructed program, you will get the results.

Boutique Wellness will open in the coming weeks. Stay tuned for more details!

AWAKEN SUMMER IMAGINATION DURING HEALTHY KIDS DAY®

On Saturday, April 21, from 9:00 a.m. to 1:00 p.m., the Greater Naples YMCA is holding a free community event to inspire parents and kids to stay physically and intellectually active all summer long.

Healthy Kids Day is the Y's national initiative to improve health and well-being of kids and families, and features activities such as games, healthy cooking demonstrations, fitness classes and arts and crafts to motivate and teach families how to develop healthy routines at home. Also, in attendance will be the Collier County Sheriff's Office, Fire Department, EMS, Humane Society's mobile adoption unit and more.

YMCA's Healthy Kids Day takes place at the Greater Naples YMCA, 5450 YMCA Road, Naples FL. For more information, contact Carly Gibb at 239.963.3771 or visit www.greaternaplesymca.org/hkd.html.



HEALTHY LIVING SERIES: COOKING DEMO

Join Joanne Irwin, Food for Life Certified Instructor for a hands-on cooking demo focused on healing and wellness. Come learn about the foods that both prevent disease and enhance survival for those living with chronic illness. Education, hands-on demo and then feasting on whole, plant based goodies. Sign up today! Space is limited.

When: Tuesday May 1, 2018, beginning at 6:00 pm

Where: Greater Naples YMCA Teaching Kitchen

Presented by: Joanne Irwin, Food for Life Certified Instructor (<http://plantbasednana.org/>)

Cost: \$20 for YMCA Members / \$30 for YMCA Guests

Register at www.greaternaplesymca.org/hls.html



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AWAKEN SUMMER IMAGINATION

Kick Off Summer With Healthy Kids Day®!

Are the kids in your life already dreaming of summer? When kids are inspired, they can do anything. Let's awaken their imagination so they can explore new activities and healthy habits. Join us!

GREATER NAPLES YMCA

5450 YMCA Rd., Naples, FL 34109
239.963.3771
www.GreaterNaplesYMCA.org

**Saturday
April 21**
9:00 am - 1:00 pm
EVENT IS FREE
& OPEN TO THE
PUBLIC





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER NAPLES YMCA

5450 YMCA Road, Suite 100
Naples, Florida 34109
239.597.3148



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

US... IS EMPOWERING

GIVE THE GIFT OF BELONGING

When you donate to the Y, you're supporting programs
and services that help strengthen your community.

» DONATE FOR A BETTER US.

www.GreaterNaplesYMCA.org

Annual Campaign

The Y.™ For a better us.