

OUR VOICE



GREATER NAPLES YMCA

5450 YMCA ROAD, NAPLES FL

November/December 2018

www.GreaterNaplesYMCA.org

The Greater Naples YMCA Community Newsletter



GREATER NAPLES YMCA WELCOMES NEW BOARD MEMBERS

Mark Hanke, CEO and John Brooks, Chief Volunteer Officer of the Greater Naples YMCA welcomed three new members to the board of directors. Dr. Brooke A. Austin, J. Webb Horton and Heather Henning were elected and agreed to serve at the September Board meeting. The Greater Naples YMCA's Board of Directors are a unique and special group of men and women who care deeply about the youth, adults and families throughout Collier County. Their commitment, compassion, talents and connections all help to advance the mission of the YMCA.

"We are pleased to welcome our three new board members," said President and CEO Mark Hanke. "Their talents and experience will help the YMCA continue to strengthen the lives of the people we serve in Collier County."

Dr. Brooke A. Austin (left), Gulfcoast Foot & Ankle Specialist, is a Board Certified foot and ankle surgeon and has performed over 500 podiatric surgeries and over 1000 total medical procedures. Dr. Austin also volunteers her time as part of the medical staff for the Long Beach Marathon and Susan G. Komen Race for the Cure.

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SPECIAL REMINDERS

HOLIDAY GIVING TREE

The 2018 Holiday Season is here! This time of year, one of our favorite traditions is to celebrate the season of hope with our Giving Tree program. Your gift provides joy for all this holiday season. Learn more on page 6.

WHEN SCHOOL IS OUT, THE Y IS IN!

Register today for Holiday Fun Days. Your kid will enjoy a day of friends and fun while out of school. **Fun Days are from 7 am to 6 pm at your Greater Naples Y location.**

Upcoming dates: November 21, December 7, December 26, December 27 & December 28

Learn more and register at www.GreaterNaplesYMCA.org.

SENIOR CONNECTION HOLIDAY PARTY

Join us on **December 12** beginning at 1:00 pm in the cafe for lunch, dessert and fellowship. All are welcome!

2019 SNEAKER BALL

It's back! Buy your tickets today to be part of our comeback event! **SNEAKER BALL** is **February 23, 2019**. Enjoy high energy entertainment, exciting foods and beverages from local vendors as well as exciting opportunities to support the Y's **Annual Giving Campaign**.

Purchase your tickets today!
GreaterNaplesYMCA.org/YSneakerball

NAPLES YMCA LEADERSHIP

YMCA BOARD OF DIRECTORS

John Brooks, *Chief Visionary Officer*

Mick Moore, *Governance Chair*

Chris Holter, *Finance Chair*

Shawna Devlin, *Secretary*

Dr. Brooke Austin

Amy Chappell M.D.

Dr. Walter Douglas

Heather Henning

Jay Webb Horton

Jim Krall

Aaron Pierce

Greg Woods

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*

Carly Gibb, *Mission Advancement Director*

Ian Leon, *Finance Director*

Gabriel Londono, *Facilities Director*

Joanna Rivera, *Human Resources*

Diana Sideri, *Healthy Living Director*

Angeliz Ramos, *Membership Director*

Danny Soto, *Marketing Director*

Richard Tamer,

Youth Development & Sports Director

Melissa Wilson, *Aquatics Director*

J. Webb Horton (middle), a former Head Coach for the FGCU's men's tennis program, retired in 2011 to become the Assistant Director of Community Outreach in FGCU. Horton works on identifying opportunities in Southwest Florida to promote FGCU to diverse community organizations and associations.

Heather Henning (right) is President of the Henning Group, one of Florida's most respected brands in home, commercial remodeling and new construction. Active in the community, Heather served as Naples North Rotary club president from 2010-2011 and has been a Rotarian for over 15 years. Heather also devotes her time to Girls on the Run, an organization which fosters confidence and self-esteem among young women.

The Board of Directors is responsible for establishing policies for the Greater Naples YMCA and providing leadership for financial oversight and development, strategic planning and community collaborations.

To learn more about the Greater Naples YMCA, please visit www.GreaterNaplesymca.org.



STAFF HIGHLIGHT: RICHARD TAMER

Meet our Director of Sports Richard Tamer! Richard was born in Albany, New York, where he played many youth sports such as football, basketball, baseball, and soccer. "The most enjoyable times in my youth were on the field. I loved building relationships with friends and coaches. I learned many important life lessons from sports," says Richard. Throughout his adult life he has been involved in basketball. He spent eight years as a varsity basketball official at New

York State, spent three years as an assistant varsity basketball coach, and two years as a eighth grade basketball travel team coach.

Richard moved to South Florida 3 years ago after a major medical event in order to be closer to his family. After he recovered and went through physical therapy, he came to work at the Y summer camp with no intention on staying. After working for the summer, the Y changed his life. He fell in love with the kids, staff, members, and mission the Y has to offer. Richard knew this was the place he wanted to pursue his professional career.

"It's a wonderful atmosphere at the Y. It's easy to come to work because I'm passionate about what I do and everyone I work with is just as passionate about the Y and our mission."

Richard accepted the position of Sports Director in August and is temporarily leading our youth development programs. "It's a wonderful atmosphere at the Y. It's easy to come to work because I'm passionate about what I do and everyone I work with is just as passionate about the Y and its mission," says Richard. By accepting the position of Sports Director he is excited to enrich and improve the lives of our Y kids and members. Richard plans to implement additional sports programs for our youth, teens and adults. "The anticipation and excitement I have for this program moving forward, words cannot describe. It's an amazing opportunity for the community and being a part of the Y's mission is exciting." Download our Y app or visit us at www.GreaterNaplesYMCA.org to learn more and be involved.

EVENT CELEBRATIONS: ANNUAL FALL FESTIVAL

Thank you for joining us at our Annual Fall Festival! Music and laughter could be heard around the Y's baseball field on Saturday, October 22, 2018. More than 500 family and friends turned out for this free community event at the Y which included games, crafts, music, food and an inaugural haunted house. Join us next year on Saturday, October 19, 2019.



MY Y STORY: IMPACT IN ACTION

Shirley Lytwyn began coming to the Greater Naples YMCA with her husband Peter five months ago in order to introduce more physical activity into their daily lives. After viewing all of the different programs the Y has to offer, they knew this was the place they belonged. One day while taking a Tai Chi class they noticed, through the windows of their exercise room, groups of people playing pickle ball. Although Shirley had never heard of pickle ball, she and her husband decided to give it a try. Immediately they found it very entertaining and fun. Shirley says that it reminded her of when she used to play badminton in her youth. "It's an easy game to play, with a light weight ball, but more importantly it's a very social game. I am constantly meeting new friends." Pickle ball is a game that both Shirley and her husband can participate in and enjoy. They particularly enjoy competing as partners where they can both grow in the sport as a team.

"Pickle ball has changed my life physically, mentally, and socially." - Shirley Lytwyn





Announcing the return of **SNEAKER BALL**
on **FEBRUARY 23, 2019** from **7:00 – 10:00 pm!**

Join us for good food, dancing, friends, great music
and exciting auction items. **Your attendance will
help transform lives.**

Tickets just \$99 each! Stop by the
front desk for tickets or visit us at:
GreaterNaplesYMCA.org/YSneakerBall

THANK YOU!





ANNUAL HOLIDAY GIVING TREE

The 2018 Holiday Season is here! This time of year, one of our favorite traditions is to celebrate the season of hope with our Giving Tree program. Your gift provides joy for all this holiday season.

Please stop by the Giving Tree located in our lobby to pick up your ornament and give the gift of love and hope this holiday season. **Gift collections end 12/17/18.**

HOW TO PARTICIPATE:

- Pick a tag off "The Giving Tree"
- The tag will provide the age, sex and gift requests of your lucky child.
- Prepare your gift and affix "The Giving Tree" tag to it.
- Return the gift or donations (unwrapped) no later than 12/17/18.

QUESTIONS? For more information or to get involved, please contact Carly Gibb at 239.963.3771.

NEW CLASS ALERT

A new season calls for **NEW CLASSES** at the Y. Whether you're a seasoned athlete or a health seeker, we have new classes for you. Find a workout buddy and start planning your fall weekly workout routine now.

New Classes Include:

- Les Mills SPRINT
- Aqua Kickboxing
- More Les Mills BODYPUMP
- More Outdoor Kettlebells
- 30 minute TRX ONLY
- More Yoga classes and
- More Les Mills BODYCOMBAT

NEW! PERSONAL TRAINING 30 MINUTE SESSIONS

Are you finding it hard to fit a workout into your busy schedule? We have the answer for you!

New 30 minute Personal Training Sessions. Our Certified Personal Trainers will get you moving with a focused workout that is time efficient and cost effective. **30 minute Session at just \$39 for your health and well-being!**

HEALTHY LIVING SERIES

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

Classes provide open discussion, videos and cooking demonstrations, all easy to implement into your life. Give yourself the gift of health this holiday season. Classes start in January.

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

RECIPE OF THE MONTH

SUPERFOOD MUFFIN

Ingredients

- ½ cup + ½ cup gluten-free oats, divided
- 2 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. Himalayan sea salt
- ½ tbsp. cinnamon
- 2 eggs
- 2 tbsp. raw honey
- 2 very ripe bananas, mashed smooth
- 1 cup chopped apples
- 1 cup chopped walnuts

Instructions

1. Preheat oven to 400°. Line a 12-cup muffin tin or lightly grease with coconut oil.
2. Pulse 1/3 cup oats in a food processor until it's the consistency of flour.
3. Combine the processed oat flour, ½ cup whole oats, baking powder, baking soda, salt and cinnamon in a medium bowl.
4. In a large bowl, mix eggs, honey and mashed bananas. Add dry ingredients to banana mixture; stir until combined. Fold in apples and walnuts.
5. Fill muffin tins evenly, and garnish with additional apple slices and walnuts, if desired. Bake for 18 to 20 minutes, or until baked through. Remove from muffin tin, and cool on wire rack.

Makes: 12 muffins

Prep time: 15 minutes

Cook time: 20 minutes

Per serving: 130 calories, 7g fat, 3g protein, 16g carbs, 7g sugar

*Recipe recommended by Y member
Lisa Hoppensteadt*



PERSONAL TRAINER SPOTLIGHT: NICOLAS NEWELL



Nicholas Newell started working at the Y as a personal trainer two and a half years ago. Although Nick works with all age groups, he focuses more on active older adults and teaches them how to manage their fitness, nutrition and recovery on a day-to-day basis. By analyzing his client's health data such as their blood chemistry, body stats, and other wellness data, he is able to develop accurate plans and coaching designed to help his clients achieve and improve their performance and wellness goals.

Below, find one of Nicolas's favorite exercises and learn how this move benefits our overall body.

OVERHEAD HIGH STEP

How to do it:

1. Use a light stick or PVC pipe and hold it overhead, preferably over your ears with your arms locked out and shoulder blades rotated downwards.
2. Step on the box with one foot while keeping your core tight and lift the other knee up performing a high knee movement while balancing on the box.
3. Step back with the knee you raised upwards back to the floor.
4. Maintain the original foot in place on the top of the box.
5. Repeat the high knee movement again for the prescribed number of reps.

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



Why it works:

Total body movements like the Overhead High Step, work on core stabilization, posture, balance and most importantly muscle and bone density.

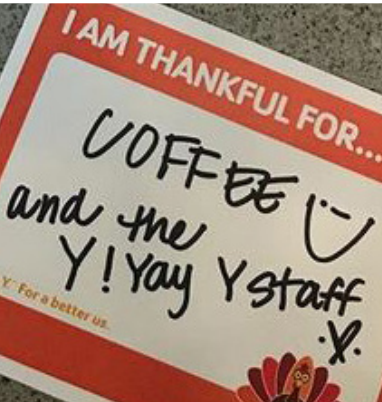
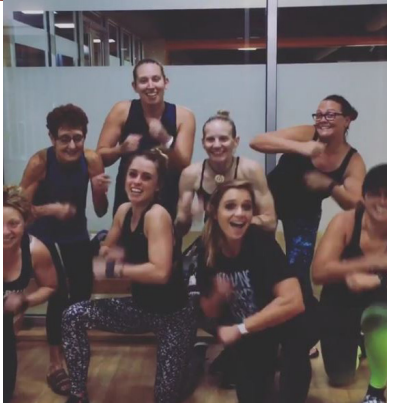
"I would love all members of the Y to understand that health improvement is a multidimensional approach. My goal is to continue to educate the community in understanding these concepts, and help them take control of their lives!" - Nicolas

Want to learn more about Nicolas Newell and our other amazing personal trainers? Visit us online at www.greaternaplesymca.org.



#MYNAPLESY

Share your photos on Facebook, Twitter or Instagram using the hashtag **#MyNaplesY** and you could see your photos on our next newsletter!





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER NAPLES YMCA

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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.



For more information or sponsorship opportunities, please contact Carly Gibb at 239.963.3771 or via email at Cgibb@greaternaplesymca.org.



BUILDING A STRONGER COMMUNITY PROUDLY SUPPORTED BY



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FOR GOOD. FOREVER.



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