

OUR VOICE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER NAPLES YMCA

5450 YMCA ROAD, NAPLES FL 34109

October/November 2019

www.GreaterNaplesYMCA.org

The Greater Naples YMCA Community Newsletter



WE ARE THANKFUL FOR YOU!

We are entering into the time of year, for us to all reflect on our blessings. Life, happiness, health, family and friends. At the Y, we have a lot to be thankful for year-round, but the holiday season seems like the perfect time to recognize all of the reasons why.

Here are some of the reasons we are so thankful:

Our Members: Whether joining as an individual or a family, all of our members become a part of our large Y family. The smiling children in Kids Zone, afterschool, swim lessons and our many other youth programs warm our hearts each day. We love seeing our older adults join us for fun classes or a good game of pickle ball. We hope you like coming to the Y as much as we enjoy having you here.

Our Volunteers: Our volunteers really are super heroes. By giving their time to coach a season of sports or by helping us raise money, they are making a difference in the lives of children and families in our community. We could never repay them for the time, and often money, they give to the Y to help strengthen the community we serve.

Our Donors: We cherish every donation, big or small. Donors make it possible for the Y to offer our programs and services to all members of our community, regardless of their ability to pay.

Continued on next page -->

SPECIAL REMINDERS

SCHOOL'S OUT FUN DAYS

Fun Days are a great way for children to explore nature, find new talents, try new activities all while making new friends on their day off from school.

Upcoming dates: November 25, 26, 27, 29
December 23, 26, 27, 30.

To learn more or to sign up, visit
GreaterNaplesYMCA.org/fundays.html

GLOW VOLLEYBALL PARTY

On Friday, November 1, 6:30 pm - 9 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

KID'S NIGHT OUT

Drop your children off and enjoy some time away, all while knowing that your kids are in great hands with our experienced staff. Dinner included! For upcoming dates, visit: GreaterNaplesYMCA.org/KidsNightOut.html

GIVING TUESDAY

There is Thanksgiving, Black Friday, Cyber Monday, and now #GivingTuesday—a day of global generosity. On December 3, 2019, kick off the holiday season and inspire others to collaborate in supporting our community by giving to the Y.

Learn more on how you can support the Y at GreaterNaplesYMCA.org/GivingTuesday.html

NAPLES YMCA LEADERSHIP

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Diana Sideri, *Healthy Living Director*

Danny Soto, *Marketing Director*

Richard Tamer, *Sports Director*

Melissa Wilson, *Aquatics Director*

Our Community Partners: The contributions that local businesses, organizations, foundations and churches provide are invaluable to us. Together, we bring the resources to continually improve the quality of life for children, adults and families in Collier County.

Our Staff: Our caring staff members change lives each day they come to work. They offer motivation for new members who are struggling to get back into a healthy routine, a smile for a child in need of one, support for struggling families and so much more.

We have much to be thankful for this holiday season. Remember to take a moment to reflect on all that you too have to be thankful for. We hope you and your family have a very happy holiday.



NEW SPACE. NEW SMILES. NEW MEMORIES.

Kids Zone (child watch) has moved to a new location! The expanded Kids Zone center is bigger, brighter and offers convenient parent access. Our friendly Kids Zone staff is available to watch your children while you work out. The use of Kids Zone is included with your family's membership and available to adult members and guests for a small fee.

MENTOR. INSPIRE. GIVE
#GIVINGTUESDAY
DECEMBER 3, 2019

PREPARING STUDENTS TO SAVE LIVES

Anyone can learn CPR and everyone should, even after school students! **Thank You** to our aquatics team for teaching our after school students Hands-Only CPR and equipping them with the tools and confidence to act in an emergency until help comes.



THANK YOU WALGREENS!

Christmas in October! Thank you Walgreens (Store #1662) for your generous donation of toys for our youth programs. The toys will be used for pre school, after school sports and Kids Zone (Child watch) programs. Left over toys will be used for the Giving Tree, which will kick-off in late November.

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

Students who regularly participate in afterschool programs...



HAVE HIGHER GRADUATION RATES

PARENTS AGREE

77%

say kids gain workforce skills like teamwork, leadership and critical thinking



MAKE GAINS IN READING & MATH

PARENTS AGREE

78%

say kids gain skills in science, math, technology or engineering



IMPROVE WORK HABITS & GRADES

PARENTS AGREE

82%

say kids get help with homework



ARE EXCITED ABOUT LEARNING

PARENTS AGREE

82%

say kids get excited about learning



MAKE BETTER DECISIONS

PARENTS AGREE

78%

say kids improve their behavior at school



DEVELOP STRONG SOCIAL SKILLS

PARENTS AGREE

88%

say kids develop social skills

JOIN OUR EFFORTS

To help all kids in our community reach their full potential. Donate today. www.GreaterNaplesYMCA.org/give.html



Thank you! 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.

- Enterprise
- Bella Lawn Maintenance
- Bob & Debbie Jones
- The Morse Family
- Moorings Park
- Ciccarelli Advisory Services Inc
- Woods, Weidenmiller, Michetti & Rudnick
- Dr Amy & Greg Chappell
- Glen & Robyn Lerner
- Life in Naples
- Allegra
- Artistic Science
- Naples Daily News
- The Bay House
- Golisano Children's Hospital
- Brown & Brown Insurance
- The Henning Group
- Allstate Insurance John Brooks
- The Turtle Club
- Suffolk Cares Foundation
- Vanderbilt Beach Resort
- John & Bunny Brooks
- Walmart Foundation
- Hakuna Matata Pediatric Dentistry
- Michelbob's Championship Ribs & Steaks
- Fisher Broyles LLC
- Kristian Air Inc
- The Anderson Family
- Caren Arnstein
- Capital Bank Foundation
- OFDC Commercial Interiors
- State Farm Buzz Hill
- Richard & Susan Benson



WHY I GIVE TO THE Y THE JOYNER FAMILY

The Y gives me the ability to be part of a community that shares my same values. Health and wellness are very important to me and I love how the YMCA promotes these values throughout the community.

Having two young boys, I'm very grateful to the Y for the many programs available that facilitate growth, development, and support a healthy lifestyle. We've relied on the Y for their child watch, preschool, after school program, summer camp, fun days, kids night out, youth sports, and group fitness classes. I love how the Y ensures these and many other resources are available to the entire community by making their programs affordable and by not turning anyone away through financial assistance and scholarships.

The Y has also helped me learn that connecting with others is just as important to health and wellness as fitness. After moving around for many years, I never really felt part of a community until we joined the Y two years ago when my family settled down in Naples. The Y became an instant source of unlimited connections. As a busy mom who works from home it's not always easy to meet new people. The Y has been an amazing place to meet other families and we have developed many lasting, supportive friendships because of it.

The YMCA does so much for my family and the community and that's why I will always give back to the Y!

- The Joyner Family, Dena, Wakefield,
Grayson & Patrick

**GIVE TODAY
CHANGE A LIFE**
greaternaplesymca.org/give.html



MEMBER SPOTLIGHT: LENNIE SILVERSTEIN

Meet the Y's iron man, Lennie Silverstein. At age 82, Lennie stays active by doing 72 laps in the pool every day and occasionally lifting weights on the fit floor. Lennie has been a Y member since 1952, nine of those with the Naples Y, and has developed a life-long love for swimming and staying active with the help of the Y.



GIVING THE GIFT OF JOY

The 2019 Holiday Season is almost here and so is one of our favorite traditions! The annual Giving Tree helps provide a memorable holiday for children and families that may need a little extra love & care.

We are once again asking for your help with holiday gift donations. The Giving Tree will be located in the main lobby and will display ornament tags with our family's requests. The ornaments are available for members, staff, and volunteers to select and purchase the gift for those families. Bring your donation as soon as possible.

Gift collections begins on 11/18/19. Thank you for helping to make a difference in a family's life.

VOLUNTEER AT THE Y AND MAKE A DIFFERENCE

From board members to youth sports coaches to smiling greeters, volunteers are the heart of the Y. Hundreds of business leaders, community members, parents, teens, and so many more dedicate their time and talent to strengthening their local community through **youth development, healthy living, and social responsibility**. Becoming a volunteer allows individuals to give back and learn something about themselves in the process.

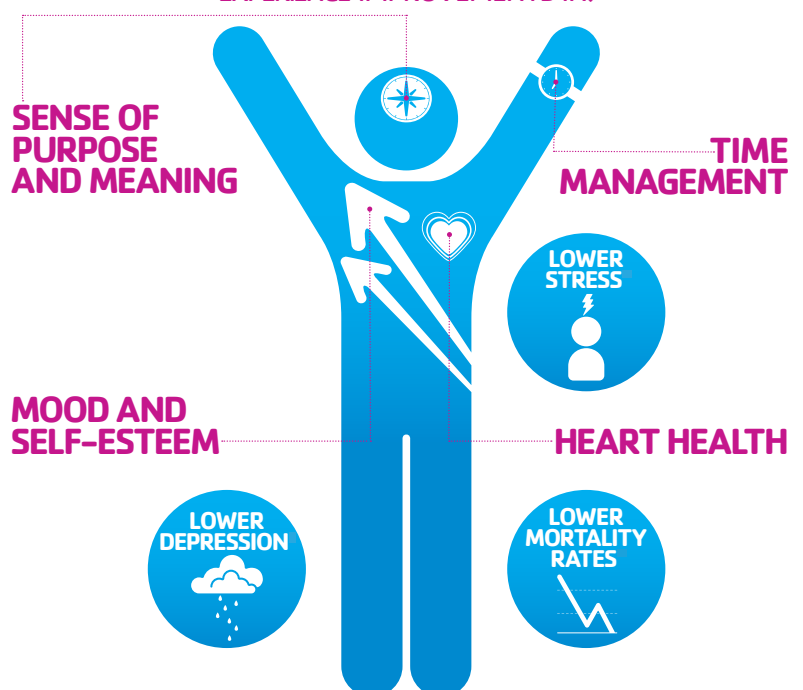
As a volunteer, you'll have the opportunity to:

- Explore your interests and passions
- Broaden your personal and professional skills
- Develop leadership skills
- Fulfill a school requirements
- Meet new friends from all walks of life.
- Feel good, improve your health and reduce stress.
- Learn, grow, and have fun!

VOLUNTEER TODAY!

www.GreaterNaplesYMCA.org/Volunteer.html

VOLUNTEERS EXPERIENCE IMPROVEMENTS IN:



RECIPE OF THE MONTH

PUMPKIN PANCAKES

A delicious fall pancake breakfast using pumpkin and warm fall spices.

Ingredients

- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/2 teaspoon salt
- 1 cup pumpkin puree
- 2 tablespoons honey
- 1 large egg
- 1 1/2 cups almond milk
- 1 teaspoon vanilla extract
- 2 tablespoons grape seed oil
- 2 tablespoons lemon juice
- 2 teaspoons grated lemon zest
- 1 teaspoon grape seed oil
- 100% pure maple syrup, warmed

Directions

- Combine flour, baking powder, baking soda, cinnamon, ginger, allspice and salt in a large mixing bowl, and whisk together till ingredients are all well combined.
- In a separate bowl whisk together the pumpkin puree, honey, egg, almond milk, vanilla, 2 tablespoons of grape seed oil, lemon juice, and lemon zest. Slowly fold in the flour mixture, and then stir just until moistened. (Do not over mix.) (For a fluffier pancake let the batter sit for 30 minutes before cooking.)
- Coat a nonstick pan or cast iron skillet with 1 teaspoon grape seed oil over medium heat. Pour batter into skillet using a 1/4 cup measure and cook the pancakes until golden brown, about 3 minutes on each side.
- Serve warm with warm maple syrup.

Serves 6, Makes Approximately 18 pancakes.

PERSONAL TRAINER SPOTLIGHT

Meet Becky Klapman



Becky Klapman is originally from the Midwest, growing up just outside of Ames, Iowa. She attended Iowa State University (Go Cyclones!) for both her Bachelor of Science and MBA degrees.

It was during her collegiate career that her passion for fitness, specifically running, developed.

After working on the corporate buying teams for Target Corporation in Minneapolis and then Walgreens Corporation in Chicago, she decided to pursue fitness professionally upon her move to Naples, Florida. She became certified in Les Mills BODYPUMP and Spinning in 2014 and began her personal training career in the spring of 2015. Her other fitness certifications include NASM Personal

Trainer, Les Mills GRIT, Les Mills Core, and AFAA Group Exercise. She enjoys training all levels of fitness, from beginners to those returning from an injury to individuals looking to take their fitness to the next level.

Becky has been a resident of Naples, Florida – and an employee of the YMCA – since the fall of 2014. In her free time she enjoys spending time with her husband and sons as well as cooking healthy recipes, walking the beach, and running.

Meet Logan Livreri

Logan Livreri was born in Lake Placid, New York, and like many other trainers, sports was been a big part of his life. Logan grew up playing soccer, ice hockey and lacrosse before he discovered Mixed Martial Arts (MMA) and fitness programs. It was then that he learned that fitness was his true passion.

On his 18th birthday, Logan pursued his passion to help others and got certified as an ISSA Personal Trainer. Since then, he has studied and experimented with many different workout styles, routines, and diets to help give his clients the best possible experience and results. MMA played a big role in his fitness journey and he incorporates many MMA workouts into his clients programs.



“My goal is to have clients crush their goals in a way that can be fun but challenging each time they train with me. I want them walking out not just looking fit, but feeling like a powerhouse.”

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



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



STRONGER TOGETHER

Michele Corvaia has been a Y member for over 3 years. Earlier this year, Michele was diagnosed with breast cancer and missed coming to the Y as she underwent treatment. Michele turned to the Y and her favorite instructor, Joy Kauffman for strength and support during her recovery. Through Joy's classes, understanding and training, Michele returned to her regular routine and feels great.

"I've worked out at different health clubs, but the classes here are better and the Y feels like home".



JUMPSTART YOUR FITNESS GOALS WITH A PERSONAL TRAINER

Ready to begin a fitness journey but don't know where or how to begin? Start today with a **FREE** 30 minute personal training session! Our nationally certified personal trainers are dedicated to helping you achieve your specific health and fitness goals.

Personal Training Options:

- Individual & Partner Training
- Small Group Training (3+ people)
- Golf Performance Training (TPI)
- Athletic Training and Performance (great for young athletes!)

Email Diana Sideri at dsideri@greaternaplesymca.org or call 239.963.3761.

SMILE FOR A GOOD CAUSE

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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.



WE'RE MOBILE!

Download our **NEW** app today! Our mobile app brings the Greater Naples YMCA right to your fingertips! View Group Ex schedules, stay updated with facility notifications, check-in using your mobile phone and even register for programs right from the palm of your hands!

Search **DAXKO** on Google Play or the App Store.



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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 Support Campaign