



**YMCA OF GREATER FORT WAYNE**  
347 West Berry Street, Suite 500  
Fort Wayne, IN 46802  
fwymca.org

NON-PROFIT ORG  
U.S. POSTAGE PAID  
FORT WAYNE, IN  
PERMIT NO. 429

**MAKE A DIFFERENCE AND VOLUNTEER WITH THE Y:**



**Volunteer Opportunities!**

**Habitat For Humanity:**

We're working to help Habitat finish building 10 homes this year!  
Oct. 25 & 28 (Wed. & Sat.)  
7:45am-4pm  
Nov. 8 & 9 (Wed. & Thurs.)  
7:45am-4pm



**Rescue Mission:**

Help sort through their many donations (clothes, books, housewares) and get them ready to sell.  
Tuesday, October 17th, 1-3pm at Treasure House  
Questions? Contact [Tim\\_Hallman@fwymca.org](mailto:Tim_Hallman@fwymca.org) at 260.755.4964.

**THANK YOU TO THE FOLLOWING FOUNDATIONS & ORGANIZATIONS:**

**Foellinger Foundation** – Enabling the Y to strengthen the foundation of our community through youth development, healthy living and social responsibility is the purpose of a \$1,140,000 four-year operating support grant.

Upgrading two of the Y's facilities is the purpose of a \$75,000 limited capital improvement grant. We plan to make enhancements to the outdoor chapel at YMCA Camp Potawatomi and the multi-purpose building at Camp Kekionga summer day camp.

Improving the Y's organizational effectiveness is the purpose of a \$20,000 grant to engage a consultant to facilitate the development of a new three-year strategic plan.

**Community Foundation of Greater Fort Wayne** – Helping youth set goals, get an education, learn job skills, and develop a positive outlook toward their future is the purpose of a \$45,000 grant for YMCA youth development programs.

**Dr. Louis and Anne B. Schneider Foundation** – Providing arts and cultural opportunities to children and teens who participate in YMCA After School and Summer Day Camp programs is the purpose of a \$20,000 grant to support the Integrative Arts Program.

Delivering financial assistance to children and families in need in the form of reduced membership rates or program fees is the purpose of grants from:

- NIPSCO** - \$2,000
- The Waterfield Foundation** - \$3,500
- Ian and Mimi Rolland Foundation** - \$2,500

**MISSION PARTNERSHIPS**

YMCA Mission Partners provide financial resources to strengthen our community and move us all forward. The continued support of these companies allows the YMCA to carry out our mission – making a meaningful, enduring impact in our community.

To inquire how your business can become a Mission Partner, contact Nicole Hansen at 260.918.2144 or [Nicole\\_Hansen@fwymca.org](mailto:Nicole_Hansen@fwymca.org).



Branch information is at your fingertips with the YMCA Mobile App. Scan this QR code to download our FREE YMCA app.

Facebook.com/gfwymca

FindYourselfAtTheY.org

HereForYou@fwymca.org

fwymca.org

**Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**



Fall 2017 • YMCA of Greater Fort Wayne • 347 West Berry Street, Suite 500 • Fort Wayne, IN 46802 • [fwymca.org](http://fwymca.org)

**Dear Friends,**

Recently I was talking to our staff about how we can make a greater impact on our members and our community. We talk about this a lot because our cause in YMCA work is to "Strengthen the foundation of our community," through our mission which is "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."

People come to the YMCA for different reasons but I believe it is important you understand the big picture of why a YMCA is important to a particular community. I believe it is also important our members and stakeholders understand we are passionate about making our community better.

There are so many ways we positively impact youth, families and adults. Over the last few years we have been focused on providing more for the special needs population, especially the intellectually challenged. We have improved our program offerings for teens and we started a Hope for Youth Initiative that focuses on children and teens in volatile situations.

The YMCA is a very complex organization that tries to enhance the quality of life for all. As I celebrate 20 years as the CEO of the YMCA of Greater Fort Wayne, I am humbled and proud that we have impacted many people. The YMCA is a positive force in our community and I would like to thank you for being a member. We will continue to do great things.

Martin L. Pastura  
President and CEO  
YMCA of Greater Fort Wayne





Team from August's trip to Arequipa, Peru.



The existing YMCA facility when we visited last year (2016)



The upgraded YMCA facility now (2017).



Stocked medical supplies in the clinic.

## MEDICAL MISSION TRIP

Last month local YMCA staff and volunteers and a team of 12 medical professionals and their families from Parkview Health took part in a 10-day international medical mission trip to the YMCA of Arequipa, Peru.

From the beginning, it has been our intention to establish a long-lasting relationship with the local YMCA community of Horacio Zeballos in Socabaya, Arequipa, Peru. One of the objectives of this trip was to support women and family health initiatives. Because of the collaboration between Parkview Health and the YMCA, hundreds of patients in the areas of gynecology, dentistry, ultrasounds, labs, and general medicine have been served.

Besides the clinic, this YMCA in Peru offers a daycare program for children and an entrepreneur center for women in the community. Despite unsafe conditions, children used to make the best of playtime at the Y because it was the only secure place to play in town!

Our team focused on four areas:

- Keep medical supplies stocked for the patients of the YMCA clinic
- Create a safe playground for children and their families
- Level-out the YMCA patio that is used for the entire YMCA community.
- Find ways to improve the distribution of the city tap water to the YMCA facility

Thanks to the commitment from Parkview Health and the YMCA, the quality of life of the Arequipa Community has improved. You belong to an organization that really cares!

This is a great example of how when two community-focused organizations come together, their impact can reach well beyond our borders. Want to learn more, get involved or support our international programs? Contact [Francisco\\_townsend@fwymca.org](mailto:Francisco_townsend@fwymca.org).



## WASH FOR A CAUSE

On Saturday, October 7th Mike's Carwash will host their fourth annual WASH for a CAUSE fundraiser benefiting the YMCA Youth Service Bureau. Half of the proceeds from every Ultimate Wash sold on October 7th will support area youth who need it most. The YMCA Youth Service Bureau gives at risk adolescents the tools, skills and support they need to succeed in life.

Help us create a brighter tomorrow for area youth and show your support at any Mike's Carwash location in Fort Wayne and Mishawaka on Saturday, October 7th. Get a bright car, give an even brighter future. Call 449-7511 or email Amy Just at [Amy\\_Just@fwymca.org](mailto:Amy_Just@fwymca.org) with questions.



## REDUCING YOUR RISK

The YMCA's Diabetes Prevention Program is a group-based, behavior change program for adults at high risk for type 2 diabetes. The goal of the program is to lose a modest amount of weight, increase physical activity and use techniques learned in class for adopting new, healthy habits that support a lifestyle which reduces the risk for developing the disease.

The YMCA's Diabetes Prevention Program uses a Center for Disease Control (CDC)-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. Studies by the National Institutes of Health have shown that programs like this can reduce the number of cases of type 2 diabetes by 58 percent.

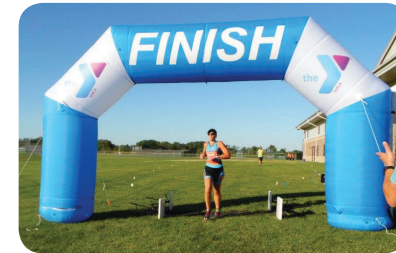
To find out more about the program call 260.755.4940 or email [HereForYou@fwymca.org](mailto:HereForYou@fwymca.org).

## NEWS KIDS CAN USE

The YMCA of Greater Fort Wayne is excited to team up with Parkview Sports Medicine to bring "Active Science at the Y with Jaylon Smith" to Y after school programs which serve more than 1,500 students. Active Science blends physical activity with hands-on science, technology, engineering and math (STEM) learning concepts to create opportunities for children to play, explore and discover. The free program is being offered during the 2017 – 2018 school year for students in grades 3 – 5 at Y after school programs. When the school year ends, students and their families will be invited to an end-of-season celebration with Jaylon Smith, Dallas Cowboys linebacker and Bishop Luers High School graduate.

"With more than 1,500 students in our after school programs, we're very excited about the opportunity to engage youth and their families in an active lifestyle, while also strengthening the educational component of our programs," said Chris Angellatta, chief operating officer, YMCA of Greater Fort Wayne. "We are fortunate to have partners like Parkview and Jaylon Smith who also care about the well-being of our community, and we look forward to working with them in the fight against childhood obesity."

The STEM curriculum aligns with the national Next Generation Science Standards for kindergarten through grade five. To learn more about Active Science, visit [www.activescienceforkids.org](http://www.activescienceforkids.org).



## SPIRIT, MIND, BODY TRIATHLON

It was an exciting day on July 29, as the Jorgensen Family Y hosted the 3rd Annual Spirit, Mind, Body Super Sprint Triathlon. We hosted over 117 participants including 25 children. Our goal was to introduce people to the sport of triathlon and show that it is a sport for all ages and abilities.

Proceeds went to support the YMCA Annual Campaign. The generosity of our sponsors helped to make the event possible. Special thanks go to Prairie Farms, Vera Bradley, Ruble Triathlon, Parkview Physicians Group, and Fleet Feet Sports.

## REGISTER NOW!



There is still time to register for the 2017 River City Rat Race! Run/walk the beautiful fall streets of Fort Wayne on Sunday, October 22nd in either the 5K or 10K race. Not sure you are able to run? No problem! Join the other "Rats in Training" at a free training group at the Central Branch YMCA, Mondays at 6:00 pm. Come with your running shoes laced up and join others of all levels and ages as the Rats get ready to run the Fort!

For information about Rats in Training and race registration: [RiverCityRatRace.com](http://RiverCityRatRace.com) or contact Pam Wolfe at [pamwolfe@aol.com](mailto:pamwolfe@aol.com).

## BUILDING A HEALTHY WORKFORCE

### Corporate Wellness

With the change in our health care landscape and the emphasis on employee wellness, businesses are trying to find optimum ways to promote a healthy workplace. Partnering with the Y is a great way to improve employee wellness. Some services we offer include:

- Free workplace wellness assessment
- Corporate membership plan
- Health coaching
- On-site fitness facility management
- On-site group exercise classes
- Employee wellness challenges and presentations
- Incentive and point management systems
- Disease management program (diabetes prevention, cancer survivorship, weight loss & more)

To get started or for more information contact Wendy Spitznagel, Executive Director of Healthy Living, at [HereForYou@fwymca.org](mailto:HereForYou@fwymca.org) or 260.918.2149.

## FALL II PROGRAMS:



OCTOBER 30 – DECEMBER 17

Member registration begins:

**October 16**

Program participant registration begins:

**October 23**