CANCER SURVIVORS CELEBRATE AT THE Y

Over 80 cancer survivors and their families gathered at the Northwest Family YMCA in August at our annual barbecue. Participants gathered to celebrate their achievements in the cancer survivor programs at the Y, bond over their struggles and remember friends.

Gina Rohde, breast cancer support program coordinator and LIVESTRONG coach, was also honored as Staff Person of the Year, for all of her work and passion for the program.

Our exercise and group support program focuses on improving the survivor’s strength, fitness, and quality of life. In addition to physical benefits, the program also provides a supportive community where people impacted by cancer can connect during treatment and beyond, improving the emotional well-being of survivors and their families.

Thanks to our donors, our cancer survivor programs are offered at no cost to participants, making it easier for them to concentrate on getting stronger. You can support this important work with your gift today!

LOOKING BACK

More than 300 campaigners came out in support of our Y at our Annual Campaign kickoff event in March, helping us exceed our campaign goal of $450,000!

Over 200 campers across our Y benefited from over $44,000 in scholarship assistance.

140 golfers raised over $35,000 in support at our 21st Annual Golf Tournament held in June.

93 Power Scholars made 3 month gains in reading and math!

Our Safety Around Water program ensured that over 100 kids in the city of Syracuse learned how to stay safe in and around the water.

More than 17,000 people belong to the Y thanks to Membership For All financial assistance!

...and so much more, thanks to your support!
A MESSAGE FROM THE CEO

Dear Y Supporters:

As I reflect on my first year as the President & CEO of the YMCA of Greater Syracuse and what I am thankful for, I think of YOU: our Y donors. Thank you for your generosity and kindness. Thank you for all the things YOU make possible.

At the Y, we pride ourselves on never turning anyone away from our programs and services due to their inability to pay. YOU make that possible!

YOU make it possible for us to provide over $2 million in financial assistance to over 17,000 families who would otherwise not have access to our programs and services.

YOU make it possible for so many young people and adults to participate in swim lessons and learn to be safe around water.

YOU are the reason the YMCA is the county’s largest provider of safe and enriching after-school care.

YOU make it possible for us to provide a safe space at the Downtown YMCA for 99 men in transition, as well as Thanksgiving and holiday meals that help so many feel less lonely during this holiday season.

YOU help mitigate summer learning loss for children in our Y Power Scholars Academy at no cost.

YOU make it possible for us to provide young people the opportunity to discover the artist in themselves through our amazing Arts programs.

YOU help provide experiences that help foster leadership and self-confidence, setting young people up for growth and success.

YOU make SO MUCH MORE possible for so many through your generous gifts, extending a caring hand to those in need in our community.

On behalf of a grateful YMCA, thank you for your unwavering support and dedication to our never-ending mission of strengthening this community FOR ALL.

I wish you and your family the happiest of holidays!

Yours in service,

Mike E. Brown, Jr.
President & CEO

KeyBank is making an impact on kids! Matt Eaton of Key Bank (and a member of our Hal Welsh East Area Family YMCA board) visited our Camp Iroquois this summer to present a check for $10,000 to support camper scholarships, particularly children with special needs. Thank you for your support!
FULL CIRCLE

Deborah Reinhardt-Youmans began her journey with the YMCA of Greater Syracuse through the LIVESTRONG program at the Hal Welsh East Area Family YMCA. As a cancer survivor, she found herself in need: to rebuild her body, repair her emotional energy and reinvest in her spiritual being. “As a cancer survivor, the need of finding others ‘like me’ who were searching for a way to find their ‘new normal’ through activity and community, made one of the strongest impressions on my life and moved me to a new journey,” she shared. “A journey in health and wellness in which I want to give support back in the same way that it was so generously and graciously given to me.”

Deb had found her recovery from surgery on her lungs and chemo to be exhausting and humbling. “I looked like a walking skeleton and did what many cancer survivors do: I stayed in the house. I did not want to be seen or deal with questions about how I looked or how I was doing.” Slowly, she grew stronger and began taking walks in local parks. But life was about to change for Deb and her husband.

“Our 10-year wait ended with a call from the adoption agency. A baby girl was due to be born the next day and that baby girl would be our daughter. That was when a profound sense of love and true grit took over and 6 months later I joined the LIVESTRONG Program at the Hal Welsh East Area YMCA. It was a mother’s motivation of being all that I could be for our daughter that drew me to this program.”

Deb immediately noticed the smiles and laughter when she walked through the doors of the Y for the first time. “The environment was welcoming and the other nine individuals in my class resulted in friends I have relationships with today,” she said. “We still meet every other month to have dinner and catch up. We have a bond based on a cruel disease and we share in ways that I do not with other friends or family.”

She treasured her time at the Y so much that she began working part-time in Membership, with her daughter enjoying prime time care with other toddlers and Deb happily meeting members as they came in the door. Life seemed to be at peace, but a CT scan showed that Deb’s cancer had returned to her other lung. She knew she had another difficult journey ahead and worried for her daughter and husband.

Deb found that her colleagues at the Y rallied around her. “They took turns watching our daughter, made dinners for my husband to pick up... they were an amazing demonstration of good people, no great people, doing great things,” Deb said. She slowly rebuilt her spirit, mind and body and came to realize the Y was more than what she could get, but what she could give.

“My journey with the Y ends with me going full circle – I now have the privilege of giving back what I received.” Deb is now coaching in the YMCA’s Diabetes Prevention, LIVESTRONG, and Healthy Heart programs as well as instructing strength and group exercise classes. “When I see the differences in our members that brings me inner joy – the emerging smile, the brightening of the eyes, the sense of achievement and pride, and the relationship that continuously builds and grows with gratitude for each other. I know, because I have been at both ends.”

GIVE TODAY

When you give to the YMCA of Greater Syracuse, your gift will help young people achieve their potential, empower people of all ages to lead healthier lives, and strengthen the bonds of community in our neighborhoods. You know the YMCA of Greater Syracuse is more than just a place. We’re a cause. And with your generous support, we’ll continue to strengthen our community.

Please use the enclosed envelope to donate to the YMCA of Greater Syracuse today! Questions? Call Mara Roberts at 315-474-6851 ext 317.
HIGHLIGHTING ARTS

Since 1999, the Arts Branch of the YMCA has worked to enrich lives through education in the visual, literary and performing arts. Music, visual arts, creative writing, dance, and many other programs are available for all ages and experience levels at our Y branches and in a variety of locations throughout Onondaga County.

So far, in 2018, the Arts Branch has provided nearly 200 scholarships for arts lessons to area youth. Additionally, over 900 elementary and middle school students in the city of Syracuse work with the YMCA every day, in arts-focused after-school programs aimed at enhancing creativity and boosting academic achievement.

One of those programs is the YMCA’s Downtown Writers Center. The DWC is the Central New York region’s only community center for the literary arts, hosting a wide variety of programs and events for wordsmiths and bookworms along with creative writing workshops and readings by established and emerging poets and writers.

Each year, the DWC recognizes the best books published by CNY authors through the YMCA CNY Book Awards. Awards are currently presented in poetry, fiction, nonfiction and children’s books. The awards ceremony on November 8th will be celebrating a record number of local authors.

The Downtown Writers Center also houses the Young Authors Academy, a program for 6th–12th graders with a passion for creative writing. Students participate in small group instruction, led by professional writers, and experience a positive and accepting learning environment where they grow both artistically and personally, developing their talents and collaborating with peers who share their interest in the creative arts.

The program has been generously funded by our donors and partners to include Y members and students in the Syracuse City School District at no cost and affordable for all others. The Young Authors Academy was recently featured by local PBS affiliate WCNY as part of The Great American Read series. You can watch the video at https://youtu.be/gpXG-oeKv00

Your support of our arts programming provides avenues for people of all ages, abilities and means to explore their creativity. Thank you!
25 YEARS OF STRENGTHENING COMMUNITY

Kelly Carinci knows how much the Y can mean to a kid. Growing up in Rome, her family turned to their local Y for after school care and when she was old enough to start working, she wanted a job in the place that made such a difference in her life. Working as a School Age Child Care counselor in 1993 at the Rome Y, Kelly loved everything the Y was able to do for working parents to provide a place where their children felt comfortable and confident every day.

Kelly’s career at the Y took her from SACC to camp and teen director in Rome. She came to the Syracuse area in 2004 as the Hal Welsh East Area Family was opening, serving as Associate Executive Director of the branch. And in 2016, she moved fully into the development and fundraising realm for our association as the Associate Director of Development.

This year, we celebrated Kelly and her 25 years of service to the Y. When she thinks back on her career, she finds that it’s most rewarding to be able to give people the opportunity to fund and participate in the programming that benefitted her and her family as a kid.

“Everyday I get to hear stories, some of them similar to mine, I know now that I have the opportunity to make a difference in people’s lives,” Kelly shared. “I can make programs available to more people and see our staff impact lives like mine was.” She also feels that her experience with the Y at a young age called her to work in the nonprofit world and led her to a Master’s degree in nonprofit management.

Kelly has helped thousands of children and adults during her career at the Y and she has been an outstanding ambassador for our cause and engaging donors in support of our mission. With our members, our staff, and our community, Kelly is known as an enthusiastic Y champion and people seek her out because of the support, assistance and care she provides to others.

“To showcase the meaningful work the Y does in the community, as a kid who grew up in the Y and is now an adult and a professional? I think that’s really important.”

In her role as the Associate Director of Development, Kelly would welcome the opportunity to talk with you about gift planning and supporting the Y.

Kelly can be reached at kcarinci@syracuseymca.org or 315-637-2025, x204.
GENUINE COMMUNITY

The Downtown YMCA Men’s Residence and Senior Apartments are places of hope in Central New York. The Men’s Residence is home to as many as 99 men in single-room occupancy units and offers counseling to help men overcome challenges they may be facing. Our 30 Senior Apartments provide a home for low-income elderly and disabled people in Syracuse, giving them the support they need to live independently.

People like Vincent and Greg. Vincent found himself at the Y earlier this year after the sudden passing of his mother. He had hit a low point, with challenges to his mental health and well-being. Upon arrival at the Y, an assistance plan was created to support Vincent and assure him that the staff had his best interests in mind and that he could feel safe. He has now stabilized emotionally, developing great relationships with staff and establishing independent living skills.

Greg came to us in 2012, after being homeless and in and out of shelters for many years. Our Residence provided instant stability. Greg recently moved over to the Senior Apartments and shared that he hopes to spend the rest of his days at the Y, grateful for us being there in his darkest hours.

We’re right in the middle of renovations to our residence areas, including new elevators, plumbing, ventilation upgrades and new windows, as well as accessibility improvements. These improvements will provide greater efficiency to our building and provide our residents with greater dignity.

Our residents, Y staff members and volunteers also come together for dinner and provide warm food and company for men and seniors in need to celebrate Thanksgiving and Christmas every year. The holidays can bring additional stress and pressure for everyone, but for people at the Downtown Residence, there can be the extra stress of not having the financial resources to purchase any type of gifts, even small ones, for their children. Y staff provide assistance and support to these men and help them to purchase and then wrap gifts for their kids. Your personal, meaningful gift can make a world of difference to the men and seniors that call the Y home!

A LEGACY WORTH BELIEVING IN

Since it was established over 100 years ago, the Heritage Club has provided stability and prosperity to the YMCA of Greater Syracuse. Many of our early supporters recognized that including the YMCA in their estate plans would ensure our success as an organization long after their lifetime.

When you include the YMCA of Greater Syracuse in your future plans, you join a select group of men and women who’ve made a long-term commitment to the future well being of our community.

While we may not know what the future holds, we’re committed to meeting those challenges head on. We encourage you to include the YMCA of Greater Syracuse in your estate plans and ensure we can always help those in the community who need it most.

To learn more about how you can join the Heritage Club contact Mara Roberts, Vice President of Mission Advancement, at (315) 474-6851, ext. 317 or by e-mail at mroberts@syracuseymca.org.

We’d like to thank the following individuals who’ve already made their commitment to the future of the YMCA of Greater Syracuse.

The Bitz Family
Raymond D’Agostino
Mr. & Mrs. Richard Davis
Mr. & Mrs. Robert Fiske
Mr. Robert Ford
Cynthia Dowd Greene & Mark Greene
Dick & Liz Hallberg
Ann & Dave Horan
Mary & Tom Lane
Ms. Anne G. Lloyd
Robert Penney
Mr. & Mrs. Philip Pond
George & Rita Soufleris
Mr. Charles S. Togias
C. Bruce Wichmann
Anonymous

Tax-Free IRA Donation to the YMCA!

Did you know that if you are 70 ½ years or older that you can transfer up to $100,000 from your IRA to the YMCA without paying ANY income tax on the transaction? What an incredible way to donate to the Y! As the new tax law changed the standards for itemized deductions, this is an excellent approach to still apply tax-saving strategies through your charitable contribution. Interested in making this type of gift before year end? We’re here to help. Just reach out to our Development Office at 315-474-6851, x317. Your special gift will bring the magic of the Y to children, adults and families that need us!
WHY GIVE TO THE Y?

Membership fees cover our operating and administrative costs, including:
✓ Salaries and Services
✓ Facility and Pool Maintenance
✓ Equipment and Technology

Your gift helps more people benefit from a variety of Y programs and services, such as:
✓ Academic Enrichment
✓ Arts Instruction
✓ Camp
✓ Child and After School Care
✓ Chronic Disease Support and Prevention
✓ Health and Wellness Programs
✓ Housing
✓ Parent/Child Programs
✓ Swim Lessons
✓ Teen Programs
✓ Youth Sports
✓ YMCA Membership

When you give to the Y, 100% of your gift supports programs and financial assistance for children, families, and individuals in need.

GIVE TODAY
ycny.org/giving

Your gift enriches lives and ensures that Y services are available to those in need.
SAVE THE DATE

March 2, 2019
10th ANNUAL BIKE-A-THON
North Area Family YMCA

June 3, 2019
YMCA CHARITY GOLF TOURNAMENT
Bellevue Country Club

June 8–9, 2019
SYRACUSE YMCA RACE WEEKEND
Green Lakes

July 12–14, 2019
YMCA CHARITY TENNIS TOURNAMENT
Manlius YMCA

December 2019
YMCA CNY BOOK AWARDS
Location TBA