



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SPIRIT

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

Dear Members,

In the midst of today's fast-paced, disconnected world, I am grateful to serve as the President & CEO of an organization that creates meaningful connections and has such a positive influence on so many lives. We know that people come to the YMCA for various reasons. Some people want more family time; some are battling loneliness, while others are facing a chronic illness. Regardless of why you joined, we care about you and want to provide you with the best service possible.



We hope that you have come to know the Y as more than just a facility or a place to exercise. We expect our staff to work hard to develop a relationship with you that keeps you coming back and helps you experience transformation in your life. We want to be one of the reasons that you reach your goals in the areas of spirit, mind and body.

We are a cause-driven organization whose mission work changes lives. It's important for you to know that as a non-profit organization, fundraising is essential so that we can continue to serve all people regardless of their economic status. Our cause is to strengthen the foundation of our community and we do that by providing programs that are meaningful and by making sure that money is not a barrier to people's participation.

As a member of the Y, you are part of a community-service organization that relies on volunteers and donors to help us fulfill our mission which is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. I encourage you to become more familiar with the Y by asking to meet with a Director. I guarantee that you will learn something you didn't know and will feel very proud that you are a part of the YMCA of Greater Fort Wayne. We accomplish more because of the support of members and donors like you. I look forward to doing even more great things together.

Thanks for all your support.

Sincerely,

Martin L. Pastura  
President & CEO



## WINTER I SESSION DATES:

**Jan. 7 – Feb. 24**

**REGISTRATION OPENS:**

**Y Members –  
Mon, Dec. 3**

**Program Participants –  
Mon, Dec. 10**

## STAY CONNECTED.

Keep up-to-date with the latest Y news, events and programs and connect with other members. Like us on Facebook, ask us a question or share a story!



Scan this QR code to  
download our FREE  
YMCA app.



[Facebook.com/gfwymca](https://www.facebook.com/gfwymca)



[HereForYou@fwymca.org](mailto:HereForYou@fwymca.org)



[twitter.com/YMCAFortWayne](https://twitter.com/YMCAFortWayne)



[fwymca.org](http://fwymca.org)





# FREE PROGRAM AIMS TO HEAL THE WHOLE PERSON

LIVESTRONG® at the YMCA offers adults affected by cancer a safe, encouraging environment to participate in physical and social activities focused on strengthening the whole person. Participants work with certified YMCA instructors trained in cancer survivorship, post-rehab exercise and supportive cancer care to achieve goals such as building muscle mass or stamina.

Offered over 12 weeks, the program brings small groups of cancer patients and survivors together to reclaim their health and develop supportive relationships with others. Participants receive a free Y membership during the program. Additional benefits include:

- Increased strength, cardiovascular endurance and flexibility
- Improved energy levels and decreased cancer-related fatigue
- Enhanced emotional well-being through connections with other cancer survivors
- Established personal physical fitness program, not only as part of recovery but as a way of life

Find out more about this FREE program available to the entire community. Call 260.422.6488 or email [HereForYou@fwymca.org](mailto:HereForYou@fwymca.org).



## REDUCE YOUR RISK

Diabetes is a chronic disease that affects more than 29 million Americans by causing higher than normal blood sugar levels. More than 84 million Americans have prediabetes which occurs when blood sugar levels are elevated but not high enough for a type 2 diabetes diagnosis.

In the YMCA's Diabetes Prevention Program, a trained lifestyle coach introduces topics in a supportive, small-group environment and encourages participants to explore how healthy eating, physical activity, behavior changes and modest weight loss can help reduce their risk of developing diabetes. The curriculum is approved by the Center for Disease Control (CDC) and part of the CDC's National Diabetes Prevention Program. The lifestyle changes outlined in the program have been shown to reduce the risk of developing type 2 diabetes.

To learn more call 260.755.4940 or email [HereForYou@fwymca.org](mailto:HereForYou@fwymca.org).



## MAD ANTS TEAM UP WITH YMCA YOUTH BASKETBALL PROGRAM

The YMCA of Greater Fort Wayne and the Fort Wayne Mad Ants have once again combined efforts to enhance the YMCA youth basketball league. The Mad Ants professional basketball team, owned and operated by the Indiana Pacers, is the official sponsor of youth basketball at 6 local YMCAs in Allen, Whitley and Wells counties. The league serves almost 1,500 youth per year from Pre-K through 8th grade (age ranges vary by branch).

The sponsorship, in conjunction with the Jr. NBA program, includes clinics for youth, coaches and officials training, special Y Nights at Mad Ants home games, coaches support, and Mad Ants branded team shirts. The Jr. NBA has a character-based program that coincides with the YMCA Core Values of Caring, Honesty, Respect, and Responsibility.

"We look forward to working with the Mad Ants again this year to advance our mission through sports," said Amos Norman, Executive Director of the Renaissance Pointe YMCA.



## WORK HERE, CHANGE LIVES

At the Y, you can channel your passion into a lifelong career helping to deliver positive change. Every day, our staff - of all ages and from all walks of life - work to bridge the gaps in community needs by nurturing the potential of youth and teens, improving the nation's health and well-being, and providing support to our neighbors.

The Y is looking for cause-driven leaders who want to bring about meaningful change in individuals and our community. Positions are available for lifeguarding if you have a passion for swim and water safety, and membership staff if you want to help members adopt a healthy lifestyle! If you enjoy helping kids learn and grow, we have a variety of Before and After School positions located at sites in schools, churches, and membership branches.

One of the many benefits of working at the Y is a free individual YMCA membership! Other benefits include discounted YMCA programs, a flexible work schedule, and a fun, family-friendly work environment. Interested in working at the YMCA? Contact your local Y or [careers@fwymca.org](mailto:careers@fwymca.org) or visit us online at [fwymca.org/ycareers](http://fwymca.org/ycareers).

**WE'RE HIRING!**



## 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.

## EMPLOYEE WELLNESS PAYS OFF

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 Brian West, Senior Program Director, at [Brian\\_West@fwymca.org](mailto:Brian_West@fwymca.org) or 260.755.4901.



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



## YMCA OF GREATER FORT WAYNE

347 West Berry Street, Suite 500  
Fort Wayne, IN 46802  
[fwymca.org](http://fwymca.org)

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



## SERVING IS GOOD FOR ALL!

**Rescue Mission Kitchen:** (Superior Street), Nov. 6th, 7th & 8th  
1-4 pm; Help shred turkey for 3,000 Thanksgiving meals.

**Leaf-Raking for Seniors with NeighborLink:** Nov. 26th, 27th,  
28th, 29th, 3-5 pm; Rake leaves at homes in the area.

**Coats for Kids:** Nov 10th - Dec 9th, New or gently used children's  
winter coats are being collected at YMCAs in Allen County;  
Volunteers will be needed to transport coats for cleaning and  
sorting, for delivering to local schools.

Visit [fwymca.org](http://fwymca.org) today to see how you can volunteer with the Y in  
our community or contact Tim Hallman, Director of Christian Emphasis  
at 260.755.4964 or [Tim\\_Hallman@fwymca.org](mailto:Tim_Hallman@fwymca.org).



## THANK YOU TO THE FOLLOWING FOUNDATIONS & ORGANIZATIONS:

**Wells Fargo** – A \$25,000 grant enables the YMCA Youth Service Bureau to provide comprehensive crisis and intervention services to at-risk youth and their families through the Status Offender Court Alternative Program.

**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.

**Zollner Foundation** – Nurturing the potential of disadvantaged youth is the purpose of a \$30,000 grant. Funding will support teen programming at the Renaissance Pointe YMCA, featuring activities focused on academics, leadership development, college preparation, arts and culture, teamwork and character building.

**City of Fort Wayne, Office of Housing and Neighborhood Services** – Helping at-risk teens to prepare for a successful future is the purpose of a \$15,000 Community Development Block Grant for the College and Career Readiness Program at the Renaissance Pointe YMCA. Y mentors will help youth explore college and career choices and guide them in developing soft and hard skills for the workplace through instruction, job shadowing and internship opportunities.

**Lincoln Financial Foundation** – Providing youth with educational opportunities that the traditional classroom does not offer is the purpose of a \$45,000 grant from the Lincoln Financial Foundation [www.LincolnFinancial.com](http://www.LincolnFinancial.com). These funds support the Outdoor Education program at YMCA Camp Potawatami, Summer Day Camp at the Renaissance Pointe Y, and the Before and After School program at Southwick Elementary. #LincolnsLegacy #grant

**M.E. Raker Foundation** – Removing damaged trees from Hodell Acres, home to the Y's Camp Kekionga summer day camp, is the purpose of a \$2,000 grant. Every summer, more than 90 children enjoy canoeing on the 3 acre pond, walking the trails, learning about nature, and participating in archery in this picturesque park in southwest Fort Wayne.

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.