



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FALL 2019

# SPIRIT

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



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!



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Dear Friends,

As the President and CEO of the YMCA of Greater Fort Wayne for over 22 years, I have had the great opportunity to walk with wonderful people in order to impact our community in very meaningful ways. My entire career has been with the YMCA since 1978 when I started working as a part-time wellness instructor. YMCA work has been my profession and my passion because its mission and cause agreed with my lifestyle. I have fortunate that there have been very few days that I did not want to go to work. My work has been my calling and my ministry in order to make a positive difference in people's lives.

As many of you know, I will be ending my full-time professional career in December of this year. Chris Angellatta, our current Chief Operations Officer, will become the next President and CEO. He will do a fine job leading this great organization.

I am proud of our accomplishments, honored to be able to serve and humbled that God has given me this opportunity.

In my final address, in the Winter Issue, I will discuss how I hope to continue to help the YMCA impact youth and teens.

Thank you for your commitment and I hope you know that the YMCA will continue to be a beacon of light in our community.

Sincerely,

Martin L. Pastura  
President & CEO



Scan this QR code or visit [fwymca.org/app](http://fwymca.org/app) to download our mobile app.



## WINTER I SESSION DATES:

Jan. 6 – Feb. 23

## REGISTRATION OPENS:

Y Members – Mon, Dec. 2

Program Participants – Mon, Dec. 9

**“We are a proud partner of the LIVESTRONG® program here in Fort Wayne. Several of our staff and their families have been directly affected by some form of cancer, and this program helps to provide hope, confidence, strength and a fantastic support system at no cost. Thank you to the YMCA for creating this and helping so many in need.”**  
 - Nikki Phillips, McMahon’s Best One Tire & Auto Care

LIVESTRONG® at the YMCA is Supported by:



## FREE COMMUNITY-WIDE 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 as part of recovery and as a way of life

To find out more about this FREE program call 260.422.6488 or email [HereForYou@fwymca.org](mailto:HereForYou@fwymca.org).



**WE'RE HIRING!**



## 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. If you have a passion for swim and water safety, apply to be a lifeguard. If you want to help people adopt a healthy lifestyle, apply for member services! 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 throughout Allen, Whitley and Wells counties.

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



## EMPLOYEE WELLNESS PAYS OFF

With the change in our health care landscape and the emphasis on employee wellness, businesses are seeking optimum ways to promote a healthy workplace. Partnering with the Y is a great way to improve employee wellness. Contact us for a FREE workplace wellness assessment.

To get started or for more information contact our Corporate Wellness Team at [HereForYou@fwymca.org](mailto:HereForYou@fwymca.org) or 260.422.6488.





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

Find a Volunteer  
Opportunity today!



## DO GOOD, FEEL GOOD

**Rescue Mission Kitchen:** (301 W. Superior Street)  
Nov. 11-13, Mon-Wed, 1-4 pm. Help shred turkey  
for 3,000 Thanksgiving meals.

**Leaf-Raking with NeighborLink:**  
Nov. 18-21, Dec. 2-5, 3-5 pm. Rake leaves at homes in the area.

**Treasure House:** (5327 Coldwater Road)  
Oct. 22, 2-4 pm. Sort items for resale to families  
shopping through the Rescue Mission ministry.

**Wrap Gifts at Glenbrook Mall:**  
Dec. 23, 5-8 pm. Wrap packages for shoppers  
who make a donation to The Rescue Mission.

**Coats for Kids:** Nov. 12th - Dec. 2th. New or gently used children's  
winter coats will be collected at YMCAs in Allen County. Volunteer to  
transport coats for cleaning and sorting for delivery to local schools.

Visit [fwymca.org](http://fwymca.org) today to register or find other ways to volunteer in  
the community. Questions? Contact Tim Hallman, Director of Christian  
Emphasis at 260.755.4964 or [Tim\\_Hallman@fwymca.org](mailto:Tim_Hallman@fwymca.org).

## REACH YOUR WELLNESS GOALS

Do you find that even with the best of intentions, life  
sometimes gets in the way of making it to the gym? Whether  
you have 5 minutes or 50, the YMCA can help you reach your  
wellness goals no matter where you are on your journey. With  
YMCA Virtual Services, you can choose your path! Visit  
[fwymca.org/program-registration/ymca-virtual-services](http://fwymca.org/program-registration/ymca-virtual-services)  
to learn more!



## REDUCE YOUR RISK

Diabetes is a chronic disease that affects more than 30 million Americans  
by causing higher than normal blood sugar levels. More than 84 million  
Americans have prediabetes and don't know it. Prediabetes 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).





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## THANK YOU TO THE FOLLOWING FOUNDATIONS & ORGANIZATIONS:

**Zollner Foundation** – Engaging vulnerable teens in a variety of opportunities including academic support, summer enrichment, social activities, college and career readiness, leadership training and volunteer service is the purpose of a \$30,000 grant from the Zollner Foundation. The funding will support teen programs at the Renaissance Pointe Y.

**Community Foundation of Greater Fort Wayne** – Helping at-risk youth grow into the best versions of themselves is the purpose of a \$45,000 grant. The funding will specifically support teen programs at the Renaissance Pointe Y and the Status Offender Court Alternative Program at the YMCA Youth Service Bureau.

**Walmart Giving** – Supporting the YMCA Trail Buddies program is the purpose of a \$1,000 grant. Trail Buddies gives people with disabilities the opportunity to enjoy the freedom and adventure of cycling outdoors by using a specially designed bike. Specifically, the funding will be used to purchase bicycles for the “Safetys” – volunteers who ride along to ensure the safety of the pedaler and rider.

**Wells Fargo** – Supporting youth programs at the Renaissance Pointe Y, YMCA Youth Service Bureau and 41 YMCA Before and After School sites is the purpose of a \$100,000 grant. The grant will help fund Early Childhood Development, School-Age Childcare, Youth Mentorship and College & Career Readiness programs for vulnerable youth.

**The Lutheran Foundation** – Providing intensive long-term mentoring, education and support to vulnerable youth to help them create a path to success is the purpose of a \$50,000 grant. Funding will be used to hire an additional Youth Advocate at the YMCA Youth Service Bureau in 2020.

**Norfolk Southern** – Promoting young children’s development at the Wells County Early Learning Center located in the Caylor-Nickel Foundation Family YMCA in Bluffton, IN is the purpose of a \$1,000 grant. Funding will be used to provide financial assistance to families that cannot pay the full fee.

## 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, Director of Mission Advancement, at 260.918.2144 or [Nicole\\_Hansen@fwymca.org](mailto:Nicole_Hansen@fwymca.org).

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