

# TURNING POINTS



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF GREATER INDIANAPOLIS

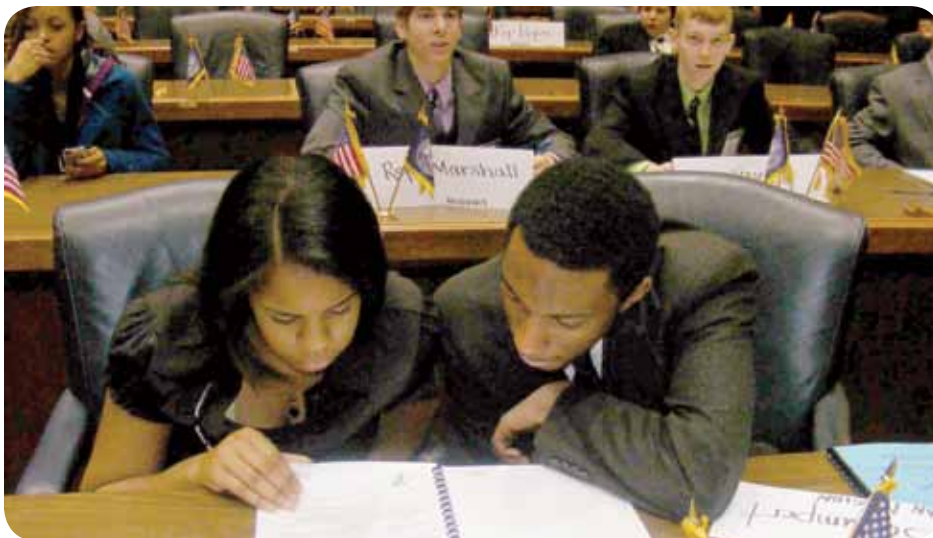
615 N. Alabama St., Suite 200  
Indianapolis, IN 46204

[www.indymca.org](http://www.indymca.org)

A newsletter for members and volunteers of the Y

Winter 2012

## YMCA YOUTH AND GOVERNMENT IT'S COOL!



Students from across the State of Indiana participated in the YMCA Youth and Government Model Legislature at the State House on January 20-22.

Nearly 200 students from across Indiana met at the State House for the annual Youth and Government Model Legislature, January 20-22. This hands-on experience allows students to participate in activities which build, encourage and strengthen character traits and leadership skills needed to become successful adults.

The Y's Youth and Government program targets middle and high school teens with the opportunity to learn how to solve community problems through a democratic process. During the Model Legislature students had an opportunity to debate bills they developed and spent time being members of the House, Senate, Courts, Press Corp. or Pages.

A \$3,000 grant from the Efroymsen Family Fund, a CICF Fund, allowed teens from the Pike YMCA to participate in the activities. House Speaker, Brian Bosma (R-Indianapolis) supported the program by sponsoring his political seat to help youth attend the event. Teens from the Baxter, Jordan, Pike, Ransburg, Urban Mission, Fishers, and Hendricks Regional Health YMCAs represented the YMCA of Greater Indianapolis during the event.

"This was a life-changing experience and I plan to continue my involvement with this program," said Mariana Tipold, Youth Governor.

For more information about the YMCA Youth and Government program, contact Colleen Horan, Associate Vice President of Youth and Family Development, at 317-713-8556 or [choran@indymca.org](mailto:choran@indymca.org).

## A NEW YEAR TO DO MORE!

By supporting the annual Y for All campaign you help guarantee that everyone, regardless of circumstance or ability to pay, can benefit from the YMCA's programs. Your commitment to this cause can help a child like Jimmy.

When Jimmy came to camp last summer, his family shared that his short life had come with many obstacles. He was living in a car because his family was homeless and eventually he entered into foster care.

Jimmy was scared to begin camp, and he struggled to open up with counselors and other campers. He would fall asleep at camp each day because it was hard for him to sleep at night since he was used to sleeping in a car. When he would awake, he was always scared and thought he was in a bad place, like he had experienced before. The counselors were there to reassure him when he awoke. Due to things that had gone on in Jimmy's life, the counselors knew that everyone would have to work a little harder to help Jimmy have a great camp experience.

As camp came to an end, everyone had noticed the difference in Jimmy's attitude. He was happy, made friends, and opened up to everyone. Most importantly Jimmy knew what it felt like to be loved. He walked around giving out hugs to everyone with a smile on his face. He also stopped sleeping at camp because he was now sleeping in his bed and having fun at camp. His foster family is adopting him so that he will always be surrounded by people that love him.

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Please be kind to the environment. When you are finished reading this newsletter, please remember to recycle.

# YMCA RECEIVES MAYOR'S "BEST OF THE BEST" AWARD FOR DIVERSITY



The YMCA of Greater Indianapolis received the Sam H. Jones "Best of the Best" Award at the 2012 Mayor's Celebration of Diversity Award. Pictured L to R: Gregory Wilson, Director, Department of Minority and Women Business Development; Eric Ellsworth, President/CEO, YMCA of Greater Indianapolis; Cheryl Watson, Chair, YMCA of Greater Indianapolis Board of Directors; Jan Clark, Sr. Vice President of Leadership Development and Human Resources, YMCA of Greater Indianapolis; Ramona Powell, YMCA of Greater Indianapolis Board of Directors, and Mayor Greg Ballard, City of Indianapolis.

The YMCA of Greater Indianapolis received the top honor on January 11 at the annual Mayor's Celebration of Diversity Awards. The Y performed best across the board in community relations, development, leadership and workforce diversity which qualified the organization to win the Sam H. Jones Award. This special award is named in honor of the first President of the Indianapolis Urban League and a tireless advocate for peace, justice and understanding of equality in the Indianapolis community.

"This is a huge honor," said Eric Ellsworth, President/CEO, YMCA of Greater Indianapolis. "As we look to the future we have a great opportunity to serve in even greater ways to make our YMCA more welcoming to all people in Central Indiana."

A special thanks to Jan Clark, Senior Vice President of Leadership Development and Human Resources, Melinda English, Associate Vice President of Recruitment and Leadership Development, Pam Staver, Manager of Administrative Support Services & Recruiting and Kathy Moreland, Senior Director of Benefits & Compensation, for their efforts in this area over the past several years. Also, thank you to the Staff Diversity Team for implementing all of the strategies to help the Y progress in the area of diversity and inclusion.



FOR YOUTH DEVELOPMENT  
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## SAVE THE DATE

Tuesday, May 1, 2012  
Heritage Club Reception  
at beautiful Laurel Hall  
4pm – 6pm  
Exclusively for Heritage Club  
members & their guests

Don't miss out! Become a member before March 30, 2012, to attend this year's special event. For more information contact Beatrice Cork, Director of Major & Planned Gifts, at 317-713-8563 or [bcork@indymca.org](mailto:bcork@indymca.org).

## TIME TO REGISTER FOR DAY CAMP!

In just a few months sunny days will be here again, so let your child get the most out of their vacation by spending time at a YMCA Day Camp! Our specially trained staff and assortment of planned activities is sure to keep your youngster happy and active all summer long.

Registration for the 2012 camp season begins February 11 and there are more than 29 camp sites to choose from. Early drop-off and late pick-up times are also available at most locations. Your child can even take a mini vacation and learn independence at our overnight camp, located on the beautiful grounds of Flat Rock River YMCA Camp in St. Paul, Indiana.

The overall goal of YMCA Camping is to help children and teens grow in spirit, mind, and body. We're sure you will find a Y camp (or combination of camps) that is a perfect fit for your child.



Register today by fax, mail, stop by your local YMCA or visit us online at [www.indymca.org/camps](http://www.indymca.org/camps) to download the brochure. Financial assistance is also available.

## MORE THAN 7,500 TOYS DISTRIBUTED DURING THE HOLIDAY SEASON

For the past 11 years, the Urban Mission YMCA has partnered with the U.S. Marine Corps. for the annual Toys for Tots drive. Toy and monetary donations are collected from YMCA members, local residents and businesses each year to provide gifts for deserving kids and teens across our city. This year's event took place on December 17 at the Indiana State Fairgrounds and more than 3,500 kids were served.

"I'll never forget meeting the mom who was so grateful that someone donated an MP3 player for her teen daughter," said Janai Downs, Program Director, Urban Mission YMCA. "Hearing their stories and seeing the impact we have on these families is the reason I volunteer each year."



Donations from the community put a smile on the face of this youngster who received a new bike for Christmas!

The Urban Mission YMCA would like to extend a special thanks to all of the volunteers and our 2011 sponsors: U.S. Marine Corps., Cloverleaf Apartments & Townhomes, DAO (Disposable Alternatives Organization), Maaco, Pike Collision, Channel 16, Instant Tax Service MyLogoUSA, Valco Health Services, Seasons Hospice, and Ron Pearson Ford.

For more information about how to help with the 2012 YMCA toy drive, contact Lashanda Lang, Youth and Family Life Director, at 317-713-8574.

## A NEW YEAR TO DO MORE!

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Won't you join our efforts to support youth development, healthy living and social responsibility through your own Y for All gift? Together, with the help of all YMCA of Greater Indianapolis locations, we will raise more than \$2.5 million. Each center has their own goal and all money raised at the center stays in that community to help those who need us most.

Donate today by sending your gift in the enclosed envelope or call Brianna Quinn, Director of Annual Giving, for more information at 317-713-8546 or [bquinn@indymca.org](mailto:bquinn@indymca.org).

# Y FOR ALL

Annual Giving Campaign

## YOU CAN TAKE CONTROL

At 83 years old, John decided to take control of his life by enrolling in the YMCA's Diabetes Prevention Program. During his 16-week sessions, he lost a total of nine pounds and is eating healthier.

John says, "This program has given me the best planned exercise and diet regimen for my lifestyle."

The Y believes that all people should be able to live life to its fullest, healthiest potential. In the YMCA's Diabetes Prevention Program a trained lifestyle coach will introduce topics in a small classroom setting and encourage participants as they explore how healthy eating, physical activity and behavior changes can benefit their health.

### How it works:

- The 12-month group-based program consists of 16 core sessions, followed by monthly maintenance sessions led by a trained lifestyle coach who facilitates a small group of people with similar goals.
- Discuss topics such as healthy eating, increasing physical activity, reducing stress, problem solving, and much more.
- Stay motivated to maintain progress towards program goals with monthly maintenance sessions.

### Program Goals:

- Lose 7% of your body weight
- Gradually increase your physical activity to 150 minutes per week.

Take control of your health and register for the Y's Diabetes Prevention Program today! For more information contact Anne Graves, Director of Health Initiatives and Partnerships, at 317-713-8548 or [agraves@indymca.org](mailto:agraves@indymca.org).



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615 N. Alabama St, Suite 200  
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Community Partner



## IN THE NEWS



Stay connected to the Y's involvement in the community 24/7. We are blessed to serve our community and we want you to see how the media is helping us share the good news! Visit us anytime at our web site, [www.indymca.org](http://www.indymca.org), select "About" and go to "In the News" to read more about the Y in the news. You can also stay connected with us on Facebook and Twitter!

# "LOVE HAS COME"

THE YMCA OF GREATER INDIANAPOLIS PRESENTS  
**44<sup>TH</sup> ANNUAL GOOD FRIDAY BREAKFAST**

April 6, 2012  
7:30 - 9:00 a.m.  
(Doors open at 7:00 a.m.)

Indiana State Fairgrounds  
Blue Ribbon Pavilion  
1202 E. 38th Street  
Indianapolis, IN 46205

**SPONSORSHIP  
OPPORTUNITIES  
AVAILABLE**

### FREE ADMISSION!

A free-will offering will be collected at the end of the event to help underwrite the cost of the breakfast.

**REGISTRATION  
IS REQUIRED AT:  
[WWW.INDYMCA.ORG](http://WWW.INDYMCA.ORG)**



FEATURED GUEST:

**MARK SCHULTZ**  
Christian Music Artist

