



STRENGTHENING CITRUS TOGETHER



INFORMING DONORS OF THE IMPACT OF THEIR GIFT TO THE CITRUS MEMORIAL HEALTH FOUNDATION YMCA

MAY | JUNE 2019

PARTNER SPOTLIGHT

CHUCK AND ALICE CHATFIELD have lived in the Citrus County community since 1998. Chuck retired from the Navy after 24 years of service and then worked as a plant and hotel operator/engineer for 20 years. Alice retired from her work in nuclear medicine working in the same hospital for 31 years. They have been very active members of the YMCA for nearly a year now.

Both are in their late 70's but aren't intimidated by a strenuous workout and are an inspiration to many members. They work out at the YMCA every weekday and take a variety of classes like conditioning drills, Les Mills Body Pump, high intensity interval training and step. Chuck and Alice don't rest after they leave the Y as one might think, rather they continue their daily exercise routine by walking their dog and typically walk up to 3 miles per day.

Chuck credits their membership at the YMCA to improving their health and quality of life. He stated "We came to the YMCA because we both had bad balance. After three months I went for my doctor's appointment and after my check-up the Physician came back into the room smiling." Chuck added, "Both of our lab tests have come back great at our last doctor's appointments!"

Alice shared that they enjoy the YMCA because of the instructors and classes. Alice said, "We get good vibes from the people at the YMCA and everyone seems to really care."

Chuck and Alice have been quilting for about two years now and have been inspired to create over 60 quilts. Chuck said, "We have never sold a single one. We took this up as a hobby and we give them away so that they can be displayed and people can enjoy them". They were inspired to create something for the YMCA because they wanted people to remember their experiences. They sought the help of Paige Bowman, a YMCA Membership Specialist, to provide tee shirts that could be included in the quilt to capture these memories. They also had some assistance from friends with adding the bands to hang the quilt and adding the backing.

The beautiful quilt hangs in the Wellness Center of the YMCA and is certainly a conversation piece for our members and community. Small hands are sewn into the pattern of the quilt, helping to tell the story of our Y and our commitment to supporting youth development through our cause.



TAKE A TOUR TODAY!

Please contact Joanna Castle, Citrus YMCA District Vice President, at jcastle@suncoastymca.org or call (352) 500-9622 if you would like a personal tour of the Citrus Memorial Health Foundation YMCA.

WAYS TO PARTNER

Did you know that you can give to your local YMCA in more ways than just cash? You can donate your time and participate in the Y's Togetherhood projects. You can also gift stock, in-kind, matching gifts through your employer, in honor/in memory, marketable securities, planned giving, or charitable trust. For more information contact Joanna at jcastle@suncoastymca.org or call (352) 500-9622.

ADVISORY BOARD MEMBER

Patrick Simon has been serving as a Y board member since 2017. You can spot Patrick at the Y every Friday working with the CREST students during



their visits and also serves on Y committees, working alongside staff to help implement and improve programs and events. Patrick has played a lead role in helping the Y enhance the Academic Enrichment program, which provides support to first grade students who are struggling academically. He has spent many hours collecting data to show the impact the program and progress of the students. He is determined to help students learn, grow and thrive in Citrus County.

PRAYER BREAKFAST



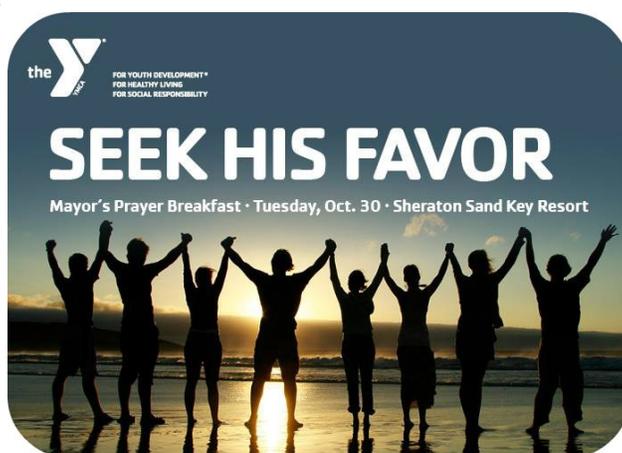
Photo Courtesy of the Citrus County Chronicle

The Citrus Memorial Health Foundation YMCA hosted its inaugural Citrus County YMCA Prayer Breakfast on Friday, April 12. In addition to joining the community in spiritual unity through prayer and reflection, about 150 guests enjoyed music, prayers and listening to the message from keynote speaker, Reverend Ray Cortese.

Reverend Ray Cortese is the pastor of Seven Rivers Church in Lecanto and has led the church since it was founded in 1984. As a nationally and internationally-known speaker, Reverend Cortese has spoken throughout Florida as well as major cities like New York, San Diego, Los Angeles and Colorado Springs. He has also ministered in more than seven different countries.

Citrus County dignitaries, such as Sheriff Mike Prendergast, former Citrus County Commissioner J.J. Kenney, Inverness Mayor Bob Plaisted, Crystal River Mayor Joe Meek and Citrus County Schools Chief Academic Officer, Dr. Scott Hebert, spoke at the event. The agenda also included presentations from other community leaders including, Pastor Larry Gamble, Jewel Lamb, Vice

President of Crystal Automotive - Motorcycle - Tractor Group and Gerry Mulligan, Publisher of the Citrus County Chronicle. The Citrus County Chronicle sponsored the event promotion for the YMCA Prayer Breakfast.



ART FROM THE HEART

The Citrus Memorial Health Foundation YMCA offers a new program called Art from the Heart. This program offers opportunities for individuals diagnosed with Alzheimer's or dementia, and their caregivers, to participate in supervised therapeutic and social meetings where they will create art or music with the support of a trained creative facilitator. Art from the Heart allows individuals living with these progressive diseases to remain active and social, to provide support to their caregivers, and to foster skills and assets that can enrich the community.

"This is why our Art from the Heart Program is so important to our community. Music will bring them back to a happier time when

they were younger, and painting will help them visualize past memories from their youth. It takes a strong person to care for an individual with Dementia or Alzheimer's, this program will give a break to the caregiver as well as the patient," explained Branch Operations Director, Sara Metz.



Photo Courtesy of the Citrus County Chronicle

ADVISORY BOARD MEMBERS

Nancy Ayres	Joe Marteski
Mike Bays	Gerry Mulligan
Joe Brannen	Mike Prendergast
Justin Brashear	Bonnie Rybak
Mike Busler	Robert Savard
Joe Cappuccilli	Patrick Simon
Scott Carnahan	Rick Snell
Johnny Cash	Jeff Swartz
Chuck Dixon	Don Taylor
Larry Gamble	Ernie Thomas
Susan Gill	Michael Tringali
Tim Graff	David White
Jay Joines	Tracy Vaughn
Jewel Lamb	Ellen Zane
Doug Lobel	