



HERNANDO COUNTY YMCA
a location of the YMCA of the Suncoast



CONNECT TO THE CAUSE

INFORMING DONORS OF THEIR GIFTS TO THE HERNANDO COUNTY YMCA

SPRING 2019

He makes our days “sonny” ...meet Oscar “Sonny” Carroll

Sonny joined our Y as a Silver Sneakers member about 5 years ago and has been volunteering with us ever since! The day after Sonny joined, he was volunteering at a table of raffle baskets that were donated by businesses in the community and he loved meeting so many members this way that he wanted to volunteer more. He attended our annual giving campaign kick off his first year and immediately wanted to become a campaigner and help raise money for our scholarships and programs. Sonny is a family oriented man and is so devoted to his beautiful wife Sally and their family. He is loved by all the children of the Y and they get disappointed on days he is not there. There is no sweeter or more giving soul than that of Sonny’s. He dedicates so much of his free time to help educate others about the Y and our mission. We are so blessed to have him as a part of our Y family.



THE WHY....

Sonny is deeply passionate about the youth in our community and loves that the Y is a Christian organization. Every morning Sonny says he wakes up and thinks “who can I help today?” It is this mentality and passion that drives Sonny to volunteer for our annual giving campaign and be such a successful campaigner. He believes in the Y and the programs and ways we give back with the dollars donated by you and the community at large. Sonny loves to see the daily impact these donations have on the individuals and families here at the Y. It inspires him to work harder each year to raise the money needed to help as many people as we can. When asking Sonny about why he continues to volunteer for our annual campaign he said, “One good deed won’t change the world but it can change one person’s world and that’s why we must continue to do this work and change as many lives as we can for the good of humanity.”



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TAKE A TOUR

If you would like a tour of our community YMCA or would like to know more information about our programs and services that are strengthening the community, contact Amber Slusser, Executive Director, at 352-688-9622 or aslusser@suncoastymca.org.

ADVISORY COUNCIL HIGHLIGHT

Meet Derek Saunier, one of our newest advisory council members here at the Y. Derek has grown up in our Y and had participated in many of our programs



such as; sports, swimming and before and after care. Derek says having these programs available kept him out of trouble and gave him a positive foundation to grow up with. Derek’s mom is a two time cancer survivor and he says the majority of her support system was right here at the Y with staff and fellow members. Witnessing that support for his mom and his family, as well as his own fond memories growing up in the Y, drove him to want to give back to the Y and the community. We are grateful to have someone as passionate as Derek on our advisory council.

YOUR DONATIONS AT WORK—MISSION IMPACT: LIVESTRONG AT THE YMCA

ADVISORY COUNCIL MEMBERS

WE HAVE A GREAT GROUP OF COMMUNITY MEMBERS THAT EXTEND THEIR SINCERE APPRECIATION FOR THE SUPPORT OF OUR DONORS TO OUR COMMUNITY Y.

CHERIE CREAMER
CREAMER CONSTRUCTION

ROB FOREMAN
OAKHILL HOSPITAL

JOEL FRITTON
HERNANDO SHERIFF'S DEPARTMENT

SETON HENGESBACH
HENGESBACH & HENGESBACH LAW

SUSAN KILEY
HERNANDO COUNTY LIBRARIES

TIA MCCORMACK
MEMBER

DEREK SAUNIER
SPRINGFIELD COLLEGE

CHRIS SCAVUZZO
BROWN AND BROWN INSURANCE

AMANDA SCHUKNECHT
NEW VISION

JOSEPH SOTOMAYOR
MEMBER

ASHLEY THOMAS
DEPARTMENT OF HEALTH

DR. EDDIE WILLIAMS
PHSC

WAYS TO PARTNER

Did you know there are many ways you can give to your local Y? How about gifting stock, matching gifts through your employer and more. For more information visit ymcasuncoast.org/give-better-us or contact aslusser@suncoastymca.org.

LIVESTRONG at the YMCA helps adult cancer survivors reclaim their health and well-being.

Benefits of Physical Activity on Health

- BETTER MOOD
- STRESS RELIEF
- MORE ENERGY
- IMPROVED APPETITE

\$0

This 12-week class is offered at no-cost to each cancer survivor.

Benefits of a Small Group on Well-being

- SENSE OF BELONGING
- SUPPORTIVE COMMUNITY
- WELCOMING ENVIRONMENT

Through your donated dollars we are able to offer an amazing 12 week program called Livestrong at the YMCA, absolutely free, to those individuals going through cancer treatment and who have survived cancer.

Our goal within the Livestrong at the YMCA Program is to provide the most supportive environment we can to individuals during treatment and beyond. Cancer takes a tremendous physical and emotional toll on those affected and their families. Studies show that physical activity helps people affected by cancer. It can reduce fatigue, boost self-esteem and improve strength and physical endurance in individuals following cancer treatment.

The program helps survivors build muscle mass and muscle strength, increase flexibility and endurance, and improve functional ability. Small groups meet with a personal trainer twice a week to participate in exercise but also to build lasting bonds and a stronger support system with those in their group. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes, and improving energy levels. A final goal is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle, not only as part of their recovery, but as a way of life.

Last year we were able to serve 30 participants in this program and we know there is a growing need based on the increase in individuals affected by cancer.

Our ability to offer this life changing program is due to donors like you and your giving hearts. We look forward to helping many more individuals become empowered and take back their lives. We truly thank you!!

LIVESTRONG AT THE YMCA

THIS 12-WEEK PROGRAM IS FREE FOR PARTICIPATING CANCER SURVIVORS

BUILD MUSCLE STRENGTH

INCREASE FLEXIBILITY

STRENGTHEN ENERGY LEVELS

IMPROVE ENDURANCE

BETTER MOOD

REGAIN. RENEW. RECOVER.