



STRENGTHENING CITRUS TOGETHER



THE IMPACT OF YOUR GIFT TO THE CITRUS MEMORIAL HEALTH FOUNDATION YMCA

JULY/AUGUST 2019

PARTNER SPOTLIGHT



STEVE AND JOYCE SCHWING are long-time supporters of the YMCA movement and are Chairman’s Round Table Level donors. Steve met Joyce at Beale AFB, Northern California, moving many times throughout his 20 year U.S. Air Force career. During this time Joyce had the desire to get healthier and wanted to lose some weight. She began working out regularly which led to her want to help inspire others to live a healthier life working as a Civilian Contractor Fitness Instructor for the U.S. Air Force. She has been providing exercise instruction for 36 years now and has helped thousands of people get stronger and feel better. Joyce is currently an agent for State Farm Insurance, Ed Buckley Agency and works for the YMCA

facilitating group exercise instruction. She has worked at the Citrus and Clearwater YMCA branches. Steve is retired from 23 years of employment at the Post Office and is an active volunteer for the YMCA.

Both Steve and Joyce are very creative and express their talents through their artwork with stained glass, carpentry, woodworking and crafts. Joyce creates beautiful seasonal wreaths for the YMCA that are displayed in the lobby for the enjoyment of members.

Steve & Joyce say they are passionate about the mission of the Y because, “The Y brings people together through fun, friends and fitness. The focus of the YMCA is on relationships and fitness just comes with it,” states Steve. Joyce shares with many people in our community the Y’s commitment to remain open to all and helps promote that the Y offers financial assistance so that everyone has the opportunity to join. Joyce states, “The Y has created one big family – all of us helping each other through donating time and funds to help those less fortunate. When I found the Y 15 years ago it felt like home.”

Steve and Joyce are devoted ambassadors of the cause and continue to bring awareness to the impact of the YMCA. They enjoy sharing the positive change that the Y is making in the community and they have helped to cultivate donations to the capital campaign that built the YMCA in Citrus County.

Steve says the Y is unique because, “It brings people together who have a common interest and it is like a community of its own that welcomes people of all backgrounds. The Y is accessible to everyone regardless of income.” Steve adds that he enjoys meeting and talking with other veterans at the YMCA and sharing their military experiences.

TAKE A TOUR TODAY!

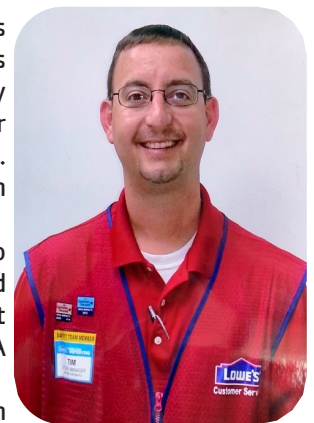
Please contact Joanna Castle, Citrus YMCA District Vice President, at jcastle@suncoastymca.org or call (352) 500-9622 if you would like a personal tour of the Citrus Memorial Health Foundation YMCA.

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 Castle: at jcastle@suncoastymca.org or call (352) 500-9622.

ADVISORY MEMBER HIGHLIGHT

Tim Graff has been serving as an Advisory Council member since 2016. Tim has been instrumental with helping to organize and provide support for YMCA Togetherhood projects which help to



strengthen communities while enabling volunteers to form meaningful connections. Tim is the Store Manager of the Inverness Lowe’s and has helped support Citrus County with many projects and donations to help improve lives. We are fortunate to have his partnership in our community and support of our cause.

LIVESTRONG PROGRAM

The LIVESTRONG program is a 12-week, evidence-based physical activity program designed with the goal of getting cancer survivors back on their feet held at the YMCA. The program includes two 75–90 minute sessions per week, which implements a combination of cardiovascular conditioning, strength training, balance and flexibility exercise.



The YMCA was one of the charities that was selected as a beneficiary of this year's 4C Golf Tournament organized by the Black Diamond Ladies Golf Association. The Black Diamond Ladies Golf Association donated over \$15,000 to the YMCA LIVESTRONG Program. "Since some of our members are cancer survivors, or are currently fighting this disease, our passion to support LIVESTRONG is deeply rooted in our charitable efforts to help others move beyond cancer in spirit, mind and body", states Demetria Cefola, 4C 2019 CCCC Co-Chair.

The LIVESTRONG program helps connect cancer survivors to share their struggles and successes, which is an important part of their healing journey. Many survivors state that their participation in the LIVESTRONG at the YMCA program is often the first time they are able to open up and connect with others who are facing the same challenges. Building supportive communities and life-long connections with other survivors is at the core of what makes the LIVESTRONG program so powerful for participants.

DUKE ENERGY FOUNDATION SUPPORTS SUMMER LITERACY FOR KIDS

Citrus Memorial Health Foundation YMCA was awarded a \$10,000 grant from the Duke Energy Foundation to promote literacy while school is out. "Funding provided by Duke Energy helps to support the YMCA Camp Readers Program," said Joanna Castle, District Vice President of the Citrus Memorial Health Foundation YMCA. "Our goal is to serve 500 children in Citrus County Y Summer Camps through Camp Readers, which provides a minimum of 30 minutes per day, five days a week of purposeful reading activities throughout the summer at camp." The YMCA Camp Readers program helps to improve the summer learning loss by motivating youth to read for fun, build general reading skills, and increase their reading confidence when they are out of school. Support provided by Duke Energy Foundation provided curriculum, books and literacy for all age groups attending camp this summer.



ADVISORY COUNCIL MEMBERS

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