



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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COMMUNITY NEWS

A semi-annual community newsletter from the New Canaan YMCA

BUILDING A STRONGER FUTURE



We are excited to share that we have recently taken an important step as we work to build a stronger future for our Y, our members, and community.

The New Canaan YMCA has submitted an application to the New Canaan Planning & Zoning Commission for approval of a master renovation plan to the existing New Canaan YMCA building.

We've heard our members' requests and feedback for upgraded facilities, and have worked to put together a renovation plan which will be able to accommodate many of these requests while we also address renovating and replacing the older areas of our facility.

The purpose of the renovation is to address aged and failing infrastructure to ensure the future functioning and safety of these areas, as well as to realign antiquated areas of the building with contemporary needs and standards.

Our leadership and closest supporters agree that the project is needed and will significantly improve our current member experience. As with any major renovation project, the Y will have to rely on the anticipated financial support of its members and the community.

Be sure to visit www.newcanaanymca.org for updates. We look forward to keeping our members and the community updated throughout this exciting process.

RENOVATION WILL IMPROVE MEMBER EXPERIENCE BY:

- Renovating a deteriorating rear half of the building
- Replacing both pools
- Renovating locker rooms
- Updating the existing gyms, and wellness areas
- Repurposing space throughout the building for families and members of all ages

FOOD FOR LIFE

The Y recently launched Food For Life, a nutrition program that gives participants the tools to enjoy and benefit from a diet rich in vegetables, fruits, and grains.

Learn more about this initiative, including recipes on page 2.



LIVESTRONG

FOUNDATION

LIVESTRONG AT THE YMCA LAUNCHES IN NEW CANAAN!

Read about the program and some of our first participant experiences on page 7.

A HEALTHIER COMMUNITY

Health & Wellness Initiatives for the Community

Fall Physician's Speakers Series

The New Canaan YMCA and Stamford Hospital have partnered this fall to offer a health and wellness lecture series available to all members of the community. The goal of the series, which has ranged in topics including food allergies, spinal pain, and even "How to Live to be 100," is to empower our community members by providing opportunities to become better informed about various health topics.

UPCOMING LECTURES

Wednesday, November 13, 6:30-8:00 PM: "Digestive Health and Illness"

Gastroenterologist Dr. Sarah Kahn will cover the various topics regarding digestive health and the different illnesses involving the digestive system.

Thursday, November 21, 1:15-2:30 PM: "Common Injuries in the Athlete"

Dr. Edward Feliciano is an expert in the area of Orthopedic Medicine and will discuss, awareness, prevention, and treatment of common injuries in athletes.

Wednesday, December 11, 6:30-8:00 PM: "Food Allergies and You"

Dr. Paul Lindner is a specialist in the field of Allergies and Immunology and is the Director of the Allergy and Asthma Center of Stamford. Dr. Lindner will discuss the important topic of food allergies, what we need to know, and how to manage them.

Thursday, December 19, 1:15-2:30 PM: "Varicose Veins and Leg Pain"

Vascular Surgeons Dr. Timothy Manoni, Dr. Stephen Bauer, Dr. Johnathan Bowman will discuss the latest information on arterial and venous disorders and therapies.

All seminars are free and open to the community. Seminars are held in the Williams room at the New Canaan YMCA. Refreshments will be served. Advance registration required.

To register, call Stamford Hospital Call Center at 1-877-233-WELL (9355)

FOOD FOR LIFE

Our Y introduced the award-winning nutrition program, Food For Life, to our community this fall. Food For Life was designed by physicians, nurses, and registered dietitians through the Physician's Committee for Responsible Medicine (PCRM). The program focuses on the lifesaving effects of a diet rich in vegetables, fruits, grains, and legumes.

Each class includes information about how certain foods and nutrients work to promote health, along with cooking demonstrations of simple and nutritious recipes that can be recreated easily at home.

To learn more about the Food For Life initiative, visit www.pcrm.org.

To learn more about the Food For Life program in New Canaan, contact Bridget Philipp at 203-966-4528, ext. 126.

Healthy, Delicious, and Easy-to-Make Recipes!

Banana Muffins

Makes 18 muffins

2 cups whole-wheat flour	1/2 cup raisins (optional)
2 cups oat bran	2 cups mashed ripe bananas
4 teaspoons baking powder	1/2 cup unsweetened apple juice

Preheat oven to 350°F.

Sift flour, oat bran, and baking powder together. Add raisins, if using. Add banana and apple juice and stir until just mixed. Spoon the batter into 18 non-stick muffin cups and bake for 30 min. or until lightly browned.

Veggie Fajitas

Makes 6 servings

1/4 cup Vegetable Broth or water	3 bell peppers (red, yellow, green, or a combination), seeded & sliced into strips
1 onion, sliced into strips	6 whole-wheat tortillas
1 teaspoon ground cumin	1 cup salsa
2 15-ounce cans black beans, drained and rinsed	

Heat broth or water in a non-stick skillet. Add onion and cook until translucent. Add cumin and bell peppers. Cook over medium heat until peppers are tender.

Heat beans in microwave for 1 minute.

Place tortilla in a large skillet over medium-low heat. Add 1/2 cup of heated black beans and 1/2 cup of the onion and pepper mixture. Fold tortilla in half, over the beans and vegetables, and cook for 3 minutes. Remove from heat and garnish with salsa. Repeat this procedure with the remaining 5 tortillas.

Recipes provided by www.pcrm.org

COMING TOGETHER

Our Community Comes Together to Enjoy Special Events

2013 ANNUAL CIRCUS

Over 1,800 children, adults, and families from our community enjoyed a day at the circus this June. The event raised over \$25,000 which supported the Y's Financial Assistance Program and the Kiwanis Community Fund.



COMING TOGETHER TO "SIT AND KNIT"

If you walk by the Williams Room at the Y on a Wednesday between 1:30 and 3:00 PM, you'll hear a mix of laughter and knitting needles. Our Sit and Knit group is growing each week for knitters of all abilities—from beginners to advanced—to come together to enjoy knitting and good company. Sit and Knit is free and open to all to drop by!



2013 HALLOWEEN CELEBRATION

New Canaan families celebrated Halloween at the Y's annual Halloween Party on October 27. Attendees enjoyed Halloween games, fire truck rides, trick-or-treating, and the "Great Pumpkin Rodeo," which was new this year and a huge hit!

SAVE THE DATE!

Holiday Crafts with Santa
Sunday, December 8, 2:00 - 4:00 PM
Event is free and open to the community.



NURTURING THEIR POTENTIAL

A Look at What our Community's Y Kids Have Been up to



Autumn is in full swing in our **Kids Unlimited** after-school program. The school year kicked off with a "Get to Know You" family dinner on September 24. Families were invited to enjoy dinner together with their classmates, getting to know each other and looking forward to an exciting year ahead.

In October, the hallway to KU was filled with the scent of fall as we made and enjoyed Miss Suzy's delicious pumpkin pancakes.

Toddlers in our full-day childcare program, **Rainbow Station**, have been enjoying the beautiful fall weather this year. The class has been taking nature walks, which have been providing a wonderful sensory and cognitive experience by learning about nature, textures and colors. The children as a group, enjoyed making a leaf sun catcher using sticky paper and gluing leaves on their own handprint tree. Additionally, the class has been exploring items such as pinecones, acorns, and leaves in their science center.



The four-year-old class of the **Y's Little Owl Nursery School** went on a pumpkin picking adventure this fall. After a short walk through the "Spooky Forest" our class came upon a "pumpkin patch" right in the Y's backyard. The children practiced counting the pumpkins and then they each got to pick their own to take back to the classroom, where they then got to paint their pumpkin to help decorate for Halloween.



OUR SUMMER AT CAMP

We had a great summer at camp this year, with over 600 kids meeting new friends, learning new skills, building self-confidence, and making summer camp memories that will last a lifetime.



DEDICATION PERSEVERES

Recent News from our Community's Aquatics Teams

Our swimming and diving teams each had exciting and inspiring visitors this fall who demonstrated how hard work and determination can help achieve your goals both in and out of the water.

Good Morning America Anchor, Lara Spencer, visited our **Whirlwind Diving Team** at the beginning of September. Lara filmed a segment where she put her All-American Collegiate diving skills back to use. With her family, friends, and some members of our Whirlwind Diving team cheering her on, Lara did an amazing job getting back on the board. It was an exciting and inspiring afternoon for our young divers who were able to witness first hand how the sport of diving had helped shape the path that has led to Lara's success.



Congratulations to Jen Muzyk, the Head Coach of our **Aquianas Synchronized Swimming Team**, who was recently named Developmental Coach of the Year by USA Synchro.

Jen has been a coach at the New Canaan YMCA for 13 years. Under her leadership, the Aquianas sent 43 girls to compete at the U.S. Age Group National Championships last year, had two former swimmer make the 2012 U.S. Olympic team, and has prepared 15 girls to compete at the collegiate level in the last six years.

Judy McGowan, President of USA Synchro commented, "The positive way she interacts with her athletes is admired by everyone. USA Synchro is proud to select her as this year's Developmental Coach of the Year."

Before sharing her love of the sport as a coach, Jen spent a great deal of time in the water herself. She was an All-American Collegiate swimmer and even trained with the Aquianas team in high school.



On September 28, our **Caimans Swim Team** was visited by Olympic Gold Medal swimmer, Garrett Weber-Gale. During his visit, Garrett hosted a swim clinic for our team members, providing insight on stroke mechanics. Garrett also hosted a healthy cooking demonstration and Q&A session. An informational session was also held for our Caimans parents, making the morning motivational, insightful, and inspiring for our Caimans families.



A NEW SPORT IS COMING TO OUR Y.... INTRODUCING PICKLEBALL!

Pickleball is currently the fastest growing sport in America and we're bringing it to our Y!

Everyone can play!

Pickleball is a sport that can bring family and friends together and be played by youth, adults, seniors, and members with special needs. It's easy to learn, play, and creates minimal stress on the joints. This exciting new game offers competitive play and crosses generational lines. It's a great workout and can be as intense as you like, making it accessible for all!

Give it a try!

Come experience Pickleball for yourself! Stop by our Front Desk to sign up for a Pickleball demo and learn how to play this popular and exciting sport.

OPEN PICKLEBALL AVAILABLE IN THE SOUTH GYM BEGINNING DECEMBER 2.

Scan below to watch the official Pickleball video!



CELEBRATING ABILITIES

Our Special Needs Community Enjoys New Programs and Opportunities

The special needs community within our town continues to grow, both in numbers and in strength, and the Y is proud to serve as a resource for so many of these individuals and their families.

Through proceeds raised from the 2013 All Out For Autism race, equipment has been purchased to offer a new Sensory Gym Fitness program this winter at the Y. This sensory station is a new focus in the popular Higgins Gym and features the flexibility of focusing on multiple themes based on an individual's ability and need.

Focuses will include balance, gross motor exercise, and sensory stimulation, with examples of activities including a new balance board, body sock, stepping stones, mini trampoline, etc.

Also new to the department is a drop-in theater workshop program. Led by a YSN parent volunteer, this program focuses on social interaction, creative expression, and group cooperation. Participants first gather for dinner, then through games and activities, individuals learn to use gesture to communicate ideas. To close each session, participants act out different scenes together as a group.

Finally, coming this spring, New Canaan will be home to the first special needs lacrosse program in Connecticut.

The Y's Wildcats inclusive sports program, which has previously featured basketball and baseball, will offer the popular sport this spring. Just as with the other Wildcats sports programs, this lacrosse program will encourage

participation by both individuals with special needs and peer buddies who will play together.

Director of Special Needs Programming at the Y,Carolynn Kaufman, commented, "We feel offering a variety of programs to our special needs community is incredibly important so we can serve all abilities and interests. We are very excited to bring the sport of lacrosse to our special needs community this spring. With these new programs, in addition to our existing offerings, there's really something for everyone!"

To learn more about the Y's Special Needs department, contact Carolynn Kaufmann at ckaufman@newcanaanymca.org.

Thanks to gifts made to the Y's Annual Support Campaign and the annual golf tournament, the New Canaan YMCA presently serves over 100 individuals with special needs and their families.

5TH ANNUAL ALL OUT FOR AUTISM 5K



The Y was once again proud to partner with New Balance New Canaan and SPED*Net New Canaan to present this year's 5th Annual All Our For Autism 5k event. Over 600 people participated in the event, which raised over \$10,000 for our Y's Special Needs Department.

GIRLS ON THE RUN GROWS STRONGER IN FAIRFIELD COUNTY

The New Canaan YMCA is the proud sponsor of Girls on the Run Fairfield County with programs currently available in 12 schools. Through this life-changing, experiential program, girls in grades 3-8 participate in lessons and activities which instill confidence, respect for others, and teamwork, while preparing for a 5k event.

Scan to the right to watch Girls on the Run in action.



STRONGER TOGETHER

LIVESTRONG at the YMCA Launches in New Canaan

The Y proudly introduced LIVESTRONG at the YMCA this fall. Seven cancer survivors, ranging in age from 45 to 78 have been participating in the pilot program. Participants meet twice a week at the Y and work with two LIVESTRONG certified Personal Trainers. The group enjoys working out together in the Wellness Center, trying Y classes based on their interests, learning meditation and relaxation exercises, stretching, and no matter what type of exercise they are performing, they can always be seen enjoying interacting with each other.

Just five weeks into the program, one participant, who is a breast cancer survivor shared, "I can see a difference in every person. I think everyone has gained something, whether physical or psychological."



Another participant, who is currently undergoing chemotherapy treatment for lung cancer added, "The instructors have been so welcoming, caring, and dedicated to helping each of us. They go above and beyond."

Many of the participants also shared that they have been able to implement tips and exercises they have learned from the program outside of the Y, whether exercising at home or remembering to stand up straight when at the grocery store.

LIVESTRONG

FOUNDATION

LIVESTRONG at the YMCA Personal Trainer, Deb Kozar, shared some of her advice that she gives to the group, "It's about knowing what your body can do... not what it can't. There's also a mind-body connection, the more you do, the more you can do."

To date, the LIVESTRONG at the YMCA program is available in over 145 Y's throughout the country and has helped more than 13,000 cancer survivors. The program is available to any cancer survivor within our community and is offered at no cost. To learn more about the LIVESTRONG at the YMCA program at the New Canaan YMCA, contact Diane DiBella at ddbella@newcanaanymca.org.

CHANGING LIVES A WORLD AWAY

FACING THE FUTURE KIBERA, KENYA

Facing the Future has been very busy expanding their facilities to keep as many children active and alive as possible, providing them with a safe place to go each day so that their caregivers can work. With the help of our Y and through generous member contributions, FAFU has grown to presently serve 300 children and has just completed a second school. A medical facility has also been built on site with a trained nurse for the children.



YMCA OF PERU

Two members of our Y's staff recently joined 15 other adults and children from other Y's for an Intergenerational/Family-based Mission Trip this past August. Our mission was to work with the Y of Peru to help the poor and hungry in their community. Our suitcases were filled with boxes of band aids, antibiotic creams, toothpaste, and other essentials, which we assembled for medical kits and distributed to more than 300 families in Peru's poorest neighborhoods. Families also received warm blankets and meals. In addition to doing all of this important work, we set out to meet with the YMCA of Peru leadership, to learn about their

Y's programs, and begin learning how we can work together to overcome socioeconomic barriers, programmatic challenges, and celebrate cultures by educating and immersing ourselves in different communities.

It is our hope that our work in Peru this past August was the beginning of a new partnership and a long-lasting relationship with life-changing experiences between the New Canaan YMCA and the YMCA of Peru. We look forward to keeping you posted as we develop this partnership.

To learn more about our work in Kibera or Peru, to make a contribution, or to join our International Committee, please contact Nicki Jezairian at njezairian@newcanaanymca.org.



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EVERYBODY BELONGS HERE

Our Y's Annual Support Campaign

Membership and program fees alone do not allow the Y to fulfill our charitable mission of community service. We count on the generosity of our members and the community to help people of all ages and from all walks of life be more healthy, confident, connected, and secure. When you give to the Y, your gift will have a meaningful, enduring impact right here in your own community.

To learn more or make a gift, visit www.newcanaanymca.org or phone the Development Office at (203) 966-4528, ext. 142.

Thank you for considering the Y in your year-end charitable giving plans!

SAVE THE DATE!

November 22, 7:30AM-12:30 PM: Dante's 100th Birthday Celebration! Join us for breakfast or lunch as we celebrate one of our favorite check-in attendants!

December 2: Winter programs begin.

December 8, 2:00-4:00 PM: Holiday Crafts with Santa! Kick off the holidays as a family with games, crafts, and fun with Santa. Event is free and open to the community.

STAMFORD HOSPITAL HEALTH LECTURES:

November 13, 6:30-8:00 PM: "Digestive Health and Illness"

November 21, 1:15-2:30 PM: "Common Injuries in the Athlete"

December 11, 6:30-8:00 PM: "Food Allergies and You"

December 19, 1:15-2:30 PM: "Varicose Veins and Leg Pain"

To learn more about what our Y is doing to strengthen our community, or to get involved, visit us online at www.newcanaanymca.org.