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Fall 2011

PEDALING FOR PARKINSON'S COMING TO GREATER CLEVELAND YMCA



Pedaling For Parkinson's

The YMCA of Greater Cleveland is developing a new program for victims of Parkinson's Disease with the help of a Cleveland Clinic physician, Jay L. Alberts, Ph.D., who is a staff member in the department of Biomedical Engineering Center for Neurological Restoration.

Called Pedaling for Parkinson's, it is hoped the new program will debut in January 2012.

What Is Parkinson's Disease?

Parkinson's disease is caused by a breakdown in the nerve cells of the brain. The affected nerve cells do not produce enough dopamine, which affects a person's ability to move the way they want to.

Tremors, stiff muscles, slow movement, and trouble with balance or walking are all symptoms of Parkinson's disease.

In time, Parkinson's affects muscles throughout the body, leading to difficulty swallowing, difficulty in digestion and with facial movements, and dementia in some cases.

Pedaling for Parkinson's

Pedaling a bicycle may change the life of someone with Parkinson's disease.

Research conducted at the Cleveland Clinic showed a 35 percent reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace, optimally 80-90 revolutions per minute.

Although fast pedaling is not a cure for Parkinson's disease and should not be touted as such, there is compelling evidence to show that it does make a real difference for many who try it.

An Example and a Success Story

Nan Little was 62 in 2008 when she was diagnosed with a mild case of Parkinson's disease.

She learned about the research being done by Dr. Alberts which demonstrated the positive effects of fast-paced cycling on the disease.



Nan Little

PARMA HEIGHTS IS SITE OF NEW YMCA CHILD CARE SITE

The YMCA of Greater Cleveland has a new full-day pre-school and after-school program site in Parma Heights.

The new effort began August 29 at Divinity Lutheran Church, 11877 Blossom Avenue, just west of York Road.

"We're very excited to be able to serve the residents of the Parma area with this new program," said Director of Child Care Operations Amanda Showman. "The church was also the site of our very successful Parma area summer camp for the first time this year."

FALL MEMBERSHIP CAMPAIGN: YOU BELONG HERE

The YMCA of Greater Cleveland has brought back their popular \$0 joiner fee deal from last winter.

From Aug. 22 to Oct. 9, new members pay a \$0 joiner fee! Plus, current members who sign up their friends and family receive \$25 for each new member (limit \$75).



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Valerie McCormick of Shoes and Clothes for Kids with Charter One reps and Y staffers.



YMCA of Greater Cleveland Licensed Child Care Director of Operations Amanda Showman hands out backpacks at Divinity Lutheran Church in Parma Heights.

Y Summer Campers get free backpacks from Charter One and Shoes/Clothes for Kids

Campers enrolled in three Greater Cleveland YMCA summer camp locations were the recipients of new backpacks filled with school supplies on Thursday, August 18.

The backpacks and supplies were courtesy of Charter One Bank and Shoes and Clothes for Kids.

The distribution concluded the Gear For Grades campaign, an initiative designed to provide new backpacks filled with school supplies to 2,000 children in Cuyahoga County.

Over a three-week period recently, Charter One employees, customers and area residents donated school supplies at Cuyahoga County Charter One branches for the project. The backpacks were purchased with a grant from the Charter One Foundation.

YMCA campers attending camp in Lakewood, Cleveland and Parma Heights were the grateful recipients.

Major gift paves the way for new and upgraded fitness equipment

New and upgraded fitness equipment has arrived at the YMCA of Greater Cleveland thanks to a major gift from the Miller Family Charitable Trust.

The trust was established by the late Paul and Kathryn Miller, who were members of the Geauga Family YMCA in Chardon. Their donation of \$800,000 allowed the Geauga branch to purchase new fitness equipment. The YMCA of Greater Cleveland then bought out the lease on the current Geauga branch equipment, thus allowing equipment at other Greater Cleveland YMCA branches to be upgraded.

YMCA branches receiving upgraded equipment included Downtown, Euclid, Hillcrest, Southeast, and West Park-Fairview.

The equipment is now in place at all locations and a grand re-opening event to celebrate was held at 10:30 a.m. on Saturday, September 10 at the Geauga branch.

Similar grand re-openings were held at the Downtown, Euclid, Hillcrest, Southeast and West-Park-Fairview Family YMCA branches on Saturday, August 20.

"We are deeply appreciative of the generosity of the Miller family in making this substantial gift to our Geauga branch," said Glenn Haley, CEO and president of the YMCA.

The Miller Family has a long history of philanthropy with the



Community members and branch staff at the Euclid grand re-opening of the fitness center.

Gaugua Family Y. Through the years, they have contributed more than \$2 million to the Chardon facility, which opened in 2003.

The Gauga Family Y Fitness Center is named in memory of William F. Miller, Sr., through the generous gifts of his family: Mr. and Mrs. Paul C. Miller, Sr.; Mr. and Mrs. Paul C. Miller, Jr.; Richard and Joyce Burke; James and Joanne Collins; the Randy and Kathy Mattson family; and the William and Dee Dee Miller family.

William F. Miller, Sr., was President of the Johnson Rubber Company from 1946-1979. He served as the company's Chairman of the Board from 1969-1979 and Honorary Chairman of the Board during 1979-1980.

Mr. Miller was born in 1888 and passed away in 1986.

RONALD MCDONALD DENTAL TRUCK VISITS THE COLLABORATIVE

The Euclid/ Hillcrest Family-to-Family Collaborative teamed up in July with University Hospitals to bring the Ronald McDonald Care Mobile to the Euclid Family YMCA.



Free dental screenings and exams were offered to children 3 years of age through the sixth grade with immediate dental care. All services were offered on board the Care Mobile and were provided free of charge.



The Collab guides individuals and families to services that are available in their community. Wraparound and Prevention services are available to residents of Euclid, Euclid-Green, Richmond Heights, Lyndhurst, South Euclid, Highland Heights, Mayfield Heights, Mayfield Village and Gates Mills. The Collaborative staff also acts as a liaison between neighborhood

organizations, agencies, service providers and resources.

PEDALING FOR PARKINSON'S

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"Dr. Alberts sent me the protocols, emphasizing the importance of maintaining a pace of 80-90 r.p.m. (revolutions per minute) for 40 minutes, three times per week, and keeping my heart rate at 60-80-percent of maximum," said Little.

Little rides her bike daily – she is a member at the YMCA of Snohomish County in Everett, WA.

Alberts invited her and her husband to take part on the "Pedaling for Parkinson's" team in a bike ride in a 450-mile trek across the state of Iowa.

"The dramatic change in my symptoms correlated directly to my bike time, particularly when I committed to the pace of 80-90 r.p.m.," she said. "Both the mental and physical symptoms have been alleviated significantly, and have not progressed."

The Goal in Cleveland

Through this program, the YMCA of Greater Cleveland will become the national training arm for the Pedaling for Parkinson's program. As it is being structured, the Greater Cleveland Y will have exclusive rights to conduct of trainings for the next three to five years.

Pedaling for Parkinson's will roll out at three Greater Cleveland YMCA locations in January 2012: East, West and Downtown.

For more information on Pedaling for Parkinson's, visit the web site at www.pedalingforparkinsons.org.

DURST IS NEW TO CORPORATE BOARD

Kevin Durst, corporate controller for Cleveland's Ferro Corporation, is the newest member of the YMCA of Greater Cleveland Board of Directors.

Mr. Durst has 25 years experience as a financial executive and business advisor.

He is currently responsible for all accounting and financial reporting for Ferro Corporation, a \$2 billion publicly held international manufacturer of specialty materials. He also is responsible for overseeing mergers and acquisitions activities for the firm.

Mr. Durst is a graduate of Cleveland State University, where he earned an MBA in finance in 1991. He completed his bachelor's degree in business administration in finance and international business at The Ohio State University in 1986.

YMCA OF GREATER CLEVELAND LEADERSHIP

Glenn Haley
President and Chief Executive Officer

Ali Syed
Chief Financial Officer

Maurice L. Horsey, III
Group Vice President

Nichol Higdon
Vice President of Organizational Development/Human Resource Services

Toni Kayumi
Vice President of Financial Development and Government Relations

Rick Haase
Vice President of Marketing

Joe Cerny
District Executive Director

Alexandria Nichols
District Executive Director

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Students pick up free school supplies at the Back-To-School Rally at the Euclid Family YMCA in August.



Manning the information booth at the Euclid Back-To-School Rally August 12.

BACK-TO-SCHOOL RALLIES HOSTED AT MULTIPLE Y BRANCHES

Each summer, the Y makes sure that students in Northeast Ohio head back to school well-supplied with the tools they need to succeed.

The Association hosts back-to-school rallies at its branches throughout the region, relying on the generosity of donor businesses and members to provide free school supplies to students.

Everyone is encouraged to assist in the effort.

Over the years, the rallies have employed buses for Fill the Bus events and combined the rallies with Health Fairs and parent and teen seminars. The drives often incorporate events and activities focused on supporting families in the education of their children.

In 2010, more than 1,000 bags of school supplies were distributed to students thanks to generous donations of individuals, corporations and churches.

"The YMCA understands that education is a very key factor to achieving goals and has committed resources, staff and volunteers to assist in hosting back-to-school rallies and supply drives," says Glenn Haley, CEO and president of the Greater Cleveland Y. "It is very much a community event and engages the help of many volunteers and partners to make it happen."

The Euclid Family Y and the Southeast Family Y both hosted their Back-To-School Rallies in August. The Downtown Branch event was held Sept. 10.

Sponsors over the years have included National Safety Apparel, Wellcare, NEON, Tri-C, God's House of Restoration Church, Frank Koenig, Verizon Wireless, Radio One, 100 Black Men of Greater Cleveland, Clevelanders in Motion, Cleveland Public Library, Upward Bound, 4 Kids Endowment Foundation, Employment and Family Services, Girl Scouts of Northeast Ohio, Berea Children's Home, Euclid Lutheran Church, Our Lady of the Lake, R.A.D.'s and More, Job Corps, Kiddie City, Euclid Fire Department, Pizza Pan, SIMS, Rick Case Honda, Euclid PPG, TAPS Sport's Bar and Grill, Euclid Councilwoman Kandace Jones, and Carol and Ken Nicolai, to name a few.

MEMBERS WIN PRIZES IN SUMMER CAMPAIGN

Geauga Family YMCA member George Zehnder, center, with Lead Member Service Representative Amy Prots, left and branch director Alexandria Nichols. Zehnder won an Apple I-Pod Touch in the summer membership campaign.



Ridgewood Family YMCA Program Director/Director of Operations Cory Woner presents member Nicole Schofield, a resident of Parma, with the Indians gift basket she won as a part of the Y's summer referral campaign.

