

PRESIDENT'S NEWSLETTER



A Monthly Update for Friends of the
YMCA of Metropolitan Lansing

119 N Washington Sq
Lansing, MI 48933

JANUARY 2018



Dear Friends,

Here are a few highlights of what's happening at the Y:

CHANGING LIVES FOR THE BETTER

This year the Healthy Living Mobile Kitchen officially became a year round provider of food. This program would not be possible without the great partnerships with Sodexo Magic, the City of Lansing, and Lansing School District. One of our sites is Bethlehem Lutheran Church. Bethlehem Lutheran Church is located in the Baker Denora neighborhood and is providing indoor space to offer meals to kids when there is no school. When school is not in session, it becomes a critical time to ensure kids have access to meals.



BE APART OF SOMETHING BIGGER

The Special Olympics of Michigan is running a few pilot program sites across the state that explore new ways to incorporate Special Olympic Athletes into main stream health and wellness opportunities. The YMCA of Metropolitan Lansing was selected as one of these sites and we have successfully completed the first 12 week session and start the second session in January. The goal is to educate athletes on physical activity, nutrition and to improve their personal wellness.



MEASURABLE PROGRESS UNLIMITED SUPPORT

The Turning Point Program helps breast cancer survivors once they have been diagnosed and throughout their lives to improve their emotional, physical and overall quality of life. This program is held at all five Y's in Lansing and is a three day a week program. This program does more than just focus on health and wellness, they also do fun activities like Painting with a Twist and weekend retreats at Mystic Lake Camp. The ladies in this class are not only supportive of each other, they are also friends.



GOOD HEALTH GOOD BUSINESS

As part of our Corporate Wellness Initiative, Dean Transportation signed on as a partner to help provide opportunity for all Dean Transportation staff to learn and have access to the Y. Through this partnership, not only does Dean Transportation pay for a portion of their staff's Y membership, they also support Lunch & Learns around nutrition, weight management, healthy recipes, diabetes and pre-diabetes programs.



With your continued support, we are able to nurture the potential of kids, improve our communities health & well-being and give back to support our neighbors. Thank you for helping the Y strengthen the foundations of community.

Sincerely,

Jeff Scheibel
CEO/President
YMCA of Metropolitan Lansing