



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PRESIDENT'S LETTER

Edward G. Munster • December 2011

## BOARD MEMBER WELCOME

We welcome our newest Metro Y board member. **Kerry Kohlen** is president of **Kaiser Permanente of Georgia**, where he is responsible for the operations of the state's largest nonprofit health plan. Kerry began his Kaiser Permanente career in southern California directly after high school graduation. Over the past 35 years, Kerry built his career within the organization. Prior to his current Georgia role, he served as senior vice president of operations. Kerry earned a bachelor's degree in finance and an M.B.A. from California State University. He has two sons and one daughter.

## 2011 VOLUNTEERS OF THE YEAR

Led by the Cherokee High School pep band and cheerleaders, 1,200 people attended Y High's pep rally & annual volunteer recognition dinner. **'Coach' Alan Murray, Marsh USA**, served as emcee. This year's honorees included: **Carol Cookerly**, founder and president of **Cookerly Public Relations**, who received the Bransby Christian Leadership Award; **Bill McLendon**, recent **Deloitte** retiree, recipient of the Kellogg Branch Champion Award; and, **Dave Stockert, CEO and president of Post Properties, Inc.**, who is the YMCA of Metro Atlanta volunteer of the year. Congratulations to all 2011 volunteers of the year.

## IMPROVING ATLANTA'S HEALTH AND WELL-BEING

**Dr. James Annesi, director of wellness advancement** and developer of our health promotion protocols, was accepted as a Fellow in the *American Academy of Health Behavior* which serves as the research home for health behavior scholars and researchers whose primary commitment is to excellence in research and the application of research to improve public health.

More than 8,700 children and adults participate in THE COACH APPROACH: An Exercise Support Process®, Youth Fit For Life™ and Start For Life™, **research-to-practice programs** developed by the YMCA of Metro Atlanta. *Health Psychology Review* and the *International Journal of Behavioral Medicine* recently published reviews including Youth Fit For Life™, done in cooperation with the University of Texas at Austin Division of Statistics and Scientific Computation, and Oxford and Loughborough Universities in the U.K. The meta-analyses compared Youth Fit For Life™ to all other researched obesity prevention interventions for children over the last 25 years. **Youth Fit For Life™** was in the **top 10 percent for weight management** results and the very **strongest for increasing kids physical activity during their free time**. Unlike most of the other evidence-based programs, it had the benefit of being delivered on a large scale without the need for physical education specialists.

## LOCAL YS PARTICIPATE IN WELCOMING HISPANIC FAMILIES

Four local Ys are part of a national Y program, funded by the **Goizueta Foundation**, to expand YMCA early learning and after-school programs for underserved **Hispanic and Latino children and their families**. The Cowart Family/Ashford Dunwoody Y, Ed Isakson/Alpharetta Y, Robert D. Fowler Y in Peachtree Corners, and the J.M. Tull-Gwinnett Y in Lawrenceville will provide additional support for families and children ages five to eight, through the program and will extend support to family, friends and neighbors who serve as informal caregivers to children ages birth to five. These Ys will continue to focus on ensuring access, inclusion and engagement of all, and lifting up early childhood education as a key program area for the Y.

Sharing news and events with friends of the YMCA of Metro Atlanta

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## HELP SOMEONE YOU LOVE BEAT THE ODDS

Most people with prediabetes don't know it. That's about one in three American adults. If you have a family member or friend who may have prediabetes, share this information with them today. **Improved health and support** are available to them at the Y! The **YMCA's Diabetes Prevention Program** helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles to reduce their chances of getting the disease.

- It is a 12-month lifestyle behavior intervention program of 16 initial core sessions followed by monthly maintenance sessions.
- Classes throughout metro Atlanta are registering now at a Y near you.
- You don't have to be a Y member to register. The program is open to all who qualify regardless of insurance status.

To qualify, you must be at least age 18, overweight (BMI >25/> 22 for Asian individuals), and at high risk for developing type 2 diabetes or diagnosed with prediabetes. Call 404-527-7690 for more information and to see if you qualify.

## COMMUNITY IS OUR CAUSE

Atlanta's largest cause-driven golf event was held October 3 & 4, 2011. The Y partnered with Canongate Golf Clubs to offer great golf on premier courses and to enrich the lives of kids and teens through youth development programs. This two day, four-course golf event had more than 500 players and 100 volunteers. We appreciate the support of Hole-in-One Sponsor AT&T along with the many event and hole sponsors.

Through philanthropic initiatives and collaboration, AT&T and the AT&T Foundation support projects that create opportunities, make connections and address community needs where we — and our customers — live and work. Education is AT&T's key philanthropy focus, helping students succeed in school, in the workforce and in life. In 2010, AT&T and its employees contributed more than \$8.5 million through corporate, employee and AT&T Foundation giving programs in Georgia. Last year AT&T awarded 13 single or multi-year grants in Georgia, valued at \$809,797, and also provided the opportunity for 3,176 students in Georgia to job shadow employees, giving them the chance to see first-hand the skills they need for future success.

Special thanks to board members **David Haight** at **AT&T Mobility** and **Joe Guerra** of **Canongate Golf Clubs** for their commitment to strengthening the foundations of community. Stay tuned for the 2012 dates.

## A FOND FAREWELL

I've heard it said that the task ahead of us is never as great as the power behind us. Our Y has benefited from the enormous power of **Robyn Furness Fallin**, chief development officer, and she will be greatly missed. Robyn is moving to California to be the executive vice president for innovation and strategy at the Silicon Valley YMCA in San Jose. In her 18 years with the YMCA of Metro Atlanta, Robyn has forged significant relationships with volunteers, community leaders and staff. She has equipped, counseled, taught, and, yes, even preached to us about philanthropy ... and she is leaving us with the momentum that will carry us forward and impact this Y for years to come. Robyn's commitment and love for Atlanta will never leave. Her contributions and legacy of leadership are significant. Thank you, Robyn, for your compassion, loyalty, humor, strong moral compass, and love. Godspeed to you and your husband, Bill. We are forever grateful.

I hope the Christmas season inspires each of us to give a little of what we have, to share a little of who we are, to help make this the kind of world that it was meant to be. From all of us at the YMCA of Metro Atlanta, may your holidays be filled with memories to savor, reasons to smile and moments to celebrate.



**The Y is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community.**