



PRESIDENT'S LETTER

Edward G. Munster

SHARING NEWS & EVENTS WITH OUR COMMUNITY

APRIL 2011

Y KICKS OFF DIABETES PREVENTION PROGRAM

Georgia's diabetes rate is among the highest in the nation. One in 10 adults has been diagnosed with diabetes, and many more with diabetes are unaware of their status. Preventing diabetes can save lives and health care costs. If you are at risk of developing type 2 diabetes, the **YMCA's Diabetes Prevention Program** can help you adopt and maintain healthy lifestyles that will help to reduce your chances of developing diabetes. The program is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person diagnosed as prediabetic can **prevent or delay the onset of type 2 diabetes** by 58 percent.

Trained lifestyle coaches help participants modify their lifestyles by teaching them about healthy eating, physical activity and other behavior changes during 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress. Program goals are to reduce body weight by 7 percent and to increase physical activity to 150 minutes per week.

The YMCA's Diabetes Prevention Program is offered as part of the Diabetes Prevention and Control Alliance, a subsidiary of UnitedHealth Group. DPCA offers the program to insurers and employers who wish to make it available to those they insure. Individuals can join the program as self-pay participants. Visit www.ypreventdiabetes.org to see if you or someone you know may be at risk for developing diabetes or prediabetes. Or, contact Linda Vaughn, YMCA Diabetes Prevention Program coordinator, at 404-527-7690 or preventdiabetes@ymcaatlanta.org.

A NEW Y IN STONE MOUNTAIN

DeKalb County and the YMCA of Metro Atlanta are public/private partners working together to enhance opportunities for youth development, healthy living, volunteering, and giving back to residents in the Stone Mountain area. Cities and counties across the country continue to partner with the Y as they realize the long-term costs of operating and maintaining recreation facilities require scores of additional tax dollars and take considerable resources on their part in becoming recreation providers.

This strategic partnership will allow for the development of the **Wade Walker Park Family YMCA**, a 60,000-square-foot family Y which will provide health and wellness, child care, youth sports, and indoor/outdoor aquatic programs for area families and residents. Construction, which begins this month, will take 14 to 16 months, so we expect to open in summer 2012. Wade Walker Park currently features sports fields, a lake with walking trails, picnic areas and a playground, and tennis courts on 177 acres.

I would like to recognize DeKalb County CEO **Burrell Ellis**, the DeKalb County Board of Commissioners – especially Commissioners **Sharon Barnes Sutton**, **Stan Watson** and **Lee May** – and past Commissioner **Connie Stokes** for their leadership and commitment to enhancing the quality-of-life for residents in this part of the county. Eston Hood, our chief operating officer, is to be commended for his tenacity: this project started almost 10 years ago.

COLLABORATIONS ARE KEY TO HEALTHY COMMUNITIES

We are working with the **Atlanta Area Council of the Boy Scouts of America** to teach Scouts to swim. Health and safety are priorities for the Y and Boy Scouts. By providing aquatic classes, the Y is helping to teach a life skill that can save lives, and these Scouts will qualify for merit badges. The **Andrew and Walter Young Family YMCA** in Southwest Atlanta is piloting this program. The Villages at Carver, East Lake and South DeKalb Family Y programs are getting underway, and there are opportunities to expand to other Ys. This is a natural collaboration between two youth-serving organizations, and I'm delighted to see us working together.

With our focus on healthy living, we are working with Atlanta nonprofit **Open Hand** to provide healthy eating choices to Y members and participants. **Good Measure Meals** operates as a social enterprise business of Open Hand. One hundred percent of their proceeds go back to support Open Hand's community meal services. By offering fresh meals for purchase in our Ys, adults can select healthy, appropriately-portioned, quality prepared meals as an alternative to stopping for fast food on the way home or having to shop and cook at home. The meals are perfect for older adults, families or anyone who wants to lose weight, eat healthier or manage diabetes. We're testing this concept at five Ys.

Y AND CITY BECOME CENTERS OF HOPE PARTNERS

The YMCA of Metro Atlanta will become a managing partner with the city and **Mayor Reed's Centers of Hope** project. Many recreation centers closed and very few have re-opened. The Y will provide programs and management of the city's largest facility, the **Adamsville Recreation Center**, on Martin Luther King Jr. Drive at I-285.

This is a two-year pilot project, as the city attempts to find recreation, youth development and social programs that fulfill unmet needs, have impact, are cost effective, and sustainable. Kaamel Nuri, executive director of our Arthur M. Blank Family Youth YMCA, will provide day-to-day leadership for this youth and family center. Programs will include after school, summer day camp, youth sports, adult literacy/GED, older adult, and more.

Our aim is to be a great partner to help meet the needs of local kids. I believe we can use our experience and proven Y skills to help make these significant city investments work better. Special thanks to Metro board members **R. Scott Taylor Jr., Carter**, and **Paul Shailendra, Shailendra Group**, for their support.

GEORGIA Ys SPEAK OUT DURING LEGISLATIVE SESSION

Phil McGregor, State Farm Insurance, Metro board member and public policy committee chairman; Ann Rosenthal, Georgia YMCA lobbyist; and Eston Hood, chief operating officer, took a lead role with the State Alliance of YMCAs to speak out against proposed changes to pre-k education and the state tax code that would negatively impact all Ys. I am pleased to report the Ys advocacy efforts were successful. Pre-k will remain as a full-day program, and sales tax will not be added to nonprofit membership dues.

THE Y BRINGS FAMILIES TOGETHER

"The Y has been an amazing addition to our family. It is a place of fun, growth and healing. I'm not sure where we'd be without it. I know the Y is the place that will strengthen my body while nourishing my entire family," says **Christie Poole** of the **G. Cecil Pruett Community Center Family Y** in Canton.

The Y is, and always will be, dedicated to building healthy, confident and connected children, adults, families, and communities.



P.S. Join us April 22 at the Cobb Galleria Centre for the 48th annual Good Friday Breakfast, an inspiring way to begin your Easter weekend. Visit www.ymcagoodfriday.com or call Sheree at 404-267-5356 for details and to register.