



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTHENING COMMUNITY IS OUR CAUSE

**Your gift to the Westport Weston Family YMCA's Annual Campaign is making a real difference to local individuals and families in our community who are struggling. Here are the stories of YMCA members who are grateful for your support.**

"Please let me take this opportunity to say thank you to you and the Y. My family and I are very proud to be part of the Y. Joining a health/fitness club, especially during this tough time for us, was almost impossible for us to afford. But the Westport Weston Family YMCA helped us make it happen.

My 10-year-old son enjoys basketball so much, and the YMCA is almost the only safe place for him to practice. For my college-age daughter, this is a golden opportunity to stay healthy and to make a great habit. My husband and I are at the age we don't move much other than taking care of day-to-day living. Going to the Y to work out is a luxury. Thanks to you all for making it possible!" - A. S.

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"We're a Westport family with three children; two daughters in elementary school and a son in preschool. My husband and I both work, and I also attend community college, trying to complete my degree. My kids want to explore and be active. I love that, but because of our financial situation, they've never been able to do after-school activities or attend summer camp. When we came to the YMCA this past summer, you helped us out with financial aid so my girls could attend your Hafaday Swim Lesson Program. I loved sending them off every morning, because it's the happiest we've ever seen them. They fell in love with all of you! Thank you, thank you, thank you! – C. P.

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"As a single working mom, thank you for giving me the help I needed to send my son to camp. He continues to learn, thrive and grow as part of the community of children attending camp programs – an opportunity he might not have had without the financial assistance from the Family YMCA and the Westport Department of Social Services. Thank you again for your support!" – S.W.

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"Since I had a severe stroke in July 2013, my ability to work and to support myself have been severely limited. Fortunately, support services have been available that have enabled me to get back on my feet, live independently, and build a new life.

One of these important supports has been a membership at the Family YMCA made possible through your financial aid program. I have started attending aquatic fitness sessions that have improved my physical coordination and sense of confidence. The Y offers an array of useful classes led by helpful, friendly and knowledgeable staff members. The facility is well designed, enabling me to avail myself of its offerings without fear or inconvenience. I am truly grateful that this resource is available, and as a longtime resident of the Westport-Weston area, I can attest to the Y's ongoing and consistent value and contribution to this vital community." -- M. P.

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"It is with unending gratitude that I send you this email. The last 8 weeks as a member of your cancer survivor 'regenerate' program have been a transformation for me. With your guidance and constant inspiration my outlook about my capabilities changed from 'Never again will I feel physically good...' to my new and better mindset of 'anything is possible.'

Congrats to the YMCA for being so forward thinking. It is truly a 'wellness center' for the entire community." – L.W.

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"Thanks so much, Alexei, for the great program you directed for cancer survivors. I really learned a lot about how to stay healthy.

You gave me confidence about learning to use the strength-training machines without harming myself. Your interest and encouragement, as well as the staff I worked with -- Kathy, Brian, Jackie

and, especially, Nancy -- made for an enjoyable and positive experience for me. I was very impressed by the courage and commitment shown by the other members of the group in becoming fit and healthy. It was inspiring for me." – A.K.

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"Having worked at the Y for nearly my whole adult life, I've seen first-hand the life-changing impact that the YMCA can have. One of my favorite Y stories – and Y people! – is Sarah Wechter Church. Sarah was a full-scholarship Y member who first came to our Gymnastic Center at the age of 3 and grew up to become a fine competitive gymnast and member of our Showtime Exhibition Team. Sarah gave back to the Y as a student gymnastic coach through high school, college and graduate school. Now a certified nurse midwife at Norwalk Hospital with two young sons who attend our Toddler Adventure Gym, Sarah is so grateful for the support she got and feels she would not be where she is today with the Family YMCA and Gymnastic Program." – Sally Silverstein, Gymnastics Director

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"I retired from teaching in 1997 and joined the YMCA soon after, thanks to a scholarship provided by the YMCA through Westport's Human Services Dept. I was an active member four days a week, year-round, and loved every moment I was there until I moved to New Orleans this past summer.

The YMCA was a very important part of my life in Westport – as I have had two hip replacements, my orthopedist wanted me to do aqua exercise. Going to the pool is one of the most important things I can do for my health. Westport is very fortunate to have a great YMCA, which has been there for so long and now has the use of a brand-new facility. I made many friends in the pool and around the Y and have stayed in touch with them.

The first thing I did when I moved to New Orleans was join the YMCA here. It is also new - just a year or two old. It is very nice, and the people are wonderful. However, it does not have the amenities that the Family YMCA, but at least I am keeping up with my exercise. I will always have great memories of my years at the Westport YMCA!" -- S. J.

## **So Much More Is Possible with Your Support of the Westport Weston Family YMCA's Annual Campaign.**

To make an online donation today, simply visit [www.westporty.com](http://www.westporty.com) and click on the Giving tab.