



# HAPPENINGS

Volume 1

Issue 2

12/12 - 01/13

## Keep LIVESTRONG Strong

### Enrolling Now...

- Classes begin in January & February at all branches
- For more information contact:  
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With the hustle and bustle of the holiday season over, I would like to take a moment and reflect on a few of the things that encourage, inspire and motivate those of us involved in the LIVESTRONG at the YMCA Program:

*We are thankful...*

*for the wonderful people who are or have been in LIVESTRONG at the YMCA*

*for our 17 LIVESTRONG coaches at our 7 branches and the Newport YMCA*

*for the 17 LIVESTRONG committee members*

*for the on-going support of individuals and businesses who have generously donated to keep LIVESTRONG free of charge for cancer survivors*

*We are hopeful...*

*that a cure for all types of cancer will soon be found*

*that we may help many more cancer survivors in our LIVESTRONG at the YMCA program to reclaim their health*

*that more and more people become aware of the great work of the LIVESTRONG at the YMCA Program*

*We wish you and yours...*

*a blessed and joyous Holiday Season and a New Year filled with health and peace.*

*Warmly,*

*Judy*

Judy Cerrito

## RESOURCES FOR YOU

The LIVESTRONG Foundation is ready to help with insurance challenges, treatment concerns, emotional and peer support, fertility preservation and clinical trials matching. Contact LIVESTRONG Navigation Center at 888 337 7533 or [www.LIVESTRONG.org/wecanhelp](http://www.LIVESTRONG.org/wecanhelp)

CancerCare provides free informational workshops for cancer survivors and caregivers. For a complete listing of upcoming workshops visit: [www.cancercares.org/connect](http://www.cancercares.org/connect) or [www.connect@cancercares.org](mailto:www.connect@cancercares.org)

Rachel Craven, a LIVESTRONG participant at the South County YMCA of Greater Providence has formed a support group "LIVE YOUR LIFE" for young women with Cancer. Together with Reiki practitioner and friend Cherie Conover, the two women have created a place for young women to share their stories and find helpful information while they are facing difficult challenges. For more information please call Rachel Craven 401 524 3976 or Cherie Conover 401 741 6789.

## Charmed for Charity

Mark your calendars!  
You're Invite!

We are excited to announce that the YMCA of Greater Providence will be hosting an Alex & Ani "Charmed for Charity" event. 15% of the total sales will be donated to the LIVESTRONG at the YMCA Program.

**When:** January 23 2013  
**Where:** Alex & Ani Chapel View Store: Garden City 200 Chapel View Blvd. Cranston  
**Time:** 6-8pm



The Mission of the YMCA of Greater Providence is to build healthy spirit, mind and body for all, through programs, services and relationships that are based upon our core values of caring, honesty, respect and responsibility.

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## EVENT SUCCESS

The first Keep LIVESTRONG Strong event held October 25, 2012 was a HUGE success. Thanks to Jeff Hirsh, owner of the Lobster Pot in Bristol, our 40 guests enjoyed delicious hors d'oeuvres in a beautiful location on the bay. Guest speakers included Michael Fournier -Vice President, YMCA of Greater Providence, Neta Taylor-Post - Director of Healthcare Initiatives, Judy Cerrito-LIVESTRONG Coordinator, Jennifer Wheelehon-former Director of Development and Laura Henkin-LIVESTRONG participant. See below to learn more about Laura's Journey with our program

## BECOME INVOLVED

There are a number of ways in which to become involved:

- Attend the Alex & Ani Charmed for Charity Event
- As a graduate of the program you are eligible to be a mentor
- Volunteer as a committee member
- Donate to the LIVESTRONG at the YMCA program
- Be a campaigner for our annual financial assistance campaign

## Laura's Journey

*"Things were running smoothly in January 2012. My husband, Kevin, had started a new job. Our boys, ages 3, 6 and 8 were all doing well with school and activities. I finally had time to take some exercise classes and volunteer at the boys' school... All that changed on February 6th, when the phone rang and my doctor told me I had breast cancer.*

*We don't have family Rhode Island so caring for our children during my many appointments, surgery and treatment was an immediate concern. The outpouring of support from the school and our friends and neighbors was truly overwhelming.*

*I slowly healed after surgery and chemotherapy and was anxious and concerned about getting my strength back. After a couple of failed attempts on my own, I realized I was going to need some help getting back into shape. I learned about LIVESTRONG at the Y and the Starting Over class, but I really had no idea how I could take the LIVESTRONG classes*

*with 3 kids. So many people had stopped their lives to help our*



*family already and the kids also really needed stability. I met with Judy and began her Starting Over class a month after my last chemotherapy treatment. Within 3 months, I started LIVESTRONG at the YMCA. Judy extended the Y membership to my family. My youngest son loved going into the Y's childcare so I could work out and regain my*

*strength. When my other boys had a day off from school, the Y was a special treat and I did not have to miss class.*

*Judy, Jean, Kathy and Susanna all helped me develop a plan to get strong over time without injury. I started the program doing just five or ten minutes of cardio and low weights on the machine. With the LIVESTRONG team monitoring my progress, I have recently been doing 35 minutes of cardio with increased weights and I have taken Zumba classes. I never imagined that I would be working at this level within ten months of my breast cancer diagnosis, four surgeries and treatments. The support from my family, the LIVESTRONG team, and survivors in my class have been critical to my improvement. Without LIVESTRONG and the support of the YMCA, my family and I would not be as resilient and strong as we are today. Thank you for helping us in a time of need.*

*- Laura Henkin and Family*