

HAPPENINGS

OCTOBER 2012

Meet Our LIVESTRONG at the YMCA Team

Judy Cerrito
Program Coordinator

Marie Sequino
Bayside YMCA

Ashley Coulter
Cranston YMCA

James Rajotte
East Side/Mt. Hope

Jean Manocchia
Kent County YMCA

Susanna Bodell
Kent County YMCA

Corinne Robichaud
Newman YMCA

Cathie DeCesare
South County YMCA

Nel Poisson
West Bay YMCA

This program is supported through the generosity of our community. To make your own contribution, please contact **Jennifer Wheelohon, Director of Development**, at 401-427-1827 or jwheelohon@gpymca.org.

Welcome

We've been thinking of you and hoping you are feeling well since graduating from the LIVESTRONG at the YMCA program.

October is cancer awareness month and what better time to kickoff our first *HAPPENINGS* newsletter. We have been very busy with the program and I'm looking forward to sharing news and updates with you.

Our LIVESTRONG at the YMCA program has grown substantially since 2007 when the first classes graduated. It is hard to believe that 776 amazing people have gone through our program in the last 5 years.

Each of you joined to be healthier, get back your energy and build your

strength. Along the way, you received support from staff, connected with other survivors and built friendships.

Many of you have stayed in touch and I love getting updates. In fact, a group of graduates have come together to form a committee to help build financial support for the program. We've had our first three meetings and look forward to sharing our goals and plans with you in the near future.

On another note, we have been asked by the Lance Armstrong Foundation to circulate information to our participants about a 2012 LIVESTRONG survey. This survey focuses on the practical concerns of survivorship regarding finances,

insurance, employment, and school. More information is on the reverse side. I invite you to participate in this important survey.

Also, we are currently enrolling participants for Fall and Winter LIVESTRONG classes. If you know someone who might like to join, please have them contact me at jcerrito@gpymca.org or 401-828-0130 x210.

Stay tuned for more information about the LIVESTRONG at the YMCA program.

Warmly,

Judy

Judy Cerrito
Coordinator

LIVESTRONG BY THE NUMBERS

- Began in 2007 at the YMCA of Greater Providence with one session at the East Side/Mt. Hope YMCA and one at the Kent County YMCA.
- By 2009, the program expanded to all 7 of our full-service branches and the Newport YMCA.
- Cost for participants is \$0. Cost for delivering the program is \$446 per participant.
- Currently offer 33 sessions in Rhode Island and Seekonk, MA per year.
- 776 cancer survivors have participated in our program.
- 81% of this year's graduates continue to improve their health by joining the YMCA as members.
- A LIVESTRONG Graduate Club has formed and has over 45 participants who exercise together and provide mentoring for current classes.

MAKING A DIFFERENCE

"I tried to get in shape on my own after chemotherapy. I looked into personal trainers and gyms and could not afford the fees. Along came the LIVESTRONG program. After 12 weeks I am well on my way to getting back my energy, strength and stamina. I have joined my local YMCA and I can keep up with the best. The first day of LIVESTRONG I could only complete 5 minutes on the Cross Trainer. Now I can easily work out for 30 minutes on the machine and follow up with an hour yoga class! Thank you again for a wonderful and important program."



DID YOU KNOW?

Through a grant from the Rhode Island Foundation we have created a LIVESTRONG at the YMCA exercise video for cancer survivors. The video features our very own instructors and participants and offers exercise segments for people of all abilities. It also includes stretching, relaxation, meditation, and survivor stories. We provide this free for cancer survivors who are not quite strong enough yet to participate in the regular program.

If you know someone who would benefit from this exercise DVD, please contact Judy so she can get one in the mail.



**TAKE THE 2012 LIVESTRONG
SURVEY AND HELP US MEET
THE NEEDS OF SURVIVORS.**

In 2006 and 2010, the Lance Armstrong Foundation launched surveys to assess the post-treatment needs of cancer survivors. These surveys went beyond identifying whether not a person had experienced a concern. They wanted to further understand who was providing help for concerns, how well that help met their needs, and why help was not received for some concerns experienced.

In 2012, the Lance Armstrong Foundation (LAF) is releasing a shorter more targeted version of our LIVESTRONG Survey. This version of the survey will focus specifically on the practical concerns of survivorship, namely issues with finances, insurance, employment and school. To develop this survey, the Foundation coordinated with NCI, OBSSR, CDC, ACS, and AHRQ to include elements of the Experiences with Cancer Survivorship supplement of the Medical Expenditures Panel Survey (MEPS).

In addition, LAF is working with other partner organizations and researchers to ensure that the data we collect will be useful and not duplicative.

LAF released the survey in June 2012 and it will be open until December 31, 2012. The Foundation plans to do a number of promotions throughout the remainder of the year to try and get as wide an audience as possible in the survey. Our outreach strategy includes reaching out to other non-profit organizations to recruit for the survey.

Once the data is collected over the year, we will plan to analyze, use internally, and publish on the findings, but we also plan to share the data with researchers in the field of survivorship. The more participants we have the richer the data will be when we share it.

To take the survey, visit
www.livestrong.org/cancersurvey.