



DREAM • INVEST • BUILD

Marin YMCA Annual Campaign 2007–2008

A personal success story by Mike Scafani

On November 2, 2005, I suffered a massive heart attack that changed my life.

I happened to be in the ER at Kaiser Hospital that day because at the time I was experiencing a terrible pressure on my chest. While answering the nurse's questions, my heart went into cardiac arrest and stopped beating. Within seconds I was termed a Code Blue and two cardiologists rushed into the ER and began working on me. I regained consciousness eleven and a half hours later at the Kaiser San Francisco Hospital. Those cardiologists and nurses had saved my life. I remained in the hospital for a week and was then released.

Once I was home, I could barely do anything. A terrific exertion was to walk half way around the block and back again! After about two months my doctor recommended that I join the YMCA Cardiac Therapy Class, which I did. At first all I could do was exercise on the bicycle, pedaling very slowly. As my stamina increased I began to pedal harder and for a longer duration. From there I was able to participate in the aerobic floor exercises. As I continued to get stronger and my stamina increased, I found I was able to keep up with the class. It was at this time that I began thinking that I couldn't wait for the doctor to release me from going to my Monday, Wednesday and Friday 7:30 a.m. cardiac therapy classes.

Then about seven months after my heart attack, during a routine check-up, my cardiologist gave me great news. He informed me that after viewing my latest EKG and echocardiogram, that I must be a very lucky person. He said I had suffered no permanent damage to my heart. My wife was elated when she heard the news and then asked me if this meant I was going to quit the cardiac therapy class. "No," I said "This class is the best thing I can do for my heart and I plan to stay in it." And true to my word I am in class every Monday, Wednesday and Friday morning and will continue as long as I can.

The Marin YMCA is committed to providing people like Mike the opportunity to participate in YCT. Your gift of \$1,500 will pay for two seniors for a year of cardiac rehabilitation.

Community Leader

Since 1946, the Marin YMCA has been a community leader in developing and implementing programs that address diversity and disparity in our community. From Tri-Y Clubs in 1946 to Youth Court in 2007, the Marin YMCA has attended to the ever-changing needs of Marin County residents. The changing economic profile of the country, the increasing need for financial assistance for programs to be available to under-resourced communities, cuts in health and social services, the demise of the family unit and an increase in youth obesity are just some of the issues the YMCA has responded to over the years.

Other YMCA Facts

- 100% of every contributed dollar goes directly to kids, families, adults, and seniors through program subsidies and scholarships.

- More than 300 scholarships are awarded to children whose families could not otherwise afford for them to swim, dance, and play in the many programs we offer.

- More than 15% of Marin YMCA Summer Camp participants receive some financial assistance.

- We provide 2,500 youth physical education classes through a partnership with 10 schools in 3 school districts.

YMCA Cardiac Therapy Program

One of the programs that benefits from our campaign dollars is our YMCA Cardiac Therapy Program (YCT). YCT is designed to follow the long-standing medical research that supports exercise and lifestyle changes for long term cardiac health. YCT is a comprehensive program that assists the heart patient in reaching optimal physical and psychological health and prevents the progression of an underlying disease.

Currently, there is only one other community based cardiac rehab program in Marin County, and it is cost prohibitive to lower income levels. The fact that we offer financial assistance allows many people to participate in this life saving program when they wouldn't be able to otherwise. On February 14, 2008, the YCT program will turn 20! For the past twenty years, the YCT program has provided this life saving program to over 1,000 participants.

According to the AHA, programs like YCT have been shown to decrease mortality from cardiovascular disease by 20% to 25%. In the AHA's revision of their 1994 Scientific Statement on Cardiac Rehabilitation and Secondary Prevention of Coronary Heart Disease, lead author Arthur Leon, M.D., states that the exercise component of a Cardiac Rehabilitation (CR) program like YCT improves: functional capacity, blood vessel function, cardiovascular risk factors, coronary blood flow, electrical stability (decreasing the risk of fatal arrhythmias), reduces the risk of blood clots, cardiac work, and oxygen demand. The success of CR is well established. Unfortunately, only 10% to 20% of the millions of eligible patients actually participate each year due to many physicians neglecting to emphasize the importance of CR, whereas many patients are unable to access programs because of time constraints or motivational reasons as well as geographical and financial limitations. The Marin YMCA impacts these obstacles by working to educate the medical community and, with our strong history in fitness and behavior modification, impact patient's personal barriers (time and motivation).

Help us continue to "walk the talk" offering services and programs regardless of their ability to pay. Your gift will make a difference in someone's life, and the impact will be felt throughout the community.

Can we count on your help?

Please help the Marin YMCA build strong kids, strong families, and strong communities by making a contribution to our annual Campaign.

Donations can be made in any amount at the branch, with the pledge form below, or online at www.ymca.org.

Your donation can help in many ways:

- \$100 will provide after-school care for a child for a week
- \$250 will send a teen to a 3-day Youth & Government conference
- \$500 will help a youth stay in school and develop leadership skills through our intervention and prevention programs

- \$1,000 will send 5 children to Summer Camp for one week
- \$2,500 will help 200 kids learn to be safe in and around water during our SPLASH Week
- \$5,000 will subsidize our Special Needs programs for adults

If you have questions about making a pledge or donation, please contact Tiffany Patterson at (415) 446-2108 or tpatterson@ymca.org.

Your investment today can help change someone's tomorrow.

Thank you for your support.



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Please mail or bring this form to:

Marin YMCA

1500 Los Gatos Drive, San Rafael, CA 94903-1841

**YES! I want to help the Marin YMCA build strong kids, strong families and strong communities!
I'm sending my contribution today.**

\$25 \$50 \$100 \$250 \$500 \$1,000 \$ _____

I've enclosed a check payable to Marin YMCA.

My VISA or MasterCard number is _____
Expiration Date _____ / _____ Signature _____

I'd like to set up a bank draft debit. (Required forms will be provided by the Marin YMCA.)

Enclosed is \$ _____, toward my total pledge of \$ _____ to be paid in _____ installments.

I would like to make a donation in memory/honor of _____

A matching gift will be forthcoming from my employer in the amount of \$ _____
Name of Employer _____

I would like to leave a legacy to the YMCA; please contact me with more information.

Name: _____

Name(s) as you wish to be listed in acknowledgements: _____

Address: _____

City/State/Zip: _____

Work phone: (_____) _____ Home phone: (_____) _____

Email address: _____

Donations to the YMCA are tax deductible to the extent allowable by law.

Thank you for your support!



*We build strong kids, strong families,
strong communities.*