



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAPPY HEALTHY COMMUNITY

DECEMBER 13, 2011

Program Highlight: Fundraising

Our Annual Giving Campaign is in its final weeks. With the amazing support of our volunteers and donors, we're at 66% of our \$238,000 goal with over \$157,000 raised. Help us close the \$80,000 gap by 1) making a donation of cash or stock, 2) contacting your company's Human Resources Department to see if they will match your gift (sometimes up to three times the amount!) 3) invite your friends and family to make a contribution to the Chinatown YMCA. All contributions are tax-deductible to the extent allows.

The funds raised will go to support the programs of our Community Center, Teen Center, and Youth Sports, as well as provide much-needed financial assistance to eliminate financial barriers so that all families can participate. Be a holiday hero! Visit www.ymcasf.org/chinatown/give today.

The Soup's On fundraising event hosted by the Kitchen Crew Brothers and Sisters was a great success! Thanks to all of the donors and supporters who got to enjoy a delicious roasted pork dinner and vibrant and interactive camp program. Over 80 guests attended and filled the basketball gym with fellowship and camaraderie. The young adult members of our Teen Center served as KPs for the tables and it was great to learn more about their experiences at the Y and why it means so much to them.



As we celebrate the accomplishments and history of Chinatown YMCA during the 100th Anniversary, consider creating a lasting legacy of your own to the Y by joining our Heritage Club. Heritage Club members have designated a gift to the Chinatown YMCA in their estate

plans so that this and future generations can enjoy a safe place to learn, grow, and thrive. If you've already done this, you are a member of the Heritage Club! Let us know so that we can include you in special mailings and events. If you want to learn more or have questions, contact Executive Director Kari Lee at 415-576-9622.

After School Programs

CEC's first 6 week Workshop Series was completed on Nov 18th. This first workshop series included Cooking, Crochet, Painting, and Kapla Blocks. The 4th and 5th grade classes also started the Digital Storytelling workshop.



On Monday, Nov 21st we showcased our projects from the workshops in a mini celebration. The cooking workshop made mini ice cream sandwiches for everyone. Some parents found time to visit and did a gallery walk of the workshops and also enjoy the mini ice cream sandwiches prepared by the students.

On Nov 22nd, our afterschool staff were invited to the day time school Thanksgiving Lunch'n. Everyone enjoyed the fabulous Thanksgiving performances by the students. The lunch feast was delicious and especially enjoyable because it was shared alongside CEC students, families, staff, and community members.

10 CYU students started their swim lessons recently. It has been a popular workshop and the kids love swimming.

For our third annual Thanksgiving Dinner at the Chinatown Y, we invited all the participants of the after school program and their families to enjoy an evening of friends, families, and good food. Often times, our students and their families don't have the opportunities to go out and enjoy a nice meal without some sort of interruption. Many, if not all those families don't celebrate Thanksgiving or have turkey for dinner, so the Y provided something different for them this year. This month, we welcomed three new students from CEC to the program and two new staff, Rosa Moreno and Julena Cone to the team.

At JYC, Girls on the Run is wrapping up its program and the girls are prepared and excited about running their 5k on Dec 3rd.

Our second family event, a movie field trip and lunch went extremely well with strong participation and willingness of the parents to give a hand. Parents engaging in the event made staff feel connected, with not only the youth they serve, but the families, and ultimately the community. The children were also able to take note of their parent's involvement and hopefully learn from their behavior.

In the past month, we have launched the after school Olympics. The Olympics focuses on teamwork, sportsmanship, and leadership by



engaging in activities with elementary schools within the Chinatown area. The four participating schools, Gordon J Lau, Jean Parker, Chinese Education Center, John Yehall Chin had our first competition and the students all loved the short fieldtrip and friendly games against another school. They maintained their high spirits and had a great time.

The Chinatown Y held this year's Halloween Carnival on October 29, 2011. Many weeks of planning were spent to put together this fun weekend full of Halloween festivities for the families in the community. Many children came dressed up in their Halloween costumes, and a good number of them celebrated Halloween for the first time in their lives! A lot of youth came to the Chinatown Y dressed up as ninjas, fairies, warriors, and even their favorite cartoon characters. Some of the parents joined the fun, and came dressed up as well!

Gigantic jumpers were set up for the children to enjoy. There were also many Halloween themed games where children can play and win prizes. There was also a face painting booth where kids can get their face painted. The children who wore their costumes got to participate in the Halloween costume parade and Best Costume contest. To make the day even more exciting the Program Leaders from Gordon J. Lau led several groups of children and their parents to go trick or treating together in the Chinatown area. Many of these students have never trick-or-treated before because Halloween is generally not a big celebration in the Chinese culture. It was exciting to give many of these children the opportunity to experience how fun it is to trick-or-treat in their community. We ended the day of Halloween fun with dinner and a movie for all of the families. This Halloween celebration was successful because it introduced the idea of Halloween to many of these families, allowed them to bond with one another, and it also gave the children a chance to have fun and make new friends. Of course, last but not least, this experience greatly enhanced the sense of belonging between the Chinatown Y and all of our participants.

[Aquatics](#)



If more pool time is your new year's resolution, we've got a group lesson for you. Adult group swim lessons will begin in January 2012. Group lessons will be offered on Wednesdays and Saturdays with beginner, intermediate, and advanced classes available. For more information, contact Courtney Wheelock at cwheelock@ymcasf.org.

[Teens](#)

A big thanks to the ToFus, our volunteer club who got together and finished all 3,100 mailings for our annual Chinatown YMCA Chinese New Year Run on their school day off!!! They worked diligently for 6 hours straight, folding and laughing all the way through!

Our teens, a powerhouse of volunteer representation, served up dinner at our 'Soup's On' fundraiser dinner. This intergenerational fundraiser really gave youth and camp attendees from years past an opportunity to share stories and find a deeper connection our Chinatown YMCA family.

Special thank you to Allister and Patrick of Objectify for coming in and sharing with the teens their jobs in creating innovative phone apps and inspiring them to work hard for their passions.

[Community Center](#)

Our Community Thanksgiving dinner was a huge success. There were over 300 people that attended and families enjoyed an evening of yummy food and fun-filled activities. We also showcased some of the Community Center Programs with performances from the Ballet and Tai Chi classes. It was a great opportunity for new immigrants living in Chinatown to get a sense of what Thanksgiving is all about.

[Volunteer](#)

In appreciation of all our current volunteers, the Chinatown YMCA Board of Managers will be hosting the 'Celebration of Service' event on Saturday, January 7th at the Y. Invites have been sent out to all volunteers via email or snail mail, so please check your calendars and RSVP to Lisa at lchan@ymcasf.org if you plan on attending by Friday, Dec. 30th, 2011.

[Health & Wellness:](#)

Give the gift of healthy living by purchasing personal training packages for friends, family or yourself! Three individual sessions are \$180, six sessions are \$320, and twelve sessions are \$600. Got friends who want to work out with you? Group personal training sessions are also available. Three sessions are \$140 per person. Six sessions are \$210 per person. Twelve sessions are \$420 per person. For more information, contact Joone Lee at jlee@ymcasf.org.



[Youth Sports](#)

Basketball is winding down and the kids will be playing their first full scrimmages at the end of this current session. They have been practicing so hard to get to this point! We will be passing out awards and having a PARTY. Look at how much fun we're having!

If you missed the first session, it's not too late to sign up for the second session which begins January 7th!



[Membership](#)

Did you know?

The Chinatown YMCA now offers a Corporate Partnership Membership program for companies and organizations throughout the Chinatown, Financial District, North Beach and Nob Hill areas of San Francisco. Do you work for a company, business or non-profit in the area? If so, read on...

Protecting Your Investment

Each of us wants to feel energized, be healthier and live a long, full life. One of the most important responsibilities as an employer is to create a happier workplace with lower health care costs. You CAN positively influence the actions and attitudes of your most valuable assets -- your human investment -- your employees.

The Chinatown YMCA has options to help you! We can work closely with you, helping you identify your specific needs and select a program that works best for you and your employees. It is well known that a healthy organization improves your ability to attract and retain employees as well as improve morale. Encouraging a healthier lifestyle impacts every part of your employees' day-to-day environment. Corporate Wellness programs translate into fewer injuries, less human error and a more harmonious office environment.

Facts:

▶ "Within three to six years [of instituting an employee wellness program], the prediction is an average 348% return on investment." Source: American Journal of Health Promotion, 2008

▶ Companies with health promotion programs can see a return of \$3-\$6 for every \$1 invested over a 2-5 year period. Documented savings are observed in medical costs, absenteeism, workers comp claims and short-term disability (lower on-the-job efficiency due to employee health problems).

Source: American Journal of Preventive Medicine, December 2005

To learn more, please contact our membership director, Jeff Rothberg at 415-748-3540 or email at jrothberg@ymcasf.org

Camp

Winter Camp 2011 is gearing to be a Winter Wondercamp! Have your children come spend time with us and get into the holiday spirit. We will be cooking, making arts and crafts, and going on exciting fieldtrips. Please visit our website for more information!