



## YMCA CENTRE FOR LIFE

# COMMUNITY BUILDING CAMPAIGN



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## Integrated Health Care at the Y

The YMCA of Central East Ontario has long held the belief that health care includes activities and lifestyle choices that maintain or restore physical, mental, or emotional well-being. Our commitment to healthcare programs ensures our place in the continuum of healthcare options, for both prevention and treatment, continues and grows.

Our new YMCA Centre for Life will enable individuals and families to easily access a growing number of programs that work in harmony with the advice and care of licensed health care professionals. For example:

### Prescription to Health Program

This program is a partnership between the YMCA of CEO, Queen's University Health Centre, Belleville Nurse Practitioners and Belleville and Quinte West Health Centre. Quinte patients affiliated with partnering agencies can receive a prescription, which can be taken to either branch for a complimentary 60-day gym membership. *The Prescription* aims to prevent future illnesses that are closely associated with a prolonged, sedentary lifestyle.

### Post Rehab Maintenance Program

Led by Certified Trainers and designed for those who have experienced a cardiac event or have been diagnosed with high risk factors for heart disease, metabolic disorders, chronic lung disease or have experienced a stroke. The Program includes cardiovascular, strength, balance & flexibility components and ends with a guided meditation for improved quality of life. Participants are either referred by Hotel Dieu Hospital, Belleville General Hospital, or have signed approval of a cardiologist or family physician.

### Stroke Recovery Program

The program consists of both dryland and aquatic sessions. Participants are referred by a Hospital Rehabilitation program and all participants must have approval from their physician and bring a caregiver to class. Training and proper exercises are provided to the aquatic staff by a physiotherapist.

The new YMCA Centre for Life will be a part of the continuum of healthcare from prevention to post-rehabilitation and remain focused on helping members achieve a healthy lifestyle.

## Access for All

Anyone who is familiar with the current YMCA facility will know that, at every turn, there are stairs and more stairs. Wayfinding can be difficult, especially for those with visual challenges and we do not meet the standards of universal accessibility that we have a duty to provide.

Working with Quinte Vitality & Social Support, the new facility will be designed with universal accessibility top of mind, and will include some specific improvements including wider doors and pool decks, zero depth entry for the pool to support younger swimmers and those with varying abilities, and a universal changeroom for individuals and families. Visual elements will ensure those with low or no vision can comfortably and safely navigate their space.

We are looking forward to the new possibilities our new YMCA Centre for Life will enable – for everyone.



Learn more about Quinte Vitality & Social Support by visiting their website at [qvss.on.ca/](http://qvss.on.ca/)



# Two Tausendfreunds at the Helm

Ever since the new YMCA Centre for Life project was first imagined, Dave Allen, President and CEO of YMCA of Central East Ontario knew who he wanted on the team to make it happen, and his wish came true.

Wolf and Elaine Tausendfreund graciously agreed to undertake the lead role and become honorary Co-Chairs of the campaign to build a new community health and wellness hub, and we couldn't be more honoured.

Wolf Tausendfreund has a long association with the YMCA movement, both locally and nationally. In 2013 he was appointed as an Officer to the YMCA Fellowship of Honour, presented by then Governor General, David Johnston. The award recognized more than four decades of volunteer commitment to the YMCA at the local and regional level. He has also sat on the board of YMCA Canada.

As a newcomer to Canada at the age of 12, Wolf credits the welcoming and positive atmosphere of the YMCA with helping him settle into a new culture and language, in a new country, at a formative time of his life.

We are thrilled that Wolf is joined by his spouse, Elaine, on this exciting journey with the YMCA Belleville. Elaine's involvement with the Y spans the early years with her family and childcare programs, an enthusiasm for racquetball, good friendships formed through the YMCA, and digging in with fundraising efforts to maintain the YMCA's commitment to affordability and accessibility. She says that she has always known that the Y has a piece of her husband's heart since he came to Canada, and she supports that.

She says, "the YMCA has been committed to serving the Belleville community for over 100 years, and will continue to serve for 100 more with the generous support of this wonderful community."

And Wolf has always given back to the place he has called home for fifty years. Wolf has steadfastly served his community in a variety of roles including 15 years as a city councillor serving five consecutive terms, as President of the Rotary Club of Belleville, and as a founder of the Belleville Bulldogs Rugby Club in 1976.

In his working life, he established the law firm of O'Flynn, Weese and Tausendfreund LPP, and was called as a Superior Court of Ontario Justice in 2006.

Wolf lives the mission and vision of the YMCA and embodies shared core values such as honesty, respect and inclusiveness. He is also a passionate lifelong athlete himself, as a varsity swimmer at Western University who went on to compete twice in the gruelling Ironman Triathlon in Hawaii.

It was fitting therefore that Wolf was recently honoured by the City of Belleville with a bronze plaque to recognize and celebrate more than five decades of outstanding community service. He was even honoured with his own special day, with Mayor Mitch Panciuk declaring June 15, 2022 'Wolf Tausendfreund Day' in the city of Belleville and dedicating the Commons area on Front Street in his name. [Read more here](#)



WOLF & ELAINE TAUSENDFREUND  
Community Building  
Campaign Honorary Chairs

*"Our family has treasured our relationship with the YMCA for more than 50 years. Just as the Y makes it a priority to provide a caring, safe community for all, we are proud to have made it a priority for us to share our time and energy to support this organization.*

*We applaud the YMCA of Central East Ontario for their vision to revitalize, expand, engage partners and redefine community through the YMCA Centre for Life. It is a bold initiative to support the Belleville community – providing a safe space for all to gather, learn, flourish and be healthy.*

*We are proud to serve as Honorary Chairs for the Community Building Campaign."*



## Mental Health Matters

Health is more than just the absence of illness or your physical fitness level. It's also about your social, mental, and emotional well-being. At the YMCA we know that physical activity and exercise are key to improving symptoms of conditions such as depression and anxiety. We also know that community connection and a sense of belonging is important. Together with programs such as our regular yoga and meditation classes that focus on gentle movement to improve the mind-body-spirit connection, the new YMCA Centre for Life will offer even more opportunity for meeting friends, socializing, and linking to community services.