

Mind, Body, Spirit

The Weston YMCA is bettering the minds, bodies, and spirits of residents

BY ERIC EDELMAN
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AS A NEXUS OF LOCAL ACTIVITIES, community events, fitness facilities, and after-school care, Weston YMCA is a diverse and welcoming non-profit organization that offers countless benefits for citizens of Weston and Broward County across all spectrums. Conveniently tucked away in Weston City Park, Weston YMCA makes its home at the organization's beautiful, state-of-the-art facility that serves the community to enhance the mind, body, and spirit of Weston's residents. With a diverse board of directors and executive staff members, Weston's leadership is composed of members of the community at-large, united by their commitment to provide a welcoming, nourishing, and sacrosanct space for all members of the community to enjoy. Aside from providing a world-class facility to serve the community, the YMCA is an active contributor to the betterment of citizens in and around Broward County. In the past decade, the Weston YMCA has provided over \$3 million in scholarships to citizens of Weston and routinely hosts initiatives to enhance the lives of those that reside in Weston. Tom McMahon, Vice-President and General Manager of Milner, Inc. is a board member of YMCA of South Florida's Board of Directors.



When did you first get involved with the YMCA?

I was about 7 or 8 year old living in Irvington, NY when my single, working-mom, enrolled me in the YMCA Afterschool Program as a way to keep me from getting in trouble. It was a great experience and I had many great mentors at the Y. So when the YMCA opened in Weston I enrolled my son in flag football. From there, I got involved in coaching his flag football team, his baseball team and his basketball team. My passion for the Y led me to serve on the Weston YMCA Advisory Board and eventually the YMCA of South

Florida Board of Directors.

Why do you feel it is important for you to be a part of this organization/non-profit?

I spend a lot of time at the Y, for me it is personally rewarding to see the good work that the Y does in Weston and across all of South Florida. I want to help educate the residents of Weston about the great work that the YMCA does especially around Water Safety and Drowning Prevention including the prevention of Shallow Water Blackout. Florida leads the nation in drownings and my firm (Milner) has been touched

by four water related tragedies and I want to make sure that the Y teaches every child in South Florida to swim so that no other families have to go through the pain of losing a child to drowning.

How truly involved in community is the YMCA and how does it make Weston a better place?

In Weston, we are very fortunate to have many great leaders involved with the YMCA including the COO of Cleveland Clinic, the CEO of United Healthcare, the Commanding Officer of the U.S. Coast Guard of the Southern Region, entrepreneurs,

technologists and attorneys both civilian and military. As part of our Social Responsibility, we all come together to help the Y strengthen our community. We are helping to educate others about the good work the Y does, we are helping to improve programs and we are helping to raise funds so that everyone can participate in the Y. Over the last 10 years, the Weston YMCA has provided over \$3 million...in scholarships to citizens of Weston who otherwise could not afford the services of the Y.

To learn more, visit ymcasouthflorida.org, or call (954) 424-9622