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For Immediate Release

**National Diabetes Research Foundation donates \$25,000
to the new Southern District YMCA facility**

Exeter, NH (September 10, 2014) –The Southern District YMCA is humbled to announce a \$25,000 gift from the National Diabetes Research Foundation (NDRF) in honor of the late Heather Clark. This generous donation will support the new 33,000 square-foot YMCA facility in Exeter, NH.

Clark, a 30-year Stratham resident, was a type-1 diabetic who succumbed to complications of the disease in 2010. A 1974 graduate of UNH, Clark was diagnosed in college. Prior to her death, she asked that Alex Scott, Trustee/Founder of the NDRF and longtime family friend, use her gift to raise awareness of diabetes within the community so that people can learn to prevent it and treat it.

From its founding at Roger Williams University in 2005, Scott has actively sought out opportunities to make a large impact with the generous donations and gifts to the NDRF and he wholeheartedly believes that the new Y facility will help Exeter-area community members take actions to stay healthy and prevent a disease that affects millions of people in the United States.

In fact, the Centers for Disease Control and Prevention report that more than 29 million people over the age of 20 have diabetes in the United States and another 86 million are considered pre-diabetic.¹ But, research shows that lifestyle changes such as eating a healthy diet, getting regular exercise and losing weight may reverse or delay diabetes. And, those same activities may reduce heart disease and stroke from diabetics.

According to Scott, "It's with great honor that the NDRF is able to make this donation in memory of Heather Clark. The new Southern District YMCA will be a place where people can come to reach these goals with the support of the local community."

"We are honored that the National Diabetes Research Foundation is supporting the work of the Y in this community," said Gary Blake, volunteer Chair of the YMCA Capital Campaign. "Through programs like the YMCA's Diabetes Prevention Program, the YMCA is committed to helping prevent and reduce the effects of diabetes. This generous donation will be used to ensure that we have a facility where people will be encouraged to lead healthy lives in a supportive community environment. It is with great appreciation that, on behalf of the Y, I accept this donation."

The YMCA Capital Campaign has a goal to raise \$5 million for the construction of a 33,000 square foot YMCA facility to be constructed at 56 Linden Street, Exeter. The building is Phase 1 of a 2-phase project to meet identified need for multi-generational resource for health, wellness and community-strengthening. Interested individuals or businesses who wish to contribute to the building may contact Rhonda Bernstein, Director of Development, at 603-770-6033 or Rhonda@sdyymca.org.



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PHOTO: Alex Scott, founder of National Diabetes Research Foundation, presents \$25,000 check to Gary Blake, Southern District YMCA Capital Campaign Chair, in support of the new YMCA facility in Exeter.

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Southern District YMCA is an independent 501(c)(3) non-profit organization whose programs build healthy mind, body and spirit for all. Through Camp Lincoln in Kingston, NH, the YMCA offers summer camp for ages 3 to 15, and youth leadership programs for ages over 14. Through School Age Child Care in 16 local school districts, the YMCA runs a state-licensed before- and after-school program that includes homework time, physical activity, a healthy snack and positive fun relationships. Y-Arts conducts art and fine art classes for all ages and abilities. For more information about Southern District YMCA/Camp Lincoln, Inc., please visit www.sdyymca.org or email YMCAexeter@sdyymca.org.

The National Diabetes Research Foundation (NDRF) is a 501(c)(3) non-profit organization with a single focus to stamp out diabetes. Alex Scott founded the organization in 2005 as a student at Roger Williams University with the aid of Prof. Tom Langdon, Esq. who continues to help to this day. Through funding research to fight the disease and prevention education, NDRF hopes to aid in finding the cure for diabetes and in fighting the onset of the disease which brings short term and long term complications. For more information about NDRF, please visit www.thendrf.com.

ⁱCenters for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014.