



THE YMCA OF ITHACA AND TOMPKINS COUNTY

FOR IMMEDIATE RELEASE

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Cayuga Health & YMCA of Ithaca and Tompkins County to Form Collaborative Partnership

Working together to provide healthier communities.

August 31, 2021, Ithaca, New York – Cayuga Health and The YMCA of Ithaca and Tompkins County officials announced today that they are entering a collaborative partnership to share resources and leverage unique assets, resulting in new services and offerings for the entire community.

“We are very pleased to announce this exclusive partnership with our community Y,” states Dr. Martin Stallone, President & CEO of Cayuga Health. “It is mutually beneficial to both mission driven organizations to partner in the community we want to enhance, and to continue to be leaders in the Community Health Movement.”

YMCAs across the nation are partnering with health care providers to share resources and leverage unique assets resulting in services with an emphasis on a continuum of care that is convenient and high-quality. More than half of YMCA facilities across the United States – more than 1,200 – enjoy a partnership with a health care entity in their communities.

The YMCA of Ithaca and Tompkins County offers over 53,000 square feet of space that includes two indoor swimming pools, a NCAA standard, full-size gymnasium, racquetball courts, nutrition center and demonstration kitchen, free-weight and circuit training rooms, group fitness studios, a cardio equipment suite and family activity spaces. Programs currently offered include lap swimming, group and private swim lessons, Red Cross certification courses, archery, over 40 different land and aquatic group fitness classes, personal training, nutrition counseling and outdoor education, along with special events and programs. Youth development programming includes on-site child watch, summer day camps and school age child care options.

“This greatly benefits our employees and their families with access to this great facility and programs to help reduce/manage health disparities and have some fun,” adds Stallone.

As part of the agreement new and enhanced programming will be introduced to the Y’s membership and community through the partnership that will include:

- Sports performance and injury-prevention clinics
- Clinical programs to help patients manage chronic diseases, such as diabetes and arthritis.
- Expanded prevention and education services such as influenza clinics, wellness screenings and health talks
- Active older adult education classes – focusing on senior health and wellness
- Flu vaccinations, biometric screenings, and nutrition classes

“I began my relationship with our YMCA as a volunteer in 1994, and am very proud of how far it has come since its inception in 1868 on the Cornell University campus,” states Frank Towner, CEO, YMCA of Ithaca and Tompkins County. “The YMCA’s vision is to create facilities that are far more than fitness or child-care centers. We are looking forward to a whole new level of benefits that this partnership with Cayuga Health will bring to our YMCA members, Cayuga employees and to the community.”

"I'm excited by the opportunities that will develop as a result of a partnership between two of Ithaca's strongest health and wellness focused organizations. The benefits of being a member of the Ithaca YMCA will only grow as collaborative programming is created and offerings expanded," says Ryan Weese, Board Chair 2021, YMCA of Ithaca & Tompkins County.

Tom LiVigne, Chairman, Cayuga Health Board of Directors states, “As a complete community health care system we continue to look for opportunities through non-traditional partnerships that provide convenient, high-quality continuum of care and that help enhance our community connections allowing us to continue to make Ithaca, and this region, a great place to live.”

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About Cayuga Health

Cayuga Health (CH) has two hospitals, Cayuga Medical Center and Schuyler Hospital, as well as a multi-specialty group, Cayuga Medical Associates. Combined employment, including affiliated organizations, is over 2,500 employees. CH is clinically linked to Mayo Medical Laboratories, Rochester Regional Health for cardiac services, Roswell Park Comprehensive Cancer Center for cancer services, and the University of Rochester for neurosciences. Visit www.cayugahealth.org for more information.

About The YMCA of Ithaca and Tompkins County

Driven by its founding mission, the YMCA of Ithaca and Tompkins County has served as a leading nonprofit committed to strengthening community for more than 153 years. The Y empowers everyone, no matter who they are or where they're from, by ensuring access to resources, relationships and opportunities for all to be healthy, learn, connect and have fun. By bringing together people from different backgrounds, perspectives and generations, the Y's goal is to improve overall health and well-being, ignite youth empowerment and engage in work centered in social responsibility. www.ithacaymca.com