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A Message From Your CEO



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As I reflect upon these first few months of 2018 and look forward to the summer at your Levine JCC, one word continually comes to the forefront: Community, *Kehillah*. It is community that binds us together, it is community that we build each time we scan our membership cards, it is community that we deepen when we come before or stay after a group exercise class to chat with one another. It is community that brings us back day after day, week after week, generation after generation.

I was speaking with a member recently who commented that “there is no place else I have even been that is like the Levine JCC.” This statement made me smile, as while we are always striving to improve – our programs, our facilities, our member experience – we believe that there is something special about this place. That something special is community.

This is YOUR Levine JCC, this is your community, and this is your JFamily. Your Levine JCC will “meet you where you are” at different stages of your life, and in different ways. Undoubtedly, some of those stages may bring you here more often than others. The constant through all of our life stages is community.

Community is important, now more than ever, as we watch our lives become more disconnected. We are spending ever increasing amounts of time in our cars, on our screens, and chasing from one place to the next. Too often, we are not pausing in the moments which make up our lives. Many of these moments are with those whom we love and cherish, our community.

While your Levine JCC is a gym to some, a pool to others, a summer camp for our kids, or the best darn Tennis Center in Charlotte to many, it is not these services that makes this place “like no other.” You can certainly find other places that offer these services, but what you can’t recreate at those places is your community, your *Kehillah*.

So now more than ever, we invite you to deepen your relationship with your Levine JCC. Deepen your commitment, deepen your investment of your time, and deepen your relationship with those whom you love at your Levine JCC.

I can’t wait to see you poolside this summer and hope that you enjoy your summer days at the J with our community,

– Peter Blair

With membership at an all-time high, an outstanding fitness facility, and a vast array of robust program offerings, the Levine Jewish Community Center continues to thrive as a jewel in the crown within our Queen City. Among the many fabulous perks of being a member of the LJCC (and please refer to the LJCC website for some other terrific JPERKS) is that, in addition to enriching your mind, body, and soul, you are embraced as a member of this community – our JFAMILY. There is a wonderful history here that for over 30 years lifelong friendships and relationships have been nurtured and built at our LJCC; this tradition continues today, which is one of the many aspects of how rewarding it is to be in the JFAMILY.

It is the mission of the LJCC to enrich lives and build relationships through quality Jewish experiences. I take pride in how well this mission is achieved every day of the year. I am also proud of our inclusive environment and

how warm and welcoming the LJCC is to all who walk through our doors.

I want you to know how valued you are as members of the JFAMILY. Your support, participation, and continued involvement are so appreciated. Every decision made by the Board of Directors is with you in mind. We strive to ensure your membership experiences are positive and that the programs and services delivered meet, and even exceed, your expectations.

With Memorial Day weekend around the corner, we are excited the summer pool season is upon us. Our expectation is that this will be a very dynamic summer with our outstanding aquatics complex serving as the centerpiece for you to spend your leisure time in Charlotte.

I hope to see you often at the J this summer. I am so glad you belong here!

– Jeff Turk

LJCC Board President



Jeff Turk



Post show playtime at the premier of *Shalom*, an original PlayPlay Theatre production.

EXERCISE YOUR VALUES

Community

kehilah קהילה

LEVINE JCC CAPITAL CAMPAIGN



Recent Capital Campaign Projects

- ✓ New, State-of-the-art Low Profile Strength Equipment
- ✓ Alvin E. Levine Gymnasium Renovations – PHASE 1 (New Running Track)
- ✓ Renovated Gorelick Hall



**Come see your renovated
Gorelick Hall!**

**NEW STAGE CURTAINS
NEW LED STAGE LIGHTS**

**Plus ADDITIONAL
SPEAKERS, MONITORS
& MICROPHONES**

“The JCC investment in the arts has provided my three girls an inclusive, fun, creative, nurturing place that they love to be part of. I have watched their confidence grow with every performance. There are no words to describe how amazing it is to watch your children on stage! They have gained tools that will help them throughout their entire lives. Now that the sound and lighting systems have been improved, the shows can be enjoyed from anywhere in Gorelick, no pressure to be front and center.”

– TAMI SILVERSTEIN (PARENT)

“I was already in awe of JSTAGE program, and the new lighting and sound systems have made it even better. My daughter, Penina, participates in the performances, and she feels so much more ‘professional,’ excited and confident knowing the sound and lighting are of incredible quality. As a parent, I get to enjoy my child & her fellow aspiring actors on stage even more - hear them better, see them better, and all around feel like Penina is learning in a top notch environment.”

– JOANNA LINDENBAUM (PARENT)

**Building a Foundation For Our
Community’s Future.**



“I walk 3 days a week on the indoor track. Since the J updated the flooring, I find the walking is more comfortable and relaxing on the feet.”

– ED SALTSMAN

Mazel Tov!

In 2017, **5 donors** increased their pledges by a total of **\$17,193.21**

Thank You for
**investing in JBUILD;
investing in your
community.**



This figure includes all entities that gave to the campaign.

Upcoming Projects for 2018-2020

Capital Campaign funds will support the following projects & renovations:

- ✓ Alvin E. Levine Gymnasium Renovations – PHASE 2
- ✓ New Indoor Pool HVAC System
- ✓ Additional Fitness Space

CAPITAL CAMPAIGN VISION

This Capital Campaign will shape the future of your Levine JCC by allowing us to meet the changing needs of our growing community for many years to come. Our hope is that your J will continue to be the leading community center in Charlotte, not just for your family today, but for many generations in the future.

COMMUNITY IMPACT

When you look at the core of a successful JCC, you find a mission of **building a strong community and deepening relationships**. Campaign projects and renovations will not only transform our campus physically, but they will also ensure the long-term sustainability of your J’s community impact programs and initiatives.

■ With every tennis match played...

you help to continue our partnership with *United Way* to deliver quality programs to seniors;

■ With every jog on the treadmill...

you help to continue our partnership with the *Levine Children’s Hospital* to support their Adaptive Sports and Adventures program;

■ With every lap you swim in the pool...

you help the *Butterfly Project* teach more than 5,500 CMS and surrounding county school students annually, the lessons of the Holocaust and what they can do in their lives to stop discrimination, stereotyping and bias from flourishing;

■ With every personal training session you attend...

you help to continue our partnership with *Special Olympics*, serving 350+ in our community each year;

■ With every J-Force class you sweat through...

you help *Camp Mindy* serve more than 700 kids annually with quality summer programming.



Capital Campaign contact:

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ROCK STEADY BOXING LEVINE JCC

Rock Steady Boxing: *Fighting Back* Against Parkinson's

Nearly one million Americans are living with Parkinson's Disease, a degenerative movement disorder, and approximately sixty-thousand more are diagnosed each year. Symptoms can be hard to deal with and unpredictable. The Levine JCC launched Rock Steady Boxing (RSB) in December of 2017 and has grown from 10 participants to 24 in just 6 months.

RSB is a non-contact program that may help relieve problems with balance, agility, motor skills, flexibility and strength – all symptoms associated with PD.

Something Shirlee Wadsworth was all too familiar with until she started taking RSB here at the Levine JCC. Shirlee has been participating in RSB for the past six months and says, "When I box, I only think about boxing and my tremors decrease and my balance is better. This program makes me feel more comfortable having Parkinson's Disease."

In this program, exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome the opponent, Parkinson's Disease. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant. Rock Steady Boxer Claire Maret experienced this first hand.

Claire was diagnosed with PD in March of 2017. "Rock Steady Boxing is amazing!" she states. "I can relate and talk to patients and see other symptoms." When we asked Claire what she would say to someone who was hesitant to try out Rock Steady Boxing for the first time? "You will not regret it. It's the best!"

While there is no cure to Parkinson's, RSB and support from your Levine JCC trainers are here to counterpunch the disorder.



The Levine JCC offers numerous 4-week sessions throughout the year. The classes are twice a week, on Tuesdays & Thursdays.

For more information on Rock Steady Boxing at the LJCC please visit charlottejcc.org or call Jenny Crow 704-944-6870.



WE PACK A PUNCH...

Q:
What do you gain from the Rock Steady Program?

571
Rock Steady Boxing Programs Around the World

28,550
People Training with the RSB Program (and growing!)

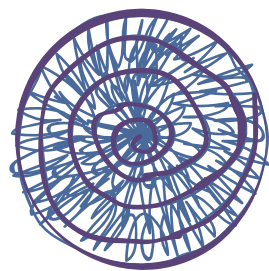
60,000
People Diagnosed with Parkinson's Disease Annually

Suzanne DiOrio
"The Rock Steady method trains the brain through patterns to rewire itself in a way that no medication can. I have seen and heard from my clients' families, their mood and physical capabilities are better on the days that they box. Gait and posture are improved, especially balance. Anyway, who doesn't like to punch things and fight back? I will forever be amazed at the progress these courageous men and women have made, and they've become friends in the process. What a gift!"



Jenny Crow
"Rock Steady Boxing is a unique program in that it's a combination of fitness and a positive support group for those with Parkinson's. Boxing is a large component of the program and has been shown to slow the diseases progression. I have witnessed first-hand what a difference this program has on our boxers. Many of them had felt that they would not be able to do the things they were used to. When they walk into RSB they are immediately encouraged to work hard and do those things they did not think they could do. They walk out of class with self-confidence, greater strength, and the ability to move more freely."

Larry "Blalock Bull" It helps physically, and I get emotional support from others.	Warren "The Terrible" Improve my overall physical ability.	Joyce "Jumpin' Joyce" Hope.
Skip "KO - Knockout" Camaraderie and better understanding of PD.	Ed "Rocky Rose" Lengthening my life from the effects of PD.	Suzanne "Shazaam" Being active and positive support from other PD patients.
Alan "Killer Goldberg" Life!	Clara "The Best" Even my doctor has noticed my improvements over the past 12 weeks!	Bill "The Intimidator" There is so much positivity and a sense of community.



UPSTREAM ARTS

Upstream Arts was founded in 2006 by Matt and Julie Guidry, inspired by their son, Caleb, who was born with Cornelia de Lange Syndrome affecting his physical and cognitive development. Caleb is non-verbal; but when Matt, a Twin Cities theater artist and educator, exposed Caleb to theatre and dance, Caleb began to use the movements, body language, and facial expressions he found in the arts to communicate and engage with those around him. Through this spirit and determination, Upstream Arts was born.

Owner Julie Guidry says that the most important piece that the kids or adults leave after taking part in one of their programs is “joy, fun and a sense of accomplishment.”

“Sharing our stories and our truths takes work and creativity. Upstream Arts’ classes strive to create a safe place for all who join to show and share a little something of themselves.”

– Julie Guidry, Owner

Now, over a decade later, Upstream Arts annually serves more than 3,500 individuals from birth to 75+ with cognitive, developmental, emotional, behavioral, and physical disabilities, as well as those with visual impairments and those who are deaf or hard of hearing.

In March of this year, the Levine JCC partnered with local organizations to bring Upstream Arts to the

Upstream Arts is a nonprofit organization in Minneapolis that serves individuals with disabilities at every stage of life through interactive, multidisciplinary arts learning experiences designed to nurture vital social/emotional and communication skills.

Charlotte area. Offered as a free program over the course of 3 days and 8 sessions, more than 100 participants ages 4 through 50 took part in the “The Art of Social Skills” learning program.

“The Art of Social Skills” focused on developing social, emotional and communication skills vital to success in school, work, and life while exploring the fundamentals of visual art, theater, poetry, music, and dance.

Levine JCC CEO Peter Blair explains why it was so important to bring Upstream Arts to the Charlotte community. “The Levine JCC is committed to partnering to build a healthier Charlotte. Upstream Arts is just the type of partner we seek, as they share our LJCC commitment to excellence and work tirelessly to support all members of our community, regardless of ability. Having worked with Upstream Arts in my prior role as COO of the Samson Family JCC in Milwaukee, I was dedicated to bringing them to Charlotte and enabling our families to experience the profound impact Arts programming can have on our community members with various abilities. We are committed to bringing Upstream Arts back in the future and look forward to deepening and broadening our impact through this partnership.”



– In Collaboration With –



“Lucas really enjoyed the program. He even wanted to go back the next week. He participated on the make-believe ball game which I know made him feel part of a team. We rarely have such opportunities. I had no particular goals about the program, only an opportunity to be with peers and participate if possible. I'd definitely enroll him again.”

– Rosaura Saltzman
(mom of Lucas Saltzman, age 13)

This was the best program in Charlotte Jill's ever attended for arts, creativity and self-expression! I am so proud of my Jewish community for bringing this to the JCC. Thank you!”

– Corine Bockenek



For more information on Upstream Arts, please visit:
www.upstreamarts.org

Meet Triathlete Judie Van Glish

Judie Van Glish has been a member at the Levine JCC since opening in 1986 and has watched her children and grandchildren grow up at the JCC. This past winter Judie made the brave decision to join the J's Triathlon Training Group taught by Group Ex Coordinator, Jenny Crow. We sat down with Judie to talk to her about her training and goals for the future.

At the age of 76, what made you decide this was the year to train for a triathlon?

I never thought about training for a triathlon. While talking to a friend at work she mentioned that she trains participants for a triathlon in the Huntersville area. In years past I always was involved with some sort of activity, mostly at the LJCC – tennis, running, golf, volleyball, spinning classes, etc. Many years ago I even took swimming lessons at the J. I played tennis for more than 30 years but the other activities became boring after a couple of years. Training for the Triathlon peaked my interest because it was a combination of training for three different activities at the same time, all of which I had previously done. My only goal was to finish the race standing up.

What has been the most difficult part of the training process?

Nothing was especially difficult. I just did everything at my pace. However, it was a little challenging to get my bike in and out of the car!



Way to go Judie!

Judie (white cap) completed her first triathlon on April 29th at the Huntersville Sprint Triathlon, which included a 200 yard swim, 12.4 mile bike ride and 3.1 mile walk/run.



What's your training schedule like when preparing for a race?

The schedule was very specific. Swimming in the "bubble" pool Tuesday mornings at 6:00 AM, running on the track at the J at 6:00 PM on Wednesdays, and biking at a business park on Sunday mornings at 9:00 AM. Each activity was for about an hour. In addition, we were expected to do each activity one other day during the week, so I would do running on Monday, swimming either Friday or Saturday and biking on Thursday or Friday. If it was raining or too cold outside we had the benefit of using the spinning room for biking or the indoor track for running at the J. There was never an excuse to skip a class. We also were expected to use a medicine ball, free weights, as well as many stretching exercises during the week.

What would you say to someone who is on the fence about doing a triathlon?

JUST DO IT! The training regimen has been a lot of fun and I met a lot of really nice people along the way.

Tell us a little about your experience training with Jenny Crow...

Jenny is great. She has a great sense of humor and made the practices fun. She is also very organized. She gave us a practice schedule for the twelve weeks and sent us weekly emails suggesting different drills and warm ups to practice in between.

Now that you've accomplished this goal, what's next for you?

I may just go out and buy a bike. I borrowed one to train for the triathlon but really enjoyed having the wind blow in my hair. It would be a lot of fun to ride a bike at the beach.

Create Your Jewish Legacy

A FCJC program

Through the Charlotte Create Your Jewish Legacy Program, you can make a difference in our community for years to come. Please consider joining the many who have already committed to leave a Legacy Gift ensuring that generations of Jewish families continue to have a strong and vibrant community to call their own. Endowment funds will help provide for continuous growth and long-term capital improvements.

Thank You

...to our LJCC Legacy Donors

Anonymous (4)
Wilma & Gerson Asrael
Judy & Stan August
Shellie & Harvey Barer
Gail & John Baron
Meredith & Michael Baumstein
Lois & Sanford Benjamin
Philip Berman
Glenda & Brian Bernhardt
Elka & Andrew Bernstein
Peter Blair
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Joanna & Eric Wisotsky
Kim & Marc Wojnowich
Lisa & Scott Yarbrough



Upon our arrival here in 2004, we immediately committed to immersing ourselves to Jewish Charlotte. Our boys, Jacob and Sammy, attended the Jewish Preschool on Sardis, Camp Katan and we joined both the Levine JCC and Temple Israel. Being Jewish in Charlotte was easy because we felt an immediate connection to many different Jewish organizations and friends. It became part of our family's make-up and our lives in a manner that has been more important than we had ever imagined.

Our boys, having attended both the Jewish Preschool on Sardis and the Charlotte Jewish Day School, are very proud to be Jewish. They grew up at the Levine JCC playing Micro Soccer and Inter-Faith Basketball and can still be found there regularly for BBYO, fitness and other social events. It is a place that is familiar, comfortable and safe for them.

Meredith and I want the organizations that have defined Jewish life for us to continue to provide that same support to our children and grandchildren. Our legacy gift is our way of ensuring that our children and other children are exposed to the same type of Jewish values that we have experienced.

– THE BAUMSTEIN FAMILY
Meredith, Michael, Jacob & Sammy

For more information, or to learn how you can be a part of this wonderful and important initiative, please contact:

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