



Lyon Links

By new board member Randy Bolsinger:

To share my work career in the YMCA I also have to talk and share Martie Bolsinger, my wife and also a YMCA Professional who passed from Alzheimer's in 2017. We were team through the years when we met as new Associate Branch Executives with the Minneapolis YMCA at two different Branches.

First my career started with the Youngstown YMCA working at Camp Fitch Branch during the summers of my high school and college years. Upon graduation from college I was hired full-time starting as an Assistant Physical Director to being the Membership Branch Director of the Central Branch before accepting a position with the MinneapolisYMCA.

Marrying Martie, we had a dual YMCA career. Years later we made a move where I became the CEO/President of the Somerset Hills YMCA in New Jersey and she the Branch Executive of the Vanderbilt YMCA in New York.

Martie excepted the position of CEO/President of the YMCA of East Bay in Oakland, California. I accepted the position of Branch Executive Director of the Central Branch Y in the San Jose Association (now YMCA of Silicon Valley).



Later Martie accepted the position of CEO/President of the San Francisco YMCA and later I accepted a position of Vice President with the YMCA of East Bay.

We retired together In July 2004 with both of us with over 35 some years of service to the YMCA.

I held a number of positions in working with AYP (APD) and received some excellent program recognition and awards from the National YMCA along with conducting several Capital campaigns.

About a year after retirement Neal Nichols asked us to head up an Executive Coaching program using retired successful Y Professionals and matching them with newly hired CEO's through the United States. The goal was to reduce CEO turnover.

We trained the retired professionals on being coaches and ran the program for seven years. We trained over 65 coaches and close to 200 matches that went for nine months with a coach. The program was turned over to Rich Wallis in 2014 as Martie's Dementia was progressing and more care was needed with her.

I started volunteering for the Lou Ruvo Cleveland Clinic for Brain Health in Las Vegas in several different areas. I taught an evidence based program called *"Powerful Tools for Caregivers"* for five years. I gave talks to businesses on Dementia awareness within their companies. I trained McCarran Airport staff about people with Dementia and how to communicate more effectively. I was part of new patient and caregiver orientations and talked about my journey and the services available at the Cleveland Clinic for Caregivers. After seven years of helping in these and some other programs I stepped down as the pandemic began.

In 2019 and 2021 I volunteered at the Sioux YMCA in Dupree South Dakota and have enjoyed reconnecting with other colleagues who volunteer. It has been fulfilling in learning about the needs of this YMCA and making a difference in helping it.

My personal involvement now is teaching safety classes for Motorcycle riders with Goldwing Road Riders Association, an international Motorcycle Association. My other hobbies are traveling in my RV, hiking, golf and scuba. As a Widower. I am learning to adjust after almost 37 years of marriage.

I have always been a member of the Lyons Chapter of retirees, but because of distance and other commitments I have not attended any events. I will encourage Lyon retirees to think about volunteering come this spring of 2022 at the Sioux YMCA which is my World Service commitment to this YMCA.

Paul Andresen called me and asked if I would be part of the Lyon Chapter Alumni Board concentrating on the Sioux YMCA projects. I agreed to help where I can and my availability. I look forward to promoting this program within the Lyon Chapter.