

July 2009 Success Story

Vivian Rohde



“The person who can bring the spirit of laughter into the room is indeed blessed.” Bennett Cerf

Vivian has been a YMCA member since the summer of 2008. She joined with the goal of “learning to exercise the right way” to improve her health. By regularly using the fitness room, particularly the bikes, she has been able to achieve that goal and others that she didn’t necessarily have when she first joined. Vivian notices, “I breathe better, move more freely, and I met a lot of wonderful people while seeing all the things the YMCA offers.”

With the help of her husband, Richard, Vivian has been able to keep motivated, but she has also enjoyed getting to know other members and staff who have also offered her plenty of inspiration. She regularly works out with David Sieck, who she says is “very attentive,” and she enjoys visiting with Rob Simon, who works with the Teen Leaders Club. Rob has inspired Vivian through his commitment to the YMCA youth. “Rob loves the kids and they love him right back.” In addition to David and Rob, Vivian enjoys participating in Silver Sneakers dinners and Adaptive Recreation dances. Because of Vivian’s energy and love, she has become a strong member of the YMCA family and a welcome, and well-loved, face to YMCA staff.

Ultimately, Vivian joined the YMCA in order to take control of her life after a series of devastating events in her family. She says, “I lost three brothers and one sister to cancer, I lost one brother with a brain mass, I lost one sister to diabetes, and I lost my father in a highway truck accident. I have one sister living, and I am so happy that God gave me the YMCA to help me live the rest of my life better.”