



File Photo
Executive Director Shawan Gabriel stands in front of the Winston Lake Family Y.

Winston Lake Y receives \$15,000 Sam's Club grant

SPECIAL TO THE CHRONICLE

The Winston Lake Family Y has received a grant of \$15,000 from Sam's Club to enhance programs designed to help teens prepare for and achieve higher education.

The award is part of a \$1 million gift to YMCA of the USA (Y-USA), the resource office for the nation's 2,687 Ys, for placing first in the education category of the Sam's Club "Giving Made Simple" online campaign, conducted earlier this year. The Winston Lake Family YMCA is one of 60 Ys selected to receive \$15,000 grants from the Giving Made Simple campaign.

The gift to Y-USA is supporting national urban education and outreach initiatives, including Y-USA's Achievers, an academic achievement and college readiness program designed to help teens set and pursue high educational and career goals. At the Winston Lake

Family YMCA, the funding will be used to benefit the Achiever's program.

"We are grateful that the Winston Lake Family YMCA was selected to receive funding from the Giving Made Simple campaign and we want to thank Sam's Club and all of its members and associates who voted for the Y," said Winston Lake Family Y Executive Director Shawan Gabriel. "This gift will help to support our ongoing efforts to bring the vital work we do with youth and teens to the forefront of our community."

Through Y-USA's Achievers and other youth development initiatives such as Youth in Government and College Goal Sunday, Ys across the country provide youth with opportunities for academic enrichment, college access support, adult mentors and leadership skills.

For the Giving Made Simple promotion, Sam's

Club members and associates were encouraged to log on to the company's web site, or use the social media sites Facebook and Twitter to vote for one of eight participating non-profit organizations - four in the entrepreneurial category and four in the education category. Y-USA placed first in the education category. Sam's Club also accepted votes in its stores nationwide on one designated day.

"Giving Made Simple is an exciting addition to our charitable efforts and complements our core business strategy that puts our members first in everything we do at Sam's Club," said Brian Cornell, President and CEO. "We believe that by supporting organizations like the Y that are dedicated to preparing children and teens for life-long success - we are making an investment in the communities and people we serve."

Spivey and Luster began corresponding through letters, and eventually exchanged contact information.

"I wanted to see how my child affected someone else's life and it is beyond anything I could ever imagine," Luster said. "It is just so cool."

Last spring, Spivey accompanied Luster when she spoke at the Eye Bank's Faces of Donation Memorial Service. She picked him up; it was the first time the two had met face to face.

"He was riding shotgun with me in my car and he was reading the directions to me from my daughter's eye," she declared. "I felt like I was floating above the earth."

Being an organ donor was something Sonia had wanted, Luster said.

"One of the proudest moments I've ever had was when I was able to introduce James to 500-600 people (at the service). He's going to be able to drive, all because of my daughter," she stated. "She has been gone more than two years and she just keeps giving and I am so proud of her."

On the darker days of her grieving process, Luster says she has taken comfort in the fact that her daughter was able to touch someone else's life in a meaningful way.

"When I'm having a really, really rough day, it's like a lifeline," she said. "It is something tangible that I can touch and I can see and if I can either touch it or feel it in my heart, then I haven't let her go."

In the years since her daughter's death, Luster has become an advocate for organ donation.

"She touches so many people and she's not even here," she said of Sonia, who was featured in a Donate Life advertising campaign. "You would not believe how many people have told me that they are organ donors now because of my daughter. It's like that Butterfly Effect, you start one motion and it just spreads and grows. The love just grows everywhere, all because of this 16 year-old child who made one fatal mistake."

For more information about the NC Eye Bank, Inc., visit <http://nceyebank.org> or call (336)-765-0932. Luster has established an annual scholarship in memory of Sonia at North Stokes High School. For more information or to donate, email dlusteraero-smith@yahoo.com.

His second feature, "Juno," which follows the story of a pregnant teenager, was nominated for four Academy Awards, and won three Independent Spirit awards plus a Grammy Award.

Through his company, Right of Way Films, Reitman is in post-production on "Young Adult," starring Charlize Theron. The film, which reunites Reitman with his Oscar-winning "Juno" screenwriter, Diablo Cody, will be released by Paramount Pictures later this year.

The film festival is designed to promote the art of filmmaking and to challenge aspiring filmmakers. The festival is sponsored by WAKE TV, the university's student-run television station.



Reitman

Sight

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ing, through organ donation. Because of the severity of the accident, many of Sonia's organs weren't viable for transplant, but her corneas were intact, Luster said. They were donated to the North Carolina Eye Bank, Inc. and afforded two recipients the gift of sight.

One of those recipients was Spivey, a Philadelphia native and former aircraft mechanic. Spivey, 43, had grappled with vision problems from birth and had had three eye surgeries by the time he was eight months old. He lost the vision in his left eye to glaucoma in 1990 and was forced into retirement in 2003, when the sight in his right eye inexplicably deteriorated to the point of legal blindness. He had no choice but to give up his car, the first one he had owned, and live on disability.

"It was a shock," related Spivey, who moved to NC in 2000 to work for Timco Aviation Services. "The first few weeks of going through that were basically the hardest I had to go through."

Gradually, Spivey found ways to make use of his time. He learned to trade in the stock market, took up indoor rock climbing and even placed fourth in a competition against sighted climbers, but the little vision he retained in his right eye continued to decline.

In 2008, Spivey's doctor recommended a cornea transplant and Spivey, who had endured more than four decades of eye surgeries, hesitantly agreed. Having vision after more than five years of near-darkness was a wonderful gift, Spivey said.

"I was able to see clearly about a day or two after surgery," he related. "I remember standing out on my balcony just looking at the leaves because it was a fall day. I actually see better now than I did when I was in high school."

Several months after the surgery, Luster wrote Spivey a letter and told him all about her beloved daughter.

Learning about Sonia and the life that she had led was bittersweet for Spivey. The letter still hangs on the wall in his home, alongside a photograph of Sonia.

"It was like finding out that I had a kid that I never knew," he related.

Festival

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starring George Clooney, was nominated for six Academy Awards, including Best Picture and Best Director.

Reitman made his feature film-directing debut with the 2006 hit, "Thank You for Smoking." Based on the novel by Christopher Buckley, he adapted the story for the screen. The film earned a Golden Globe nomination for Best Picture, an Independent Spirit award for best screenplay, and a WGA nomination for best adapted screenplay.

BestHealth.

Wake Forest University Baptist Medical Center

In partnership with MedCost

March 2011 Events

Events are held at BestHealth in Hanes Mall or other locations, as noted.

☎ = registration required. Visit besthealth.com or call 336-713-BEST (2378) to register.

For BestHealth membership information, call 336-713-BEST or visit our web site.

2 WED - Massage for Heart Health

6:30 pm Join WFUBMC licensed massage therapist Jennifer Barker to learn the benefits of massage therapy for your heart, such as lower heart rate and improved blood circulation. ☎

3 THU - Eating for Heart Health: Beyond Fat and Cholesterol

2 pm Join registered dietitian Julie Ellis from the Wake Forest Baptist Heart Center as she reviews nutrition basics for a heart smart diet. ☎

4 FRI - Arthritis and Physical Therapy

2 pm Join WFUBMC physical therapist Laura McKenzie to learn the benefits of physical therapy for people with arthritis. ☎

9 WED - What's that Ringing in My Ears?

2 pm Do you hear ringing, buzzing or "crickets" in your ears? This is a condition called tinnitus. Join WFUBMC audiologist Janet Blank to learn its causes, when to see a physician, and strategies for symptom relief. ☎

10 THU - 12-Lead EKG Screening

10 am to 6 pm Do you have a family history of heart disease? Does your heart skip a beat? If so, have your heart rhythm checked with a 12-lead EKG and the results reviewed by a Forsyth County EMS paramedic. Appointment required. Sponsored by Forsyth County EMS and the WFUBMC Heart Center. ☎

12 SAT - Safe Sitter® Basic

9 am to 4 pm Taught by certified Safe Sitter instructors, this nationally recognized program teaches 11- to 13-year-olds how to be safe, nurturing babysitters. Students learn safety precautions, basic first aid, choking skills, and more before taking a final exam to earn a completion card. \$40 per student for the one-day class (includes Safe Sitter manual and babysitter kit). Students should bring a healthy bag lunch; drinks provided. ☎

15 TUE - Diabetes Control for a Healthy Heart

3 pm Join nurse practitioner and certified diabetes educator Sonya Jeffries of the WFUBMC Diabetes Care Center to learn how important it is to control diabetes and maintain a healthy heart. ☎

17 THU - What You Need to Know about Deep Vein Thrombosis

11 am Join Dr. Pavel Levy of WFUBMC Vascular and Endovascular Surgery to learn about the causes of deep vein thrombosis and its complications. ☎

22 TUE - Meet the Expert: Dr. K.C. Balaji Discusses Prostate Cancer

6:30 pm Join Dr. K.C. Balaji, WFUBMC urologist and prostate cancer expert, for an informal discussion and Q&A session on prostate cancer. This forum provides education for men who have prostate cancer as well as their families and anyone interested in learning the latest about prostate cancer screening and treatment. ☎

23 WED - Stroke Caregiver Series

4 pm Join WFUBMC stroke program manager and registered nurse Rayetta Johnson for a series that provides support and information to caregivers about post-stroke lifestyle. Series is held the fourth Wednesday of each month through July. Sponsored by the WFUBMC Comprehensive Stroke Center. ☎

29 TUE - It's Your Heart: Lifestyle Tips for the "Superwoman"

6 pm WFUBMC women's heart health coordinator Susan Butler, RN, shares how psychological stress plays a role in the development of heart disease, and provides tips on avoiding the pressure to be "superwoman." ☎



31 THU - Increasing Your Fertility, Naturally

6 pm Fertility specialist Dr. Tamer Yalcinkaya gives tips on improving your chances of getting pregnant, and explains the latest infertility treatments available at the WFUBMC Center for Reproductive Medicine. ☎

Other Locations

3 THU - 12-Lead EKG Screening

9 am to 3 pm Do you have a family history of heart disease? Does your heart skip a beat? If so, have your heart rhythm checked with a 12-lead EKG and the results reviewed by a Davie County EMS paramedic. Appointment required. Sponsored by Davie County EMS, Davidson Community College and the WFUBMC Heart Center. Held at the Davie Education Center, 120 Kinderton Blvd., Advance. ☎

9 WED & 22 TUE - Weight-Loss Surgery Information Sessions

5:30 to 7 pm Join WFUBMC surgeons Dr. "Fuzz" Fernandez and Dr. Stephen McNatt to learn about weight-loss surgery evaluation, risks and benefits, nutritional needs, exercise commitments



and follow up. Pre-registration is required. Held at The Hawthorne Inn, 420 High St., Winston-Salem. ☎

12 SAT - Varicose Vein Screening

9 am to 12 pm Free varicose vein screening with WFUBMC interventional radiologists Dr. Brian Kouri and Dr. John Regan. Held at the Outpatient Center, Lexington Memorial Hospital, Emergency Drive, Lexington. An appointment is required by calling 336-238-4589.

30 WED - Lunch & Learn: Kidney Health

12 pm What do the kidneys do? How common is kidney disease and what are the symptoms? Join WFUBMC nephrologist Dr. John DePalma to learn the answers to these questions and more. Held at the Lexington YMCA, 119 West 3rd Avenue, Lexington. Cost of lunch is \$7.00. Registration is required by calling 336-238-4213.

☎ To register, visit besthealth.com anytime, or call 336-713-BEST (2378),

10 am to 6 pm, Mon.-Thurs., 10 am to 5 pm Fri.-Sat.

Screening appointments must be made by phone.

BestHealth programs are for adult audiences; children welcome when noted in description. Visit besthealth.com for details.



Wake Forest University Baptist MEDICAL CENTER