

# I'm Possible Gala

## **KATRINE STUMBAUGH • EVERYDAY HERO AWARD**

Nearly 30 years ago, in December 1996, Katrine went for her annual mammogram, and they did not let her leave until the radiologist recommended a biopsy. She says that day was both the worst and best day of her life—she had breast cancer. Her doctor advised her to lose weight, so she found the Hamilton Area YMCA. In her first year working out, she gained 10 pounds. In October, JoAnn Keephart, a longtime director at the Y, suggested she join a weight management program, and by May 1998, Katrine had lost 70 pounds. She enjoyed the program so much that she started exploring other opportunities at the Y.

At that time, she was a stay-at-home mom with two young children. They learned to swim, dance, and cheer here at the Y. It became their second home. Katrine began earning certifications and helping out in various areas of the Y. Over the years, she has worked in many departments. She has been part of the Diverse Abilities program (formerly SKOR/SOAR). She was a member of our Wellness Center floor staff, has led chronic disease programs, and almost 20 years ago, began working in our BASE (Before & After School) program. In addition to BASE, Katrine is a Group Exercise Instructor, teaching Active Adults Light Weight Workout, Pilates, Stretching, Total Body Ball, and Muscle Works. If you ask Katrine, she will tell you she loves all her jobs!

Katrine is also happy to share that she has found a home at the YMCA over the past three decades. Each day, she looks forward to spending time with all her Y friends. She says she is inspired daily by the people around her. The Y has been there through illness, raising her children, divorce, and now watching her grandbabies grow—through the worst and the best times of her life! She feels it's wonderful to have a place where you matter because everyone matters at the Y.