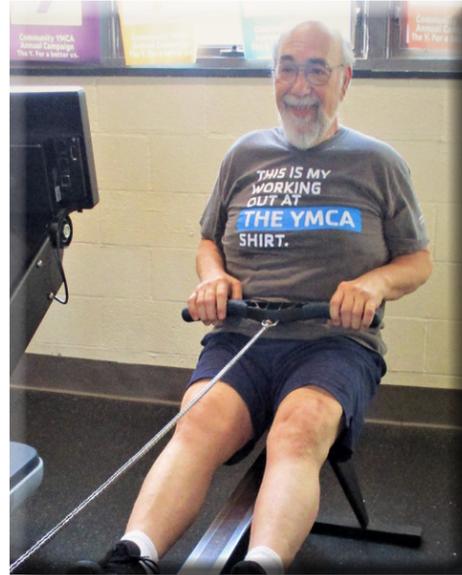




In the Spotlight



Jeff Staikoff & Susan Cook

Workout at the Wellness Center any day of the week, and you'll find Jeff Staikoff burning calories and toning up. Dive into the pool, and you'll swim beside his lovely wife of 32 years, Susan Cook. She's been a dedicated Community YMCA member since 2002 following her retirement as a teacher in the Philadelphia School District. She's still swimming six days a week!

Jeff hopped on board when he retired in 2011.

"I was a furniture-maker for 30 years, and once I was no longer working, I wanted to make fitness part of my retirement plan."

When he first started his new routine, Jeff says he was always on the rowing machine. He's since branched out, and is taking advantage of the many options offered, including the weight equipment, stationary bike, and the stair-stepper.

"As I get older, the exercise helps me to continue moving. I always feel better afterward, and focus on the rewards. Sue and I travel a lot, and staying in shape helps us do almost anything on vacation."

Jeff jokes, "We're in training for our 80s."

Humor aside, Jeff believes exercising can help everyone, even older adults in their late 70s, 80s and beyond. Thanks to Jeff and Susan's rigorous workout regimens, there's nothing stopping them from seeing the world. They've been to Turkey, Spain, Italy, Portugal, France, Canada, plus all over the U.S., and they're already packed for their next adventure!

But when not crisscrossing the globe, this happy super duo calls the Community Y home.

"There is no Y like this. It's a very unique place and the people are wonderful. The neat thing is, you'll meet people from all different cultures. That becomes part of our daily life here.

We get to talk about where they used to live, and learn more about them.

You come to find out, we have more in common that we don't.

It's great and I support this place 100%!"

Thanks to Jeff & Sue for your dedication to our Y family and the community!