

Mike Clark Shares How the Y Has Impacted His Life

(Remarks delivered to the crowd at the Jackson YMCA on Feb. 11, 2020, during the Henry Ford Allegiance Health Capital Campaign Announcement.)

Good morning!

I was able to swim my 1000 yards in the Y pool this morning. Being a regular at the Jackson YMCA has strengthened my body and has given me the ability to withstand trauma. It also provides a support system that reaches its members in need.

This past August I had massive internal bleeding that cause me to go into cardiac arrest. Fortunately, I was just entering the Emergency Department of Henry Ford Allegiance Health. The ER team took over, reviving me with CPR. An emergency surgery corrected the internal problem. While in ICU following surgery a doctor was speaking with my family about the ordeal and mentioned how well I had come through the trauma. My wife Cindy told him about my swimming at the Y and he said that was a big reason why I was still alive.

My early morning Y family showered me with prayers, cards and get-well notes that helped me through the healing and rehab process. I was back in the pool in 4 weeks.

Thank you to the Jackson YMCA and Henry Ford Allegiance Health who together helped saved my life!

- Mike Clark, Jackson YMCA Member