

# The Y. So Much More™ NEWSLETTER



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ROCHESTER AREA FAMILY YMCA

709 1<sup>st</sup> Ave. SW, Rochester MN 55902

507.287.2260 • [www.rochfamy.org](http://www.rochfamy.org)

JULY 2015



## KEEPING KIDS ON TRACK

When school ends, many children from low-income families lose access to resources important for positive development such as nutritious meals, adult supervision and activities that keep them engaged mentally. Time away from school can contribute to the academic disparity that exists between children from low-income households, who often begin school less prepared, and their peers. Without intervention, the gap—known as the Achievement Gap—widens, and kids from low-income backgrounds fall further behind. As a leading nonprofit for

youth development, the Y works to help all kids reach their fullest potential, nurturing their positive social-emotional, cognitive and physical development. Last summer the Rochester Area Family YMCA provided \$6,480 scholarship dollars for 89 youth to attend summer camp. For more information about the Y's Open Door Scholarship Program visit our [website](http://www.rochfamy.org).

## IN THIS ISSUE

Staff Spotlight

News & Updates

Running Start for School

Get Paid to Work Out

WY SAD?

The Real Forrest Gump

Community Picnic Photos

Active Healthy Family

Fight Hunger Run/Walk

Ice Cream Social

Member News

## ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone you think may find it useful.

## OUR MISSION

Providing for the spiritual, mental and physical well-being of the individual, family and community.

HELPING YOUTH ACHIEVE MORE  
[hopthegap.org](http://hopthegap.org) #hopthegap



**The Y helps young people overcome barriers related to hunger, health, learning, water safety and access to safe spaces.**

### SAFE SPACES

Outside of school, youth don't always have a safe place to play. Over nine million young people learn and grow in Y programs supervised by caring adults.



### WATER SAFETY

Water accidents are a leading cause of serious injury for kids. The Y teaches more than a million children vital water safety and swimming skills each year.



### LEARNING

Most students lose two months of grade-level math skills in the summer. The Y's summer learning programs help to close the achievement gap.

### HUNGER

Food insecurity greatly impacts a child's development. The Y serves five million meals and snacks during the summer to children in need.



### HEALTH

Solutions to childhood obesity, lack of physical activity and food insecurity require difficult lifestyle changes. Teaching healthy habits is at the heart of how the Y supports the development of over nine million youth annually.

## HAPPY FOURTH OF JULY!

The Y will be closed on July 4 in observance of the holiday.



## STAFF SPOTLIGHT



### EMILY HOUSE

Emily is an Accounting Clerk.

#### Emily's Favorites

**Scent:** Lavender Pine

**Drink:** Mt Dew/Sun Drop

**Place to Shop:** I don't shop much

**Hobby:** Biking

**Flower:** African Violets

**Color:** Green

**Fruit:** Banana

**Sports Team:** not really a sports fan, but I guess this time of year would be the Twins

**Thing to do at the Y:** work for an organization that serves the whole community

**Restaurant:** Branding Iron in Preston, Minnesota

#### **Where were you born?**

Red Bay, Alabama

#### **What was the last movie you watched?**

The Age of Adaline

#### **Tell us something about you that many don't know.**

I've gone dog sledding up in the Boundary Waters.

#### **Name something you've done once that you can't wait to do again.**

Dog sledding

#### **Name one thing you want that you can't buy with money.**

Peace of mind

#### **What is the one person, place or thing you can't say no to?**

M & M's

## NEWS & UPDATES

- July is Parks and Recreation Month, so it's the perfect time to visit a nearby park and take advantage of walking or biking trails. Visit [rochestermn.gov/departments/parks-and-recreation](http://rochestermn.gov/departments/parks-and-recreation) for information on the parks and trails available in Rochester.
- EnhanceFitness®** is an evidence-based group exercise program that uses simple, easy to learn movements that motivate individuals with arthritis to stay active throughout their life. EnhanceFitness® participants overcome the obstacles of living with arthritis and revitalize their well-being within a safe community of support. Starts July 6—Classes will be held every Monday, Wednesday and Friday 9:30am-10:30am in South Gym and 1:30pm-2:30pm in Balfour Hall.
- Message from Aquatics Coordinator:** We have revamped the swim lesson report cards. This will help with the confusion on the requirements to pass each level. The new report cards will debut in Session 3 this summer. This will not affect your child's placement in the existing program. **Thank you & Keep Swimming!!**
- REMINDER: The Y will be closed August 8-9 for annual Gus Macker outdoor basketball tournament.**
- Purchase your \$5 **SHOP FOR A CAUSE** savings pass and help raise money for the Y's Annual Support Campaign. Bring the savings pass to any Macy's store on Saturday, August 29 and save 25%\* all day on regular, sale & clearance items, including home—even save on most brands usually excluded! You will also have a chance to win a \$500 Macy's Gift Card! Email [sarahb@rochfamy.org](mailto:sarahb@rochfamy.org) for details.



### MY Y IS NOW EVERY Y IN MINNESOTA

We want to encourage members to utilize the Y as often as they can. Sometimes, it's more convenient for members to utilize a YMCA in a different location. Now full facility/full privilege YMCA members have the flexibility to use other Y facilities throughout the state of Minnesota, at no extra charge. Simply present your active YMCA membership card and photo ID at any participating YMCA and enjoy free access.

### SCHOOL SUPPLIES NEEDED

Do you remember sitting on the floor and laying out all of your brand new school supplies the night before school started each year? The smell of sharpened #2 pencils, the rainbow of crayons, highlighters and color pencils, the fresh wide ruled note books, and the sound of the backpack zipper as you closed it and placed it next to the door for the next morning. There are children in our community who would never experience this feeling if it weren't for United Way's Running Start for School.

Running Start for School is a community backpack and school supply drive for Olmsted County students in need.

Get involved: collect, give (collection bin located at the Y's Welcome Center) and volunteer! Questions? Contact Miranda Halling 507-535-5503 or

[runningstart@uwolmsted.org](mailto:runningstart@uwolmsted.org)



## GET PAID TO WORK OUT

Exercise, Stay Fit and Get Healthy through the fitness insurance reimbursements offered through:

- Blue Cross Blue Shield of Minnesota (and North Dakota)
- Health Partners
- UCare's UCan! and/or Active U programs
- Vitality
- Medica
- Preferred One
- SilverSneakers and Silver & Fit
- Regency Managed Properties

Stop by the Welcome Center to see if you are eligible and to get enrolled.

### THURSDAYS ON FIRST

Join us **July 30** from **noon-8pm** on Historic 3rd Street for Wellness Day, focusing on maintaining a healthy lifestyle in various ways. Paws2Relax, Bike Powered Spin-O-Paint and an obstacle course presented by Olmsted Medical Center will also be present. See you there!



## WY SAD?

Weekend

YMCA

Staff

Appreciation

Day

Hosted by YMCA Member, Doug Malchow in honor of devoted weekend staff.

## THE REAL FORREST GUMP

Robert Sweetgall is coming to the Y!

**Thursday, July 16**

**8:00 a.m. (Adult Session)**

**10:00 a.m. (Youth Session)**

Robert will share his inspirational story on walking across America 7 times and how the importance of being active changed his life. Are your children interested in walking for fun and being outside with their friends? This interactive presentation for children focuses on walking: the perfect physical activity to build a healthy lifestyle. Games and activities will also be played that help strengthen the heart, lungs, legs, and the brain. Parents/Guardians are welcome to attend as well.



## COMMUNITY PICNIC

*Photos submitted by Margo Stitch*



## ACTIVE HEALTHY FAMILY

More than 80 percent of children in the U.S. do not get the recommended amount of physical activity for good health—60 minutes a day, six days a week. It is important for children and families to make good use of extra free time during the summer by increasing the frequency and duration of physical activity and limiting screen time.



At the Y, we support the health and well-being of people of all ages and backgrounds with programs and services that help them develop healthy lifestyles. Speak with your YMCA staff about how the Y can help you and your family stay physically active all summer long. Also, consider other ways you can get up and get moving together. Here are a few ideas:

**Have a Ball:** Tossing a football or hitting the tennis courts is a great way to engage kids in physical activity while squeezing in some family time. Or try going out to the backyard or a park with your kids and keeping a beach ball up in the air for as long as possible. Even throwing a baseball back and forth will send you jogging to recover the ball from time to time.

**Add Some Wheels:** Most activities that incorporate the use of wheels—like riding scooters or skateboarding—offer a mix of vigorous activity and periods of rest. Get your helmets on and take a bike ride as a family. Plot your course so you have to tackle small hills or ride into the wind part of the way.

**Walk, Jog or Run:** Find a community event such as a fundraising walk or fun run that the entire family can enjoy. Setting a family goal tied to such an event can provide the motivation you need to stay active.

For more tips from the Y about keeping your family active during the summer, visit [ymca.net/healthy-family-home](http://ymca.net/healthy-family-home).

## FIGHT HUNGER RUN/WALK

Tuesday, July 21 • 6pm—7 pm • TerraLoco



5K-fun run or 1-mile walk. Please bring a \$5 donation to participate and a non-perishable food donation. Snacks/drinks and information about Community Food Response following the run/walk. Bring a friend! Spread the word! Call (507) 289-5626 for details.

## POSSABILITIES Serving children and adults with disabilities ICE CREAM SOCIAL July 18 • 10am—2pm

The PossAbilities 2015 Ice Cream Social will be held at Soldiers Field Park. The event will include; kids games, entertainment, massage station, arts, crafts and much more. Wristbands are \$5 and will get you access to all of the activities and FREE ice cream. There will also be food and beverages for purchase. Kids 2 and under are FREE! If you would like to volunteer for the Ice Cream Social, contact Stacy Shones [sshones@possabilities.org](mailto:sshones@possabilities.org) or 507-281-6116

## MEMBER NEWS

Congratulations to Bunny (and Bob) Yanish for receiving the KTTC/United Way of Olmsted County 10 Who Make a Difference Award last month!



Happy 50th Wedding Anniversary to Frank and Mert Armstrong!

## STAFF NEWS

Jeremy Ferk and Sierra welcomed daughter Esme Jane on Wednesday, May 6th! She weighed 8 pounds and was 22 inches long. Congratulations!



The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 21 million men, women and children—regardless of age, income or background—to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. [ymca.net](http://ymca.net)