

The Y. So Much More™ NEWSLETTER



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCHESTER AREA FAMILY YMCA

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MARCH 2015

OTTO BREMER FOUNDATION

MARCH MILLIONS

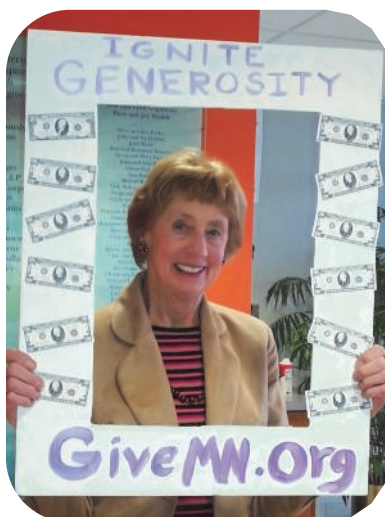
for Southeastern Minnesota

We are excited to tell you that the Otto Bremer Foundation has offered to match up to \$100,000 of individual donations made on GiveMN.org to our YMCA during the month of March as part of the \$1 million matching campaign!

With this opportunity to have donations doubled, we need your support now more than ever!

\$15,964 was donated on March 1st and we need your help to keep the momentum going!

Our goal is to raise \$100,000—You can make it possible by doubling your donation this month with the help of Otto Bremer Foundation.



Bremer Boosts: Your online donation during March Millions may also help us receive an additional donation of \$1,000. How? From March 1 through March 31, every gift made on GiveMN.org to the Rochester Area Family YMCA will be entered into a daily drawing for a \$1,000 Bremer Boost to be awarded to an organization in southeastern Minnesota. That means 31 opportunities for you to help us receive an extra \$1,000! *Are you feeling lucky?* And here's the really exciting part: On March 31, one donation will be randomly drawn from all March Millions donations throughout the month to receive a \$10,000 Bremer Boost prize grant! **The more online donations we get between March 1 and March 31, the better our chances to receive a Bremer Boost!**

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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.

I have discovered in life that there are ways of getting almost anywhere you want to go, if you really want to go.

-Langston Hughes

GET READY FOR MORE



YOU'RE INVITED! ANNUAL MEETING

Tuesday, March 24 • South Gym
Social at 6:30 p.m. Meeting will begin at 7 p.m.

Please join us as we celebrate volunteers and staff for their accomplishments in 2014. Light refreshments will be served. Hope to see you there!



A PLACE FOR ALL thanks to donors!

Last month, The Hubbard Broadcasting Foundation presented the Y with a wonderful check! Pictured left: Brianna Long abc6news, Al Lun YMCA Board of Directors and Rachel Wick abc6news.



STAFF SPOTLIGHT

KAYLA DIETZENBACH

Kayla is a ASCM certified personal trainer, group fitness instructor, youth coach and LIVESTRONG® instructor.

Kayla's Favorites

Scent: M by Mariah Carey

Thing to do at the Y: Meet new people and group fitness classes

Snack: Cookies and cream Quest bar and hint of lime Tostitos

Drink: Roscato

Place to Shop: Vanity or Gordman's

Hobby: Cycling or running races

Flower: Lilies

Sports Team: Miami Heat

Color: Cyan or neon green

Movie: Guardians of the Galaxy

Where were you born?

Iowa

What was the last movie you watched?

Lucy

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

Travel Europe

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

Cool super powers like super speed, mind reader or invisibility

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

Trying new things or a good adventure

What is your most prized possession?

My puppy Dakota



NEWS & UPDATES

- Did you know? Youth sports are now free with a family membership* So register your children for the next session of soccer or t-ball!
*Does not include swim lessons or martial arts.
- **Ride to Survive:** Community bike ride and movie night at the Y! 5 p.m.—8 p.m. Saturday, March 14 All donations will help support LIVESTRONG®
- Come see the Y team at the Golf Show 8 a.m.—2 p.m. Saturday, March 7 at Kahler Apache. Hosted by KFAN. Free admission. **Mark your calendars for 2015 FORE THE KIDS: September 16 at Eastwood Golf Club.**
- Registration open now for **Y-Tots Preschool 2015-2016 school year.** Classes for 3 year olds held Tuesday & Thursday mornings. Classes for 4 year olds offered Monday, Wednesday, Friday mornings or afternoons and Tuesday & Thursday afternoons. Sign-up at the Welcome Center.
- 10 a.m. Saturday, March 27—Join us as we partner with Paragon Theatre for the showing of the hilarious family-friendly movie, Home, featuring the voices of Jennifer Lopez, Steve Martin, and Rihanna. Each ticket purchased will raise \$2 to help a youth attend Summer Day Camp. Tickets must be purchased ahead of time.



Y MENTORS

Y Mentors is looking to recruit 16 male mentors to join the new on-site mentoring program.

IN LIKE A LION OUT LIKE A LAMB

A poem by Lorie Hill

March roars in like a lion so fierce,
the wind so cold, It seems to pierce.
The month rolls on and spring draws near.
And March goes out like a lamb so dear.

Y MENTORS MATCH SPOTLIGHT

BRANDON & CHRISTIAN

There are two things that this match loves; adventures, and learning. We have so much fun while we learn together. Recently, we went to Quarry Hill to learn why owls hoot and about the owling community. Other adventures we have taken on have been piloting a toy helicopter, touring our neighborhood, swimming at the YMCA, and using our imaginations at the library. This match doesn't even let the cold stop them as they find lots of fun games to play. Brandon and Christian both share the love of pizza and SpongeBob. Don't worry, they don't just eat pizza! Together they learned how to cook French toast, and learned how good healthy food tastes. While Brandon and Christian are pretty new to our program; Y Mentors cannot wait to see many more adventures that this fun match will be heading into.



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.

THERE'S A CAMP FOR THAT!



No matter what your interest, we have a camp for you! Sports, STEM, Fine Arts and more!

Camps feature a weekly theme and field trip! As kids try new activities at the Y, they also discover their talents, passions and potential. Register your child today!

Summer camp is a cornerstone of youth development at the Y. When kids have a chance to break from the routine of school

and explore in a new setting, YMCA camps are there to help them discover who they are and all they can achieve. At camp, youth have an opportunity to build new skills and talents, foster relationships with friends and role models, and develop a sense of belonging so they feel comfortable to be themselves. Welcoming and inspiring settings motivate kids to push past their comfort zones to try new things and build confidence in their abilities.

LIVESTRONG® AT THE YMCA

The YMCA is committed to helping cancer survivors feel alive again. *Below are photos from fitness assessments.*





WEIGHT-LOSS CHALLENGE

We are entering the last week of the weight-loss competition! The Gold Star Award for individual performance this week goes to Chris Walters! Top team performance this week goes to the DTL Rockstars! Team standings after seven weeks finds the DTL Rockstars in first place with a team weight-loss of 4.253 %. The Red Hot Mamas are in second place with a cumulative weight-loss of 3.556%. Congratulations to Team Salt and Peppa for their commitment to the competition.

Best wishes in the final week of the Challenge!

Weight-loss participant featured on abc6news (photo left) to talk about March Millions campaign from Otto Bremer Foundation. [Double your donations to the Y this month!](#)

WOMEN'S SELF DEFENSE CLASS

Build confidence while learning about situational awareness, determining degrees of risk, and practical self-defense tactics. This course has 4 sessions that will provide an opportunity to try things in a safe environment and help you determine when to fight back, or escape. Part of the class will be physical and will feature practicing moves including punching, kicking, and ground defense. We will work through many important and relevant scenarios including what to do if you are being followed. No special attire is required and participants are encouraged to come in your every-day clothing. Sessions offered early spring, late spring and early summer. Register at the Welcome Center or online at www.rochfamy.org.



TOGETHERHOOD™ LITTER LEAGUE

Togetherhood™ is the YMCA's Signature Program for Social Responsibility. This program invites Y members to lead and participate in volunteer service projects that benefit the community where they live. We are excited to bring Togetherhood™ to Rochester!

CALL FOR VOLUNTEERS: One week every April, thousands of volunteers work together across Rochester to scour ditches, parks, waterways and boulevards to pick up tons of trash. As a Silver Sneaker Litter League volunteer, you will have an opportunity to participate in Litter Bit Better on April 18, 2015 as well as set an example for all ages year round.



MEMBER NEWS

Thank you Y Members for playing the Y's Heart Guessing Contest.

CONGRATULATIONS TO LYLE JACOBS WHO GUESSED 1,444 which was the closest to the actual number of hearts in the jar: 1,449. Lyle was truly a sweetheart and gave his wife, Judy Jacobs the Y shirt he won. Lyle and Judy Jacobs will be celebrating their 46th Wedding Anniversary this June.



Happy 90th Birthday Larry Hamre!



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