

RAFY

NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCHESTER AREA FAMILY Y

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NOVEMBER 2014

PREVENTING DIABETES

Today in the U.S., diabetes is a growing health issue. November is National Diabetes Awareness Month, and the Y is encouraging you to learn your risk for prediabetes and type two diabetes, and take preventive steps to potentially reduce your chances of developing the disease.



New statistics from the Centers for Disease Control and Prevention (CDC) show that one in four Americans (86 million people) have prediabetes, up from 79 million in 2010. Prediabetes is a condition in which a person's blood glucose is elevated, but not high enough for a diabetes diagnosis. Only 10 percent of those with prediabetes know they have it. With awareness and simple actions, people with prediabetes may prevent the onset of diabetes.

"As the number of people with prediabetes continues to rise, it's important our community understands what a prediabetes diagnosis means, and options available to reverse course," said Pennie Eisenbeis, Group Fitness Coordinator, Rochester Area Family YMCA. "Fortunately, simple lifestyle changes can greatly reduce the risk of developing type 2 diabetes and the Y can help people make the necessary changes to improve health."

Individuals can assess their risk for prediabetes and type 2 diabetes by taking a simple test at YMCA.net/diabetes. Through this assessment, visitors can also learn how lifestyle choices and family history help determine the ultimate risk for developing the disease. Several factors that could put a person at risk for type 2 diabetes include race, age, weight, and activity level. If a person is at risk, a diabetes screening conducted by a physician can confirm a diabetes or prediabetes diagnosis.

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ENJOY THIS ISSUE?

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

OUR MISSION

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



WORLD DIABETES DAY Friday, November 14

Take part in health screenings, an interactive cooking demonstration, vendor displays and hear from local experts about diabetes management and prevention. Featuring "Cake Boss" Winner Dana Herbert (*pictured right*). In celebration of World Diabetes Day, Chef Herbert will create and sample Diabetes friendly foods at 12:00 p.m. at the Kahler Hotel.

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for."
-Zig Ziglar

STAFF SPOTLIGHT

LISA NORDMAN

Lisa is a Group Fitness Instructor.

Lisa's Favorites

Snack: Chocolate

Scent: Apple Crisp baking in the oven.

Drink: Coffee

Restaurant: Redwood Room

Vacation Spot: Northern Wisconsin

Hobby: Being outside—gardening, walking, biking

Flower: Yellow Roses

Sports Team: Minnesota Gophers

Thing to do at the Y: Teach fitness classes to help members achieve and maintain their fitness/health goals

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

My first job was working at a full service gas station. I pumped gas, washed windows, checked oil and tires!!

What is your most treasured possession?

Biking shorts and my favorite Yoga video

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

Biked 6 days in Vermont (*photo above*). I can't wait to go back!

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

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

Coffee and great conversation

What is your favorite holiday?

Thanksgiving— a great time to remember all that I am thankful for.



NEWS & UPDATES

- Please keep your children, who are less than 7 years old, within arm's reach while enjoying our 86 degree Water Park.
- Healthy Kids Day® will be on Saturday, April 25, 2015.
- Membership Appreciation will be held November 13-26.
- The Y will be closed on Thanksgiving Day.
- Thank you Exhibitor Media Group for sharing your office furniture with us!
- Congratulations to this month's *Member of the Month*, Kay Schouwelier! Kay has been a Y member since December 2007. She says her favorite thing about the Y is that it's "Welcoming." We asked Kay to describe the Y in three words and she said, "Friendly, Helpful, Available."



STAY WARM THIS WINTER

It's that time of year.. Keep your hands warm this winter with Pennie's handmade mittens! The annual Mission Mitten sale will take place this month on Wednesday mornings in the front lobby. Mittens are \$20 per pair and 20% of the sale goes to the Y's Annual Support Campaign.

SPOOKTACULAR PHOTOS

More than 800 individuals attended the Y's annual Halloween Party on Friday, October 24th. Thank you to all who attended and made this event possible. See you next year!



TRIVIA

In what year did the Rochester YMCA and Rochester YWCA consolidate their programs into the Rochester Area Family Y (RAFY)?

- A) 1964
- B) 2007
- C) 1986
- D) 1979

Answer: C

Y MENTORS

Join Y Mentors for an information session!



Wednesday, November 19
5:30 p.m.—7:30 p.m.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

-John F. Kennedy

ANNUAL SUPPORT CAMPAIGN

Thank you for your gifts! As of November 1, we have raised \$172,437 towards our \$237,000 goal. The Y's Annual Support Campaign provides financial assistance based on household income for children and families to participate in YMCA memberships and programs. The Y is the nation's leading nonprofit committed to youth development, healthy living and social responsibility. Contributions to the campaign are tax deductible. You can make your pledge for a brighter future online at www.rochfamy.org or by visiting our Welcome Center and filling out a pledge form.

NEW WEBSITE

Have you noticed the fresh, modern look on our website? The new web design is courtesy of Corporate Web Services, Inc. Our new website makes it easy to check schedules, sign up for classes and more! Visit www.rochfamy.org today!

Thank you,
CWS!



WISHING YOU BLESSINGS OF HEALTH, HAPPINESS AND SUCCESS ON THANKSGIVING & ALWAYS!

GIVE TO THE MAX DAY

IGNITE GENEROSITY. GROW GIVING.



"Give to the Max Day has become a Minnesota ritual," says Dana Nelson, executive director of GiveMN. "For 24 hours, thousands of organizations and individuals rally to support amazing and important causes in Minnesota to make our state a great place for everyone. What's not to love about that?" Dana Nelson, executive director of GiveMN.

- Since its inception in 2009, GiveMN has raised more than \$95 million for Minnesota nonprofits and schools.
- In 2013, GiveMN raised more than \$17 million in 24 hours during its annual Give to the Max Day celebration.

Support the Y and other nonprofits online on November 13:

<https://givemn.org/organization/Rochesterymca>

give
TO THE MAX
DAY
NOV 13, 2014

About Give to the Max Day

Give to the Max Day was created in 2009 to launch GiveMN, a collaborative venture led by Minnesota Community Foundation and many other organizations committed to helping make our state a better place.

That initial spark touched off a blast of online giving — \$14 million in 24 hours. Since then, Give to the Max Day has become an annual tradition. Every year thousands of organizations and individuals generate donations and excitement for Minnesota causes that are working to improve the quality of life for all Minnesotans.

Give to the Max Day has become a national model for giving days.

REASONS TO HIT THE GYM!

According to studies from the American College of Sports Medicine:

- Lifting weights can improve your memory!
- Office squats can combat the sedentary life your desk gives you!
- A walk is a great way to clear your head!
- Exercise Boosts your Immune System
- Overall Exercise can increase self esteem to lift your spirits!
- Exercise has an anti-aging effect!
- Lifting weights can increase your bone health!
- Cardiovascular exercise increases your heart health!
- Exercise may help prevent some types of cancer.
- Stronger core muscles reduce low back pain.
- Exercise improves balance and coordination



WHAT CAN A TRAINER DO FOR ME?

TEN REASONS TO HIRE A PERSONAL TRAINER:

- 1) You are not seeing the results you want on your own
- 2) You don't know where to start
- 3) You are bored with the same old workout
- 4) You WANT to be challenged
- 5) You want to learn how to exercise on your own
- 6) You need that accountability and Motivation
- 7) You need to come back from an illness or injury
- 8) You need to learn what you can do when you have a permanent injury/condition
- 9) You would like the supervision or support to ensure you are exercising correctly
- 10) You don't want to work out at home, but also don't want to look silly at the gym



TAKE A CLASS...SAVE A LIFE!!



Age 16+ (Maximum 10 students)

Course candidates will become lifeguards by gaining the necessary skills needed to recognize, prevent and respond to aquatic emergencies. Prerequisites: swim 300 yards combinations of front crawl and breaststroke (non-stop swimming), perform a surface dive 9 feet to retrieve a 10 pound brick, and swim back holding the brick on top of the water.

Participants must have a passing score of 80% or better on all exams and pass the final skill scenarios in order to receive certifications. The course fee includes textbooks, AED, First Aid, and Lifeguard Training. If certification requirements are not met, certification will not be awarded and no refund will be given.

\$160 Members / \$180 Non-Members
4:00pm-6:00pm • Monday, January 19
4:00pm-8:00pm • Thursday, January 29
4:00pm-8:00pm • Friday, January 30
9:00am-4:00pm • Saturday, January 31



JUMP INTO A WINTER WONDERLAND

The 2014-2015 Winter Program Guide comes out this month. Check it out to see all the exciting things happening at the Y this season!



REGISTRATION OPEN
MEMBERS: NOVEMBER 10
NON-MEMBERS: NOVEMBER 17

