



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCHESTER AREA FAMILY YMCA

709 1ST Ave SW, Rochester, MN 55902

November 2015

www.rochfamy.org

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CAREER OPPORTUNITIES

The Y has a few positions open. You can find the job postings and more information at www.rochfamy.com.

ENJOY THIS ISSUE?

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

QUESTIONS, COMMENTS, IDEAS?

E-mail the Y at jessicaw@rochfamy.org

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OUR Y COMMUNITY SUFFERS A LOSS

I always talk about communities within communities when I talk about the YMCA and how people connect to each other within these communities. A community I'm blessed to connect with are other YMCA Executive Directors, both past and present, who wow me with their skills and knowledge, and fill my heart with their dedication and passion.

A small community within that community are the six Executive Directors the Rochester Area Family Y has employed in our 50 year plus history, starting with Jack Uhlenhopp. All six of us were living up until early last month when we got the tragic news that Fred Hanna had passed away. Fred took over for Jack in 1967 and stayed on as the Rochester CEO until 1974 when Chuck Hazama took over the reins.

Fred continued to serve the YMCA (including work for World Service) until he retired several years ago in Seattle, Washington, where he continued to do service work for the YMCA as well as the greater community.

Besides his wife, Helena and his children and grandchildren, Fred leaves behind a great YMCA legacy and still has many friends in the Rochester Area. Our group of Executive Directors is a close fraternity and my heart aches each time we lose another member of our community. I'd like to start a comment board from those that knew Fred, so that we can capture in words, what Fred's work meant to us at the Rochester YMCA.

If you'd like to leave a thought or story to be recorded on this board, please contact me by emailing your comments to stevec@rochfamy.org or by mail to, Steve Courts - Rochester Area Family Y, 709 1st Ave SW, Rochester, MN 55902. I will share everything I receive with Helena.

What community have you found yourself in at the YMCA? Haven't found one yet but would like to? Please talk to one of our staff about how you can get connected to other great YMCA members. Meeting friends at the YMCA can be a great motivator for getting your workout in.

Steve Courts, Executive Director

Y MEMBERSHIP APPRECIATION MONTH

Thank you for being a Y Member! YOU MAKE MORE POSSIBLE.

Please register to win gift certificates from People's Food Co-op, Ye Olde Butcher Shoppe, ABC Toy Zone, Trader Joes, KWIK Trip Car Wash Cards, & Y GEAR & Apparel. Stop by the Welcome Center to enter the drawing this month!

*Winners will be notified by November 30, 2015.



ANNUAL SUPPORT CAMPAIGN UPDATE

You Make More Possible

Thank you for your gifts to the 2015 Annual Support Campaign! Your donations benefit children, teens, and families in need of financial assistance to participate in life-changing YMCA membership and program activities. As of November 1st, you have given more than \$221,500 creating Open Doors Scholarships for 1,648 individuals in 2015.

Although the money raised has already helped so many, the need continues. There are still more children, teens, and families who need to know that they are welcomed at the Rochester Area Family YMCA regardless of their ability to pay. We are falling short by \$18,500 of our \$240,000 campaign goal. Please help us continue to provide for the well-being in body, mind, and spirit of *every* person who walks through our doors

Donate today by visiting www.rochfamy.org or drop off your gift at the Y Welcome Center. Donations are tax deductible.

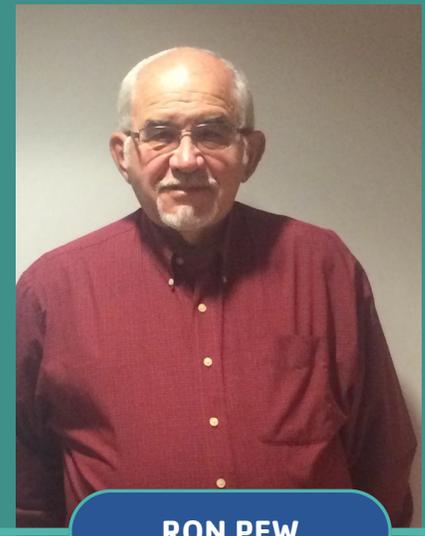
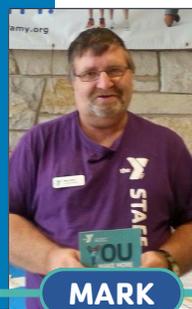
For more information on how you can continue your support of the Y, contact Melissa in the Development Office [melissas@rochfamy.org or 507-287-2260 x1091].

WE'RE COMMUNITY

Congratulations to Ron Siemers, Y Member and Mark Hare, Y Staff. Each sold over \$200 in sales of raffle tickets for the "Golf for a Cause - Fore the Kids" fundraiser that raised \$12,110 to support the Y's Open Door Scholarship Program!

Mark Hare also donated a violin that generated an additional \$100 for this fundraising event!

Thanks to both of you...
YOU MADE MORE POSSIBLE!



MEMBER SPOTLIGHT

A member of the Rochester Area Family YMCA for ten years.

Ron was born and raised in Rochester.

Retired since 2000, he was a sheet metal worker for 25 years. At different stages of his life, he worked in retail and was also a small business owner of a car wash.

Ron is a talented woodworker - making everything from ink pens to cremation urns to custom fishing rods. His current project is making dice cups which use anywhere from 10-26 pieces of wood per cup.

Ron is also involved in the community as a member of Shriners International and the Benevolent and Protective Order of Elks.

The Y is important to Ron due to a back problem and his favorite Y activity is using the steam room. He also enjoys the pool, stretching, and the stationary bikes. Every week day, he joins his friends for coffee at the Y as well.

Thank you, Ron, for your commitment to healthy living!

give

TO THE MAX

DAY 

NOV 12, 2015

ABOUT GIVE TO THE MAX DAY

Give to the Max Day first began in 2009 when the website, GiveMN, was launched. GiveMN is a collaborative venture led by Minnesota Community Foundation and many other organizations committed to helping make our state a better place.

The first Give to the Max Day generated over \$14 million in 24 hours. Since then, Give to the Max Day has become an annual tradition. Every year, thousands of organizations and individuals give to multiple causes in Minnesota. GiveMN provides the opportunity for an individual to give to all of his/her favorite causes in a simple, rewarding and fun way.

SENIOR COFFEE

Y Staff will host senior coffee on the last Wednesday of each month.

If you would like to host other weeks during the year, please sign up at the Welcome Center with Angie. We would love to train you if you are unfamiliar with our coffee machines and other processes.

The hosts would be responsible for making the coffee and getting the food ready from 9:00am - 12:00pm. Y Staff will still set up all tables and chairs.

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?”

- Since its inception in 2009, GiveMN has raised more than \$125 million for Minnesota nonprofits and schools.
- In 2014, GiveMN raised more than \$18 million in 24 hours during its annual Give to the Max Day celebration.
- Our YMCA raised \$1,000 from last year’s Give to the Max Day in support of the Open Doors Scholarship program, which provides access to Y programs and activities to all people regardless of their ability to pay.

On November 12th, support the Y and other nonprofits online at:

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

STAFF SPOTLIGHT



KEVIN

More information about our personal trainers and their specialties can be found on our website at www.rochfamy.org

Name: Kevin Rivers

Position: Fitness Center/personal trainer

Favorite snack: Cheez-it

Favorite thing to do at the Y: talking with members

Favorite restaurant: John Hardy’s & Buffalo Wild Wings

Favorite place to shop: Cabela’s

Favorite hobby: fishing/boating

Favorite sports team: Vikings

Name something you want that you can’t buy: good health

Something I’ve done once and want to do again: go back to Hawaii

Favorite holiday: Christmas

YOUTH DEVELOPMENT

ADVENTURE DAYS

This fun-filled day camp program is offered on non-school days. Have a ton of fun at the Y while school is out for the day! You will play a variety of games, sports, swimming and much more. Bring a swimming suit, towel, morning snack, lunch, and drink. An afternoon snack will be provided. Free extended care is offered from 6:30am-9:00am and 4:00pm-6:00pm

- KINDERGARTEN-6th GRADE
- 9:00am-4:00pm
- November 13, 25 & December 23
- MEMBERS: \$30/day
- COMMUNITY MEMBERS: \$40/day

All registrations can be done online or at the Y.



HOLIDAY CAMP

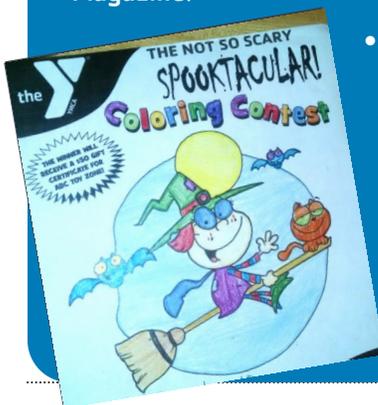
Join us for your holiday break while school is out. Participants can register for one day or the entire week. Youth will have a ton of fun at the Y participating in holiday-themed games, gym activities, swimming and much more. Bring a swimming suit, towel, morning snack, lunch, and drink. An afternoon snack will be provided. Free extended care is offered from 6:30am-9:00am and 4:00pm-6:00pm

- KINDERGARTEN-6th GRADE
- 9:00am-4:00pm
- December 28, 29, 30, 31*
- MEMBERS: \$30/day
- COMMUNITY MEMBERS: \$40/day
- MEMBERS: \$120/week
- COMMUNITY MEMBERS: \$160/week
- *All participants must be picked up by 5:00pm

All registrations can be done online or at the Y.

SPOOKTACULAR COLORING CONTEST WINNERS

Congrats to the following winners who turned in some amazing coloring sheets for our coloring contest sponsored by ShopWise Magazine.



- \$50 Gift Certificate to ABC Toy Zone
Austin Brownlee, age 10
- \$15 Gift Certificate to ABC Toy Zone
Emma Jung, age 4
- \$15 Gift Certificate to ABC Toy Zone
Malachi Carlson, Age 7

Thanks to all who participated!

FAMILY FITNESS

Check out our classes that are family friendly...

- Swimming lessons
- Toddler & Me
- Kung fu
- Rebounding (trampolines)

www.rochfamy.org

SPOOKTACULAR UPDATE

Thanks to everyone who came out to our Spooktacular Party on October 23rd!

The Y enjoyed celebrating with you and we are proud to provide this family friendly event to the community every year.

We appreciate the work of our staff and volunteers that night as well who all helped make this evening a success.

Pictures from the event can be found at www.facebook.com/rochfamy

COMMUNITY WINTER OUTERWEAR DRIVE UPDATE

In October we collected items for the Community Winter Outerwear Drive for the United Way of Olmsted County and the Salvation Army. At the Rochester Area Family YMCA, you helped collect:

- 156 Coats
- 42 hats
- 42 pairs of mittens
- 14 pairs of boots
- 21 pairs of snow pants
- 11 scarves
- 6 shirts

YOU MADE MORE POSSIBLE

HEALTHY LIVING

TIPS FROM THE FITNESS CENTER

Try Interval Training When Working Out This Month:

You can increase your cardio performance by using interval training to blast fat and burn major calories. Choose any treadmill in the YMCA's fitness center and follow these steps to help you get started:

- 1) Warm-up at low to moderate intensity for 5-10 minutes.
- 2) After warming up, increase to a high intensity level that has you working at about 80-85% of your maximal heart rate. To find your Target Heart Rate use this formula: $(220 - \text{age}) \times .85$. For example if you are 35, $(220 - 35 = 185) \times .85 = 157$ Beats per Minute.
- 3) Continue at high intensity for 1-2 minutes, and then recover at moderate intensity. Slow done by .5-.7 on the speed control.
- 4) When you're feeling fresh again, do another 1-2 minute bout of exercise at high intensity.



- 5) Keep repeating steps 3 and 4 until you feel you've gotten a good workout. Try 10 minutes the first, then work your way up to 30 minutes.

Tips for interval training:

- Set a goal for yourself to increase the number of high intensity intervals you can perform over time. Maybe start at 1 a week and work your way up to 3 or 4.
- Train, don't strain! It is okay to start slow with a rest day after each high intensity day and work your way up.

DID YOU KNOW?

- 1LB. = 3,500 CALORIES. TO LOSE 1 LB. PER WEEK YOU CAN DECREASE YOUR CURRENT CALORIE CONSUMPTION BY 500 CALORIES PER DAY. THIS CAN BE DONE BY WORKING OUT, EATING HEALTHIER, OR BOTH!
- ENDURANCE EXERCISE CAN LOWER YOUR RESTING BLOOD PRESSURE AND DECREASE YOUR RISK FOR HEART DISEASE.

MITTEN SALE

- November 18th, 25th, December 2nd
- 8am - 12 am
- Welcome center lobby

Upcycled wool mittens \$20.00
Upcycled leather or fur Mittens \$25.00

20% is donated to the Livestrong Cancer Survivor Program at the Rochester Area Family YMCA

This is for members and open to the public.

LIVESTRONG at the Rochester Area Family YMCA

Thanks to all who supported and volunteered at our first annual Family Fun Run & Walk on October 31st! Over 200 people registered to participate in the family friendly 1 mile or 5k walk or run.

*Pictures of the event can be found at www.facebook.com/rochfamy

Spots are open for our next LIVESTRONG session that will start in January. LIVESTRONG is open to any cancer survivor that would like to take steps towards learning and working on skills that will enable a survivor to have a stronger and healthier life based on their personal and physical needs. 12 participants are allowed in each session.

For more information, e-mail livestrong@rochfamy.org or contact Talbird at 287.2260 x 1013. Additional information about the program is also available on our website under the "Our Focus" tab.

