

Session 4 & 5 2010, Program Guide is ready!!!!

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We build Strong Kids, Strong Families, and Strong Communities.

Decatur County Family YMCA

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Summer 2010 Newsletter

“Thank you for your helping hands—we love our new playground!”



The Decatur County Family YMCA PreSchool students are enjoying their playground this spring. Due to the generosity of the **Decatur County Community Foundation** and many numerous volunteers, drainage problems were fixed and new rubber mulch was added. The students and staff are very thankful to volunteers Rick Johnson, Ed Fox, Bob Dawson, John Corya, Mark Ricke, John Elsner and Americore Volunteers for their hours of hard work and labor. We are also very appreciative to HyGrade Excavating for the donation of the use of a skid loader, staff, hauling dirt and stone and to B C Rental.

YMCA LEADERS URGE MEMBERS OF CONGRESS TO HELP BUILD STRONG KIDS, STRONG FAMILIES AND STRONG COMMUNITIES



Rep. Dan Burton & Lora Williams

(Washington, DC) – Lora Williams from the Decatur County Family YMCA joined about 1200 other YMCA leaders from across the country in Washington, DC, March 9-11 to visit members of Congress to discuss the vital role that YMCAs play in communities nationwide and urge them to advance policies that support youth development, healthy living and social responsibility. The visits were part of an annual legislative conference sponsored by YMCA of the USA, the national resource office for this country's 2,687 YMCAs. YMCA leaders also heard from high ranking government officials and national experts about issues important to their mission.

“The YMCA has a tremendous impact on children and families in this community,” said Williams, who was installed as president of the Decatur County Family YMCA Board of Directors this week. “We are committed to building strong kids and strong families in our community, and we know it is important to help shape policies that influence

what we do every day. Meeting with governmental leaders, we can ask national policymakers to help ensure the Y can continue to provide valuable programs and services and be a resource for the people we serve.”

While in Washington, DC, Williams met with Rep. Dan Burton (R-IN) and staff members in the offices of Senator Richard Lugar (R-IN), and Reps. Mark Souder (R-IN), Steve Buyer (R-IN), and Mike Pence (R-IN). In addition, Williams attended a reception honoring Senator Richard Lugar as a YMCA Champion for his co-sponsorship of the Diabetes Prevention Act which provides funding for YCMAs across the country to implement an intensive program which has shown to prevent the onset of Type II diabetes by 58%. Williams was one of five YMCA representatives from Indiana who attended the National Advocacy Days this year.

ANNUAL MEETING

The Decatur County Family YMCA Board of Directors held their Annual Meeting on Thursday, March 25, at noon. Approximately 75 people attended the meeting. 2009 Board President Julie Hasselbring reviewed some of the accomplishments of the past year. Outgoing board members Karen Matlock and Trina Solgere were recognized, as well as Trustee Bill Robbins. Incoming Board Chair Lora Williams introduced and welcomed new board members Becky Bohman, Archic Brown, and Rick Schostek, as well as Trustee Peg Polanski.



Artist John Lowry presented the program with his inspirational chalk drawing.

YMCA Healthy Kids Day!

Our annual Healthy Kids Day event was held at Decatur County Family YMCA on April 17, 2010. Healthy Kids Day is a national YMCA initiative designed to help develop healthy habits in children that will last a lifetime. We hosted a children's health fair, a blood drive, and a car seat safety check this year. Highlights of the health fair included free child I.D. cards, a bounce house, an obstacle course, face painting, and lots of free information and give-aways. Over 200 people visited our health fair this year. We also had 16 blood donors, 7 car seat safety checks, and 68 children had I.D. cards made.



The biggest highlight for Healthy Kids Day this year, though, was

"Boomer's Boot Camp". More than 60 kids took advantage of the opportunity to exercise with Boomer, the mascot of the Indiana Pacers. Boomer and his emcee led the kids in a one hour workout session that included stretching, exercising, and a little bit of cardio to some upbeat and fun music. The kids also learned some facts about nutrition and exercise, and how important it is to incorporate both of these things into your daily routine. The kids had so much fun, they didn't even realize they were working out!

We would like to thank all of our sponsors, volunteers, and participants for helping to make Healthy Kids Day a big success!

INVEST IN YOUTH

At the YMCA, one of our most important goals has always been to enrich the lives of the kids in our community. But when some are left out, it leaves us all a bit poorer. As a person with vested interest in the future of our community, you can help these kids grow into responsible, successful adults. By contributing to the **YMCA Invest in Youth Campaign**, you can help us teach these young people important values such as, caring, honesty, responsibility and respect.

Last year the Decatur County Family YMCA provided more than **\$56,000.00** in financial assistance to those in need. Our goal this year is to raise \$54,600.00 and to extend our reach to many other children in need of our services.

It becomes the responsibility of everyone in the community to help our working families instill the values of caring, honesty, respect, and responsibility in every youth. At the YMCA, we can work together to engage our youth in meaningful programs, and create opportunities through meaningful personal relationships that enhance individual development.

A lasting gift to a child is that of a community with a listening ear and a caring heart.

Exercise the love in your heart by making a gift that allows the mission of the YMCA to serve the children who need us most.

*Building a Stronger YMCA . . .
One child at a time.*

YMCA's Solution to a Better Lifestyle

Total lost: 165 lbs. and 30.4% body fat!

Forty-five participants made positive steps toward a healthier lifestyle by completing the New Year's Resolution Solution program. During the 10-week program, participants were faced with different challenges and weekly Boot Camps. Participants lost weight, changed their body composition, and have reported having more energy and stamina.

Participant Mary Nobbe is a testimony for achieving better health because of the program. Mary, recently retired, found that she had extra time on her hands and needed to do something to stay active. She came faithfully nearly every day, started meeting other YMCA members, joined some classes, and really started to enjoy exercising. She finished the program losing an impressive loss of 9.2 lbs. and 2.1 percent body fat. She may not have won the challenge, but she is definitely a winner!

Top 3 winners (or losers!) were: 1st: Lisa Kramer; 2nd: Kim Power; 3rd: Tina McReynolds

Special thanks to our program sponsors: Decatur Co. Memorial Hospital, ETC, Southern IN Orthopedics, Hilliard Lyons, Next Generation, Urgent Care, Cincinnati Children's Hospital Medical Center, Health Centered Spine & Wellness, Margaret Lowe, Crafts & Occasions, Kennelly & Meyer Construction, Advanced Vacuum Services, and Game Plan Graphics.

Y-Splash



127 Decatur County Youth ages 6-12 participated in Y Splash - a free Swim Program at the Decatur County Family YMCA! Corporate Sponsor of the event is **KB Specialty Foods**, located in Greensburg. Their generous support enables this valuable program to be offered at no charge to participants.

Afternoons **ROCK** In Indiana

For the last eight years, the Decatur County Family YMCA has been providing schools with the Afternoons R.O.C.K. in Indiana program. Afternoons R.O.C.K. in Indiana is a free after school program that provides drug abuse prevention activities to students from 10 to 14 years of age. The hours directly following school can be a risky and tempting time for students to make poor decisions concerning drugs and alcohol. Our mission is to spend these few crucial hours instilling positive values into these students. Last year we served approximately 180 students. This successful program has grown immensely. Throughout this academic year, the Decatur County Family YMCA has served approximately 450 students in the surrounding counties including Decatur, Ripley, Jennings, Dearborn, and Franklin.

CONGRATULATIONS!

Lynn Enneking was awarded the **2009 Volunteer of the Year** award at the March 26, 2010 Annual Meeting. Lynne regularly volunteers at the YMCA by teaching Yoga classes and much more.

Iva Fogle was presented with the **2009 Staff of the Year** award for her dedicated work in the YMCA Nursery. To win this award, one must be nominated by co-workers and/or supervisors.

Welcome!



We would like to introduce the new aquatics coordinator, **Seth Berger**. Seth is a graduate of DePauw University. A native of Shelbyville, Indiana, Seth cites "working with the kids" as his favorite part of his new position at the Decatur County Family YMCA.