

# GROWING A HEALTHIER COMMUNITY



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BULLITT COUNTY FAMILY YMCA

409 Joe B. Hall Avenue P.O. Box 846  
Shepherdsville, KY 40165

Winter 2012

[ymcalouisville.org](http://ymcalouisville.org)

A newsletter for members and volunteers of the Y

## HEALTHY LIVING STARTS TODAY

We know wellness when we experience it. It's an overall feeling of health and wholeness. A sense of belonging. The energy to live our fullest life. The desire to continually learn new things and improve our skills. And the chance to contribute and help someone else.

### The Y:

We're for youth development, healthy living and social responsibility.

At the Y, a supportive community is a big part of wellness. At every age and every level of activity, you'll find people just like you looking to live a little bit healthier. Members and program participants often cite the support and enthusiasm of fellow participants and staff as some of the key factors in achieving greater wellbeing. That's why we're here working with you every day; making sure you have the resources and

support you need. And that's why we're confident that your membership will continue to bring meaningful change, not just within yourself, but in your community too.

### Remember, when you join the Y you belong to a place where:

- Adults connect with friends, pursue interests and learn how to live healthier.
- Parents find a safe, positive environment for children to learn good values.
- Children and teens play, learn who they are and what they can be.
- Communities thrive because neighbors support each other and give back.
- We all build relationships that further our sense of belonging and purpose.

**The Y is a nonprofit like no other. Thanks for being a part of something special.**



## FEELING GREAT

### Vickie Blevins

Several times over the years Vickie Blevins' doctor had told her she should lose weight to improve her health. Then last year during a routine visit, Vickie's doctor told her that her blood work indicated she was pre-diabetic. Vickie says, "That really got my attention. I was already on medication for high blood pressure and I did not want to add to that." She left her doctor's office and went directly to the Y.



Right from the beginning she became involved in the Y's Diabetes Prevention Program and Weight Loss Program. "Both programs are tremendous! I've had such great support, learned something new every week, and received encouragement and support from the Y staff, as well as my classmates," Vickie shares. She was a little hesitant to try group exercise classes but once again the staff was there to support her. "The exercise classes at the Y have really helped me. At first, I felt like I had to be in shape to even start the classes, but one of the staff encouraged me to try Spinning one evening and I was hooked!" Through her hard work and dedication she reduced the medication she takes and has met her first weight loss goal.

"I feel great! I didn't realize how much better it was possible to feel until I joined the Y. I would encourage everyone to give it a try. You won't regret it!"

# MAKING HEALTHY CHOICES

## A Message from Your Executive Director, June Daugherty

This time of the year, more than any other, people are taking a hard look at their health and deciding whether to make some changes. Part of what I love about working at the Y is seeing the different ways we can help people make these changes.

Helping our children learn healthy habits early is just one way we are helping families to make positive choices. Recently we began a partnership with ValuMarket to have fresh fruits and vegetables delivered to the 700 children participating in our child care program. Every day these children receive a fresh fruit or vegetable choice for their snack. They have discovered that they like apples, carrots and salad even better than the junk food. We are also offering water as our drink of choice instead of sugary drinks. Activity is something we stress every day in our after school child care programs. We give children the opportunity to play and have fun while getting the benefits of daily exercise. We serve over 1,500 children ages 3-17 in soccer, basketball and baseball. These kids learn skills and develop a love for sports that they will continue into their adult lives.

If you are deciding to make some changes this year remember it doesn't have to be something huge, start small. Get active by doing something you enjoy. Drink water when eating lunch or dinner. Join friends or family to take a walk and talk. Small changes will add up to big differences in your health and wellness journey.

Healthy New Year,

*June*

June Daugherty  
Executive Director  
jdaugherty@ymcalouisville.org



## HEART HEALTHY

The Bullitt County Family Y is once again teaming up with the Bullitt County Health Department to host the Annual Healthy Heart Luncheon. This year's luncheon begins at 11 a.m. on February 24th at the Paroquet Springs Conference Center. Along with a heart healthy lunch, the program will include a variety of topics sure to keep your ticker in top shape!

For more information, contact Chris Parker at [cparker@ymcalouisville.org](mailto:cparker@ymcalouisville.org).

## SPECIAL REMINDERS

- February 23\***  
Annual Giving Campaign Kick-Off
  - February 24**  
5th Annual Healthy Heart Lunch
  - February 25**  
Black Achievers Annual Awards Celebration  
Info: 587 7405
  - February 28**  
Youth Soccer Registration Deadline
  - April 29**  
Healthy Kids Day
- \*For more information about these events, contact 587 9622.**



**The Y is Genuine:**  
We are honest and open in our communication with others.



## NEW YEAR, NEW BEGINNINGS

The beginning of a new year is a time to celebrate and reflect on the previous year, and look forward to the year to come! The Y knows the importance of families spending quality time together and encourages you to consider these fun and healthy family resolutions.

- Prepare and eat meals as a family. Studies show that kids who regularly eat with their parents are less likely to be overweight, get better grades, have stronger self-esteem and enjoy better peer relationships during adolescence.
- Volunteer as a family. It's never too soon to teach children about the importance of giving. Find an opportunity the entire family will enjoy, like cleaning a neighborhood park or working at a community food bank.
- Learn something new together. Decide as a family to try something that you've always wanted to do—learn how to golf, ski or take a family fitness class!
- Play every day! Incorporate physical activity into your daily routine. Spend more time outdoors, walk places instead of driving, play musical chairs at the start of a meal or visit the Y together.

# ADVOCATING FOR HEALTHIER YOUTH

Childhood obesity rates have soared over the last few decades. According to the Center for Disease Control, one in three children in the U.S. is obese or overweight, and 33.2% of children in Kentuckiana have been affected by this epidemic. More alarming, is that obesity puts children at risk for chronic diseases often seen in adults—such as high cholesterol, cardiovascular disease, high blood pressure and type-2 diabetes. This health crisis draws attention to the need to provide children and parents with the resources and the support they need to make healthy choices.

In May, 2010, the Y began recruiting youth ages 13 to 18 to take part in a policy advocacy task force known as the Louisville Youth Advocates (LYA). This effort is funded by a nearly \$8-million Communities Putting Prevention to Work (CPPW) grant awarded to the Louisville Metro Department of Health & Wellness. The LYA aims to empower youth to advocate for real and permanent change through policies that promote health in all facets of community living. While a majority of the youth come from West Louisville—where 37% of residents report having high blood pressure, 74% report being overweight or obese and 12% report having diabetes—children from all of Metro Louisville are represented.

After surveying close to 600 Louisvillians, the LYA determined that access to full-service grocers, abandoned properties, youth access to community centers, and adequate street lighting were the most cited concerns for Metro residents. The CPPW grant supports policy, systems and environmental change to curb the frightening obesity trend which had gripped our country by helping to reduce the barriers that limit opportunities to make healthy choices.

In addition, the LYA teens are teaming up with partner organizations like Communities United for Health and The Network Center for Community Change (NC3) to research and formulate policies that address these concerns. The youth advocates will present their findings and policy recommendations to Metro Council before the end of this year.



# HEALTHY LIVES, HEALTHY COMMUNITY

While many U.S. cities struggle to create healthy communities, Louisville was recently profiled in a [New York Times](#) article for our fight against obesity and the lessons we've learned in the process. The article contrasted painful health statistics with many of our positive initiatives aimed at creating a healthier community. These initiatives include our city's implementation of bus bike racks, walking paths, and the increased availability of fruits and vegetables in low-income neighborhoods through the Y's "Healthy in a Hurry" corner stores.

Our Y has played a critical role in our community's health for many years; we're here day in and day out to provide the resources needed by our communities to address the most pressing health and social issues—from childhood obesity to graduation rates.

Beyond fitness facilities, we provide educational programs to promote healthier decisions. We offer group physical activity classes for all ages, all levels and all interests as well as advice from experts to help set and meet specific goals to live healthier. We also offer classes and programs for those dealing with chronic disease, and joint and injury rehabilitation. Our Diabetes Prevention program has served more than 300 participants so far, achieving an average 4.6% decrease in body weight.

With our school partners, more than 6,000 children will have an in-school physical activity and nutrition plan starting this fall. And our extensive childcare program, the largest in the state, teaches young people healthy habits with academic support, physical activity and nutrition.

We know that when we work as one, we can move forward. That's why the Y is honored to partner with individuals, government leaders and key organizations in the continuing effort to become a healthier community and improve the quality of life for everyone.

Warm regards,



Steve Tarver  
President/CEO  
yman@ymcalouisville.org

#### The Y is Hopeful:

We are confident we can make a real difference in the lives of the people and communities we engage.

## CHARACTER MATTERS

At the Y, our core values of caring, honesty, respect and responsibility are not just a way of thinking, they are an integral part of who we are. They are essential principles that unite and guide our behavior, our interactions with one another and our decisions.

The YMCA Youth Character Awards are an opportunity to recognize teens throughout our community who are incorporating the Y values into their lives, demonstrating exceptional leadership and standing as examples to those around them. Our 2011 recipients exemplify the Y's commitment to strengthen our community. Each was recognized at a gala event in October and received a \$500 award they can use within a year to assist them in their academic and leadership pursuits. Additionally, through a partnership with the Community Foundation of Louisville and a friend of the Y, each honoree will receive a \$1000 scholarship they can use towards their post-secondary education.

#### Join us in congratulating these extraordinary youth:

Phillip Burress, 15, Bullitt East H.S.  
Shelby Catlett, 16, Mercy Academy  
Christine Crawford, 17, Ballard H.S.  
Hannah Geary, 14, Oldham County H.S.  
Patrick Haertel, 16, DuPont Manual H.S.  
Abigail Korfhage, 14, DuPont Manual H.S.  
Conner Mackowiak, 17, Saint Xavier H.S.  
Alli Overfield, 15, Sacred Heart Academy  
Amanda Otten, 14,  
Christian Educational Consortium  
Megan Parker, 17, Eastern H.S.

**For information about nominating a deserving youth for the 2012 YMCA Youth Character Awards, please contact us at [characterawards@ymcalouisville.org](mailto:characterawards@ymcalouisville.org).**

# DEVELOPING EACH CHILD

As adults we are asked to work in teams every day. Those teams may be our families, coworkers, or people on committees or boards on which we serve. Learning to work well with others is an important life skill. Acting as a team does not come naturally; it is a skill that must be taught from an early age.

When children are involved in sports they begin to learn the value of teamwork. They learn that when they win (or lose) they don't do it alone. They learn to rely on the different skills brought by each of their teammates. And they learn that to be truly successful we have to count on those around us.

At the Y, our coaches instill these lessons by ensuring every child has an opportunity to play. Our focus on skill development allows children to learn and grow on the field and contribute to their teams in a meaningful way. Coaches and referees encourage fair play and teamwork in games and practice.

Teamwork is important from childhood to adulthood. Give your kids a head start with Y Youth Sports this spring.

**Registration for Spring Sports opens in January at your Y branch or at [ymcalouisville.org](http://ymcalouisville.org).**



#### The Y is Nurturing:

We care for, support and help people develop through encouragement.

## TOGETHER WE MAKE A DIFFERENCE

As a member of the Y, you join a community dedicated to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors. You will enjoy a variety of great fitness programs, opportunities to spend time with friends and activities that can bring your family closer together. The Y offers a variety of membership rates and categories and rates based on household income, ensuring membership at the Y is affordable for everyone.

### Not a member already?

Visit [ymcalouisville.org](http://ymcalouisville.org) for more information about how you can join the Y and become part of a cause committed to strengthening our community through youth development, healthy living and social responsibility. We have membership and program rates for everyone. **Come join us.**



## Around the Y

### CHANGE A LIFE, CHANGE THE WORLD

World Service began at the Y in 1889 as North American YMCA's started sending directors and workers to countries around the world that asked for assistance. Today, millions of people worldwide are impacted by Y programs focused on helping people reach their full potential.

### ADVENTURE AWAITS

Camp Piomingo offers children a unique opportunity for outdoor adventure, to make new friends and discover who they are. Visit [ymcامجপিওমিঙা.орг](http://ymcامجপিওমিঙা.орг) to learn about the many amazing activities your kids can enjoy this summer. Register early to reserve your choice of weeks!

### BUILDING STRONG YOUTH

When families are in crisis, YMCA Safe Place Services is there with support, resources and shelter for youth. If you would like to see first-hand all that Safe Place does in support of families and youth in our community we invite you join us for a Community Luncheon. Luncheons are held the second Wednesday of every month at 12 p.m. Please contact Jena Walker at 635 4401 to RSVP or for additional information.

## YOUR KEY TO HEALTHY LIVING

The road to a healthy lifestyle starts at the YMCA! With our variety of classes and programs, you're sure to find something that works for you.

An important step toward healthy living is discovering everything your Y has to offer. The best way to do this is by scheduling a wellness appointment. Your wellness coach will discuss your goals, interests and past experiences with you. Based on your discussions, they will suggest the programs at Y that will give you the best chance for success!

The Y is a great place for families to get fit together! If your children are between the ages of 10 and 13, they can enroll in our Fit Kids class. Upon completion, they will be able to work out alongside you in our wellness center. In the class, kids will learn about the equipment they can use, muscle groups and the components of fitness.

We know it's important to form healthy habits early, so each Wednesday your little ones will have the opportunity to try a different fruit or vegetable in Kids' Club. We also offer exercise classes for youths as young as 3. Classes like Y Kwon Do, Tumblebugs and Dance Fit are fun and energetic classes where kids have a great time and learn exercise basics.

Are you someone who enjoys a good competition? If so, take part in our 1000 Point Club Challenge! The more you visit and do the activities you love, the more points you earn. Reach 1000 points in the allotted time and win some great prizes.

Whatever it is you need to begin the journey towards healthy living, the Y is there for you!



**The Y is Determined:**  
We are passionate about our quest to help others, and we devote our full strength and concentrated attention to our cause.

## JOIN THE CLUB

Do you need a little extra motivation to keep your New Year's resolutions? The Bullitt County Family Y 1000 Point Club may be just the thing you need! All of your favorite activities are assigned a point value and each time you're here and complete one of the activities, you'll earn points. If you complete enough activities to earn 1000 points in the allotted timeframe, you'll earn a 1000 Point Club t-shirt. Visit the Courtesy Counter for complete details.

## KICK IT UP

It's time to hit the field again with the Y! Youth soccer sign ups begin in February for kids ages 3 to 14. Y Soccer is a great way for your child to make new friends and get some exercise! If you have a friend or a favorite coach, we can even arrange for you to be on their team. We'll kick off the season in April, so sign your child up today. For more information or to register, visit [ymcalouisville.org](http://ymcalouisville.org).

## ACHIEVE YOUR GOALS

Setting goals and challenging yourself are important to staying motivated as you strive for better health. The YMCA Triple Crown Training Program will not only help you run, walk or jog these races but will also motivate you, connect you with others of similar levels of fitness, and provide accountability.



The YMCA Triple Crown Training Team meets every Saturday morning at Bernheim Forest for group runs / walks. There will also be informational seminars during the week on a variety of topics that will allow you to perform up to your potential. All participants will receive a training shirt. The team isn't open to just runners. Every year, we have a group of walkers that also train for the races too!

The cost is just \$30 for Y facility members and \$50 for program members. Register online at [ymcalouisville.org](http://ymcalouisville.org) or drop by the front desk. For more information, contact Emily Forgey at [eforgey@ymcalouisville.org](mailto:eforgey@ymcalouisville.org).

The YMCA is the official training partner for the Triple Crown of Running!

## YMCA Annual Giving Campaign

### STRENGTH & CONFIDENCE ABOUND

For many the Y is a place to begin a new chapter in life. For some the journey towards better health begins in a wellness center, or for a child the path to self assurance may begin at a child care site. For Lu Ann Meunch, her new chapter began in a small program for cancer survivors at the Downtown Family Y.

In early 2009, Lu Ann read an article about the Armstrong Foundation's LiveStrong program at the Downtown Family YMCA which provides 12 weeks of exercise training in a small group setting to help cancer survivors restore their energy levels and self-confidence. At the time she read the article she was undergoing chemotherapy and radiation treatments for cervical cancer that had left her, in her words, "bald, overweight, and lacking energy and self-esteem." In August, she was pronounced cancer-free and, along with her husband, Eddie, joined the LiveStrong program.

The knowledge and encouragement of the personal trainers throughout the program helped Lu Ann to find a fun and effective

way to rebuild her strength, improve her mental outlook, lower stress, sleep better and lose weight. Lu Ann also says, "Spending time with other cancer survivors and hearing their recovery stories was a true blessing for me; knowing others had gone through a similar experience."

Lu Ann's personal story also includes recovery from addictions to alcohol, marijuana and cigarettes. Throughout it all Lu Ann says, "The Y provided me a release for my anxiety and gave me motivation to stay strong and committed to my recovery. I'm grateful to say I still enjoy a cancer-free, clean, sober and smoke-free lifestyle today. Thank you YMCA, for being there for me when I needed you most!"

Lu Ann and Eddie are members of the Downtown Family Y and this year, she will serve as a team captain for the 2012 Annual Giving Campaign to ensure the Y can be there for everyone.

### CHANGING LIVES

Deeply rooted in our community, the Y is made up of people of all ages, faiths and abilities—all working side-by-side to ensure that everyone, regardless of gender, income or background, has the opportunity to live life to its fullest.

The Y is a nonprofit, cause-driven organization and your contribution keeps the Y available for people who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life to be healthier, more confident, connected and secure.

We value caring, honesty, respect and responsibility—and everything we do stems from this. Together, we use our knowledge to develop stronger, more inclusive communities; provide support for people and families; and promote positive change overall.

Will you join your fellow Y members and volunteers in our campaign efforts? We are aiming to raise \$1.29 million by April with the support and enthusiasm of more than 7,000 donors and 600 volunteers.

**Get involved at your local branch by volunteering, donating and campaigning to raise funds for your favorite program.**

Next time you visit your Y, ask how you can help make a difference in your community through the Annual Giving Campaign. Or contact Lesley Gray, Annual Campaign Director, at 587 2383 or lgray@ymcalouisville.org.



#### The Y is Welcoming:

We accept our neighbors openly, warmly, hospitably and as equal participants. We do not turn people away for an inability to pay.

# OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

# WE'RE FOR EVERYONE

At the Y, we believe everyone should have the opportunity to be healthy, confident, connected and secure regardless of their financial situation. That's why we make our programs and services available to everyone even if they are unable to pay the full fee; we have affordable membership and program rates for everyone.

You can support our mission by making a donation to the Annual Giving Campaign. Your gift will make a meaningful impact right in your neighborhood. Together we can help move people forward by ensuring access for all.

# HOURS

Monday-Friday ..... 5 a.m.-10 p.m.  
Saturday ..... 7 a.m.-7 p.m.  
Sunday..... 12 p.m.-6 p.m.

## Holiday Hours

Christmas Eve..... 7 a.m. – 2 p.m.  
Christmas..... Closed  
New Year's Eve..... 7 a.m. – 7 p.m.  
New Year's Day..... 12 p.m. – 6 p.m.  
Easter ..... Closed

# CONTACT INFORMATION

Have a new address, phone number or email? Please share that information so that we may stay in touch with you. Any updated information is greatly appreciated!



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## BULLITT COUNTY FAMILY YMCA

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