

GROWING A HEALTHIER COMMUNITY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OLDHAM COUNTY FAMILY YMCA

20 Quality Place, Buckner, KY 40010

Winter 2012

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.



MEMBER SPOTLIGHT

Like so many of us who work and raise a family, Andy Weingarten and his wife, Lee Ann, lead very busy lives. Each has a demanding career and works long hours. In addition to being our favorite local meteorologist, Andy owns a weather consulting firm. Finding time to spend together can be difficult.



About three years ago the Weingarten family joined the Y. They did so for the same reason many of us do—to improve their overall health and well-being. Andy shared with us, "We are not getting any younger and felt the need to get in better shape to be able to continue doing the things we enjoy."

What started as a place to focus on fitness soon became a place where the Weingartens could focus on family too! Andy and Lee Ann meet at the Y three times a week to reconnect with each other, using this opportunity to maintain their health and fitness while spending time together.

At the Y, we know being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. The Y is a place where everyone can work toward that balance by challenging themselves, fostering connections with friends or bringing loved ones closer together. How's that for multi-tasking?

OUR HEART & SOUL

A Message from Your Executive Director, Peggy Kilgore

Members are the heart and soul of the YMCA. Every day connections are being made in our lobby, wellness center, pool, group fitness classes, on the sports fields, on the gym court ... well, you get the idea! Relationships are developed at the Y that last a lifetime! What's really exciting is the difference that our members can make in the community and in each other's lives once they connect at the Y!

I've spent my entire adult life with the Y and have seen what can happen! I was with someone recently whose children grew up in youth sports and his daughter had recently gotten married. Her maid of honor was someone she met playing soccer with at the Y when she was four years old. The Y is responsible for a marriage in my own family and my best friends are all people I've met through the Y!

You probably don't realize the impact that you have on your fellow members. You may be the only personal contact someone has that day when you speak to them on the bike next to you or at the coffee pot. I have received letters from members who tell me that being at the Y has literally saved their lives—human contact is so important!

Members that connect and work on our Annual Giving Campaign each year allow many less-fortunate people participate at the Y. Yes; the staff comes to work each day to check you in, sign you up and take care of the building; but our most important job everyday is connecting with you and helping new and current members connect with each other! We could not do what we do without you!

With gratitude,



Peggy Kilgore
Executive Director
pkilgore@ymcalouisville.org



The Y is Genuine:

We are honest and open in our communication with others.

SPECIAL REMINDERS

January 9

Winter Indoor Soccer Deadline

January 13

Dancing like the Stars (Cha Cha) 6 p.m.

January 14

Winter II Competitive Soccer (Team Only) Deadline

Spirit-Mind-Body Open House – 8:30 a.m. - 11 a.m.

January 15

Winter II Middle School and High School Field Hockey (Team Only)

January 16

Extreme Makeover

January 19

Senior Potluck – 11:30 a.m. to 10 p.m.

January 23

Big Y Challenge

January 27

Dancing like the Stars (Mambo/Salsa) 6 p.m.

January 30

Spring Volleyball Deadline

February 4

Cycle Tag Team Saturday – 8:30 a.m.

February 14

Senior Potluck – 11:30 a.m.

February 18

Zumbathon – 9 a.m.

February 23*

Annual Giving Campaign Kick-Off

February 25

Black Achievers Annual Awards Celebration
Info: 587 7405

February 28

Youth Soccer Registration Deadline

March 15

Senior Potluck – 11:30 a.m.

April 29

Healthy Kids Day

Every Third Friday

Kid's Night Out – 5:30 p.m. to 11 p.m.

***For more information about these events, contact 587 9622.**



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.

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.

The Y is Nurturing:

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



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 ymcامجপিও.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.

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 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.**

HEALTHY, HAPPY YOUTH

Creating habits for healthy living has never been more important than it is today for our youth! The Oldham County YMCA is reaching out to the community, partnering with our schools in joint efforts to teach our kids the benefits of eating right and maintaining an active lifestyle. Teachers and counselors alike are volunteering their time and brainstorming with the Y to cultivate interest in health related issues with our young teens.

Our first venture has been with the Health Department and Oldham County Middle School to provide after school fitness curricula for those kids not involved in organized sports. The positive outcome of this program has led to continuous sessions with increased numbers of participants.

This past summer, Oldham County High Schools organized a summer PE program called Fit for Life to give gifted students a chance to take additional college level classes during the school year by taking PE during the summer. Thirty teens came to the Y for a variety of fitness programs.

The YMCA's Youth Certification program teaches preteens the benefits of strength and cardio training. Included in the program is usage of equipment, classroom approach to anatomy and exercise terminology, nutrition, and exercise safety. We are presently working with one of the middle schools to develop a Fitness Field Trip to the Y and participate in our YCP Program.

The Y is committed to partnerships and collaboration in the community for healthy living and youth development.

For additional information or if you have ideas for other ways to engage our youth to get healthy, contact Karen Wyatt at kwyatt@ymcalouisville.org.



WATER WORKS!

Healthy Living begins with a small step. That step could be lightened by trying to walk in the water, attend a water fitness class, jog in the pool, or just swim. Water workouts are easier on joints and awaken the kid in us all. The water has healing powers not found in land-based exercises. Water offers more resistance, so you may burn a few more calories working out in the water while still doing an activity you enjoy.

Let us help you design a fitness or relaxation workout in the pool. Contact a member of the aquatics staff or visit the front desk to find out how we can assist you with swimming strokes, exercises, lessons, fitness classes or just to do your own thing in the pool!

HERE FOR OUR COMMUNITY

The efforts of the Oldham County Y to connect with our community and provide opportunities for people to improve their health reach beyond our doors. We operate the LaGrange Community Center which provides a variety of activities for those seeking a healthy lifestyle.

The center offers a physical education program twice a week for children who are homeschooled. This provides an opportunity for kids to be active, learn to play all types of sports and group games, and develop skills like sportsmanship and fair play.

Our walking track offers the community a great place to walk, run or jog no matter what the weather is like outside. There is even a walking club to help you get started towards your fitness goals and enjoy the camaraderie of others doing the same.

Teens in all communities need a safe place to spend time with other youth their age. Twice a month the center is open late for teens ages 11-17. We provide games, activities and a fun place to just hang out. Each evening features a different activity which may include dodgeball, 5 on 5 basketball, carnival games, make your own pizza, dance night and many other activities.

These are just a few of the ways we are helping the LaGrange community find a healthier way of life. We hope you'll stop by sometime! For additional information, please contact Josh Lewis, Center Director, at 225 6474 or jlewis@ymcalouisville.org.

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.

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

The Oldham County Family YMCA is open to our members over 100 hours a week and offers a state-of-the-art fitness facility in addition to a variety of programming options for you and your family. Listed below are the facility hours of operation. Please feel free to call 222-9358 with any questions.

Monday-Friday5:30 a.m.-10 p.m.
 Saturday 7 a.m.-7 p.m.
 Sunday.....9 a.m.-6 p.m.
 (beginning 1/1/12)

Holiday Hours

Christmas Eve..... 7 a.m. – 2 p.m.
 Christmas Day.....Closed
 New Year's Eve..... 7 a.m.-7 p.m.
 New Year's Day.....9 a.m.-6 p.m.
 EasterClosed



OLDHAM COUNTY FAMILY YMCA

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