

YMCA OF STEUBEN COUNTY

Newsletter



"Hope predicts academic success and graduation better than grades and test scores. Increasing hope is not easy but it can be done." Jim Clifton



Steuben County Promise and the College Choice 529 program.

A very special YMCA outreach program is Promise Indiana. Promise is a powerful component of the CollegeChoice 529 program. It is targeted at starting a conversation about a child's dreams for the future. Promise is designed to assist parents in saving money for their child's post-secondary education. To assist in growing college savings accounts, Promise partners with Parkview Health and the Steuben County Community Foundation (SCCF), both organizations putting match monies into a child's account if certain goals are met. Trine University and all Steuben County Schools are also involved to assist families and youth in building hope and assets.

Promise Indiana kicks off at the beginning of the school year for both new and current account holders. YMCA staff will visit each Steuben County school during Back to School Week to talk with parents and answer questions about the Promise program and CollegeChoice 529. The goal is to start a conversation about a child's dreams for the future, starting in kindergarten. The beauty of Promise Indiana is that when a child initially enrolls in the CollegeChoice 529 Savings Account, Parkview Health will make a \$25 deposit into that child's account. Later, when a child raises \$25 from his/her "Champion's," the SCCF will make an additional deposit of \$75.00, resulting in a \$100 match to a child's future. The SCCF contribution can be used annually if the child continues to add the minimum of \$25 into his/her account.

Promise encourages youth to **dream big** and to lay early groundwork for

Continues next page —



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Steuben County YMCA

YMCA OF Steuben County

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Please Notice This **Aquatic Center closed August 28—Sept 5th for cleaning.**



MEMBER CHANGE OF STATUS

We are updating basic contact information in our member database. If you have changes in address, phone, etc., please stop by the front desk to update current status.

THANK YOU!

Our undiluted, sincere thanks to Dr. and Mrs. Oren Skinner, our 2017 Annual Campaign Chairs. We appreciate all you are doing for the YMCA of Steuben County!



THIS STRANGELY STILL PAUSE

"Between summer and autumn, greenery and gold, and the heat and rising wind that is once again readying itself to rush it all away in a climactic symphony of color and scent is—in my opinion—one of the best parts about living on earth."

~Victoria Erickson~

their futures. College and career discovery, academic readiness, and educational savings are critical program components. In addition to career exploration activities in school, youth in grades 1-3 will attend **Walk into my Future**, a "Dream Big" career event hosted and coordinated by Trine University. **WIMF** is scheduled for Thursday, September 28th.

Dream Big!

At this event, approximately 2,000 school students gather on the Trine football field and participate in a variety of fun career based activities orchestrated by Trine students, representing various schools at the University. Last year kids learned how planes fly, how a cement boat floats, as well as a little about golf, music, Seeing Eye dogs, and how to speak a few words in foreign languages. **WIMF** "promises" a great day! Following **WIMF**, PHASE 2, the Champion Program, begins. This is where kids get to try out their "sales" skills as they recruit friends and family members to contribute at least \$5 per person into the account they set up. If the minimum of \$25 is reached, the SCCF contributes the \$75 match money into each stakeholder's account.

The Promise program, with its matching funds, is open to all Steuben County students in grades K-3. \$10 can open an account. Funds allocated to a 529 account can be used at any eligible school around the country or abroad. This includes 2-4 year colleges, graduate school, and vocational/technical schools. One can also use the account for college expenses such as tuition, fees, certain room and board costs, computers, and course-related software. If an account holder ends up not going to college, the money can be transferred to the name of another child with no tax penalty.

It is never too late to start a CollegeChoice 529 program. Even if your child is in high school, one can be set up. The only difference is that matching dollars are not made. CollegeChoice 529 earnings grow tax deferred and when the money is withdrawn for a qualified expense, it is federal tax free. Indiana taxpayers are eligible for an Indiana tax credit of 20% of contributions, up to \$1000 credit per year.

If you have any questions, please feel free to contact Steph Kersten or Krista Miller at the Y. The Promise program will be brought to the schools in mid-August.

Guthrie to Compete with Trine's 1st Triathlon Team

Kari Guthrie is a senior Management Major at the Ketner School of Business at Trine and she has coached the Y's Wavemakers Swim Team for three years. As a youngster and a high school student at East Noble High School in Kendallville she has 14 years of swimming under her belt. Now in addition to swimming, Kari will be training for running and biking.

Kari is much respected by her Trine peers and faculty and is part of the Ehinger Fellows Leadership Program. They are excited to have her play a lead role on their first Triathlon team this year.



MAGIC SQUARES

Interested in Square Dancing? The Y hosts the Magic Squares the 2nd and 4th Friday of the month. Call Bill or Trudy Baidinger @ 260-665-9929 for more information.



FALL SOCCER KICK IT!!!

Kick It! Is a youth soccer program for kids 4—11 years old. While in the program they will learn the fundamentals and basic skills of soccer including kicking, passing, dribbling, and shooting on goal. Everyone gets to play and go home a WINNER!

Fall youth soccer dates will be Aug. 31—Oct. 21st, 2017. Sign up at the front desk. Practice will start Sept. 5th. Games start Sept. 16th. Cost for members is \$50 and for non-members. \$65.

There will be a parent meeting August 31st.

FALL SWIM LESSONS



The next session of regular swim lessons are scheduled for Sept. 5—October 24. Classes are held Tues evening or Sat. mornings. Cost is \$40 for members and \$60 for non-members.

Classes are held on Tuesday evening or on Saturday mornings. Check at the Front Desk for the times. Classes range from Mommy and Me to more advanced classes.

Sign up at the front desk.

Thanks to our Summer Camp Counselors and Interns who will be returning to school soon.



Dalton Staley— Junior @ Indiana Wesleyan—Nursing

Wesley Burkhart— Senior @ Adams Central High School

Allison Arnos—Senior @ Anderson University-Social Work

Maddi Stoy-Senior @ Hamilton High School

Ben Curry– Senior @ Trine Exercise Science

Justin Dyer-Senior @ Trine Sports Management

Thanks also to two of our Front "Desklers" who are returning to college!

Haley McElroy-Senior @ U. of Indianapolis-Psychology & Physical Therapy Asst.

Jordan Engel-Walworth—Senior @ Purdue—Math Education

~Y EMPLOYEE SPOTLIGHT~

Our August Spotlight will shine on **Sarah Wilson**. Many of you know Sarah as one of the front "desklers" for the past three years. This summer Sarah is filling in for our Membership Director who is on maternity leave. She brings lots of guest experience to the table.



Sarah is a 2016 AHS graduate. She was in National Honor Society and was active with theatre, having several starring leads. She was also very involved with band, as well as playing the piano and French horn. Sarah swam for both the Wavemakers and AHS Swim Teams for a total of 10 years. Her other past-time activities include gardening, walking in the country, fishing, and reading.

Sarah's character and community involvement were acknowledged in full when she was named the recipient of the **2016 Lilly Endowment Scholarship**. She is now a sophomore at Indiana Wesleyan University. Sarah plans to have a double major in Recreation Management and Psychology. Her career goal is to become a Forest Ranger. She reports that the peace she feels in God's nature was the catalyst for her career decision. Sarah hopes to focus on interpretive duties. In this position she would deal with Park educational programs, monitoring trails, interacting with visitors on various nature related projects, and addressing questions about park related topics of interest. In addition to her academic schedule, Sarah is the Manager for the IWU men and women's cross country and track teams.

Sarah's honors and accomplishments do not end with school. At this year's 4-H Premier opening night, Sarah was crowned **Miss Steuben County** for 2017. She will advance to the state pageant in Indy in August. Sarah has a 10 year history of 4-H involvement and participated in many areas including sewing, fashion reviews, crafts and foods.

When asked what she enjoys most at the Y, Sarah said that she values the meaningful relationships she has developed with members. "My YMCA experience has been like a community blending pot, not only with Steuben County individuals, but with people from other counties and states. The Y has given me a second "family" appreciation."

Sarah is also appreciated and highly regarded by the Y staff and members alike for her professionalism and commitment to her job and life in general. She is mature beyond her years. She is always kind, respectful, and she constantly engages with people. One member identified Sarah as "always smiling." And we would agree. Our sincere thanks to Sarah for the talents she brings to the Y. Have a great sophomore year at college!



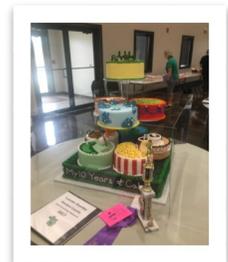
Kids Dart—Drive Smart

The Angola Fire Dept. received Kids Dart/Drive Smart Signs that can be distributed in the yards of individuals or in business locations. They were provided by Lutheran Children's Hospital and the Lutheran Health Network. To promote public safety, these signs are free, while they last, and can be picked up at the Fire Dept.



What does it Take to Bake a cake, to win an award, and a champ to Make?

Answer: It takes Lauren Stanley. Lauren is a YMCA Swim instructor and Swim Team athlete. In addition, she has spent 10 years in 4H. She won four grand champion awards at this year's 4H Fair...cake decorating, sewing, fashion review, and herbs. To the right is her cake entry, quite the work of art in our opinion! Her sewing entry, her prom dress, was also a knock-out winner!



Lauren is an AHS 2016 graduate, heading to **Purdue** this Fall. She will be a pharmacy student. Lauren is a SCCF scholarship recipient.

GO BOILERS!



Go Lauren! Have a great Freshman year! And, thanks for all you do for the Y!

KRISTA'S CORNER

The YMCA of Steuben County will soon be bringing Healthy Kids Day to the Y. It is targeted for Fall, 2017. This is an annual observance to encourage an awareness of how healthy habits, including diet and regular physical activity, are linked to kids learning better, ultimately improving success. This year the Y will also offer a unique health fair for our members, as well as the community, to support families, individuals, and schools in promoting healthy living habits.



Healthy living ideas for kids and families are endless. Some ideas may focus on ways to make eating healthy foods like fruits, vegetables, and whole grains scrumptious and exciting. Fitness games may include obstacle courses, yoga, tug of war games, sack and relay races, and 5K walk/runs.

The Y's mission is to support Healthy Living to members and to provide our community with information that will help them focus on health and well-being. Please watch for upcoming information and the date for our Healthy Kids Day Community Fair. Details will be posted on our website or at the front desk. If interested in reserving a space to promote your version of healthy living, please give me a call at 668-3607.

~Krista Miller, CEO



MEMBER SPOTLIGHT: JONATHAN BARNES

John is one of our original Y Members, retired from Consolidated Freightways in Fremont. John said that he has been working out since he was about 24 years old. John reported that he did not like the direction his life was going and decided to "ditch the bad habits" and incorporate healthier, safer habits into his life style. He proceeded to change his life around and started an exercise program, starting with running around Crooked Lake and Lake James. He joined a few other health clubs before landing at the YMCA.

John works out on the treadmill, enjoys bicycling and uses the sauna. He spends an average of two hours a day/ five days a week working out. Most interesting, is the visual fact that he has developed his own movement routine. He equates his style to "Zen." John says that he got the movement ideas from watching Bruce Lee movies and Tommy Chong workout videos. Another member equated his movements to the Karate Kid's "wax on/wax" off. John's routine combines yoga and free dance movement. He says it "clears his head."

John lives on Turkey Lake in Stroh where "it is very beautiful and peaceful. No speedboats or skiers." He says that he has been "lovin' the Y" since it opened and he enjoys the convenient location. He also thinks he will live longer because of the Y. It is always enjoyable to see John as he works out because his self-created "Zen" movements, seem to have him floating. Glad you are here, John!

Locks are to be removed from lockers daily.

Locks that have been on for extended period of time have been



removed. Contents can be reclaimed up until August 12th. After this date, anything left over will be donated to Project Help.

Also, please check lost and found. We have had jewelry, glasses, and a variety of stuff stored for many months. It will all be donated to Project Help, EOM, if not



AOA EVENTS...

1st Friday Breakfast, August 4th 9:00 a.m. @ Northern Lakes. Dr. Alley will speak about making the most of your Doctor's Appointments.

3rd Thursday, August 17th 11:15 a.m. @ YMCA Fitness Rm. Lunch provided. Detective Crooks, Angola Police Dept., will be speaking about Senior Scams.

4th Wednesday: August 23rd 3:00 p.m. @ the Brokaw. Free movie, sm. drink & popcorn!

5th Thursday: August 31st 6 p.m.-7:30 p.m.— Dementia Educational Series @ Fairview Missionary Church, Fireside Room. "Effective Communication Strategies