

YMCA OF STEUBEN COUNTY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Steuben County

500 E. Harcourt St., Angola, IN 46703

260-668-3607 www.ymcasteuben.org

February, 2018 12th edition



The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well. ~Pierre de Coubertin



The YMCA of Steuben County Supports the 2018 Winter Olympic Movement!

The YMCA of Steuben County wants to encourage members of all ages to maximize the Olympic spirit and **GO FOR THE "COLD."** At the Y, we will kick off the

Winter Olympic Movement with **"Alpine Day."** On Feb. 9th, come to the Y outfitted in your favorite winter Olympic gear. Of course, we know you will shed the gear once you get here, but it's all about the "spirit," right?! Next, use your imagination and get psyched about winter sports. Watching the Olympics on T.V. is one thing, but find a way to join in. There are many winter opportunities right here in Steuben County that allow you to get a workout while enjoying winter sports. Find a way to be creative!

Pokagon State Park

Tobogganing Fri, Sat, and Sun. through the month of February. You and your buddies will get the Olympic Thrill as you go speeding down an iced runway at lightening speed, and with the wind whipping around you. Cost is \$13/hour for the toboggan which seats four. Gate fee at the Park is \$7/carload or \$9/carload for out of state. Too cold? Treat yourself to some hot chocolate in the Warming Hut while discussing your Olympic Achievement!

Cross Country Skiing If we get a 6" snow base, this is a great sport to try. Navigating the beautiful Pokagon Trails not only gives a strenuous workout, but you will be enveloped in breathtaking nature at every turn. Bring your own skis or rent them for \$8/hour (adults) \$5/hour (kids). If you are also tobogganing, ski rental would be \$5/person.

Nature Center: Check into the Nature Center to see what winter programs they have, hike the trails, or try snow shoeing. No charge for snow shoes. Just strap them on and enjoy your Olympic jaunt.

Trine Hockey Arena

During February, you might also want to check out another Olympic sport, ice skating, at Trine's new Ice Arena. For the Y's Winter Olympic Movement, Trine will offer a special night with discounted ice skating costs. The date is February 16th from 5:30-7:30 p.m. Cost will be \$6/person for skating and skate rental or \$4 if you have your own skates. If interested, there will be a hockey game at 9:30p.m. Ticket prices for this range between \$5-\$10 depending on your seating preference.

City of Angola

Depending on temperature, the City of Angola has an ice rink throughout the day at Common's Park, near the Park Office. This is FREE!

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Happy
Valentine's
Day

"Where there is love, there is life."

Mahatma Ghandi,
Civil Rights Leader



February is Heart Health Month!

Heart disease is the leading cause of death for men and women in the U.S. It is preventable by making heart-healthy food choices, knowing your family history and risk factors, having regular check-ups (including blood pressure), and working with your physician. By managing good heart health lives will be saved. Period.

This February, you can take three steps to prevent heart disease.

1. Educate yourself
2. Spread the word about strategies for preventing heart disease.

3. Encourage those around you to have their hearts checked and then commit to heart healthy lives.



BE HEART STRONG!

Continued from front page -

Ideas For kids& Families



- Go sledding on your Red Rider.
- Make your own sled out of a box, find a hill, and just go!
- Build a snowman, snow angel, snow dog, or snow creature of any kind.
- Have a snowball fight.
- Build a snow fort and/or a snow maze.
- Stomp through the snow and make footprints.
- Eat snow flakes coming out of the air.
- Try to identify animal footprints.
- Paint the snow—Make it colorful!



And when you are done with your winter Olympic activities, and having fun while exercising, tune into the Winter Olympics on T.V and enjoy watching the Pros!



WOW Workout of the Week

Ryan Sheets, Director of Healthy Living and Aquatics, wants to make every week an Olympic Week and has come up with a different Workout of the Week (WOW) for your workout in the Fitness Center.

Ryan has assigned a Trine intern to have a workout posted every week to assist members in reaching their maximum fitness level, complete with instructions and pictures with "Do's and Don'ts." Workouts can be done with or without equipment, such as weights, to assist in building strength and muscle mass.

Participants in WOW will reap the benefits with the customized workouts which target different parts of the body. For example, one WOW that was posted focused on legs by doing a series of squats, explaining the benefits of the exercise.

- Help leg muscles work more efficiently
- Make daily activities easier to perform
- Improve mobility and balance
- Improve running performance
- Tone one's body and build muscle
- Enhance core strength
- Regulate Digestion

The 7-Day Squat Challenge increased the intensity, with each day adding a new level of intensity. In addition, the muscle groups that are being targeted are posted.

Members who generally work out upstairs are enjoying the added bonus of a planned workout, so check it out and target February as YOUR Olympic Movement.

YMCA Staff and Members would like to thank Diane Rhodes for the sweat towels she made and donated for member use!



Congratulations to Brittany Mendez, Aquatics Staff, on the birth of her baby boy, Kole!



Watch for spurts of "February Member Love!"

NOONBALL

Need a break from a busy morning at work? Why not come to the Y for "Noonball." Noonball is a late morning/early afternoon opportunity to de-stress with a riveting game of basketball with old and new friends. So join us at the Y and get yourself rolling for the rest the rest of the day! Details follow.

Days: Mondays and Thursdays
 Time: 11:30a.m.-1:00 p.m.
 Cost: YMCA Members FREE
 Non-Members: \$5.00

JUST DIG IT!



For Volleyball enthusiasts, the Y is offering the opportunity to practice your skills with Open Gym. Just show up with your "team" or come on your own to join others interested in playing volleyball. If there is enough interest we hope to develop co-ed Volleyball Leagues for both fun and competition.

Volleyball/Open Gym coming soon! Stay posted for more information is on Tuesday nights between 7-9 p.m. Members are free and non-members can play for \$5.00.



ROCK STEADY BOXING

If you or someone you know has a Parkinson's Disease diagnosis and would be interested in learning more about the new RSB program, please contact Ryan Sheets at the YMCA of Steuben County. You can call Ryan @ 260-668-3607 or email him at ymcasteuben@rsbaffiliate.com to be put on the contact list.

We are currently compiling a contact list to deliver information as the RSB program develops.



DANIELLE MCDANIEL



This month we want you to meet Danielle McDaniel, Membership Director, as she is a critical link to understanding the ins and outs of membership. Danielle joined the YMCA

of Steuben County in July 2016, following a job offer while on her honeymoon. :) Her responsibilities include all matters relating to traditional and corporate memberships. She was instrumental in implementing Nationwide Reciprocity at our YMCA.

Danielle reports that she is excited about the direction the YMCA of Steuben County is going, reporting that "Our membership just passed 5,000 members this year". Her primary goal for 2018 is to expand community partnerships with area employers. The goal is to allow them an opportunity to offer YMCA Healthy Living Corporate Memberships to their employees at a 10% discount and waived join fee, via payroll deduction. Let us know if you think your business would be a good fit!

Danielle has a background in early childhood education, music, and marketing and has applied this knowledge in her career track experience. Danielle is a big advocate of the nonprofit sector. Prior to the YMCA, she worked extensively in event planning, grant-writing, youth development, summer camp coordination and children's education programs. Examples of these are philanthropic programs with the Dekko Foundation, LaGrange County Community Foundation and LaGrange Communities Youth Centers (LCYC).

Danielle's passion is her family, comprised of husband, Taylor, daughter, Elianna, and son, Simeon. She sings on her church worship team and is becoming active as a volunteer with Junior Achievement.

Danielle enjoys traveling and has been to Paris and London. She also is and has been a supporter of missions work. She was relocated to New Orleans after Katrina hit and spent six months volunteering with clean up and rebuilding.

Danielle can't imagine being anywhere else but the Y and appreciates everyone she gets to see on a daily basis!



KRISTA'S KORNER

We are excited to announce two new, dynamic programs to benefit our members, **LIVESTRONG** and **Rock Steady Boxing**. The launch date is April, 2018, so get your boxing gloves out and prepare to LIVESTRONG because we are moving forward!

LIVESTRONG is 12-week, free exercise program for cancer patient survivors. It is aimed at strengthening spirit, mind, and body so survivors can reclaim health and well-being. Workouts include cardiovascular conditioning, strength training, balance and flexibility exercises. Classes are held two days a week for approximately 90 minutes a session. Participation requires a referral and medical clearance from a physician.

The first 20-30 minutes of each class is designed for discussion on physical fitness issues. The last 60 minutes will involve regimented exercise, utilizing the weight room, pool, and fitness area. At the conclusion of the class, participants will have secured enough knowledge so they can independently use the facility and equipment so they can continue to improve the quality of their lives. Class size limited to 12.

We are also excited to offer **Rock Steady Boxing (RSB)**, introduced in the January Newsletter. RSB is a non-contact boxing style program which is designed to attack Parkinson's at its most vulnerable neurological points. It seeks to delay the progress of the disease by "tough love."

As with Livestrong, RSB will be taught by certified RSB coaches. Workouts may include focus mitts, heavy bags, speed bags, double ended bags, jump rope, core work, calisthenics, bicycling, running, jump rope, push-ups, balancing, and circuit weight training. These exercises will promote maximum effort, speed, strength, balance, and flexibility. No boxing experience is necessary. RSB classes have proven that anyone, at any level of Parkinson's, including those who use wheelchairs, can actually lessen their symptoms and lead a healthier/happier life.

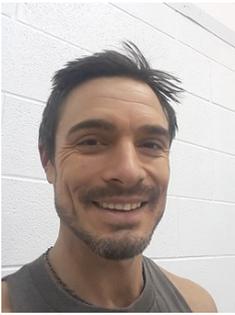
It is our hope that Livestrong and Rock Steady Boxing will not only be intriguing, but we hope that participants will be able to improve the quality of life through the various exercise components so the severity of disease side effects and be diminished. All of this, while developing supportive relationships. We welcome questions about either program so please give us a call if you are interested in either. We will get you to the right person so you can begin preparing for a healthier and more positive future. Live Strong, Be Rock Steady and prepare to **FIGHT BACK!**

"Of all the pills I've taken Rock Steady Boxing is the most effective." ~Pete Stewart

~Krista Miller, CEO

NEW YMCA DIABETES PREVENTION CLASS COMING SOON

A new set of classes for Diabetes Prevention and Lifestyle support will begin in March, with a general information session on Tuesday, March 6th. Classes will follow, starting Tuesday, March 13th. All sessions are from 5:30-6:30 p.m. and are held at the YMCA of Steuben County. The Diabetes Prevention Program is comprised of 16 weekly sessions and eight monthly maintenance sessions which provide group support and information on reducing and eliminating risks for Type 2 Diabetes. You will learn how to make better food choices and incorporate physical activity into your daily schedule. The importance of managing healthy lifestyle changes for long-term prevention is emphasized. **Pre-registration is required.** Please contact (260) 755-4940 or email hereforyou@fwymca.org. **Kelly Kobelak is the Lifestyle Coach.**



MEMBER SPOTLIGHT: STEVE ROLLINS



Steven was selected as our member of the month because of an incident a few months ago; one which definitely exemplified "truth," a Good Wolf attribute. One early morning, after leaving the Y, Steven came back to the front desk and reported that he accidentally clipped another vehicle as he was leaving the parking lot. The Evil Wolf within naturally hinted that he could easily drive away as it was so early in the a.m. But Steven ignored him and fed the Good Wolf instead. We tracked down the student who drove in for swim team practice and contacted her parents. The entire situation was handled quickly, calmly, and most importantly, with no fear or anger. Steven said "The world makes it hard because this situation was embarrassing. But my world is to tell the truth." Good lesson. Not only did the truth with these few players make a difference, the Swim Team Coach announced it to the entire Swim Team, so they, too, learned the liberty of "Truth."

Steven has been coming to the Y for six to seven years for strength conditioning. The training is a self-designed Mixed Martial Arts program, focusing on strength and maximum physical fitness. It includes a combination of several sports including kick boxing, Jujitsu, wrestling, boxing, and Muay-Thai. Steven does a variety of three minute station exercises including, but not limited to lifting, punching, jump rope, stairs, and tire running.

While in High School (DeKalb) Steven played on an Ice Hockey Team, a "Club sport" in Ft. Wayne. He also spent three years on the DHS wrestling team, making it to the State qualifiers. Throughout his life, Steven pursued his interest in acquiring journeyman skills, manufacturing and maintenance, which are put to good use at Friskney Equipment where he is an Electrical Mechanic. Steven also has an Associate's Degree in Christian Ministries and a Bachelor of Science in Biblical Studies, both from Indiana Wesleyan. He puts these to good use every day on his walk with life.

Steven is married and has three kids, 14, 8, and 7 years old. His wife is a stay-at-home mom "who keeps their world running smoothly." He appreciates the friends he has made at the Y and is glad to be part of the Y community spirit.

ANGOLA RUNNING CLUB

Need Running Friends? Join the ARC with Lisa Roe. The runners meet @ 8:00 a.m. every Saturday at the YMCA. The Club runs outdoors, but with inclement weather they will run in the YCMA Gym. Not a member? Just check in at the Front Desk and tell the receptionist that you are with Lisa and you will pay only \$5!



Talk about amazing dedication

The Y wants to recognize **Member, Sanford Caldwell**, who checked in an astounding 297 times last year!



Holds:
Remember!!
Memberships
can be placed

on **HOLD** if you plan to be out of town for a lengthy time. When your membership is on **HOLD**, you will not be billed for the months you are away; however you must give 30 days notice to activate this benefit. If you pay monthly, a \$20 processing fee is charged.

Cancellations: to avoid additional payments, 30 days notice is also required to cancel a membership. Your membership must fulfill a minimum of 12 months from join date to be eligible for cancellation.

Check at the front desk for details on how the YMCA can work with you to maximize your membership account.

Feb. AOA Activities



1st Friday Breakfast, Feb. 2nd 9:00 a.m. @ Northern Lakes.

3rd Thursday, Feb. 15th 11:15 a.m. @ YMCA Fitness Rm. Lunch provided. Topic: Heart Health & Free Blood Pressure Monitoring.

4th Wednesday: Feb. 28th 22nd 3:00 p.m. @ the Brokaw. Free movie, sm. drink & popcorn!

