

# YMCA OF STEUBEN COUNTY NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF Steuben County

East Harcourt St., Angola, IN 46703

260-668-3607 www.ymcasteuben.org

September 2021 54th edition

*"A man's mind, stretched by new ideas, may never return to its original dimensions."*

~Oliver Wendall Holmes

## FIT OVER 50 Steuben County Senior Games

2021 initiates the first year for the Steuben County Senior Games. The goal is to promote activities for lifelong wellness. There are a variety of events scheduled for September 11–17, 2021.

The Senior Games kick off Saturday, Sept. 11, at 9:00 a.m. with a chip timed race. All ages are welcome to walk/run.

From Sept 13-16 there are a variety of tournaments and events in which to participate, including:

8 Ball Billiards	Corn Hole	Disc Golf
Bocce Ball	Euchre	Timed Jigsaw Puzzle
Chess	9 Hole Golf	Pickleball
Cycling	18 Hole Golf	Table Shuffleboard

An Awards Luncheon on Saturday, September 17, 2021, will conclude the Senior Games.

For more information, an event schedule, or to register, call 260-665-8191 or visit [www.steubenco.org](http://www.steubenco.org).

The registration fee is \$25.00 which covers the 5K and any one or all of the events, including the luncheon. It also includes access to all events, a premium T-shirt, and prizes.

All proceeds to support senior programs are provided by: YMCA of Steuben County, The Heritage Club, and Shape Up Steuben.



## WAVEMAKERS 2021-2022

Looking for a year round, competitive sport while having fun? Consider joining the **Wavemakers!** The first practice starts Sept. 13. The season runs Sept.—Mar. (Junior runs Sept.—Dec.). **All Swimmers must be YMCA members.**



By joining a swim team, kids will improve swimming skills and achieve success, from novice to international competitor. Progressive levels of practice groups allow for a custom fit. Practice sessions are listed below.

Junior: M/W, 4-5 p.m.  
Bronze: M/W/F, 4-5 p.m.  
Silver: M/W/F, 5-6:30 p.m.  
Gold: M/W, 6:30-8:30 p.m., F, 5-6 p.m.  
USA: Th, 6-8-p.m.  
(\$83 annual USA fee.)

**Costs:** \$295 per swimmer, \$100 for Junior Wavemakers, and \$150 for high school swim team members. A \$20 administrative fee is due at registration and payment plans are available, as well as scholarships.

**Registration opens Sept. 1st on the Wavemaker website: <https://www.teamunify.com/Home.jsp?team=inwst>.**

New swimmers should arrive the 1st day at 3:30 p.m. in order to be placed in one of the groups above. **New swimmers can try the first week for free. Child must be able to swim one length of the pool.**

If interested in becoming a team sponsor, see information on pg. 4.

Questions: Sonja Waters @  
260-668-0405

## 2021 Shape-Up Steuben 5K 9th Annual Satek Run & Wine



Saturday, Sept. 4th  
Location: Satek Winery  
Check in: 7:30-8:45 a.m.  
Start Time: 9:00 a.m.  
Price: \$30 for online registration.

Scan the QR code to sign up or visit ShapeUpSteuben on Facebook for addition information. Sponsored by Legends Running Shop and the YMCA. **The YMCA has received spots for six free entries for runners/walkers this year. Get your names into Kaitlin Kobelak now! (260-668-3607) The free entries will go to the first six people who call.**

# MEMBER SPOTLIGHT

**Steven James** is our September Member of the Month. He has been a YMCA member for 12 years and he is proud of it. He reports that the heart and mind are the two muscles that drive him on his life journey. "With this mind, I try to start each day off so it can become a blessing."

Steven describes the YMCA as a facility that houses care, empathy, and self-respect, all under one roof. "The YMCA has made me a better person. I think my positive YMCA journey actually began in the sauna, after completing my workout upstairs." He went on to describe how his sauna time coincided with the sauna time of a group of women. "The ladies were sitting in the sauna talking when I joined them. I appreciated that they quietly accepted me. Their conversation centered around snacks, eating habits, and the journey towards a healthier lifestyle. For a few weeks, I remained sort of in my own space, listening, not saying much for awhile. The ladies were welcoming and comfortable with me, and that is what gave me confidence. Somehow, I had become part of the group. There was mutual respect, comfort, and friendship. We would talk about life, kids, disappointments and joys. I think it all started with me being a good listener and them quietly including me. My sauna experience with the ladies will be something I will always carry with me in life."

One of Steven's initial goals in joining the Y was to lose weight, which he did. In a six-month period he reports losing 97 pounds. An additional goal was to be a good example for his kids by eating right and keeping a healthy weight. He once again paid tribute to the sauna ladies for this. Steven saying that he learned a lot about raising kids, especially teens. "Sometimes the answer is tough love. The world can be awesome with trust, a sense of security, and solid family values."

When asked about the activities in which he participates at the YMCA, Steven said he comes to the Y generally five days a week but does not have a set agenda as many have. Instead, he tends to create something new each day for a work out, just going with where his mind and body steer him. "I end up improvising and it works for me. Sometimes my work out is just talking with others. People have been here for me so it is important to me to be there for others. I have gained a lot of confidence from the YMCA experience and because of the exercise, I think I am in pretty good shape for my age."

In his spare time, away from the Y, Steven says he enjoys baking, cooking, and having friends over for dinner. These friends have even encouraged him to open a restaurant, but he prefers just to enjoy the moments with friends.

Steven particularly likes talking with people and planting the seeds of God's guidance and love. "We all have struggles in life, but we also have a choice, and that is light or darkness. My advice is to take a deep breath and choose love and light. We can even do this with people we don't know...a simple hello can make someone's day. Every day is another gift."

When asked what programs or activities he would suggest for YMCA programming, Steven said the letter Y stands for youth, so all youth programs/activities should be highlighted. He also suggested family/group sports like basketball.

Steven has six children, five sons and one daughter. One son is currently in a 15-week training program for the United States Marines. Steven hopes to take a trip to California in November to see him graduate. Another future goal is to get a camper trailer and travel the U.S.A.



Coming soon CPR/  
FIRST AID  
TRAINING  
AT THE  
YMCA

The YMCA is offering a CPR/First Aid Class Saturday, September 11th from 8:30 a.m. to 1:00 p.m., at the YMCA. Cost is \$50. Scholarships are available. The class is offered by the American Heart Association/Heart Saver. After taking the class, participants will be certified in CPR, First Aid, and AED.

To sign up, please call Kaitlin Kobelak at 260-668-3607 or register on line at [www.ymcasteuben.org](http://www.ymcasteuben.org).

The class is limited to nine participants. We must have at least six individuals to hold class. Sign up is open now.

Get certified and save a life.



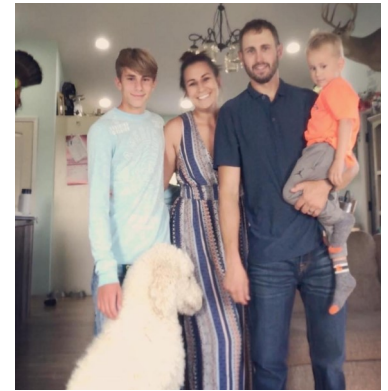
**Paralympian,  
Tom Davis,  
Rocks!**



To start things off in the Tokyo time trials, YMCA member, Tom Davis, placed 5th in the world in H4 Paracycling! Check on his Facebook page for his final race results, specifically the 50 mile road race on one of the most challenging courses in the world!

Tom gives God the glory for what he has accomplished and says thank you to all his fans in Angola and the USA who have been cheering him on!

# MEET OUR TEAM



Meet **Alyssa Sanders**, one of our yoga instructors who came to the Y approximately two years ago to teach the Ignite Yoga.

Following graduation from Lakeland High School, Alyssa furthered her education by learning medical billing. Her professional career later centered on customer service positions, beginning with banking and later at Cross Roads RV in Topeka. Alyssa liked her jobs but said that sitting most of the day led to stress. She tried many different exercise classes discovered that yoga was her niche. "It was the only exercise after which I felt stress free. It became my passion."

Once her second son was born, Alyssa became a stay at home mom, while also deciding it was time to pursue training to become a yoga instructor. She began her training through Studio Seva in Ft. Wayne. "I learned several different types of yoga styles such as Yin, Restorative, Aerial, Vinyasa, Power, and Hatha. I learned many variations for achieving proper form and posture, along with breathing, to achieve calmness." Her training and dedication were eventually rewarded when Alyssa claimed her certificate in 2019 to become a yoga instructor.

In January of 2020, Alyssa joined the YMCA staff and began teaching Ignite Yoga at the Y, while also subbing in for an occasional water yoga class. Alyssa has used her creativity to initiate other interesting yoga variations into her class schedule including Toddler and Me, Family Yoga, and Power Flow Yoga. When asked about the contributions she thinks she has made to the program, Alyssa commented, "I hope that I am able to assist class members to relax, both in mind and body. This is so important, especially since COVID entered our world."

In addition to her yoga classes at the Y, Alyssa loves the variety of classes and opportunities available at the YMCA of Steuben County. "Y Play is a true asset for members, including myself, because our small kids have a safe place to play. I also like the variety of classes the Y offers to members, especially the focus on youth sports like soccer and basketball."

In her spare time, Alyssa enjoys spending time with her boys, Maverick and James. She and husband, Tyler, also have a standard poodle named Rambo. One of his puppies is now a South Whitley Police Department Member as well as the Whitko Community Schools SRO K-9. He is known as Jake the Whitko K-9. One special "like" is being a "wrestling mom" since James is in wrestling. Maverick comes to the Y with Alyssa and enjoys Y Play. "As a family we enjoy swimming and being outdoors. My husband, Tyler, likes the mountains so that has made for some enjoyable hikes and adventures."

In exploring ideas for future goals, Alyssa plans to complete a 300 hour Yoga Certification Program. This program goes into more depth about yoga anatomy and hands-on-assistance. Once achieved, and combined with her already obtained 200 hour certificate, Alyssa will be a Registered Yoga Instructor. She hopes to use the knowledge to better assist her class attendees.

When asked what ideas she might have for future YMCA programming Alyssa mentioned programs for pre-school children, perhaps offering afternoon classes for kids to come and run off some energy.

## Stars for Our Troops

September Meeting: Fridays,  
September 10 and 17 @ 9:00  
a.m. in the lobby



## Active Older Adults

4th Wednesday, September 22 @  
12:00 p.m. @ YMCA Fitness Rm.  
Lunch provided. Speaker: TBA



Need Prayer? Prayer warriors from REVIVE INDIANA will be back at the YMCA Thursday, Sept 24, 8 a.m. to 6:30 p.m. and on Friday, Sept. 25, from 8:00 a.m. to 4:30 p.m.

## YOUR SUPPORT MAKES A DIFFERENCE!

The **Wavemaker Swim Program** is growing at a record pace and we need your help to provide the highest quality program we can offer to assist swimmers in achieving their goals. With help from generous donors we will be able to purchase much needed equipment like a scoreboard, lane lines, and clock. Your support will allow us to provide scholarships to kids who cannot participate due to family financial hardship. Below are scholarship opportunities.

### DIAMOND \$1,000

- Logo on Wavemakers website
- Logo on back of t-shirt
- Logo on heat sheet
- Logo on swim lane banner
- Opportunity to distribute branded marketing materials at meets
- Invitation to year end banquet

### PLATINUM \$500

- Logo on Wavemakers website
- Logo on back of t-shirt
- Logo on heat sheet
- Logo on swim lane banner

### GOLD \$250

- Logo on Wavemakers website
- Logo on back of t-shirt
- Logo on heat sheet

### SILVER \$100

- Name on back of t-shirt
- Name on heat sheet

### BRONZE \$50

- Name on heat sheet

**All gifts are tax deductible. Thank you for supporting our kids!**



## Annual Youth Tri Wrap Up



The 2021 Youth Triathlon was a great success! Over 50 youth participated.

The support of our generous community was appreciated! Sponsors included: Wagler & Associates, Legends Running Shop, Bills Towing & Repair, Ruble Racing, Waters Electric Inc., Meijer, Mat Matr's, First Federal Savings Bank of Angola, Cameron Memorial Community Hospital, Healthy Smiles Family Dentistry, and Kain Tool.

Bike & Soul was on site to perform bike checks before the race got started. Lakeside Meats provided refreshments for the youth to enjoy after they crossed the finish line. The Angola Fire Dept. and Angola City Police also assisted with the event. We are also grateful to the many volunteers who gave their time to assist in making sure the race was safe and successful.

Below are the winners per age group:

Girls 6 & under Adalyn Scharlach  
Boys 6 & under Callen Garner

Girls 7 & 8 Myla Duke  
Boys 7 & 8 Drew Woodworth

Girls 9 & 10 Angie Vega  
Boys 9 & 10 Patrick Schaefer

Girls 11 & 12 Grace Scharlach  
Boys 11 & 12 Crew Weber

Girls 13 & 14 McKenna Cox  
Boys 13 & 14 Keegan Waters

Girls 15+ Chloe Buss  
Boys 15+ Oliver Koch

Congratulations to everyone!

**Group and Private Swim lessons are scheduled for Oct. 12–Nov. 20. Watch for registration information coming soon!**



**Check out some of the new equipment in the Wellness Center. We have installed new dumb bells, an elliptical, recumbent bike, air bike, and decline bench!**