

YMCA OF STEUBEN COUNTY

Newsletter



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

Nov., 2018 22nd edition

A veteran is someone who, at one point in his/her life, wrote a blank check made payable to 'The United States of America' for an amount of 'up to and including my life.' That is Honor.

~Anonymous

A Big YMCA Welcome to Rachael Wells, Director of Healthy Living & Aquatics



After a 25 year work history in Customer Service, her last position being at Angola Wire, Rachael Wells joined the YMCA Staff October 15 as our new Director of Healthy Living and Aquatics. She replaced Ryan Sheets, who is now at Cameron's Community Health Dept. First on Rachael's agenda is meeting members; so do not be surprised when our new Director approaches you to introduce herself. Two weeks into her employment we have already heard, "That new 'girl' is a real go-getter! We really like her." If you have not had the opportunity to meet Rachael yet, she hopes you will drop by her office in the Wellness Center and introduce yourself.

Rachael has been a member at the Y for 11 years and has been a lifetime advocate of health and fitness. As a youth, she enjoyed gymnastics and while at PHHS she was a cheerleader. Her current fitness interests include strength training and running. Rachael has a weight room in her home which facilitates her strength training regime. Her love of running began when she started running with a friend and fellow Y Member, Tiffany Hamilton. She has now completed several 1/2 Marathons, a full Marathon, and a sprint triathlon.

Rachael has taught a few classes at the Y over the years. One was a tumbling class for young children. She is also a certified P90X Live Instructor and taught a few classes at the Y this year. A new goal is to get her Personal Training Certification.

When asked about what she likes about the Y Rachael stated, "I am so happy to be here, largely due to the positive Christian environment. It is so nice to see the love for Christ in others and the well-being it cultivates. I also enjoy the comradery and how people encourage one another. It is nice to see positive results when people step out of their comfort zones."

Rachael has goals set, number one being member engagement. "I want to get to know everyone and learn their stories. I will listen to members and I will value feedback. Then I will do whatever I can to create avenues for those expectations to be met. It is important to me that everyone loves his or her Y membership. I want the Y to be not only a great place to work, but a way for people to cultivate friendships while they improve their health and wellness."

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Veterans Day, Nov. 11, will be observed this year on Mon., Nov. 12.

This day commemorates the signing of the armistice, which ended World War I hostilities between the Allied nations and Germany in 1918.

Thank you, Veterans, for your service and sacrifice for the United States of America.



**3rd Thursday,
Nov. 15, 11:15 a.m.** @ YMCA Fitness Rm. Lunch provided.
Speaker: TBA
Topic: TBA

**4th Wednesday:
Nov. 28, 3:00 p.m.** @ the Brokaw Free movie, sm. Drink, popcorn!



Continued from page 1

Rachael also has other goals. In overseeing the Wellness and Aquatic Centers, which include all group exercise and swim lesson classes, she would like to bring more classes to the Y schedule. Some of them are P90X Live, Zumba, Zumba Gold (Silver Sneakers), HIIT (High Intensity Interval Training), and Kick Boxing.

Rachael is married to Matt and has a son, Gavin, a senior at AHS. The family attends Sonlight Church. Rachael enjoys movies, reading, nature, being outside, and Italian food. "I am not afraid to try various and 'strange' kinds of food." Rachael looks forward to an upcoming trip to the Dominican Republic, as she is passionate about missions work in third world countries. She has already served in Panama twice and Haiti once. "I hope to have the opportunities to visit many 3rd world countries and spread the gospel of Jesus, his unconditional love, grace, and mercy for all who believe."

Rachael loves team sports, especially Chicago Cubs baseball ("GO CUBBIES!") She also is a Chicago Bears and Notre Dame fan.

LiveSTRONG @ the YMCA

"IN THE FIGHT AGAINST CANCER, WE BELIEVE UNITY IS STRENGTH, KNOWLEDGE IS POWER, AND ATTITUDE IS EVERYTHING."

~The LiveSTRONG Foundation



The YMCA LiveSTRONG program is designed to facilitate an exercise program for anyone who has or has had cancer at any point in his/her life. It is a science based program where survivors come together at the right time and place in their lives, and in their community, to share their journey, gain strength, and slowly build endurance. "Exercise is medicine and absolutely helps the immune system while undergoing treatments." The 12 week program, coming to a close for 2018, was initiated with 8 participants.

LiveSTRONG participants become a member of the Y for free during the 12 week session. In addition, one's support person also receives a free Y membership. During this time, participants are encouraged to use the wellness center and participate in classes. The class begins with an assessment for each individual, then again at the end of the 12 week session. Instructors work individually with participants, beginning at whatever level the participant is comfortable. The dynamics of instruction increase as individuals progress in their exercise regime. In addition, speakers come to class and address issues of importance, such as diet, to class members.

Tracy Prekwas, a LiveSTRONG Coach, initiated this program with the assistance of an instructor from Parkview Health. Tracy was trained in Ft. Wayne where she received a strength and conditioning certification. She said that she has really enjoyed being a part of this inaugural class. "I have enjoyed these ladies so much. I love the way they have come together to support one another while they reclaim health and wellness." Tracy says the ladies have their special stories. She told of a class member for whom depression had never been an issue. That was until her diagnosis. "She was thrilled to find LiveSTRONG and join the group which gives her support and fellowship."

For more information or if anyone is interested in becoming a LiveSTRONG Coach, please contact Tracy Prekwas at the YMCA: 260-668-3607 or at tprekwas@ymcasteuben.org. The next class will start January, 2019.



WLKI PIE AUCTION

Get ready! Nov. 21 is the date of the 2018 WLKI Pie Auction that supports Cops for Kids and benefits the KIDS! The YMCA hopes that many community businesses will help out by submitting pies.

OR....you can cast your vote the YMCA Pie, "Purposely and Painstakingly Perfect Pumpkin Pecan Praline Pie."

The Cops for Kids program partners with school officials at Angola, Fremont, Hamilton, and Prairie Heights to assist in identifying kids who have a need for warm winter clothing. Last year, it was reported that 150 kids benefited from the funds that were raised on Pie Auction Day.

With money raised from the pie auction, Cops for Kids take selected kids shopping for winter coats and/or boots. Each kid also gets to pick one "toy" item during the shopping trip. Last year, enough money was raised so that groceries for a Christmas dinner were supplied for each family.

The YMCA of Steuben supports WLKI and Cops for Kids in maintaining this tradition. And we join them in getting the word out about this great program. We hope that many individuals and/or businesses or clubs will also get involved by either submitting a pie or bidding on one.

If you would like to submit a pie, all entry forms for pies need to be entered on line by Friday, Nov. 16 by 6 pm. The entry form is available on WLKI.com. Each pie entry must be delivered to WLKI at 330 Intertech Parkway by 6 p.m. on Tuesday, Nov. 20.

Each pie must have a name, description, and allergy warning. It is also important to provide a disposable pie dish.

For more information, or to ask specific questions asked, please call 260-665-9554 during WLKI regular business hours.



SWIM TEAM ACTION AT THE Y

Wavemakers Practice:

M, W: 4:30–8:30 p.m.

Th: 6:30–8:30 p.m.

Fr: 4:00–6:30 p.m.

Practice now through Feb, 2018

One Lap Lane open for members.

AHS: Practice:

M, W & F 5:30 - 7:15 a.m.

T & Th 3:45– 5:45 p.m.

Practice now until mid-March

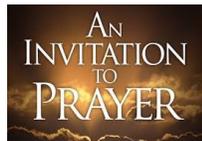
One lap lane open for members.

Masters Practice:

Sat. 11 a.m.—12:30 pm.

Sun. 1:30–3 p.m.

Masters swimming is for anyone 18 years old and above. Practice is free for YMCA members. A day pass will need to be purchased by non-members. For more information please go to Facebook: 101 Lakes Master's Swim Club. If interested in competing in US Masters sanctioned meets a swimmer must have a membership with USMS. Cost is \$52/year. For more information go to www.usms.org.



Th., Nov. 1st, 5-9 p.m.

Fri., Nov. 2: 3-7 pm.

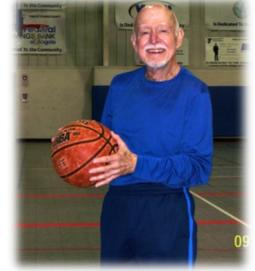
YMCA of Steuben County, Lobby

"Let the healing begin."



JIM PIEPENBRINK

We chose Jim Piepenbrink for the November Y **Member of the Month**, to honor his service to this country as well as to recognize his value to us at the YMCA.



Jim signed up for "duty" at the Y four years ago, following heart surgery. His personal exercise regimen is 4 mornings a week for 2 hours. After a workout in the Wellness Center, Jim heads to the gym, for another 30 minutes of basketball. Listening to music throughout his regime, Jim describes exercise as being psychologically therapeutic, along with his "physical therapy." He said that he feels great and that he has had excellent reports from his cardiologist. "The Y has given me everything I need, want, and love --- including new friendships and basketball."

After high school, Jim enlisted with the Marines, moving to San Diego for basic training. The year was 1962, a volatile time with the Cuban Bay of Pigs and then Vietnam. Jim spent his commitment as a Marine in Motor transport/3531, specifically trained as a General's Driver. "Being a Marine was the best decision I ever made. I learned about life, people, our country, as well as other countries and cultures. I got an education about life they did not teach in school." After his discharge in 1966, and thanks to the GI bill, Jim furthered his education at Ventura College, then enrolled at the Don Martin School of Radio and T.V. in Hollywood, CA.

This resulted in an interesting job history that spanned 50+ years in broadcasting, sales and marketing, T.V. and radio marketing, and electronic publicity, starting in San Bernardino, CA in 1968, to a career culmination in San Francisco in 2005. In one position Jim was responsible for 12 western states and 2 Canadian Provinces. Another position gave him gigs at the Moscow Music Peach Festival, Nike's ABCD Basketball Camp at Princeton, to live (via satellite) promotion from Australia, showcasing National Geographic.

Jim and his wife, Susie, moved back to the Midwest in 2005. In retirement, Jim repairs antique radios. He has a website for this business: <http://radioattic.com/attic.html?seller=51>. Jim and Susie, would like to take a train trip back to southern California. Jim says he is lucky and has enjoyed his life. He is proud to be a veteran, proud to be an American, and proud to be a member of the YMCA.

CHEER N' TUMBLE

New at the Y! Cheer N' Tumble, for all future cheerleaders and gymnasts, will soon be coming to your local YMCA! This six week class is to teach coordination, enhance strength and flexibility, and keep kids active, while increasing confidence. Kids will work on basic jumps, motions, tumbling, and learn some cheers, plus having a great time!



When: Nov 14th–Dec. 19th

Tuesday nights (5:30–6:30 (4-7 age group) and 6:30–7:30 p.m. (8-11 age group))

Cost: YMCA members—\$45 Non-members-\$60

For more information contact Jon Lies: 260-668-3607 or at jon@ymcasteuben.org



KRISTA'S KORNER

I love the Thanksgiving season as it brings to mind many things. Falling leaves, beautiful colors, family, friends, giving thanks, and even this country's history. As children we learned about the first Thanksgiving, celebrated by the new colonists and Native Americans who had a rich tradition of commemorating the Fall harvest with feasting and merry making. Then in 1863, Thanksgiving was officially declared a national holiday by President Abraham Lincoln.

Thanksgiving is a time to reflect upon those things for which we are grateful. For me, this is a moment of introspection, beauty, and hope. I am thankful for life and for family. I am thankful that I work with a group of talented and conscientious YMCA employees who are leaving their footprints on this world by sharing their ideas, hopes and dreams. Then converting them into action. I am thankful for you, our members, and your stories. You continually bring smiles, suggestions, and enthusiasm into this facility. Our employees and members are what makes our facility great. Though we are all different, with various ideas and approaches on our way to successful programming, one thing is certain. We all come together and work together for the greater good. We celebrate our strengths rather than our differences.

I appreciate all of you so much for your high standards and commitment to a greater cause. I appreciate the opportunity when it is easy. I appreciate it more when opportunity and strength are forged because of differences and even obstacles at times. This pathway seems to be a conduit to lessons learned, as new solutions are developed through increased understanding and the power of teamwork. All of this leads to harmony and accomplishing a goal.

I once read that Thanksgiving is our most direct line to God and to those angels who walk among us. And no matter how troubled we may feel at times, Thanksgiving is a way to find something for which to be thankful. It never fails. Thanksgiving is surely a blessing in disguise.

Peace, love, and harmony. Let the blessings flow this Thanksgiving.

~Krista Miller, CEO



LET US TRY TO HELP YOU UNDERSTAND THE CHANGES IN SILVER SNEAKERS

We have had lots of questions related to Silver Sneakers eligibility. **Most SS/Insurance Plans, will not change.**

The known exception is for those who are enrolled in a UnitedHealthCare Plan. With this plan, Silver Sneakers will be replaced with **Renew Active™**. This plan will continue to allow **eligible members** to have access to all the services and privileges to which you are accustomed and which are a part of our standard membership. **Renew Active™ will roll out January 1, 2019.**

If you currently have a UnitedHealthcare plan, you can check to see if you are eligible for **Renew Active™** in 2019. Just call the customer service toll free number on the back of your I.D. You can also go on-line at myrenewactive.com and click on "get my Confirmation Code."

Once eligible, you will need to provide the YMCA with your **Renew Active™** confirmation code. Then you will be able to receive access to the YMCA at no cost to you.

We at the YMCA still encourage members to call the Customer Service toll free number on the back of your insurance card to confirm this information.

BUMP, SET, SPIKE! Adult Volleyball—Open Gym

ADULT SPORTS
IT'S NOT JUST KID STUFF



Have fun with informal volleyball open gym times! Stay active, have fun, & meet new people! Participants of all skill levels are welcome to play!

When: Tues. nights, starts Nov. 6
Time: 6-8:30 p.m.
Where: YMCA of Steuben County
Cost: Y Members FREE, Non-members \$5 per day
Contact: Jon Lies @ 260-668-3606 or jon@ymcasteuben.org



Attention all Youth who have completed YCP..... Please stop by the front desk when you come in to work out and get a orange wrist band before proceeding upstairs.