

YMCA OF STEUBEN COUNTY

Newsletter



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Steuben County

50 East Harcourt St., Angola, IN 46703

260-668-3607 www.ymcasteuben.org

September, 2017 7th Edition

GOOD HEALTH IS NOT SOMETHING WE CAN BUY. HOWEVER, IT CAN BE AN EXTREMELY VALUABLE SAVINGS ACCOUNT. ~ANNE WILSON SCHAEF

MARK YOUR CALENDAR - SEPT 23!



COMMUNITY HEALTH DAY AT THE YMCA OF STEUBEN COUNTY!

The YMCA of Steuben County will be sponsoring a Community Health Day on Saturday, September 23rd from 10 a.m.– 2 p.m. at the Y. CHD is an opportunity to educate and motivate families, kids, and seniors to stay active in spirit, mind, and body. The Y is excited to offer this free event to the community. The objective is to demonstrate how health and wellness maximizes the quality of life.

CHD will include many booths to explore, featuring local businesses and members of the community involved in promoting good health habits. In addition, there will be opportunities to explore physical fitness activities throughout the day, as well as healthy eating sampling sponsored by Bon Appetit, Trine University.

The Y's mission is to encourage community members to take charge of their health. The hope is that CHD will help people to embrace ways to keep themselves both physically and intellectually active. Summing things up, Krista Miller, CEO, says, "When an individual is healthy, happy, motivated and excited, watch out! Inevitably, something amazing will happen as a result. As individuals grow and fulfill their true potential, they will truly make the world a better place for everyone. Please drop by on the 23rd!"

If you want more information, or would like to set up a booth for this event, contact **Kaitlin Kobelak at 260-668-3607.**

Bits & Pieces

- ◆ Building re-opens Sundays, starting **Sunday**, October 1st.

Thanks

To the City of Angola who installed the benches out in front of the Y!

- ◆ **Fall Swim Lesson Schedule: Sept 5th.—Oct. 21st.**
- ◆ Youth Volleyball Tykes & Tots and Youth Basketball starts in November. Watch for more information in the October Newsletter.



- ◆ A Master's Swim Team for adults may be coming soon. We will keep you posted.
- ◆ Lost and found items, stored for several months and unclaimed, have been relocated to Project Help.

CollegeChoice529:

"ASPIRE YOUTH with PROMISE" *It's not too late!*

Because of our continued commitment to encouraging youth to "Dream Big" about their futures, the YMCA of Steuben county will hold two CollegeChoice 529/Promise Informational Days. **ASPIRE YOUTH WITH PROMISE** will have an information table set up in the YMCA lobby for Thurs., Sept., 14th and Fri., Sept. 15th. We encourage both members and non-members, with children in grades K-3, to come and check out an asset building program that can start the building blocks for a college savings account early in life for your children. **Promise** can be a catalyst in helping your children **Dream Big** about what they want to do when they grow up. **Please come and see how Promise can assist you in securing a bright career future for your children.**

What to expect:

- You will receive information on how just opening an account and making a minimal contribution, can result in up to \$100 in match dollars from Parkview Health and the Steuben County Community Foundation. This is the **Promise** component of CollegeChoice529.
- You will learn how accounts can grow tax deferred and help offset the rising costs of education after high school.
- A CollegeChoice 529 account is not only for a two or four year college degree. According to career specialists, there is an increasing demand for individuals trained in skilled vocations, such as construction, HVAC, mechanics, electricians, and other related professions. Jessica Christen, Steuben County Economic Development, partners with the Y for **Promise** and in preparing individuals for the future workforce. She stated, "I love the flexibility of the CollegeChoice 529 plan and the **Promise** in that you can use it for most any type of post-secondary education including technical education, certificate programs and skilled trades. We all want the very best for our children and our community. **Promise** assists parents and community members in supporting all types of future education for our youth."
- **Walk into my Future! Organized by one of our premier partners, Trine University,** this paramount event takes place on the Trine Campus. Approximately 2000 kids, grades 1–3, descend upon the Trine campus for a day of fun activities aimed at career exploration.



Help your child see his or her future.

- An information packet and an enrollment form have been sent to all the Steuben County Schools for kids K-3. It should have been found in the Friday Folders. Check it out and plan to drop by the Y for further information or to turn in your enrollment form.

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. ~Helen Keller

Adult Volleyball Leagues Starting Soon at the YMCA!



- \$150/Team
- ◆ Teams can have up to six players.
- ◆ Games will be on Tuesday evenings beginning October 19th.
- ◆ **Registration open now.**
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LEARN TO SKATE ... LETS PLAY HOCKEY!



The Trine Ice Arena is open for business and there are opportunities for people to learn to skate and to play hockey.

Classes are available and one can choose between Snowplow Sam, Basic, Hockey or Powers Skating. Cost is \$92 per eight-week session. **Y members receive a \$25 discount on Learn to Skate classes.** Rental skates are included with class fee.

Hockey Leagues targeted to begin in October. There will be boys and girls hockey as well as High School Club and Recreational Teams.

For further information call **Amy Alt, Youth Hockey Director, @ 665-4325.** Registration forms are also in the YMCA lobby.



MEMBER SPOTLIGHT

Our September Member Spotlight shines on **Neriman Stavitzke**, a Y Silver Sneaker member. She started at the Y after she retired from Cameron Memorial Hospital where she worked as a housekeeper for 15 years.

In 1970, Neriman came to America from Istanbul, Turkey as an exchange student. She lived with her sponsor family in El Paso, TX while attending Durham Business College. She married and eventually became an American Citizen in 1975.

Neriman is married and her husband, Walter, is also a Silver Sneaker. She has two children, Nejla who lives in Bloomington and Nihat who lives in Portland, OR. She is also a "Mom" to one lovebird and two parakeets. Neriman attends the Steuben County Church of Christ and volunteers at the Library one day a week. She enjoys music, walking and reading, especially poetry.

The Y is a "second home" to Neriman as she attends four days a week and participates in the SS classes, warm water yoga, and water aerobics. She also works out upstairs on several machines.

Neriman mostly appreciates the friendships she has made at the Y. She especially likes Kelly because Kelly is "so encouraging and has so much energy."

Neriman said that Kelly and Wally make a great team because they make her feel happy, welcome and like "You WANT to exercise." Neriman says the Y has got her into shape and that she has put on muscle....so "watch out!"



YMCA EMPLOYEE SPOTLIGHT

Happy children, happy parents and a happy environment. Many Y members will associate this equation with Child Watch Coordinator, Cheyenne Stroh-Herendeen. Cheyenne has been a Child Watch employee for the past four years.

She is a 2011 graduate of DeKalb High School. Before coming to the YMCA, Cheyenne reported that she was a Cashier and Barista for the South Bend Chocolate Company on the Toll Road in Fremont. She says she was recruited to come to the Y by former employee, Sarah Funkhouser.

As a Child Watch employee, Cheyenne's responsibilities are quite varied. Of primary importance is the safety and well-being of the children in her care. She, as well as other instructors, continually attempt to keep the children engaged with activities such as coloring, playing games, reading to the kids, and just creating ideas to keep them entertained while their parents are working out. Other duties include scheduling, supervising, organizing and cleaning. Cheyenne feels it is quite an accomplishment when they can successfully create an environment when the kids, from babies to seven years old, can co-exist respectfully and peacefully.

Cheyenne has enjoyed her job at the Y because of the "Family" atmosphere. She reported that "I love the kids. It is a bonding experience and I have literally had the privilege of watching several of the kids grow up over the past four years."

Her vision for the future of Child Watch is to have more space as the program grows and more staff.

Cheyenne says that she enjoys walking, reading, and kayaking. Of special enjoyment is creative writing, especially working on fantasy stories and poetry. She is even thinking of going back to school to study either creative writing or library science. Someday she would like to be published or to become a librarian. In addition to the Y, Cheyenne is also a full-time Nanny for two children. She is from a family of five brothers and sisters so she is "used to kids." :) A very special upcoming event for Cheyenne is that she is getting married to Hudson Hysong. The big date is set for August 18, 2018! Best wishes to both of you!!



**THANKS YMCA MEMBERS,
TOM (NOT PICTURED),
JOHN, TIM, AND MEMBERS
OF THE TRINE BASEBALL
TEAM FOR HELPING US
BRING BOXES
DOWNSTAIRS FOR
SHREDDING. YOU GUYS
ARE THE GREATEST!**





KRISTA'S KORNER

Dear Members,

I just wanted to take a few moments to extend my sincere thank you to our members for your understanding while the Aquatic Center was shut down for the annual pool cleaning. Our ardent swimmers and water aerobics fans, as well as the pool staff, were missed. Your patience during this time was very much appreciated.

We absolutely welcome you back and hope you find the pools to your liking!

~Krista Miller, CEO



ANNUAL CAMPAIGN UPDATE....

The annual campaign is "off and running." Watch for more details on donating and upcoming events, such as the Home Business Bazaar! Call Bill Stockberger for more information at 260-668-3607.

EVER SUMMER CAMP WRAP-UP

The Y's **Best Ever Summer Camp** is over for the season. It was a good year for camp according to Jon Lies, Director of Youth Development and Facilities. We averaged 20-25 kids a day and we employed four counselors and two interns. In addition to day activities at the Y, the kids got to take many field trips including Yogi Bear Park, the Ft. Wayne Children's Zoo, Cook's Bison Ranch, Canlan Ice Arena, Tibbits Theatre, Science Central and Pine Lake Water Park.



One of our biggest YMCA Summer Camp fans was Lillian Stafford, an experienced camper with four years of summer camp on her resume. She said that her favorite part of camp is always making new friends and getting together with camper friends from previous years. In addition to the Counselors who were "fun and nice," Lillian said that she made a really special friend in Bill Stockberger, who she nicknamed "Bowser."

Lillian's favorite activities included swimming in the pool and the trip to Science Central in Ft. Wayne. She got to ride a bike and go down a slide, which clocked her speed at 15 mph. "The elephant skeleton was pretty cool also." Another favorite was going to Tibbits to see "Puss and Boots." Will she come back next year? And she said, "Yes! I can't wait for 2018 camp!"



If you are on a scholarship program at the Y, please remember to update your membership every six months to avoid a temporary hold on your membership. Feel free to check in at the Front Desk to see when your six months is up.



AOA EVENTS...

1st Friday Breakfast, Sept. 1st
9:00 a.m. @ Northern Lakes.

3rd Thursday, Sept. 21st
11:15 a.m. @ YMCA Fitness Rm. Lunch provided. Topic to be announced at a later date.

4th Wednesday: Sept. 27th
3:00 p.m. @ the Brokaw. Free movie, sm. drink & popcorn!

4th Thursday: Sept. 28th
6 p.m.-7:30 p.m.— Dementia Educational Series @ Fairview Missionary Church, Fireside Room. "Understanding & Responding to Dementia—Related Behaviors."