

GROWING A HEALTHIER COMMUNITY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN FAMILY YMCA

555 South Second Street
Louisville, KY 40202

Winter 2012

ymcalouisville.org

A newsletter for members and volunteers of the Y

HEALTHY LIVING STARTS TODAY

We know wellness when we experience it. It's an overall feeling of health and wholeness. A sense of belonging. The energy to live our fullest life. The desire to continually learn new things and improve our skills. And the chance to contribute and help someone else.

The Y:
We're for youth development, healthy living and social responsibility.

At the Y, a supportive community is a big part of wellness. At every age and every level of activity, you'll find people just like you looking to live a little bit healthier. Members and program participants often cite the support and enthusiasm of fellow participants and staff as some of the key factors in achieving greater wellbeing. That's why we're here working with you every day; making sure you have the resources and

support you need. And that's why we're confident that your membership will continue to bring meaningful change, not just within yourself, but in your community too.

Remember, when you join the Y you belong to a place where:

- Adults connect with friends, pursue interests and learn how to live healthier.
- Parents find a safe, positive environment for children to learn good values.
- Children and teens play, learn who they are and what they can be.
- Communities thrive because neighbors support each other and give back.
- We all build relationships that further our sense of belonging and purpose.

The Y is a nonprofit like no other. Thanks for being a part of something special.



CONFIDENCE GROWS HERE

Stephanie Cline

Stephanie Cline had always been an active, athletic person but years of working the night shift and poor eating habits had caused her to gain weight. A family history of heart disease and a stressful job made it all the more important that she make some lifestyle changes.



When she first joined the Y she says she was scared and lacked confidence. She soon got involved in a variety of classes and joined the Team Training program. When Stephanie mentioned to her trainers that she had always dreamed of running a half-marathon, they began incorporating running into the class.

In the beginning she couldn't make it around the track, but soon was running a few miles without stopping. She took the leap and joined the Triple Crown Training Program where she found coaches and participants that celebrated every milestone! Her youngest son was inspired to join his mom in her training and agreed to run the half-marathon with her. They challenged and encouraged each other and in April they crossed the finish line together...and had run the whole way!

Stephanie shares, "Without the encouragement of the trainers and members at the YMCA this is an experience that I would never have felt. For this I am so grateful."

BRINGING PEOPLE TOGETHER

A Message from Your Executive Director, Kenny Hoerter

The holiday season tends to bring us all together in one way or another. We reflect on all that we're thankful for and spending quality time with family and friends becomes a priority, the spirit of giving is overflowing and ultimately, we feel that we are part of something bigger; a community. It's all about the "warm fuzzies."

At the Y, those "warm fuzzies" are in abundance year-round. Every day we strive to be here for whoever needs us, when they need us. The impact of this was summed up perfectly in a meeting I attended recently, "If someone hadn't reached out to me, I wouldn't be here."

Stephanie Cline joined the Y last year but didn't feel particularly connected and wasn't sure if she wanted to continue her membership. In our Member Spotlight, Stephanie describes her wellness journey and the importance of Y staff and members who rallied around her and encouraged her to focus on what she could do rather than what she couldn't. Not only is Stephanie still with us here at the Y, she now serves on our Membership Committee to, in part, help us in our efforts to connect to our members and help you connect to each other.

The Y helps strengthen our community because we are the community. We all work side-by-side to ensure that everyone has the opportunity to learn, grow and thrive. Please know that by reaching out to a fellow member, you are strengthening our family, our cause, our community. And when you ask for help, you are allowing someone to reach out and give of themselves. You are an important part of this community and we really couldn't do it without YOU.

I can say in all sincerity and with many "warm fuzzies", I am blessed to belong to this Y family.

Happy New Year,

Kenny

Kenny Hoerter
Executive Director
khoerter@ymcalouisville.org



The Y is Genuine:
We are honest and open in our communication with others.

ACHIEVING YOUR GOALS

Setting goals and challenging yourself are important to staying motivated as you strive for better health. The YMCA Triple Crown Training Program will not only help you run, walk or jog these races but will also motivate you and connect you with others of similar levels of fitness, and provide accountability.

Through a variety of seminars held during the season, we will instruct you on injury prevention, shoe selection, apparel, nutrition, hydration and race preparation. The group meets every Saturday from mid-January through the last race in April. Participants also have the following to look forward to: lots of fun and group support, weekly motivational emails, weekly running schedule to follow your training and a YMCA Triple Crown Training shirt.

The cost is just \$30 for Y facility members and \$50 for program members. Register online at ymcalouisville.org or drop by the Downtown YMCA.

The YMCA is the official training partner for the Triple Crown of Running!

SPECIAL REMINDERS

February 23*

Annual Giving Campaign Kick-Off

February 25

Black Achievers Annual Awards Celebration
Info: 587 7405

February 28

Youth Soccer Registration Deadline

April 29

Healthy Kids Day

***For more information about these events, contact 587 9622.**



NEW YEAR, NEW BEGINNINGS

The beginning of a new year is a time to celebrate and reflect on the previous year, and look forward to the year to come! The Y knows the importance of families spending quality time together and encourages you to consider these fun and healthy family resolutions.

- Prepare and eat meals as a family. Studies show that kids who regularly eat with their parents are less likely to be overweight, get better grades, have stronger self-esteem and enjoy better peer relationships during adolescence.
- Volunteer as a family. It's never too soon to teach children about the importance of giving. Find an opportunity the entire family will enjoy, like cleaning a neighborhood park or working at a community food bank.
- Learn something new together. Decide as a family to try something that you've always wanted to do—learn how to golf, ski or take a family fitness class!
- Play every day! Incorporate physical activity into your daily routine. Spend more time outdoors, walk places instead of driving, play musical chairs at the start of a meal or visit the Y together.

ADVOCATING FOR HEALTHIER YOUTH

Childhood obesity rates have soared over the last few decades. According to the Center for Disease Control, one in three children in the U.S. is obese or overweight, and 33.2% of children in Kentuckiana have been affected by this epidemic. More alarming, is that obesity puts children at risk for chronic diseases often seen in adults—such as high cholesterol, cardiovascular disease, high blood pressure and type-2 diabetes. This health crisis draws attention to the need to provide children and parents with the resources and the support they need to make healthy choices.

In May, 2010, the Y began recruiting youth ages 13 to 18 to take part in a policy advocacy task force known as the Louisville Youth Advocates (LYA). This effort is funded by a nearly \$8-million Communities Putting Prevention to Work (CPPW) grant awarded to the Louisville Metro Department of Health & Wellness. The LYA aims to empower youth to advocate for real and permanent change through policies that promote health in all facets of community living. While a majority of the youth come from West Louisville—where 37% of residents report having high blood pressure, 74% report being overweight or obese and 12% report having diabetes—children from all of Metro Louisville are represented.

After surveying close to 600 Louisvillians, the LYA determined that access to full-service grocers, abandoned properties, youth access to community centers, and adequate street lighting were the most cited concerns for Metro residents. The CPPW grant supports policy, systems and environmental change to curb the frightening obesity trend which had gripped our country by helping to reduce the barriers that limit opportunities to make healthy choices.

In addition, the LYA teens are teaming up with partner organizations like Communities United for Health and The Network Center for Community Change (NC3) to research and formulate policies that address these concerns. The youth advocates will present their findings and policy recommendations to Metro Council before the end of this year.



HEALTHY LIVES, HEALTHY COMMUNITY

While many U.S. cities struggle to create healthy communities, Louisville was recently profiled in a [New York Times](#) article for our fight against obesity and the lessons we've learned in the process. The article contrasted painful health statistics with many of our positive initiatives aimed at creating a healthier community. These initiatives include our city's implementation of bus bike racks, walking paths, and the increased availability of fruits and vegetables in low-income neighborhoods through the Y's "Healthy in a Hurry" corner stores.

Our Y has played a critical role in our community's health for many years; we're here day in and day out to provide the resources needed by our communities to address the most pressing health and social issues—from childhood obesity to graduation rates.

Beyond fitness facilities, we provide educational programs to promote healthier decisions. We offer group physical activity classes for all ages, all levels and all interests as well as advice from experts to help set and meet specific goals to live healthier. We also offer classes and programs for those dealing with chronic disease, and joint and injury rehabilitation. Our Diabetes Prevention program has served more than 300 participants so far, achieving an average 4.6% decrease in body weight.

With our school partners, more than 6,000 children will have an in-school physical activity and nutrition plan starting this fall. And our extensive childcare program, the largest in the state, teaches young people healthy habits with academic support, physical activity and nutrition.

We know that when we work as one, we can move forward. That's why the Y is honored to partner with individuals, government leaders and key organizations in the continuing effort to become a healthier community and improve the quality of life for everyone.

Warm regards,



Steve Tarver
President/CEO
yman@ymcalouisville.org

The Y is Hopeful:

We are confident we can make a real difference in the lives of the people and communities we engage.

CHARACTER MATTERS

At the Y, our core values of caring, honesty, respect and responsibility are not just a way of thinking, they are an integral part of who we are. They are essential principles that unite and guide our behavior, our interactions with one another and our decisions.

The YMCA Youth Character Awards are an opportunity to recognize teens throughout our community who are incorporating the Y values into their lives, demonstrating exceptional leadership and standing as examples to those around them. Our 2011 recipients exemplify the Y's commitment to strengthen our community. Each was recognized at a gala event in October and received a \$500 award they can use within a year to assist them in their academic and leadership pursuits. Additionally, through a partnership with the Community Foundation of Louisville and a friend of the Y, each honoree will receive a \$1000 scholarship they can use towards their post-secondary education.

Join us in congratulating these extraordinary youth:

Phillip Burress, 15, Bullitt East H.S.
Shelby Catlett, 16, Mercy Academy
Christine Crawford, 17, Ballard H.S.
Hannah Geary, 14, Oldham County H.S.
Patrick Haertel, 16, DuPont Manual H.S.
Abigail Korfhage, 14, DuPont Manual H.S.
Conner Mackowiak, 17, Saint Xavier H.S.
Alli Overfield, 15, Sacred Heart Academy
Amanda Otten, 14,
Christian Educational Consortium
Megan Parker, 17, Eastern H.S.

For information about nominating a deserving youth for the 2012 YMCA Youth Character Awards, please contact us at characterawards@ymcalouisville.org.

DEVELOPING EACH CHILD

As adults we are asked to work in teams every day. Those teams may be our families, coworkers, or people on committees or boards on which we serve. Learning to work well with others is an important life skill. Acting as a team does not come naturally; it is a skill that must be taught from an early age.

When children are involved in sports they begin to learn the value of teamwork. They learn that when they win (or lose) they don't do it alone. They learn to rely on the different skills brought by each of their teammates. And they learn that to be truly successful we have to count on those around us.

At the Y, our coaches instill these lessons by ensuring every child has an opportunity to play. Our focus on skill development allows children to learn and grow on the field and contribute to their teams in a meaningful way. Coaches and referees encourage fair play and teamwork in games and practice.

Teamwork is important from childhood to adulthood. Give your kids a head start with Y Youth Sports this spring.

Registration for Spring Sports opens in January at your Y branch or at ymcalouisville.org.

The Y is Nurturing:

We care for, support and help people develop through encouragement.



Around the Y

CHANGE A LIFE, CHANGE THE WORLD

World Service began at the Y in 1889 as North American YMCA's started sending directors and workers to countries around the world that asked for assistance. Today, millions of people worldwide are impacted by Y programs focused on helping people reach their full potential.

ADVENTURE AWAITS

Camp Piomingo offers children a unique opportunity for outdoor adventure, to make new friends and discover who they are. Visit ymcامجপিও.орг to learn about the many amazing activities your kids can enjoy this summer. Register early to reserve your choice of weeks!

BUILDING STRONG YOUTH

When families are in crisis, YMCA Safe Place Services is there with support, resources and shelter for youth. If you would like to see first-hand all that Safe Place does in support of families and youth in our community we invite you join us for a Community Luncheon. Luncheons are held the second Wednesday of every month at 12 p.m. Please contact Jena Walker at 635 4401 to RSVP or for additional information.

TOGETHER WE MAKE A DIFFERENCE

As a member of the Y, you join a community dedicated to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors. You will enjoy a variety of great fitness programs, opportunities to spend time with friends and activities that can bring your family closer together. The Y offers a variety of membership rates and categories and rates based on household income, ensuring membership at the Y is affordable for everyone.

Not a member already?

Visit ymcalouisville.org for more information about how you can join the Y and become part of a cause committed to strengthening our community through youth development, healthy living and social responsibility. We have membership and program rates for everyone. **Come join us.**

PARTNER FOR A HEALTHY COMMUNITY

Why do you come to the YMCA? The answers to that question are as numerous as the members we see at the Y! The path to healthier living looks a little bit different for each person that comes through our doors, but the Y is ready with state-of-the-art equipment, supportive and encouraging staff, and a variety of programs and activities to meet every need.

The Y strives to help our communities live healthier. You may not know that in the summer we are a pick-up location for Grasshopper Distribution, which allows people to purchase locally-grown, farm-fresh produce. And each Saturday our pool is full of children learning to swim. The confidence and skills they learn here will remain with them for their entire lives. And it isn't just kids! Each week we also help adults take the first steps towards learning to love the water.

When it's cold outside, you can stay warm inside or hit the road with the Triple Crown Running/Walking Training Program. The Y is the official training partner for the Triple Crown of Running in Louisville and we have seen countless members set and exceed goals in this program.

The relaxation and peace that comes from a few laps in the pool, a run on the treadmill or even a massage are vital to overall well-being. Time shared with friend, new and old, is what makes the Y such a special place to begin or continue your journey toward healthy living. If you haven't been by in awhile, we hope to see you soon!

Visit the Welcome Center or ymcalouisville.org for additional information or to register for an upcoming session.

STRENGTH IN NUMBERS

Team Training is a six-week boot camp style program focusing on strength training, body sculpting, balance and improving core strength. Each session meets three days a week and is taught by a team of professional trainers. Workouts are tailored and customized for your level of fitness and are in a small group setting. Assessments are done at the beginning and end of each sessions so you can see just how far you've come! Sessions begin January 6, February 24, and April 13. The cost is \$175 and there is a discount for past participants.


Not sure what to expect. You may want to try **INTRO TO TEAM TRAINING!** This is four-week entry level program to prepare you for Team Training. We focus on form, technique, strength training, body sculpting, balance and improving core strength. Each session meets twice a week and is taught by a certified Personal Trainer. The cost is \$75.



FUN ON THE COURT

Racquetball and handball are a fun way to spend your time at the Y and a great way to exercise and/or change up your workout. The Downtown Family Y has six courts available to all of our members that can be reserved up to 24 hours in advance. If you are new to racquetball and just want to give it a try, we have racquets and racquetballs available to borrow at the front desk (protective eyewear should be worn at all times while on the courts).

Registration for our Spring League begins in February and games are played March through May. For any questions regarding racquetball, please contact Megan Creagh at mcreagh@ymcalouisville.org.



The Y is Determined:
We are passionate about our quest to help others, and we devote our full strength and concentrated attention to our cause.

YMCA Annual Giving Campaign

STRENGTH & CONFIDENCE ABOUND

For many the Y is a place to begin a new chapter in life. For some the journey towards better health begins in a wellness center, or for a child the path to self assurance may begin at a child care site. For Lu Ann Meunch, her new chapter began in a small program for cancer survivors at the Downtown Family Y.

In early 2009, Lu Ann read an article about the Armstrong Foundation's LiveStrong program at the Downtown Family YMCA which provides 12 weeks of exercise training in a small group setting to help cancer survivors restore their energy levels and self-confidence. At the time she read the article she was undergoing chemotherapy and radiation treatments for cervical cancer that had left her, in her words, "bald, overweight, and lacking energy and self-esteem." In August, she was pronounced cancer-free and, along with her husband, Eddie, joined the LiveStrong program.

The knowledge and encouragement of the personal trainers throughout the program helped Lu Ann to find a fun and effective

way to rebuild her strength, improve her mental outlook, lower stress, sleep better and lose weight. Lu Ann also says, "Spending time with other cancer survivors and hearing their recovery stories was a true blessing for me; knowing others had gone through a similar experience."

Lu Ann's personal story also includes recovery from addictions to alcohol, marijuana and cigarettes. Throughout it all Lu Ann says, "The Y provided me a release for my anxiety and gave me motivation to stay strong and committed to my recovery. I'm grateful to say I still enjoy a cancer-free, clean, sober and smoke-free lifestyle today. Thank you YMCA, for being there for me when I needed you most!"

Lu Ann and Eddie are members of the Downtown Family Y and this year, she will serve as a team captain for the 2012 Annual Giving Campaign to ensure the Y can be there for everyone.

CHANGING LIVES

Deeply rooted in our community, the Y is made up of people of all ages, faiths and abilities—all working side-by-side to ensure that everyone, regardless of gender, income or background, has the opportunity to live life to its fullest.

The Y is a nonprofit, cause-driven organization and your contribution keeps the Y available for people who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life to be healthier, more confident, connected and secure.

We value caring, honesty, respect and responsibility—and everything we do stems from this. Together, we use our knowledge to develop stronger, more inclusive communities; provide support for people and families; and promote positive change overall.

Will you join your fellow Y members and volunteers in our campaign efforts? We are aiming to raise \$1.29 million by April with the support and enthusiasm of more than 7,000 donors and 600 volunteers.

Get involved at your local branch by volunteering, donating and campaigning to raise funds for your favorite program.

Next time you visit your Y, ask how you can help make a difference in your community through the Annual Giving Campaign. Or contact Lesley Gray, Annual Campaign Director, at 587 2383 or lgray@ymcalouisville.org.



The Y is Welcoming:

We accept our neighbors openly, warmly, hospitably and as equal participants. We do not turn people away for an inability to pay.

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

WE'RE FOR EVERYONE

At the Y, we believe everyone should have the opportunity to be healthy, confident, connected and secure regardless of their financial situation. That's why we make our programs and services available to everyone even if they are unable to pay the full fee; we have affordable membership and program rates for everyone.

You can support our mission by making a donation to the Annual Giving Campaign. Your gift will make a meaningful impact right in your neighborhood. Together we can help move people forward by ensuring access for all.

HOURS

Monday-Thursday..... 5 a.m.-10 p.m.
Friday..... 5 a.m.-8 p.m.
Saturday 6 a.m.-7 p.m.
Sunday..... 9 a.m.-7 p.m.

Holiday Hours

Christmas Eve..... 6 a.m.-2 p.m.
Christmas Day..... CLOSED
New Year's Eve..... 6 a.m.-7 p.m.
New Year's Day..... 6 a.m.-7 p.m.
Thunder Over Louisville 6am-3pm
Easter CLOSED
Derby Day..... 6 a.m.-3 p.m.

CONTACT INFORMATION

Have a new address, phone number or email? Please share that information so that we may stay in touch with you. Any updated information is greatly appreciated!



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