

STAYING CONNECTED

THE Y'S FEBRUARY NEWS

DID YOU KNOW?

CARTER G. WOODSON CREATED NEGRO HISTORY WEEK, NOW **BLACK HISTORY MONTH**, WHILE RESIDING AT THE WABASH YMCA DURING THE 1910s.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

February 2017

252-972-9622

harrisonfamilyY.org

Healthy Living

#HEARTMONTH | TIPS TO GET HEART HEALTHY

GET PHYSICAL

Being physically active every day is fun and can improve the function of your heart. Plan and schedule opportunities for active play.

TAKE A SNOOZE

Lack of sleep can be associated with elevated cholesterol and blood pressure. Adults need at least seven, but no more than nine hours of sleep at night to aid with the prevention of heart disease. Children need 10-12 hours of sleep per night.

EAT FOR YOUR HEART

Makeover your family's favorite recipes by reducing the amount of salt and saturated fat and substituting a lower fat food without sacrificing tastes. For example, use low-fat yogurt instead of sour cream and skip the seasoning packet and use pepper and olive oil instead.

KNOW YOUR BLOOD PRESSURE

Per the American Heart Association lowering or maintaining normal blood pressure can greatly reduce your risk for heart disease and stroke. Nearly 1 in 3 adults (about 80 million people) has high blood pressure and more than half of them don't have it under control. Start self-monitoring your blood pressure and know the numbers. Discuss the results with your doctor if needed.

PLAY TOGETHER

Spending time together as a family is a great way to reduce stress, which is important to heart health. Make homemade valentines for your children's classmates or build a snow fort together in the yard or the park.



MEMBER APPRECIATION WEEK FOR YOUR HEART

We love our members and want to take this week during Valentine's Day to SHOW you how much we care! **FEBRUARY 12TH-18TH**



YOU

EVERY DAY THIS WEEK: Recruit new members and win prizes, all event shirts on major sale!, all kids in child watch receive FREE camp book bags!

MONDAY, FEBRUARY 12TH

Begins the Exercise Class Challenge! Complete at least 10 classes (group exercise and/or water fitness) between February 12th-March 12th and win a water bottle and t-shirt 10-11am | Meet our team of directors with refreshments | Front Lobby

TUESDAY, FEBRUARY 13TH

9-10am | Coastal Credit Union Identity Theft Lecture | Multi-Purpose Room
10-11am | Swim for your Heart Stroke Clinic | Competition Pool
6-7pm | Coastal Credit Union Identity Theft Lecture | Multi-Purpose Room

WEDNESDAY, FEBRUARY 14TH

12-2pm | Water Fitness Happy Heart Recipe Social (bring a healthy recipe to share & hear from a survivor. Recipes will be sold at a later date to raise money for our 2018 Annual Campaign). | Multi-Purpose Room

THURSDAY, FEBRUARY 15TH

4-6pm | Nash Community College Dessert Tasting | Front Lobby

FRIDAY, FEBRUARY 16TH

5:30-8pm | Parent's Night Out: Kids Lego Night | Multi-Purpose Room

SATURDAY, FEBRUARY 17TH

8:30-9:30am | Group Walk with your furry friend! | Meet by soccer field

SUNDAY, FEBRUARY 18TH

Top 10 facility users at the end of this week will get to pick a free item from our Y Gear selection! We will contact the winners on Monday!

*All promotional gifts are while supplies last



Member Info

Nationwide Membership: Sometimes, it's more convenient for members to utilize a Y in a different location when traveling, near a workplace or in another region. With Nationwide Membership, we can now do this at no extra charge! 92% of Ys across the country are participating! Please keep this in mind when traveling to another Y: You can call the Y in the area you are travelling to, to see if they participate in Nationwide Membership. You may also sign the waiver here at our Y, and that will speed up check in at the Y you are visiting.

No Parking in Fire Lane: Please refrain from parking your car in the fire lane in front of the building. You risk being towed.

Annual Campaign 2018 & Tony Williams!

Thank you to Tony for chairing our campaign this year! Before we kick off in March, we are recruiting volunteer storytellers that believe in the Y and can help share our story! Please see Tony or Alyssa Matthews with questions.

FEBRUARY LOYAL MEMBERS

2-5 years: Terri Cash

6-10 years: Idris Sharif

11-20 years: Sondra McCorquodale

21-30 years: Barry Belton

MESSAGE FROM OUR CEO

"February may be our shortest month the year, but we have packed it with lots of opportunities to stay on track with your New Year's Resolutions, and even have some fun things to benefit you or your family during Member Appreciation Week. Be sure to stop by the Front Lobby on Monday, February 12th to meet our amazing Leadership Team. We will have refreshments for you and can't wait to meet as many of you as possible! Because it is American Heart Month, we also want to encourage you to read up on YMCA of the USA's five tips to get Heart Healthy this month. Our wellness staff would love to help you with any questions you may have on your personal journey of health and wellness."
-Jacquelyn Price, CEO



MANAGE YOUR DIABETES

Diabetes Academy is a free class given by a Novo Nordisk Diabetes Educator to help you learn about managing diabetes. These classes are offered at the Y quarterly throughout the year. **Next Session: February 22nd | 5:30pm**



Youth Development

TOTS PLAY BASKETBALL | FEB. 20TH

This new program is created specifically for children ages two through four years old! Tots Play has been a huge hit, and we are excited for our next session of basketball! Register today!

Basketball Session: February 20th-March 27th



GIRLS ON THE RUN | REGISTER BY MARCH 2ND



Girls on the Run (GOTR) is a non-profit prevention program that encourages preteen girls to develop self-respect and healthy lifestyles through running. For girls in 3rd-5th grade. Register now at the YMCA Site or GW Bullock Elementary. Other site locations may become available. Volunteers and Sponsors needed as well.



LIFEGUARD TRAINING

Next Course: Re-Certification | February 10th | 8am-5pm



CAMP OPEN HOUSE! MARCH 30TH

Come by our Future Leader Child Care Center on this Friday from 6:30am-6:00pm for a FREE Day Camp Teaser! This day will give you a good example of what our full Summer Day Camp will look like this year! More variety & options for your child to pick from! Register today at the YMCA! Registration limited to the first 25 of each age group (5, 6-7, 8-9, 10 & up)

- Breakfast, Lunch & Snack**
- Opening & Closing Ceremonies**
- Huddle Rules & Games/Get to Know you Time**
- Variety & Mastery Activities**

Social Responsibility

SUPERHERO SPIN-A-THON | MARCH 3RD



Your support and your ride this day lends superhuman strength to YMCA healthier lives for all, day camps, scholarships, programs, and helps reveal the superhero inside kids, families, and our whole community.

7:30am-8:30am | Superhuman Speed

8:45am-9:45am | Superhuman Strength

Fruit, water, capes and superhero masks will be provided! Or bring your own!

\$5/bike | pre registration \$10/bike | day of registration

BABY BLANKETS & BOOKS TOGETHERHOOD PROJECT | MARCH 10TH

Between now and March 10th, please consider donating baby blankets and books to the Y. On March 10th, we are seeking volunteers to help distribute these items at South Rocky Mount Community Center, for families in need. Sign up here:

harrisonfamilyy.volunteermatters.org/project-catalog



STAFF SPOTLIGHTS



Sarah Western, Child Care & Camp Counselor, Membership Service

"I have worked for the Y for 2 years. My favorite food is chicken nuggets."

My favorite thing about my job is meeting new people and connecting with kids. My hobby is cheerleading. My fun fact is that I used to do inline speed skating. My favorite thing to do at the Y is play with children."



Kaila Billups, Aquatics Director

"I have worked for the Y for 1 year and 8 months. My favorite food is macaroni & cheese. My favorite thing about my job is seeing people accomplish their goals! My hobby is wake surfing behind the boat at the lake. My fun fact is that in less than two years, I have been in 5 weddings! My favorite thing to do at the Y is host the Adaptive Swimming Championships and watching the kids challenge themselves."



Vanessa Alston, Afterschool Counselor

"I have worked for the Y 2 years. My favorite food is chicken pastry. My favorite thing about my job is working with kids. My hobby is cooking. My fun fact is that I like riding 4 wheelers & corn hole."

Haley Honeycutt, Lifeguard



"I have worked for the Y for 1 year. My favorite food is chicken. My favorite thing about my job is the staff. My hobby is reading. My fun fact is that I love working with horses. My favorite thing to do at the Y is swim."



Rakeem Cooper, Gym Monitor and Rock Wall Attendant

"I have worked for the Y for 1 year. My favorite food is crab legs and shrimp. I enjoy being able to work with young people and have the opportunity to teach them important life skills. My hobbies are watching football and playing video games. My fun fact is that I went to Puerto Rico and helped with the hurricane relief last fall. My favorite thing to do at the Y is work out in the weight area."

Janelle's Story

Janelle Sharpe is an amazing volunteer for us here at the Y. Janelle went to the Y in our afterschool program as a child, "which was a longgg time ago, she tells us." She is 25 years old and graduated high school from Rocky Mount Preparatory School and graduated college from Nash Community College. She now loves to design fashion and is also volunteering in our Afterschool and Summer Camp programs. "I have been coming to the Y since I was a kid and love working with other kids, especially the older ones. I help them with homework and love to play with them. The Y is different than other places to me. My whole family loves the Y." Janelle also told us that she made tons of new friends this Summer, as she helped our Camp Counselors. Janelle loves to attend our Adaptive Swimming Championships and Special Needs Easter Egg Hunts, because, "they are fun!" We are so happy to have Janelle as someone who has benefited from our youth programming and grown into an amazing adult, back in the Y to serve as a volunteer. Thanks Janelle!

