

# WE CARE ABOUT YOUR HEART



## February Newsletter



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### HARRISON FAMILY YMCA

1000 Independence Drive Rocky Mount, NC

252-972-9622

www.harrisonfamilyY.org | Stay Connected



## DID YOU KNOW?

February is American Heart Month, and as a leading community-based organization committed to improving the nation's health we want to help you learn how to be heart healthy. While high blood pressure & heart disease are serious conditions the good news is that a healthy heart is an achievable goal through lifestyle changes such as lowering sodium intake, eating healthier, & getting more physical activity.

## POWER YOUR PULSE

### February/March Member Challenge

This 60 day Member Challenge is a challenge to keep members pushing forward on their health journey after the New Years' Resolutions wear off, as well as an opportunity to get more involved with what our cause-driven organization has to offer. **Pick up a Power Your Pulse Card from the front desk starting February 1<sup>st</sup> and get started on the exciting tasks. Complete all tasks for February and March to be entered into drawings for a FREE month and 3 FREE months of membership and receive a Power Your Pulse performance shirt!**



## FEEL THE LOVE

### Member Appreciation Week

February 10<sup>th</sup> - 15<sup>th</sup>

We want to show our members how much we love them and their hearts with our Annual Member Appreciation Week! We will have special activities for our members each day of the week to show you our appreciation. There will also be chances for you to win prizes such as a free month of membership, a free Y sweat towel, and more! Pick a flyer from the brochure wall at the front desk or visit our website to see all the details about all of the activities we have planned.



## INFO TO KNOW

### SAFETY AND ANONYMOUS REPORTING

We pride ourself on our guidelines around keeping individuals safe while in our facility and programs. Should you ever witness any "red flag" behaviors, rule-breaking, or violations of the Child Sexual Abuse Code of Conduct or our general Code of Conduct we now have an anonymous reporting form our on website.

### READING VOLUNTEERS NEEDED

We are searching for volunteers to read with 3rd graders at Bailey Elementary School! If you or anyone you know is interested, email [acooper@rmyymca.org](mailto:acooper@rmyymca.org).

## LOYAL MEMBERS!

Congratulations! We appreciate your membership and hope that you will share your story of how the Y has impacted your life by emailing [marketing@rmyymca.org](mailto:marketing@rmyymca.org). Pick up your prize at the front desk!

**2-5 YEARS: VERN BULLOCK**

**6-10 YEARS: AUNDRY BATTS**

**11-20 YEARS: TAMARA LEESON**

**21-30 YEARS: STANLEY RICHARDSON**

## CEO MESSAGE

"With this month being American Heart Month and a time to show love with Valentine's Day, we like to turn our attention to member appreciation and heart health. This month, there are a lot of activities planned to show you our appreciation and to remind you to pay attention and take care of your heart. Make sure you check out our challenges beginning this month including our Power Your Pulse Challenge and Lap Swim Challenge. Also, read the details for Member Appreciation Week so that you are aware of everything we are doing that week to show you our love."



## GO THE DISTANCE

### Indoor "Lake" Lap Swim Challenge

February 15<sup>th</sup> - March 14<sup>th</sup>

Register for the "lake" of your choice and win Y prizes for the lake distance completed in the time frame of 1 month. We encourage you to register for a distance that challenges you to see what you can achieve! You will track your mileage in a notebook located on the pool deck. You can choose between the following lake options:

"Lake Erie"

Swim 60 miles and win a water bottle.



"Smith Mountain Lake"

Swim 40 miles and win a latte mug.



"The English Channel"

Swim 20 miles and win a shopper bag.



## SPLASH BASH

Parents' Night Out

Friday, Feb. 14<sup>th</sup> | 5:30-8 p.m.

In this Parents Night Out, kids will enjoy a floating movie night. We will swim, play games multiple pool games, and watch a movie in the pool! **Registration required by February 7<sup>th</sup>.**



## NO SCHOOL? NO PROBLEM!

School Break Camp | February 17<sup>th</sup> - 18<sup>th</sup>

The Y offers School Break Camp when Nash-Rocky Mount Public Schools are out for teacher workdays and holidays. Activities each day will include swimming, games, arts & crafts, and more! Breakfast, lunch, and a snack will be provided to all registrants. **Must register by February 12<sup>th</sup> or a late fee will apply.**



## HEALTHY BEGINS EARLY

Enhanced KidFit Program

Our new KidFit program is specifically geared toward teaching kids how to have a healthy spirit, mind, and body while having fun! Kids will play various games, try new sports (archery, lacrosse, etc.), and learn all about healthy habits. We will have a focused time at the beginning/end of the program to focus on healthy habits **as well as a new fitness tracker addition!** Register your children ages 5-12 today!



## FUN YOU'LL FLIP OVER

Gymnastics Tumbling Clinic | Feb. 29<sup>th</sup> | 10-11 a.m.

This clinic is open to the community, for anyone ages five and up, who wishes to work on building or gaining tumbling skills. We will have standing tumbling, running tumbling, and other stations available, along with our trampoline. **Registration required by Thursday, February 27<sup>th</sup>.**



## TAKE A STAND

Lifeguard Complete Course  
February 17<sup>th</sup> - 21<sup>st</sup> & 24<sup>th</sup> - 27<sup>th</sup>

This course teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes First Aid, AED training, and CPR for the professional rescuer. After successful completion of the course, the individual will be a certified lifeguard.



## IMAGINE AN END TO DIABETES

Diabetes Awareness Program

This program is an extension of the free Diabetes Educational Series that is offered by the Health Department at the YMCA quarterly throughout the year. Classes are now offered on the 2nd Monday of each month with focused topics, incentives for exercise, and guest speakers. Register for free and learn about healthy eating and carbs counting to control diabetes. **February 10<sup>th</sup>, 5:30 - 7:00 p.m. at the Y.**



## LES MILLS™

Did you know these facts about our Les Mills classes?

- They are **included in your monthly membership fees.**
- They are **powered by science** with proven results.
- They intended for **intermediate to advanced fitness levels.**

Grab a info card at the front desk or wellness desk for more info.



## COFFEE & COMMUNITY CAMPAIGN KICKOFF

2020 Annual Campaign Kickoff Event

Thursday, March 12<sup>th</sup> from 8:00-9:00 a.m.

Located at Books & Beans on 1147 Falls Road



Come out to our Campaign Kickoff at Books and Beans this year! This will be a chance to enjoy Books & Beans' coffee, bagels, and pastries; hear a compelling Y impact story and important messages from our CEO and Campaign Leadership; and participate in networking, fellowship, and an opportunity for Y donations. We will also have a guest speaker, Etaf Rum, author of "A Woman is No Man", Owner of Books & Beans, and YMCA Advocate! **Register for FREE on our website before all tickets are gone.**

## CAUSE-DRIVEN LEADER

Alyssa Matthews | Marketing and Development Director

"I have worked at the Y for 7 years. Being a cause-driven leader means that I have an opportunity to help guide others in becoming their best selves. **Everyone at the Y plays a role in that and I am fortunate enough to be able to communicate that impact we make with our community by being in marketing.** By helping to raise education and funds through our annual campaign, I am also able to help provide the resources to create that impact. It is something that I cherish within my role here at the Y. My favorite example of how my role is cause-driven would have to be hearing an impact story from a lady named Brenda Yde and being able to share her story with others. She had very tough life circumstances and was taking care of her grandkids. We were able to help her get on track with her health and provide programming for her grandkids by offering assistance. The gratitude she showed us and shared with others was truly inspirational. Those stories are awesome examples. **My favorite thing about working at the Y is using the Y brand and my creativity to bring an idea to life visually.** A fun fact about me is that I was a ballet dancer for 15 years and my favorite hobby is interior decorating. My favorite thing to do at the Y is to take group exercise classes, especially BodyPump!"



## IMPACT STORY

**Larry Sorie** "I have been a member of the Y for almost two years. I joined the Y after I had a stroke in 2016. When I first became a member was not able to do much so I did the Post Rehab program and after that, I did a lot of personal training. **I believe that God put the right people in the right place and I am so thankful for that because I have come so far from where I started.**



I can now drive again, mow my grass, and even play golf! The Y has helped me gain these skills back and has given me so much strength. I now believe that I can get back to how I was before I even had a stroke. As a 73-year-old, I know that will take work but I am positive that I can do it with the people of the people at the Y. **The Y has truly been a blessing to me and I am glad that this place a been a part of my journey."**