

RESULTS NOT RESOLUTIONS

January 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?

A stronger community starts with you! As the new year begins, consider these New Year's Resolutions that you can do to strengthen community. **1.** Introduce yourself to staff & members. **2.** Join a new class or program. **3.** Invite a friend/family member to come along on your next visit to the Y. **4.** Encourage a member on their wellness journey. **5.** Sign up to volunteer.

EMBRACE A NEW CHALLENGE

Open Hours & Health Fair
Saturday, January 4th 10:00 a.m. – 2:00 p.m.
FREE & OPEN TO THE COMMUNITY!

We are inviting the public to come to try the Y out and learn the keys to a successful journey of health with our Open House & Community Health Fair. For more than a workout. For a better us.

\$0 JOIN FEE!

BODYPUMP CLASSES

FREE USE OF EQUIPMENT, RACQUETBALL, BASKETBALL, & MORE!

BMI TESTING

PICKLEBALL

ROCK CLIMBING WALL

TOURS EVERY HOUR

VARIETY OF VENDORS

AND MORE!



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 will now be offered on the 2nd Monday of each month with focused topics, incentives for exercise, and guest speakers. Register for free and learn the difference between Prediabetes, Type 1, Type 2, and Gestational diabetes in our January class.

Don't Sugarcoat it | January 13th 5:30 p.m. – 7:00 p.m at the Y.



HEALTHY BEGINS EARLY

Enhanced KidFit Program

This program is for school-age children to be a part of! Kids will learn all about having a healthy spirit, mind, and body while having fun! Kids will play various games, try different sports, and learn all about healthy habits. Some activities will include Rock Climbing Wall, Dancing, Archery, Baseball/Mat Ball, and more! Staff will be measuring the results of participants' fitness levels throughout the program as well to ensure success. **This new program will launch on January 6th.**



INFO TO KNOW

BUS DRIVERS NEEDED

We are in need of part-time bus drivers with a Commercial Drivers License to drive children to and from Y related activities. If you do not have a CDL, we will pay for you to get one. If interested, apply on our website.

YOUTH BASKETBALL VOLUNTEERS

Volunteer Coaches are needed for our Youth Basketball League beginning January 14th. Visit our website to sign up.

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@rmymca.org. Pick up your prize at the front desk!

2-5 YEARS: JOHN MEDFORD

6-10 YEARS: JOHN PICKETT

11-20 YEARS: ZACHARY MERCER

21-30 YEARS: KENNETH MOORE

CEO MESSAGE

"The year of 2019 surely has flown by for us here at the Y. As we enter a new year and a new decade, I wanted to take this month to truly thank all of our members, parents, volunteers, donors, and community partners for making 2019 such a success. It has been a growth year for us with new programs, partners and opportunities to truly extend into our community. We are all blessed and filled with gratitude for an amazing 2019 and look forward to what 2020 has to bring us here at the Y. I also want to remind everyone of the importance of becoming and staying motivated on your health journey with those new years resolutions. Our staff will be here to help you along the way with programs and activities available to help you do just that. Happy New Year everyone!"



DEVELOP, GROW, PLAY!

Tots Winter Soccer

February 4th – March 12th

In this winter session, the curriculum will include many unique and fun activities to capture toddlers' attention and develop their love and excitement for soccer. Each weekly lesson is designed with age-appropriate skill levels and developmental growth.

Must register by January 21st.



SUPERHERO CONFIDENCE

Superhero Friday Nights Out for exceptional children

Batter Up Night | Friday, Jan. 17th 5-8 p.m.

This program is designed for children with developmental and intellectual disabilities. These nights take place one Friday of each month and provide sensory sensitive activities, fun challenges, socialization with peers, and self-care for parents and caregivers.

Register by Jan 16th Ages: K - 12th grade Fee: \$5



CELEBRATE THE MAGIC OF WINTER



Parents' Night Out | Friday, Jan. 10th 5:30-8 p.m.

In this Parents' Night Out, kids will play multiple carnival games and try to become the ring leader by gaining the most points! End the night with "ice skating" events to take home the ultimate winter carnival trophy! **Registration required by January 9th.**

NO SCHOOL? NO PROBLEM!

School Break Camp | January 20th - 21st

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 January 15th or a late fee will apply.



TAKE A STAND

Lifeguard Re-Certification Course

January 20th | 8am - 6pm

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.



GIVE THE GIFT OF COMFORT



Togetherhood Teddy Bear Collection Drive

Our Togetherhood Committee is hosting a Teddy Bear Collection Drive in the front lobby of the Y through February 12th. All are encouraged to donate a new or gently used teddy bear for a senior in our community who may suffer from loneliness or isolation. At the end of the collection drive, the teddy bears will be distributed throughout the community to various senior centers and nursing homes to show seniors how much they are loved.

BEST OF LUCK TO OUR STAFF

Brett Van Pelt, our Healthy Living Director, made the bittersweet decision to further his career and begin a new journey in the Cary area. Brett has been a long-standing member of our Leadership Team for the past five years. Throughout Brett's years with us, he has implemented many impactful health programs including Enhance Fitness and Blood Pressure Self-Monitoring, made operational decisions with tact and preciseness, engaged members with fun challenges and new fitness trends, built many relationships, and definitely indulged in a laugh or two with members who have grown to love him and his willingness to listen. He will be leaving our Healthy Living Department in good hands with his current counterpart, Rebecca Bauguess, our Group Exercise Coordinator. We will ensure a smooth transition moving forward with Rebecca serving in the Healthy Living Director position in the interim, beginning January 1, 2020. We wish Brett the best of luck as he embarks on this new journey.



Lee Bell, our Facilities Director for the last 8 years, has been promoted to the position of the Fire Chief at the Tarboro Fire Department. Although we truly hate to see Lee leave our Y family, we all realize that this is an amazing opportunity for him, his career, and his family. We could not be happier for this advancement for him. Lee has been an important member of our Leadership Team. His dedication to his job and commitment to performing the highest quality work never went unnoticed and is greatly appreciated. Lee always makes sure our members are kept safe and our facility is at its best while helping advance the mission of the Y. Lee's last day will be January 3rd, 2020. Tim Bridgers will serve in the Facilities Director position in the interim. Lee and Tim have been working closely together over the last year and Lee, as well as the rest of the team, feels very confident in Tim's abilities to help fulfill this role's job duties. We will miss Lee here at the Y but we know that he will continue to make an impact on many lives in the future as he shifts into his new role with the Tarboro Fire Department.



CAUSE-DRIVEN LEADER

Ashlee Johnson | Wellness Floor Staff

"I have been working at the Y for 4 months. To me being a Cause-Driven Leader means working with and towards a purpose and helping others work towards that same purpose. My role is Cause-Driven because my clients come in with a goal in mind and it is my job to help them safely work towards those goals in a fun way. My favorite thing about working at the Y is interacting with people of all ages and my favorite thing to do at the Y is to help people learn new things. My favorite hobby is fishing and a fun fact about me is that I have a twin sister."



IMPACT STORY

Maggie McAllister has been a member of the Y for 4 years. She has been in our Enhance Fitness Program at



Covenant Homes for over 2 months. Since being in this program, Maggie has seen great improvements in her health and social activities. "I have diabetes and high blood pressure and my A1C level has already gone down. My balance has improved a lot and I am able to keep my joints loose in this program. I also really enjoy the social atmosphere that Enhance Fitness provides. I am able to interact with and get to know my neighbors better each week. I am thankful for this program at Covenant Homes because it provides easy access for me to attend classes since I do not have transportation. This program has impacted me so much already and I look forward to improving even more."