

STAYING CONNECTED THE Y'S JUNE NEWS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

June 2018

252-972-9622

harrisonfamilyY.org

DID YOU KNOW?

YMCA DIG efforts stand for Diversity, Inclusion, and Global work. This work is designed to advance the Y's relevance and impact as a cause-driven organization. It helps ensure that everyone can have access and thrive at the Y.

Social Responsibility

CHANGING COMMUNITIES

ECONOMIC STATUS

43.1 MILLION PEOPLE LIVE IN POVERTY IN THE U.S.

U.S. POVERTY RATES BY AGE

20% < 18 yrs.	12% 18-64 yrs.	9% > 65 yrs.
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12 % OF U.S. HOUSEHOLDS FACE FOOD INSECURITY

The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race or sexual orientation has the opportunity to reach their full potential with dignity. Our voice attributes direct the personality of the Y and signify the way we embrace those in our community. These are **Determined, Nurturing, Genuine, Hopeful, and Welcoming.** The Y has a commitment to being open to all; we call this work **DIG.**

Diversity: The presence of differences that make each person unique and that can be used to differentiate groups and people from one another. **Inclusion:** The full engagement and development of all YMCA stakeholders (participants, members, staff, policy volunteers, program volunteers, partners, local communities, vendors, etc.). **Global engagement:** An intentional effort to bring a global perspective to guide and inform our interactions with individuals and organizations at home and abroad.

AN EVENING OF SUPERHUMAN STRENGTH!

Annual Campaign Victory & Volunteer Spirit Awards Celebration

Thurs, June 7th | 5:30-7:30pm | Rocky Mount Mills Beer Garden

A time to celebrate the closing of our campaign, recognize campaign volunteers, and other volunteers throughout the Y for their dedicated service. Appetizers provided. Beverages nearby at your favorite local Mills restaurant or brewery.

Nominate your favorite Y volunteer & RSVP here: harrisonfamilyy.org

Find webpage under the events tab! **Keynote speaker:** Michael Goodman, Vice President of Real Estate for Capitol Broadcasting Company, Inc.

the Y
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AN EVENING OF SUPERHUMAN STRENGTH
2018 Annual Campaign Victory & Volunteer Spirit Awards Celebration
Harrison Family YMCA

When: Thursday, June 7th | 5:30-7:30pm
Where: The Beer Garden at Rocky Mount Mills

NOTICES

Membership Cards: Reminder that all members must have a physical membership card or can put their card number on our mobile app to check in. Replacement cards can be purchased at the front desk for \$1/key fob or \$3/ card and key fob. The app is available on any Android or Apple device. Just search for Harrison Family YMCA!

Pickleball: Beginning the week of June 12th, pickleball will be held on Thursdays only, due to camp programming. Court times will be extended to 8a.m. - 3p.m. The regular schedule will resume on Tuesday, August 28th. Check our mobile app, schedule on the door to the gym, or digital signage around the building for court & class schedule updates!

Happy Father's Day on June 17th to all the wonderful Dads out there!

JUNE LOYAL MEMBERS

2-5 years: Mauro Fogliato

6-10 years: Frances Mowbray

11-20 years: Carol Cooke

21-30 years: Lisa Nelson-Robinson

CEO MESSAGE

"Diversity and inclusion are both a huge component of the YMCA's mission and values. Our DIG (Diversity, Inclusion and Global) approach puts into action our core belief that, in a diverse world, we are stronger when we are inclusive and our doors are open to all. It goes without saying that our volunteers and donors help us to do just that. In honor of the donors who have provided the funds we have raised this year for our 2018 Annual Campaign and the volunteers who have helped us do this, I want to invite everyone to attend our Victory & Volunteer Awards Celebration at the Rocky Mount Mills on June 7th."
-Jacquelyn Price, CEO



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A CHANCE FOR ALL Color Run 2018

September 22nd 5K & 1 Mile Fun Run

Benefiting the Y's Annual Campaign, keeping our doors open to all

Location: North Carolina Wesleyan College
Registration Now Open at
harrisonfamilyy.org/events/color-run
Sponsorship Opportunities Available



Healthy Living

ELEVATE YOUR GAME!

Adult Basketball League

Register by June 4th! You may register as a team or an individual, and we will place you on a team. Ages 18 & up!



Youth Development



BEST. SUMMER. EVER!

Summer Camp at the YMCA & Coopers Elementary!

Register for Day Camp before spots fill! Camp this year has SO MANY awesome options for your kids! Art, Sports, Coding, Swim, Gymnastics, STEM, LEGO, Cooking and more!

June 11th-August 24th | Mondays-Fridays | Ages 4-14

TAKE A STAND | LIFEGUARD TRAINING

With Summer just around the corner, many are looking for a pool to work at. Be sure to go ahead and sign up for our upcoming courses to save your spot. Only 10 seats are allowed per course.

Complete Lifeguard Certification Course

Monday, June 11th - Thursday, June 14th 9:00am - 4:00pm



SHOOT & SCORE | HOT HOOPS YOUTH BASKETBALL

Register by June 4th for our Hot Hoops Youth Summer Basketball League! Age groups: 5-6; 7-9; 10-12; 13-15

TIME WITH TOTS & PARENTS

Tots Play Socials

DATES: June 26th | July 24th | August 21st **TIMES:** 5:30-6:30

A time for parents with kids ages 2-4 to socialize in the playground area at the Y, while they have fun with outdoor toys, activities and playground equipment available. FREE to all Tots Play participants and \$5/family for others. Registration required.



KICK IT WITH THE FAMILY!

Kickball & Family Picnic Night | Friday, June 22nd 5:30-7:30pm

All families in the community are invited to come out to the Y on this evening! Bring your own picnic dinners and join us on the soccer field for a friendly game of kickball! Free event; registration required.



Staff Spotlight

Daniel Thomas

Lifeguard

"I have worked for the Y for 1 month. My favorite food is cheeseburgers! My favorite part of my job here at the Y is meeting new people and my favorite thing to do here is workout in the weight room. My hobby is playing soccer and my fun fact is that I am from the UK!"

Bonnie & Carolyn's Story

Bonnie Whitley is an avid Y member and her daughter is Carolyn Curry. They both shared their story with the YMCA about how beneficial the Y was and is to Bonnie's health and their family as a whole. "I love water fitness," said Bonnie.

"I joined three years ago and when I first started, I couldn't even get into the water without a buoyancy belt. I had been in the hospital for three months before I joined the Y and was in a wheelchair. I transitioned to rehab therapy and they suggested that I attend the Y and try out water classes. I really enjoy coming because of the atmosphere and it helps me mentally." "She will not miss a Monday, Wednesday or Friday class," said Carolyn, Bonnie's daughter. "You won't believe how much this has improved her overall health and mental state. She used to be so cranky at home and now she smiles all the time and is a whole different person!" Carolyn explained that Bonnie was diagnosed with Dementia ten years ago and her social skills were very little after that. She was also 49 pounds heavier than she is now. "Coming here inspired her to lose weight, become healthier, and more social. This is most definitely her happy place and an important part of her life. She would come every single day if she could!" said Carolyn. Bonnie said, "I show other water fitness participants what to do now!" Both of their faces were bright with joy for the Y and we couldn't be happier to experience that joy alongside them.

