

STAYING CONNECTED THE Y'S OCTOBER NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

October 2017

252-972-9622

harrisonfamilyY.org

DID YOU KNOW?

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH. 1 OUT OF 8 WOMEN ARE DIAGNOSED & FINDING IT EARLY IS CRUCIAL. STAY UP TO DATE ON YOUR MAMMOGRAMS OR ENCOURAGE A LOVED ONE TO!

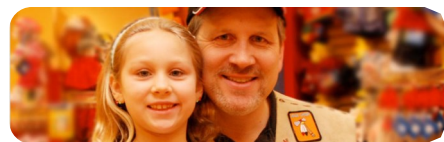
Youth Development

FALL INTO FAMILY FUN!

Fall Family/Halloween Event

Saturday, October 21st 5:30-7:30pm at the Y!

Get your **Superhero costumes** ready for this year's fall family event! Free and open to the public. We will have the treat trail as usual, which are fun activities at different stations in the Y. Complete the activity and receive a candy treat for your hard work! All kids will be given a Character Completion Card with each station activity listed on it. Get each of those stamped and receive a Superhero goodie bag! There will also be Super Hero costume contests (family friendly please), face painting, arts & crafts, photos, and more!
Stations Include: Fall Picture Frame Craft, Jack-O-Lantern Candy Corn Toss, Cupcake Walk, Candy Crusher Fitness, a Dunking Booth, and Obstacle Course!



CONNECTING DADS & DAUGHTERS

Y Guides Program

The Y Guides Program offers Dads and their Daughters, 1st-3rd grade, the opportunity to create lifelong memories together. Parent-child pairs meet in small groups called tribes. Each tribe gathers once a month to hold meetings, hosted by a different Dad each month. There will also be a fun outing each month that incorporates a variety of recreational and educational activities focused on nature, community and family. You have the opportunity to earn patches for your vest signifying accomplishments achieved together. [Register by October 31st!](#)

SHOOT & SCORE!

Winter Youth Basketball

Age: 5-12

Season: November 27th-January 27th

Practices begin on November 27th. All practices will take place during the week.

Games begin the week of December 4th. All games will be played on Saturdays.



TAKE A STAND! BE A LEADER, BE A LIFEGUARD

Lifeguard Training Upcoming Course

November: Complete Lifeguard Certification Course

-Monday, October 30th - Thursday, November 2nd 4:00pm - 7:30pm

-Monday, November 6th - Thursday, November 9th 4:00pm - 7:30pm

Instructor: Kaila Billups



Healthy Living



SENIOR FUN DAY!

A fun day of activities for all Y members, age 55 & up! **Tuesday, Oct. 10!**

⇒ **10:30-11am** | Fun Dance & Warmup in Studio 1

⇒ **11-11:30am** | Outdoor Color Walk

⇒ **11:30-noon** | Pickle ball fun in the Small Gym! Get your duck for the race!

⇒ **Noon- 12:15pm** | Pool Duck Race! Watch from the window.

⇒ **12:15-1:15pm** | Light Luncheon in the Multi-Purpose Room

⇒ **12:30pm** | Vidant Edgecombe Guest Speaker on Decision Making and Special Guest Peggy Wendling with her Therapy Dog, Tucker

Volunteers

do not necessarily
have the time,
they just **have**
the heart.

-Elizabeth Andrew



GET INVOLVED! Find out about volunteer opportunities with our new and improved way of signing up to be a volunteer at our Y! Just follow the link and set up an account!
harrisonfamilyy.volunteermatters.org/project-catalog

OCTOBER LOYAL MEMBERS:

2-5 years: Deanna Jackson

6-10 years: Cynthia Collier

11-20 years: Matt Connolly

21-30 years: James Hood

MESSAGE FROM OUR CEO

"With the month of October being nationally recognized as Breast Cancer Awareness month, I really want to focus on health and keeping up with all avenues for staying healthy. The Y aims to improve our community's health and well-being by providing programs and activities that promote wellness, reduce risk for disease and help others reclaim their health and make healthier choices. We hope that your use of our facility is beneficial for you in your specific journey of health and wellness, and also encourage everyone to always stay updated with any other doctor visits, in order to stay healthy in all areas. As always, we want everyone to be health in spirit, mind, and body."
-Jacquelyn Price, CEO



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MINDFUL MOVEMENT



Cognitive Impairment Exercise Program

Every 3rd Thursday, beginning October 19th | 11:30-12:30

This program is designed for individuals with cognitive impairment & caregivers. Exercise classes will focus on improving cognitive awareness, while we will give caregivers a needed "breaktime".

Social Responsibility



COLOR RUN SUCCESS!

Thank you to all of our sponsors and participants who made our 1st Annual "A Chance for All" Color Run 5K & 1 Mile Fun Run such an amazing experience and success! The event was held on the beautiful campus of North Carolina Wesleyan College! There were mascots racing, color everywhere, children having a blast, vendors giving out goodies, runners accomplishing goals, participants taking their 1st step towards a healthier life, and last but not least, we were able to **raise over \$8,000 towards our 2017 Annual Campaign!** This campaign is what makes us a charity, and allows us to keep our doors open to all! THANK YOU!



BE A HERO. FOR A BETTER US.



THE Y.™ FOR A BETTER US.™

Our annual campaign makes it possible for children, families and adults to have access to Y programs that improve their lives. We know that some individuals and families struggle to pay the rent, put food on the table and buy clothes for their kids. 100% of the funds raised are used to provide financial assistance in the form of full and partial scholarships, based on individual need. Donations also fund outreach programs, which are made available to participants at little or no charge. **This year, our focus is on being a hero for youth in our community,** with the growing numbers of disadvantaged youth.

- Annual Campaign 2018 Donations**
- After School & Summer Camp Subsidies
 - Youth Program Financial Assistance
 - Membership Financial Assistance
 - Military & Service Membership Subsidies
 - Chronic Disease/Mental Health Outreach
 - Special Needs Programming
 - Family Outreach
 - Civic Engagement Initiatives

- Our Impact for Fiscal Year 2016-2017 (October 1st, 2016-September 30th, 2017)**
- \$47,777 served 130 families with After School Care or Summer Camp.
 - \$3,517 served 31 families with Youth Programming.
 - \$21,589 served 150 families with a Membership.
 - \$50,637 provided 363 servicemen families with Membership.

PACKING PARTY FOR A PURPOSE

Operation Christmas Child Drive & Packing Party

Operation Christmas Child is a nationally recognized initiative, where patrons collect shoeboxes filled with gifts and deliver them to children in need around the world. **This is how we are helping!** Drive: Now-Nov. 11th. Party: Nov. 12th!

- Bring new cool toys, fun small gifts, hygiene products, or even a shoebox to the Y.
- Donate \$9 to the Y for shipping the box.
- Attend our Packing Party to pack all of the shoeboxes on Nov. 12th at 2:30PM in the Y's Teen Center!

*You can do all of the above or any of the above! Anything & everything helps!



STAFF SPOTLIGHTS



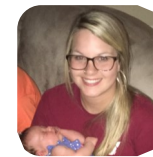
Wade Martin, Lifeguard

"I have worked for the Y for 15 years. My favorite food is steak- med well. My favorite thing about my job is the Adaptive Swim Program and interacting with patrons in the morning. My hobby is bicycling and golf. My fun fact is that I am a former lead singer and saxophone player in a band. My favorite thing to do at the Y is swim."



Vanessa Perry, Office Manager

"I have worked for the Y for almost a month. My favorite foods are strawberries, mac n' cheese, cheesecake, and tacos! My favorite thing about my job is staying busy and helping others. My hobby is racing, specifically cars. My fun fact is that I like to go fast! My favorite thing to do at the Y is lift weights!"



Grayson Powell, Child Care Counselor

"I have worked for the Y for a little over 2 years. My favorite food is Mexican. My favorite thing about my job is watching the kids grow each day. My hobby is shopping. My fun fact is I recently became an Aunt. My favorite thing to do at the Y is play games with the kids."



Dawn Romero, Membership Representative & Child Watch Attendant

"I have worked for the Y for a year. My favorite food is pasta salad. My favorite thing about my job is working with an awesome staff! My hobby is crafting! My fun fact is that I loooove children! My favorite thing to do at the Y is meet new people."



Sharon Simons, Wellness Coordinator/Post-Rehab Exercise Specialist

"I have worked for the Y for 13 years. My favorite food is a pumpkin latte. My favorite thing about my job is the members and helping people. My hobby is reading. My fun fact is that I have been exercising and teaching exercising for decades. I once owned the headband, leotard, and tights all in aquamarine. My favorite thing to do at the Y is come to work."

