

MEMBER NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Columbus Family YMCA

3912 38th St, Columbus NE 68601

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Columbusy.org

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact Amy Mahoney, the editor at amahoneycfy@gmail.com.



A CLEAN SLATE (AND PLATE)

I am always amazed at what gets the attention of the people. The last article I wrote for the Telegram was about my intentional decision to choose to get healthy for 2019. I wasn't just writing because I needed to do an article, I was serious. My health had gotten to the point where while I wasn't suffering from serious health conditions such as high blood pressure, diabetes or joint problems, I was definitely at the point of self-examination where I either needed to do something or my health and life was going to continue the downward spiral to major medical issues in my later years.

I am 48 years old. According to the Organization for Economic Cooperation, the average life expectancy for American's is 78.7 years. More than likely I have lived more than half of my life. I don't have to look much further than how my parents finished their lives to realize changes had to be made. My mom passed away in December 2016. She had always been a very active, very athletic person, even though a larger woman. As a teacher, she would regularly be on the playground, leading and playing with students in whatever they were doing each day. After retirement, my mom became sedentary, suffering blood clots, leg issues and cancer, most due to her very non-active lifestyle. Her dietary choices weren't good either. The last ten

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years of mom's life were spent in a wheel chair, almost home bound, not able to walk long distances without much help and the assistance of a walker. My dad was the "healthier" of the two. He passed away suddenly in November 2017 suffering a brain bleed after a fall. He too lived a very sedentary life. Watching TV, eating candy and drinking soda was a big part of his day. He had had both knees replaced in the past 5 years, mostly due to being overweight and no longer being able to take the pain reducing shots he had been on for years.

I did not want that lifestyle to be mine! I was nearly 300 pounds and wasn't doing much to change that. Studies have shown the average American gains one pound each year between ages 35-60. I envisioned knee and back problems, high cholesterol, diabetes and worse.

Participating in the Columbus Community Hospital CHIP Class has been life altering! Since starting this program, which is NOT a diet, it's a lifestyle choice, I have lost over 25 pounds. Eating whole foods, plant-based products, as close to how they are grown as possible, has been amazing. That meant eliminating meat products, dairy products, no more added sugars, reducing sodium intake, and getting rid of processed foods. I drank a lot of coffee and lattes. That went away as well. I ramped up my physical activity from once in a while to making it my goal to vigorously exercising five days a week and still being active on the weekends.

I have never felt better in my life! The CHIP Program is a medically based proven lifestyle that if followed, will make you healthier. One phrase that has stuck in my head from the class has been "add years to your life and life to your years." I want to die later, healthier. Thanks to all of you who have checked on me and my progress. Accountability is a wonderful thing!

See you at the Y!

Corey Briggs, CEO Columbus Family YMCA

AWAKEN SUMMER IMAGINATION

COLUMBUS FAMILY YMCA WANTS TO AWAKEN SUMMER IMAGINATION AT ANNUAL HEALTHY KIDS DAY®

On Saturday, April 27, the Columbus Family YMCA is holding a free community event to inspire more kids to keep their minds *and* bodies active at the annual YMCA's Healthy Kids Day®, the Y's national initiative to improve health and well-being for kids and families. Healthy Kids Day is an opportunity to ignite children's imaginations so that they can imagine what they'll accomplish this summer. The event, running from 9am-11am, features activities such as camp games, marshmallow catapults, family walk and more to motivate and teach families how to develop and maintain healthy routines at home throughout the summer months.



Healthy Kids Day, celebrated at over 1,500 Ys across the country by over one million participants, works to get more kids moving and learning, creating habits that they continue all summer long. When kids are out of school, they can face hurdles that prevent them from reaching their full potential. Research shows that without access to out-of-school learning activities, kids fall behind academically. Kids also gain weight twice as fast during summer than the school year. As spring turns to summer, Healthy Kids Day is a powerful reminder not to let children idle away their summer days. Instead, the Y wants families to focus on helping children imagine what they can accomplish over the summer.

Event encourages kids to stay active and keep learning all summer long!!

2019 SUMMER DAY CAMPS



KEEPING KIDS HEALTHY ALL SUMMER LONG

In celebration of YMCA's Healthy Kids Day, the Y offers the following tips to help families develop healthy habits this summer that can have a lifetime effect:

- High Five the Fruits and Veggies** – Make sure kids get at least five servings of fruits and veggies each day, the minimum number nutritionists recommend for healthy childhood development. And to keep kids' taste buds evolving, have everyone in the family try at least one bite of a new fruit or vegetable at least once a month.
 - Read Together** – The summer is a great time to enjoy books with summer program participants—and 30 minutes a day goes a long way! Take trips to the local library or create a family reading challenge to see who can log the most minutes of reading. Encourage youth to create their own stories as well.
 - Get Moving!** – Activities that require movement also help kids flex their mental muscle. Use materials in unique ways: ask youth to build models, manipulate tools or develop their own theatrical scenes.
 - Play Together** – Play may be the best way to prevent childhood obesity. By putting more play into your family's day, you will soon find yourself getting the activity that will have your family feeling energized and strong.
- Make sleep a priority** – Doctors recommend 10-12 hours of sleep a day for children ages 5-12 and 7-8 hours per night for adults. Sleep plays a critical role in maintaining our healthy immune system, metabolism, mood, memory, and learning.

Deer Camp

Deer camp provides an exciting and safe environment for young people to explore the outdoors, build confidence, develop skills and lasting friendships and memories, so they can grow as individuals and leaders. Activities that your camper will participate in would be: swimming, hiking, boating, archery and more! Ages 6-11 Years

Chipmunk Camp

This camp is a week long, half-day introduction to YMCA Summer Camp. 4-5 year olds will be introduced to the great outdoors with all the YMCA fun you can imagine. Campers will participate in a wide range of activities including: crafts, hiking, games and more! A mid morning snack is provided . Camp times: 8am-12:00 noon. Ages 4-5 Years

Adventure Camp

Adventure camp is 3 days of out of town excursions to a variety of fun locations. Campers will travel by the YMCA bus to each day's location for adventure, fun and excitement. Destinations have included in the past: Island Oasis, Henry Doorly Zoo, Edgerton Explorit Center and more. Each summer's destination will be different. No overnight stays . Ages 8-12 Years

Niobrara River Camp

Canoe on Nebraska's National Scenic River! This trip is 3 days of outdoor adventure. Campers will ride the Y bus to the Valentine/Sparks/Niobrara River. Smith Falls State Park will be our campground, home to Nebraska's highest waterfall. Campers will experience true natural Nebraska. We will cook our own meals, sleep in tents and create lifetime memories. Ages 10-15 Years

Session 1	June 10-14	Deer Camp 1	6-11 years old	M: \$100 NM \$150
Session 2	June 17-21	Deer Camp 2	6-11 years old	M: \$100 NM: \$150
Session 3	June 24-28	Deer Camp 3	6-11 years old	M: \$100 NM: \$150
Session 4	July 1-3	Adventure Camp	8-12 years old	M: \$175 NM: \$225
Session 5	July 8-12	Chipmunk Camp (AM Only)	4-5 years old	M: \$60 NM: \$110
Session 6	July 15-17	Mini Deer Camp	6-11 years old	M: \$60 NM: \$110
Session 7	July 22-26	Deer Camp 4	6-11 years old	M: \$100 NM: \$150
Session 8	July 29-Aug 2	Deer Camp 5	6-11 years old	M: \$100 NM: \$150
Session 9	August 5-7	Niobrara Canoe Trip Camp	10-15 years old	M: \$225 NM: \$275

Daily Fees: Member \$25 Non Member: \$35

*** Daily Fee is subject to change for Adventure Camp and Chipmunk Camp**

PARENT AND CHILD EVENING

The 2nd Annual Parent/Child dance was held February 9, and was an evening enjoyed by all. We had a great meal catered by Hy-Vee and fabulous cheesecake for dessert.

Special thanks to Kale and Michael Urkoski for being the D.J. for the evening. They did a great job, and everyone that came had a great time. We look forward to another Dance next year!!



TAI CHI

Beginner Classes - Step 1 (20 limit)

This is for anyone brand new to Tai Chi or someone that hasn't been to a Tai Chi class in awhile. Learn the Basic 8 moves over a 12 week class. Class is designed for people 60 and older. Class may help with balance issues.

Mar 18 - June 6th
M,W at 4:30pm
T,TH at 11am

Classes are 45 min
Fee: \$25 for Mem-
bers
\$75 for Non-Members

Review Tai Chi - Step 2 (no limit)

For anyone that feels comfortable with the Basic 8 moves but wants to review. Must have attended a Tai Chi Beginner Class.

April Session April 3 - 24
Wednesdays at 11:00am - 11:45am in Studio 2

Chair Class - Get ready for Beginner Tai Chi Class -
Learn the importance of shifting and moving everyday.



2019 PROM SWING CLASS

Calling all Juniors and Seniors!!!

**Be the envy on the dance floor at Prom -
Learn Modified Swing from instructors Patty
Jurado and Heidi Oswald.**

March 25th, Monday from 7-9pm at the YMCA

**Cost \$10.00 for individual or \$15.00 for a
couple. Need to pay at the Door**

****Includes a video to work on moves before Prom.***

NEW CHILD WATCH SUPERVISOR

We are thrilled to introduce our new Child Watch Supervisor, **Chrissy Zuerlein!** Chrissy comes to our YMCA from the Columbus Community Hospital as a certified Nursing Assistant for 3 years. Chrissy has over 12 years of childcare experience covering all ages including infants, toddlers, and elementary school ages. She graduated from Bellevue West High School and received her certification as a Nursing Assistant from Metropolitan Community College. Please join us in welcoming Chrissy to the Y family!



YOUTH STRENGTH TRAINING

This is a program designed for middle school aged youth to teach them the principles of weight lifting and how to use machines on the Wellness Floor. Successfully completing the course earns you a YMCA muscle shirt to be worn when using the exercise rooms and the track. If your child still has questions about equipment after class, please call Jen Brownlow. **This is MEMBERS ONLY.**

March 13th Wednesday 4-7pm

April 19th Good Friday - 9am-12pm

Cost: \$40 Private Classes \$50