



# The Y CONNECTION

*Serving the Asheville YMCA and our Neighborhood Y at Woodfin*

A great  
PLACE TO belong

## Starting Your Wellness Journey at the YMCA

### Member Spotlight

#### Garrett Martin



Garrett Martin is the Director of Technology Solutions at Johnson, Price and Sprinkle PA. In July of 2009, the accounting firm that Garrett works for stepped up to lead the way in Corporate Wellness, by becoming a Y Health Plan Partner. JPS PA recognized the increased epidemic in obesity, chronic diseases, and rise in health care costs that one of the most important investments they could make was their employees. In becoming a Y Health Plan Partner they are not only providing

access to facilities, they are providing support to their employee's journey to a healthy well-being.

Garrett has taken this opportunity seriously and has become a shining star within the office as well as the YMCA. He immediately signed up for a free Coach Approach appointment. Garrett wanted to get started on the right foot and he feels this program is the **"best workout program for the non-workout person!"**. He said that the Coach Approach program offered him many different options for his pursuit to a healthy well-being. The coaching sessions also got him connected with our FitLinxx programming. The screens on the strength equipment have provided him a safe environment to exercise. Garrett also feels that the screens help him get a more efficient workout in less time.

Garrett has made his journey a family affair. He joined the YMCA through his company with his wife and young daughter. They have enjoyed swim lessons and his wife has signed up to start the Coach Approach program. He has seen many improvements since starting with the YMCA. Garrett has lost almost 1 1/2 inches from his waist and he has a lot more energy to enjoy outside activities. He typically places within the top 15 in FitPoints for his age category!



Garrett enjoys the YMCA atmosphere, he remarked, **"The YMCA is not your normal gym...however, it is for normal people. You see all walks of life."**

### The YMCA of WNC is

#### Pioneering Healthier Communities

The Centers for Disease Control and Prevention awarded the YMCA of Western North Carolina \$30,000 in federal funding to implement projects and activities identified by the Pioneering Healthier Communities (PHC) leadership team.

**The PHC Committee, comprised of government, healthcare, education, and community leaders from both Buncombe and McDowell Counties, is focusing on workplace, infrastructure, and policy change to encourage citizens of WNC to be more physically active.**

"The mission of Pioneering Healthier Communities is vital and timely. It's exciting to see the first steps of collaborative efforts to create a sustainable and healthy environment in our community. As our country discusses federal health care reform, it is critical that citizens have opportunities to take responsibility for their wellness. The CDC grant will help us provide those opportunities," notes Holly Jones, PHC Committee member and Buncombe County Commissioner.

#### Key priorities include:

- Greenway System Connectivity and Critical Linkages – Providing better access to walking trails for residents.
- Complete Streets Implementation – Making area roads more bicycle and pedestrian-friendly.
- Employer-Driven Physical Activity Program – Encouraging employees to be more active by improving stairways and walking areas.
- Additional Activity Equipment for P.E. in Area Schools – Encourage kids to be more physically active during school.

For more information on the CDC grant or Pioneering Healthier Communities Committee, contact Kristen Weaver, Director of Association Wellness, at 210-9658 or [kweaver@ymcawnc.org](mailto:kweaver@ymcawnc.org).



## Waves of Change ~ H2O Body Boot Camp

The YMCA of Western North Carolina is always seeking to add new and innovative programming to educate our community on the importance of personal well-being. The Asheville Aquatics Department is excited to unveil **Waves of Change H2O Body Boot Camp**. After our previous success with similar programs, we are adapting this program to offer holistic approaches on a much grander scale. We would like to reach our health seeking community that are looking to make positive changes in their physical, mental and social well being.



**The Waves of Change H2O Body Boot Camp** is a six week program of cardio and strength training in the water. This program will also offer tips on making healthy food choices and how to avoid the common pitfalls in the grocery store aisles. The Waves of Change will involve trainings from experts in nutrition, motivation, and body mechanics. The program will offer a fresh start and light the fire to your metabolism before the holidays. Our class sizes are limited, so sign up today! Call the Asheville YMCA for more information and contact Sheryl Mann at 828-210-9605 or at [ashevillebootcamp@ymcawnc.org](mailto:ashevillebootcamp@ymcawnc.org). Registration opens on October 1st. The deadline is October 23rd.

Upcoming Camps include: Holiday Crunch (November and December), New Year New You (January and February), Change Your Perspective & Change Your World (March and April), and Teen Boot Camp (June and July).

### The Value of Your YMCA Membership

**YMEMBERSHIP**  
We build strong kids, strong families, strong communities.



A great  
PLACE TO belong

Remember what is included in your Y Membership.  
At **NO** additional charge:

- ✓ 4 YMCA Locations
- ✓ No Hidden Fees or Contract
- ✓ Over 250 Group Exercise Classes/Weekly
- ✓ 22 Lap Lanes Indoor Pool
- ✓ Child Watch
- ✓ Wellness Coaching
- ✓ Nationally Certified Staff
- ✓ Family Fun
- ✓ Y Access

The charitable work of the YMCA is supported in part through contributions to the YMCA's annual Strong Kids Campaign, endowment program, and other contribution income. It is our belief that NO ONE should be turned away for their inability to pay.

### Healthy Recipe of the Month



#### Pumpkin Pie Smoothie

##### Ingredients

- 2 (6 ounce) containers of vanilla yogurt
- 1/2 cup of pumpkin pie filling
- 1 Banana, broken into chunks
- 2 cups of apple juice
- 1 tsp ground cinnamon
- 1 dash of ground nutmeg

##### Directions

Combine the yogurt, pumpkin pie filling, banana, apple juice, cinnamon and nutmeg in a blender.

Blend until smooth, about 1 minute.

Pour into glasses and serve.

Enjoy this great Fall Treat!!

[allrecipes.com](http://allrecipes.com)



# The YMCA of Western North Carolina's Child Care Services 08-09 Afterschool Report Card

- **The Number of Children Served:** During the 2008-2009 school year, the YMCA provided Afterschool programs for an average of 750 children daily, in grades K-5 at 17 sites serving the Buncombe County Schools and 1 site serving the Asheville City Schools.
- **Financial Assistance:** Through the YMCA's Strong Kids Campaign, 176 kids received financial assistance totaling \$105,796 so that cost was not a barrier.
- **Y Access:** Our YMCA Board approved a \$60,000 stimulus package that provided additional financial assistance to families.
- **Y Project Connect:** We provided 100% subsidized care for children that were in Buncombe County Schools Migrant Education program or that had been identified at specific schools as "in need" of services based on various factors. This ensured that children were able to participate in tutoring and have a safe place to go.
- **Curriculum:** Children had the opportunity to explore and participate in the following components and "logged" significant participation hours in each area. Homework support, Arts and Humanities, Health and Wellness, Character Development, Literacy, Science and Math, Cultural Diversity and Conflict Resolution.
- **Youth Fit For Life Program:** This program was implemented at all 17 sites this school year. The children demonstrated significant improvements in their Cardiovascular Endurance, Nutrition, Strength and BMI.
- **Family Engagement Component:** Children and families had the opportunity to participate in various family nights throughout the school year. Picnics, gingerbread houses, potlucks, talent shows, plays, and several district wide healthy activity events were some of the favorites.

## Project RISE

Reaching Individual Success  
Through Empowerment

The YMCA of WNC is proud to announce the launch of Project RISE. In this program we will be working with at-risk students in the Asheville community. Adapted from the Project Youth Outreach Program, Project RISE will incorporate the same values and initiatives. The students will be working on academic improvement and participating in after school activities. The YMCA will also be requesting increased involvement from the families, schools and communities.

Project RISE's three programs are Youth Services, Asheville Middle School and Valley Springs Middle School. They provide services for students at Jones, Claxton, and Issac Dickson Elementary.



**Project RISE** is a YMCA program that is **100% subsidized** for the families through our annual Strong Kid's Campaign and United Way. The YMCA thanks you for your continued support.

## Youth Sports

**Y BASKETBALL**  
We build strong kids, strong families, strong communities.



Fall Soccer and Flag Football are off to a great start and we would like to thank all participants and volunteer coaches!



With the cold weather starting, we are gearing up for our Winter Basketball season. Registration starts October 1st and ends on November 1st. There will be a late fee of \$20 for registrations after November 2nd.



This program is for 3 1/2–13 years old. Practices will start the week of November 30th and the season will run through March 6th. The children will practice one time a week with a Saturday game. If you would be willing to help the YMCA and volunteer to coach, please sign up at our Member Services Desk—we will have a Coaches Meeting on November 3rd in the Multipurpose Room at the Asheville YMCA.

The fee to participate is \$75 for members and \$90 for nonmembers. If you have any questions about our program please contact Brennan Splain at 828-777-6035.



### Healthy Family Home Tip:

In an age where cell phones are ubiquitous, there is no longer a reason to sit in front of the TV and talk on the phone. Get up and walk around the house or your neighborhood.

## Staff Spotlight

### Joyce Collins ~ Membership

Joyce Collins is a shining star within our Membership Team and our YMCA Association. She always goes above and beyond to serve her family, her friends, her coworkers and her members. Joyce currently works as our opening MSA at the Neighborhood Y at Woodfin. If you have had the pleasure of meeting Joyce, then you know that she is unforgettable! She makes a difference every morning she works at the Y.

Joyce was born in Baltimore, Maryland. She was an athlete all through high school, but her favorite part of sports was being part of a team. Even then, Joyce was known as the morale booster! She married after high school and was blessed with 4 children—2 boys and 2 girls—which have now given her 5 beautiful grandchildren.

The YMCA has always been a part of Joyce's life. Even growing up in Baltimore she rode the streetcar to swim at the Y, even though they had to wear YMCA baggy woolen swim suits that were incredibly itchy. As her family moved around they always managed to find themselves at the YMCA. In 1972, Joyce embarked on a very successful real estate career, however, in 2001 a visit to Asheville changed everything. While signing up for a membership, she also completed an employment application... "not only was it a great place to belong, but also a great place to work!". When talking about the YMCA she remarks, "I have one of the highest rewards life has to offer...to get paid for what I love to do!"

## Halloween Parade & Party

On Friday, October 30th, the YMCA Child Watch will enjoy its annual Halloween parade and healthy treats party. The children will get to enjoy games and face painting! Our parade will begin promptly at 10:30 AM. We are inviting parents to bring a healthy treat and/or a recipe to share. Please come and join the fun! Do not forget to get dressed up in your favorite costume!



## H1N1 Precautions at the YMCA

Starting in the month of October the Asheville YMCA and the Reuter YMCA will be taking extra precautions during this cold and flu season. The following plans are being implemented:

- Additional staff cleaning hours in the Wellness Center and around other highly touched areas of the building.
- Additional hand sanitizer pumps around the facility
- Scheduled hand washings in Child Watch
- Additional cleaning bottles at strength training machines in the Wellness Center
- Staff education and department plans in place in the event staff become or feel ill.

If you have any questions about H1N1 or how to care for people that have H1N1 please contact the CDC at the H1N1 Public Information Line at 1-800-232-4636.



## The Asheville YMCA & Neighborhood Y at Woodfin Staff Directory:

Dana Martin, Executive Director, [dmartin@ymcawnc.org](mailto:dmartin@ymcawnc.org), 210-9600  
 LaTisha Steele, Association Executive Director, [lsteel@ymcawnc.org](mailto:lsteel@ymcawnc.org), 210-9608  
 Misty Guinn, Membership Director, [mguinn@ymcawnc.org](mailto:mguinn@ymcawnc.org), 210-9601  
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 Jessica Stavish, Aquatic Director, [jstavish@ymcawnc.org](mailto:jstavish@ymcawnc.org), 210-9605  
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*We invite all of our members to contact the YMCA Staff Team for questions, comments, concerns or to just have a fun conversation!*

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