

DANVILLE Y NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Danville Family YMCA

1111 N Vermilion St Danville IL

August 2016

www.danvilleyymca.org

MONTH NEWS FROM THE DANVILLE FAMILY YMCA- DANVILLE, IL



The Danville Family YMCA welcomes Jessica McMasters as Interim Executive Director. Jessica is an Eastern Illinois graduate with a Master's degree in Physical Education/ Exercise Science and Community Health minor. She has served the Danville Family YMCA for the past 14 years, from 2002-2012 as Program Director overseeing Aquatics, Sports and Fitness and from 2012-2016 as Strategic Initiatives Coordinator. Jessica also served as

Interim Executive Director in 2013. She is married to Clint McMasters and has two sons, Trent and Ty. She looks forward to connecting with the community, members and staff. Please feel free to stop by her office and say hello.

SHARE THE Y It's Better Together!

In honor of Friendship Month, we are inviting all members to bring a friend Monday, August 15th to join them at the Danville Family YMCA. They will be able to access all areas of the facility as well as group classes for free.

All friends should bring a valid photo I.D.. Also, please have friends bring a lock and towel.

We hope to see you and your friends here!

IN THIS ISSUE

Welcome Jessica McMasters

Share the Y

Member of the month

Back to School

Y Kids

Teen Leaders

Active Older Adult Living

Ready to Achieve

ENJOY THIS ISSUE?

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

QUESTIONS, COMMENTS, IDEAS?

Contact Andy Wilson,
Y-Achievers Director at:
awilson@danvilleyymca.org



Member of the Month

Ricky Williams

Tell me about yourself.

My name is Ricky Williams. I have been the Executive Director at Project Success for 3 years. Prior to working at Project Success, I worked at the Boys and Girls club for 7 years. My life's work is trying to help people be the best that they can be.

What does your membership at the YMCA mean to you?

It means that I haven't given up on myself. It also means tradition and it means fun. I really love to see the staff at the Y, I love to workout and see fellow members.

Where will we find you at the Y?

Usually in the fitness center and occasionally in the pool.

Why do you work out?

To maintain health and fitness and I do really enjoy working out 90% of the time!

What got you interested in fitness?

I've been a member of the YMCA since I was 8 years old. I took swim lessons here; it's where I learned to swim. As I get older, concerns about my weight and being healthy keep me coming. I was an athlete in high school and college so I was used to a routine of working out.

How do you find/make time to get your workouts in?

I find for me that I just have to make it a priority. I try to get in early because as the day goes on it's harder to get it in. And I think we make time for the things that are important to us.

What tips would you offer someone who is just starting out?

First and foremost make sure that you go through an orientation or some type of training because it's really important, especially in weight training, to use proper form because you can injure yourself. People should be encouraged. A lot of people don't come and workout because they feel embarrassed. Also, be focused. Remember why you're here. I see members encouraging new people and once you get started you can encourage others too.

What is your current workout routine?

I lift 3 days a week with a basic, full body workout and I do cardio 4-5 days a week; generally running or the elliptical.

In your opinion, what is the biggest benefit of exercising?

I feel good. I feel so much better when I workout. Whatever is going on with me or in the rest of the world, getting my workout it makes the endorphins kick in and that always makes me feel better.

Have you seen good results?

When I workout I'm more alert. I'm more aware. It helps me to focus and it gives me energy. Physically, I'm starting to get muscle tone back.

How has being a member at the Y helped you on your fitness journey?

The staff here cares and encourages me and makes an effort to get to know the members personally. The Y is part of my life and like a part of my family and that makes a difference.

Back to School

LEADERS CLUB

Leaders Club is a fun and interactive program for children to learn as students and also to develop life skills to make them successful young citizens in the community. The goal of Leaders Club is to promote and enhance the personal growth and skill development of young men and women in grades (4th –12th). It's our goal to provide its members with opportunities for leadership training, personal growth, service to others and social development.

- Program will start August 29th
- Lunches will be provided daily
- Fee- \$10 (For the entire school year)
- Times– Monday through Friday 3:00pm–6:00pm



BUILDING BRIGHTHER FUTURES

Y-KIDS BEFORE & AFTERSCHOOL CARE PROGRAM
BEGINS AUGUST 22ND -REGISTRATION OPEN NOW

SCHOOL SITES: EDISON, LIBERTY, SOUTHWEST,
NORTHEAST, & MARK DENMAN ELEMENTARY
CALL 217.442.0563 FOR MORE INFORMATION.

Why the Y?

- Positive staff interaction
- Healthy box lunches
- Structured homework assistance
- Enrichment Activities like S.T.E.M., Y-Readers, Arts & Crafts, & Y's Core Values
- Healthy Eating & Physical Education Curriculum
- Field Trips
- 25% off the DAYS OFF Program



ACTIVE OLDER ADULT ACTIVITIES



HEALTHY LIVING

Like most people, you've probably heard that physical activity and exercise are good for you. In fact, being physically active on a regular basis is one of the healthiest things you can do for yourself. Studies have shown that exercise provides many health benefits and that older adults can gain a lot by staying physically active. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging.

Being physically active can also help you stay strong and fit enough to keep doing the things you like to do as you get older. Making exercise and physical activity a regular part of your life can improve your health and help you maintain your independence as you age.

One of the best ways to maintain your level of activity is by joining one of our exercise classes geared to keeping you active. Check out our class listing at the Welcome Center.

Upcoming Active Older Adult activities:

September 14, 2016 — Lunch & Learn

Our speaker will be an Orthopedic Surgeon from Presence Health. A light lunch will be provided.

September 28, 2016 - "Old Fashioned" Ice Cream Social. The "Y" will provide everything.

These are FREE and open to the public but you must sign up at the Welcome Center.

READY TO ACHIEVE



Meet Leneaha Gist, she is one of our newest Achievers. She has been in the program for nearly a month and is already making strides in Achieving her goal to becoming a lawyer.

When Leneaha started the program she was looking for employment and direction. Through the Achievers program, we were able to point her in the right direction.

When asked how has the program helped her she said, "The Achievers program has helped me more than I have ever expected! I have been more focused on my goals, and so many times I have given up, but with the Achievers it has given me unlimited opportunities that have really helped me to press forward. This program has helped me to become better person, from what I have come through, to where I am now, I can say that it has really helped me focus on what is really important. I would recommend this program to anyone. It really does make a difference."

Through our on the job training we were able to partner with Schroeder's Drive-In here in Danville to help Leneaha get employed. From the hours of 11:30am-4:00pm you will be able to see her welcoming customers with a smile at the front counter. When talking with other employee's at Schroeder's they say that she has a contagious, positive attitude.

Starting in August Leneaha will take the next step towards reaching her goal by enrolling starting her GED classes at DACC. I have no doubt that by this time next year we will see great things out of Leneaha. She will not be enrolling for her GED classes but she will be enrolling in to DACC for her college courses.