

DANVILLE Y NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

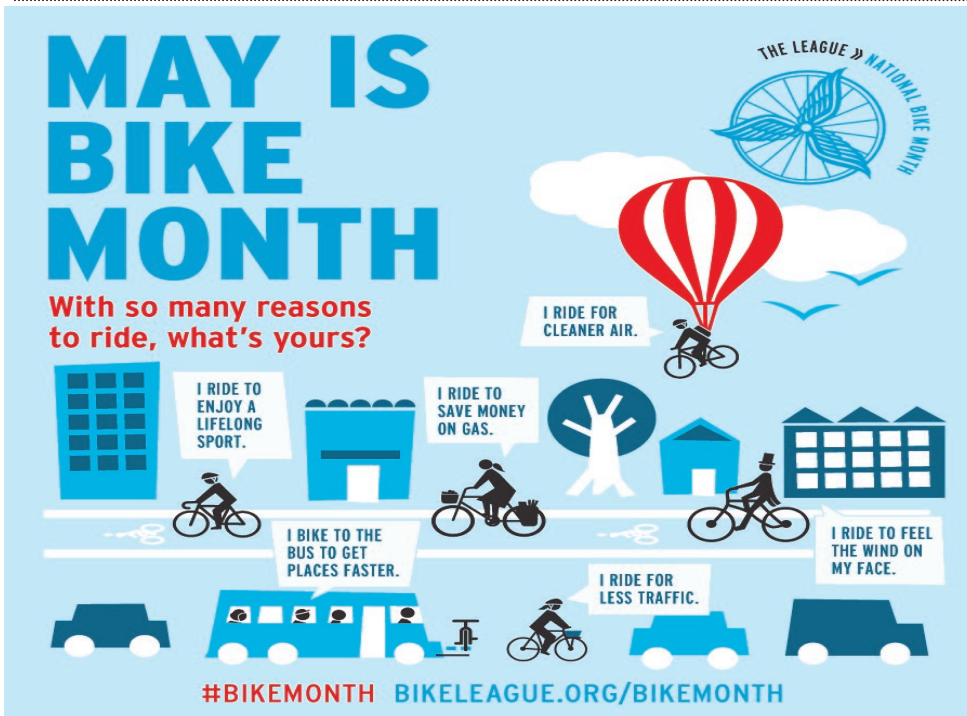
Danville Family YMCA

1111 N. Vermilion

May 2016

www.danvilleyymca.org

MAY NEWSLETTER FOR THE DANVILLE FAMILY YMCA



ON THE MICHAELPHONE

NATIONAL BIKE MONTH

May is National Bike Month, sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to giving biking a try.

National Bike to Work Week 2016 will be held on May 16-20. Bike to Work Day is May 20!

Whether you bike to work or school; ride to save money or time; pump those pedals to preserve your health or the environment; or simply to explore your community, National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride.

More than two-thirds of the U.S. adult population is overweight or obese, costing our nation more than \$68 billion in health care and personal costs annually. More than one in four kids are overweight, as well. Researchers compared the relationship between bicycling

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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 Sarah Jones, the editor at
sjones@danvilleyymca.org

and walking travel and obesity in 14 countries, 50 U.S. states, and 47 U.S. cities, and found statistically significant negative relationships at all levels. Bicycle commuting is a great way to squeeze regular exercise into a hectic schedule. For a 180-pound man, a 10-mile round trip bike commute burns 400 calories; for a 130-pound woman, this same commute burns 300 calories.

A study of nearly 2,400 adults found that those who biked to work were fitter, leaner, less likely to be obese, and had better triglyceride levels, blood pressure, and insulin levels than those who didn't active commute to work. According to a survey by the Transportation Research Board, more than 80 percent of bicycle commuters believe their health has improved since they started bicycle commuting.

Join the Danville Family YMCA during the month of May in celebrating National Bike Month by getting those bikes out of storage and making plans to ride with your family.



ACTIVE OLDER ADULTS

Older adults are some of our most loyal YMCA members. Here at the Y, seniors have a chance to keep active and grow in spirit, mind and body. New friends and new opportunities add joy to life. The Y also gives active older adults a chance to volunteer their time and talents with others, such as children and teens and just a time to hang out with and make new friends.

Physical activity is essential in maintaining a higher quality of life and independence among seniors. Regular exercise provides many practical benefits, including reducing the risk of diseases and conditions such as diabetes, osteoporosis, coronary artery disease and high blood pressure. Stronger muscles, better balance and coordination, and higher energy levels all work together to maintain or improve basic living skills. Also along with the physical, seniors must maintain a level of activities for their spirit and mind.

I read an article recently on Helpguide.org in which the authors, Lawrence Robinson, Greg Boose and Jeanne Segal, Ph.D. had some interesting things to say on the benefits of getting together with friends. According to them, good friends can:

- Improve your mood. Happiness can be infectious. Spending time with happy and positive friends can elevate your mood and boost your outlook.

Y-KIDS

As we welcome warm weather, spring flowers, and the anticipation of summer, we say good bye to another successful year at Y-Kids! I would like to personally thank each parent for entrusting your precious children to the staff at each school.

Please remember **May 20th** will be the last day for Y-Kids at ALL school sites. Keep an eye out for more information regarding our end of the year party at Winter Park!!

SUMMER CAMP

Summer Day Camp 2016—**REGISTRATION IS NOW OPEN!**

Have a Safe and Blessed Summer!

Ms. Brittny



FREE SUMMER FOOD PROGRAM #THEYFEEDSKIDS

June 1st —August 12th
Monday—Thursday
12:30-1:30pm

For more information:
Brittney Woodard
217.442.0563 ext 109

MEDICAL CAREER CLUSTER

Calling all youth! Have you thought about what you want to do after high school? There are so many options out there and sometimes it can be hard pick. Well, let us help you! Come and join our career clusters and listen to various professionals discuss what and why they do what they do. Over the next 3 months we will partner with Presence United Samaritans Medical Center to discuss the different areas of the medical field. We will see firsthand what makes the hospital run. Come and bring a friend. If you attend every meeting you will be entered into winning a \$50 gift card! The more friends you bring the greater your chances are of winning!



ACTIVE OLDER ADULTS CONT.

- Help you to reach your goals. Whether you are trying to get fit, give up smoking, or otherwise improve your life, encouragement from a friend can really boost your willpower and increase your chances of success.
- Reduce your stress and depression. Having an active social life can bolster your immune system and help reduce isolation, a major contributing factor for depression.
- Support you through tough times. Even if it is just having someone to share your problems with, friends can help you cope with serious illness, the loss of a job or loved one, the breakup of a relationship, or any other challenge in life.
- Support you as you age. As you age, retirement, illness, and the death of loved ones can often leave you isolated. Having people you can turn to for company and support can provide you purpose as you age and be a buffer against depression, disability, hardship and loss. Staying socially engaged as you age keeps you feeling positive and boosts your happiness.
- The Active Older Adults Bible Study meets every Thursday at 10:30 am
- Adult Coloring meets every other Mondays at 11:30 am. Sign-ups for the Adult Coloring at the Welcome Center.
- Wednesday, May 25th is our Spring Potluck at 12 noon. **Come, bring a friend and a dish to share.** This is always a great fellowship time **and of course there will be door prizes!**

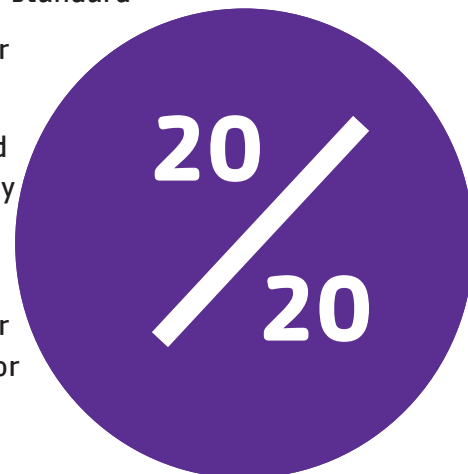
BETTER TOGETHER, REFER A FRIEND

Need a workout buddy? Refer a friend to join the Y and you AND your friend will receive 20% off the standard

membership rate for the life of your membership.

Any member who pays the standard or corporate rate through a monthly draft can invite a friend to join the YMCA.

See the Welcome Center or visit our website at www.danvilleyymca.org for more information.



NATIONAL WATER SAFETY MONTH

Are you ready to keep yourself and your family safe near water this summer? In recognition of National Water Safety Month, the Y reminds parents and swimmers to practice safety when in or around the water.

As part of its commitment to strengthening community through youth development and healthy living, the Y offers a variety of swim programs that teach water safety skills and give children and adults the chance to explore the many health benefits of swimming.

Aquatics programs at the Danville Family YMCA include youth swim lessons for ages 6 months and older, adult swim lessons, open swims, lap swims, a variety of water exercise classes, therapy partnerships with local hospitals, and the Y's competitive swim team for ages 5-21, the Danville Dolphins.

The Y encourages all ages to learn how to swim. It's never too late. Basic swimming skills and water safety practices save lives every day. The national Y swim lesson program is created with 5 major components, which are incorporated within each class level; personal safety, personal growth, stroke development, water games, and sports & rescue. Our YMCA swim lessons have something for everyone.

The Danville Family YMCA recommends children and adults practice the following safety tips when in and around the water:

- It is best to swim when and where there is a lifeguard on duty; never swim alone.
- Adults should constantly and actively watch their children. Stay vigilant around any body of water.
- Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.
- Parents or guardians of young children should be within an arm's reach.
- Children and adults should not engage in breath holding activities.
- Teach young children that they must be invited into the water by an adult.
- Designate a "Water Watcher" to supervise children around water. This person should not read, use a cellphone, or be otherwise distracted.
- Do not use floatation devices as a substitute for supervision. Never allow a young child in a pool without an adult.

TOGETHERHOOD

We are looking for Service Committee Members to serve on our Togetherhood Committee. Togetherhood is a community outreach program that helps members get involved in their community!

Participating in the Togetherhood program gives you the chance to activate your social responsibility by helping our neighbors receive the support they need to feel healthy, connected, and secure.

Please contact Sarah Jones, Community Outreach and Marketing Director, by e-mail at sjones@danvilleymca.org.

