

"Y"OUR MEMBER CONNECTION

THE Y. FOR A BETTER US™

KEEPING OUR MEMBERS HEALTHY

It is important during this time of uncertainty that we keep you in the know about what is going on here at the Decatur County Family YMCA. We have already been posting several things on our Social Media channels and website, but wanted to touch base with you in the newsletter as well.

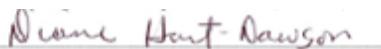
1. YMCA staff that are ill will be sent home and asked to stay home and out of work until they are symptom free.
2. We are asking our Members to do the same. If you are ill with a contagious condition or running a fever, please stay home and return to the Y only when you are symptom free and feeling better.
3. As is, already our policy, children in our Preschool and Child Watch Center are required to stay out of school and the center for a minimum of 24 hours after they are considered symptom free.
4. We are asking all members to clean equipment BEFORE and AFTER workouts, with the cleaning solution and cloths that are provided.
5. Our staff will be cleaning door knobs, light switches, countertops, equipment, handles, weights, etc. more regularly during this time.
6. We currently have several Hand sanitizing stations located throughout the building, and added 4 additional stations.

We implemented the following protocols, effective March 16 through April 5th, which include:

1. Youth and adult sports leagues and programs are suspended until April 5th.
2. Child Watch will be closed. This is the area where young children go to be watched while they workout.
3. Active older adult programs are suspended until further notice.
4. Group exercise classes including Aqua classes and Swim lessons will be suspended until further notice.
5. No guest passes will be sold or redeemed. This includes guest passes for Open Basketball, Open Volleyball and Open Pickleball.
6. Our Annual Meeting scheduled for March 31st at 12:00 pm will be moved to an online meeting with more details to come.
7. Our Healthy Kids Day/ Community Easter Hunt have been postponed.
8. Our Preschool Program follows the Greensburg Community School Calendar, so it will be suspended until April 6th. More details will follow if needed.
9. All RENTALS have been postponed until April 5th.
10. Our Day Camp will continue to operate with priorities going to Health Care Workers and First Responders' children.
11. Meals will still be offered to the children on Mondays and Thursdays starting March 23. Meals can be picked up at the YMCA or Greensburg High School from 11:30 am – 12:30 pm. Must call ahead to register for the meals to Connie Million at 812-663-7171 x 1302.
12. During this disruption to our Group Fitness classes due to the Coronavirus, we have secured some FREE options for you to take advantage of at home. Please find this information on our social media channels, website, or email.

If you have any questions, please do not hesitate to reach out to me dianehd@dcfymca.org Be healthy and stay safe! Thank you in advance for your cooperation in this matter!

Sincerely,





New Year New You Transformation, held January 6 - March 2, had some great results this year. The top 3 finishers really made some positive changes! Tom Ogden lost the most weight in the 8 week Challenge losing 26.2 lbs. He also lost 3.2 % Body Fat. He and Amy Neimeyer-Davis tied for 1st place both Scoring 670 points. Amy lost 16.6 lbs and 4.8 % Body Fat. Our last fall's Biggest Loser Winner, Pam White came in 2nd place losing 15.2 lbs and 2.9 % Body Fat. Great Job Everyone!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DECATUR COUNTY FAMILY YMCA

1 YMCA Way, Greensburg, IN 47240

March 2020

decaturcountymcfamily.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?

Session 3 Program Guide is READY!

Stop by the Front Desk to pick up your copy or download a copy at: www.decaturcountymcfamily.org

We will be closed on Sunday, April 12 in honor of Easter. 24/7 access will be available to those who have key fobs.



February 1 - 29, 2020

RALLY for the Y

RALLY. RIDE. RAISE.

The Annual Rally for the Y Challenge is in the books for 2020! The Challenge pays anyone who signs up and uses the two Expresso Bikes in our Wellness Center .10/mile for every mile they ride and it goes toward our Annual Campaign. This year's Challenge was just as demanding as year's past. We rode 3078 miles and raised over \$3437.70! We placed 20 out of 385 teams! Congratulations to Connie Frink, our top rider with 1001 miles! What a great month of February we had and thank you to all the riders, persons who donated and everyone who cheered them on! Our Community and YMCA ROCKS!

The Heart of it All!

On Thursday, February 27th, the YMCA held a Heart Healthy event in collaboration with the Decatur County Memorial Hospital to celebrate Heart Health Month. Free screenings were provided by DCMH that included Body Composition Analysis, Blood Pressure, and Onsite Scheduling for DCMH Cardiac Screening. The hospital also provided some heart healthy snacks for our visitors to sample.

Close to 100 men and women, listened to Dr. Polly Moore, Cardiologist at DCMH, prove heart myths wrong and explained what truths about their heart they really needed to know!



Melissa Yake, Registered Dietician at DCMH, provided meal tips and planning suggestions on how to implement a heart healthy diet. Deena Hamer, the Y's very own Fitness Director, led the group in a short Silver Sneaker Yoga Stretch class, or participants were allowed to walk on the indoor track for a few minutes to get their blood pumping. The evening concluded with Dawn Ernsts, Wellness Coordinator at the Y, speaking about what type of exercise to add to your daily schedule to help benefit the heart, and why exercising was important for the heart in general. A lot of great information was given and everyone had a great time. We look forward to collaborating with DCMH on more events in the future!



OUR TOGETHERHOOD PROJECT

In conjunction with the YMCA's Togetherhood initiative, the Decatur County Family YMCA is partnering with Main Street Greensburg and Solid Waste Management to help clean up Greensburg! Volunteers are asked to meet **Saturday, April 18th at 1:00 pm** at the County Parking lot across from the Courthouse. This is a perfect project for companies that want to help out and volunteer their time.



For more information please contact Bridget Eastwood at the YMCA at 812-663-9622 x 14 or Susan Burkhart at Main Street Greensburg at 812-222-0037.

A RECORD BREAKING NIGHT FOR DADDY DAUGHTER



On February 8th, Decatur County Family YMCA held its annual Daddy Daughter night with 100 people in attendance. Our largest crowd for this event since we have been holding it! The girls and their "dates" enjoyed a delicious dinner from Holcomb's Catering in Westport of Spaghetti and garlic bread. Cookies were made by one of our Board Members, Jean Long and were delicious! After dinner, Daddy's and their daughters could take a swim in the pool or play games, like our gigantic checkers, Connect 4, "Cups", Corn Hole, or Basketball. They also could make crafts or color. Music was played, but no one took advantage of the tunes and danced, guess there is always next year! The daughters definitely enjoyed climbing on the rock wall or bouncing in the bounce house! A lot of special (and silly) memories were made by everyone! Each couple also had their picture taken and they received the photo to commemorate the special evening. Everyone enjoyed this special family time and had a lot of fun at the YMCA!



OUR FUTURE LEADERS IN INDIANAPOLIS

"The Greensburg High School Youth and Government attended the annual Indiana model government conference at the state house, on Feb 21st through the 23rd. Once again the club did not disappoint as many students succeeded in debating bills, presenting bills, and running for office. A successful delegation has the support of great advisors, a great community, and great delegates. Fortunately, the Decatur County Delegation has just that! Throughout the weekend the group saw a lot of success and enjoyed feeling empowered to fight for what they believed to be true. The delegation was proud to boast the strong, and passionate spirit of Brenner Hanna, and Elizabeth Hyatt in the House of Representatives, the impeccable and bold trio in the Senate consisting of Charlie Pumphrey, Nicholas Bailey, and Ben Bausback, and the incredible leadership shown by Jessica Williams as she served on the Governor's Cabinet. In addition, with all of the success and fun the group had while at the conference, each delegate will tell you just how thankful they are for the opportunity to be apart of a program that encourages civil respect, public engagement, and mobilizing change within society. Furthermore, the group is deeply grateful that the wise and watchful hand of Mr. Gary Bailey serves as an advisor to a group that cares so much for him. The wisdom and support he provides the group is second to none. Also, the delegation is extremely thankful to the YMCA for their support in the goals of local students. Their unconditional support and encouragement for the group goes beyond what any student could ever ask for! The club is humble in their successes and very grateful for the opportunity provided to them by the YMCA and their great advisor! The group looks to pick things back up and get ready for a great 2021 conference!" The above article was submitted by Ben Bausback, one of the members of the Y & G group. This group also had a lot to be proud of in terms of accomplishments at this year's conference. Charlie Pumphrey's bill was the #2 ranked bill in the Senate and it passed both houses. Nick Bailey's bill was ranked #4 in the Senate and it passed the Senate but did not get heard in the house. Jessica Williams did not have a bill as she was on the Governor's cabinet. Elizabeth Hyatt and Brenner Hannah co-authored a bill and it did not get heard in the house. Ben Bausback's bill passed both houses. Speaking of Ben, he was also voted Outstanding Senator as voted on by his peers at this year's conference and he also won his election for Lt. Governor. A title he will hold at next year's conference. Jessica Williams another member of the Y & G group, who served on the Governor's Cabinet at this year's event, will be holding that position again at next year's conference! Charlie Pumphrey got runner-up for Outstanding Overall delegate at this year's conference.



The Youth in Government program is funded by a few local grants through the YMCA Annual Campaign and the United Fund.

1ST PICKLEBALL TOURNAMENT A HUGE SUCCESS!

This past February 7 & 8th our YMCA hosted our 1st Pickleball Tournament. We were only 4 teams shy of a full 36 two-member team tournament.

Pickleball is one of the fastest growing sports in the US, increasing in numbers by 650% in the last six years! The sport is for all ages, but 60% of players are 55+ years of age. Our tournament attracted players from 17 different cities (including Greensburg) and one man traveled from Knoxville, TN to play. Pickleball is played on a 20 foot by 44 foot area, about 25 percent of a tennis court, with a net shorter than tennis. Short paddles smack the waffle ball across the net to the opponent in a volley similar to pingpong. Games are played to 11 but must be won by two points. The players were awarded metals for 1st, 2nd, and 3rd place teams. Prizes were given by a luck of the draw. Our sponsors, First Federal Savings and Loan and The Napoleon State Bank helped provide us with prizes and give a way's, while Patrick Fox, a Gamma Sports associate provided Pickleball draw string bags and a \$130 paddle that one lucky winner received when his name was picked in the drawing. "To make it even more fun and comical, the teams with the lowest scores were given a big dill pickle that was cut in half. Kind of like they got pickled!", said Deena Hamer, Fitness Director and Pickleball enthusiast. Hamer also added, "I'd like to give a BIG Thank You to Lynne Saler for all of the help that she did to put on such a wonderful event. We hope to bring another tournament to the Y this fall, so start practicing now!" Y members can play for free most days of the week at designated times. Those times are listed in the program guide and on flyers placed around the building. Oh, and if you were wondering how the sport got the name Pickleball, the family that came up with the game and rules had a dog named Pickles.



WELCOME SHAKIR!

The Decatur County Family YMCA is pleased to announce the addition of Shakir Dunning as our new Sports Director! Shakir was born in Columbus, OH. Shakir says, "Through my dedication and passion for the game of basketball I was able to earn a starting spot on my high school varsity team as a freshman. In doing so I established myself as a premier basketball player in the state of Ohio. Throughout my high school career I was able to earn a variety of accolades and got the experience of playing for a State Championship my senior year. Once I graduated high school I was fortunate enough to have the opportunity to play college basketball at Kent State University (NCAA Division 1), Bluefield State University (NCAA Division 2), and Taylor University (NAIA Division 2)." Shakir also said he wants his journey to be a "means of encouragement and inspiration for youth. Meaning that anyone is capable of achieving their dreams as long as they are willing to put the effort towards their dream and listen to those that may have been down a similar path. As long as you continue to believe in yourself and God you can conquer anything that may come your way!" We are so fortunate to have Shakir as a part of our team here at the Y, so please be sure to stop by and say hi to him if you have already done so!



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DECATUR COUNTY FAMILY YMCA

1 YMCA Way

Greensburg, IN 47240

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Permit No. 4

SHAPING THE LIVES OF TODAY'S YOUTH TOMORROW'S LEADERS!



The Annual Campaign is now in full-swing! The money raised from the Annual Campaign allows the YMCA to provide individuals and families with financial assistance due to the inability to pay in full for classes, programs and/or memberships. Last year alone, we awarded \$99,933 in financial assistance to members of the Decatur County community and surrounding areas. This year, our goal is to raise over \$108,000 to provide assistance for our community.

We hope that all the time and effort we put into this campaign will allow our future and those of our community to shine brighter than ever! To get more information on how you can donate, please stop by the Front Desk for more details, or you can click on the DONATE NOW! button on our website, sign up for an account and be on your way! Remember no gift is too small, and thank you for helping us "To put Christian principles into practice through programs that build a healthy spirit, mind and body for all."

STAY CONNECTED

You can always stay connected with your Decatur County Family YMCA on all our social media platforms!

Follow us on Facebook:
[@decaturcountyfamilyymca](https://www.facebook.com/decaturcountymc)
Tweet with us on Twitter: [@dcfymca](https://twitter.com/decfymca)
Like us on Instagram: [@dcfymca](https://www.instagram.com/decfymca)
Find out about us on the website www.decaturcountymc.org

