

"Y"OUR MEMBER CONNECTION



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DECATUR COUNTY FAMILY YMCA

1 YMCA Way, Greensburg, IN 47240

December 2020

decaturncountyfamiymca.org

THE Y. FOR A BETTER US™

CAPITAL CAMPAIGN UPDATE

Due to COVID-19, our Capital Campaign was paused in March 2020. Campaign leaders have closely monitored an array of metrics since that time and determined that it was appropriate to restart the campaign on November 9, 2020. Because our Facilities Task Force has worked diligently to determine ways to move forward with project goals in the most cost-effective manner possible, we have been able to revise our fundraising goal from \$5 million down to \$3.25 million (stretch goal \$3.5 million), without diminishing the scope of the capital project. The facility addition and improvements will include a Family Adventure Center (Indoor Playground), Family Locker Rooms, an Expanded Wellness Center, a New Group Exercise Room, and renovation of the lobby and second floor area. We are collaborating closely with the Decatur County Memorial Hospital, and their commitment to the project remains strong. DCMH will have 3000sf of dedicated space for education, wellness, and post-rehabilitation programs. To date, we have raised \$2,800,000 of our \$3.25 million goal. If we reach our stretch goal of \$3.5 million, we will be able to bolster our endowment to further ensure the long-term sustainability of the Decatur County Family YMCA facilities and programs. Please check out more information relating to our Capital Campaign on our website, www.decaturncountyfamiymca.org, under the Capital Campaign tab. To learn more about our project or to donate, you may contact Diane Hart-Dawson at 812-663-9622 or by email at dianehd@dcfymca.org.

IN THIS ISSUE

- Capital Campaign Update
- "Tom" Fills Baskets for Those in Need
- Halloween Trail of Treats
- Tree City Run
- Walmart Grant Recipient
- Pickleball Rocks
- Biggest Loser
- Day of Caring
- Donate Today!

ENJOY THIS ISSUE?

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

QUESTIONS, COMMENTS, IDEAS?

Contact Dawn Ernstes, at dawnb@dcfymca.org.

Sessions 1 & 2 Program Guide is READY!

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

GOT UPDATES?

Text @2a4429 to 81010. Follow the prompts and start receiving text messages on important YMCA updates.



Architect rendering of Outside of Building

"TOM THE TURKEY" WAS BACK AND FILLED BASKETS TO GIVE TO THOSE IN NEED AT THANKSGIVING

Here at the Decatur County Family YMCA we take pride in giving back, to our community. This year, with everything going on in our community and world, this tradition was needed more than ever! We created a wonderful Thanksgiving Feast for six very deserving families in our community! Each basket included a 5 to 10 pound turkey, a bag of potatoes, and many other items traditionally known for thanksgiving. We would like to thank every person who donated food to our baskets.



HALLOWEEN TRAIL OF TREATS

Our Halloween Event this year was held on Saturday, October 24th in collaboration with Community Church of Greensburg. The event was held from 2:00 pm - 8:00 pm. All activities whether at the church or the YMCA were set up to follow social distancing guidelines and required face coverings. The Community Church of Greensburg offered a Trunk-or-Treat, Pumpkin Bowling, Chalk Art Competition for 3 different age divisions and free meals and drinks for children and adults. The YMCA offered a variety of different socially distanced activities on their outdoor track. Hay rides and a Zombie Dance Party were also offered at the Y. Costume Characters were available for "photo ops" throughout the evening. The total attendance for the YMCA event came in at over 500 people that attended! Everyone had a great time and we look forward to offering this type of event again next year! This event was truly a community collaboration, not only between the YMCA and the Community Church but everyone who donated to the event. A big shout out to everyone, thank you again!

THANK YOU TO OUR SPONSORS AND DONORS!

Koenig Equipment, Inc.	Wendy's	Greensburg High School Drama Club
WTRE	Pizza Hut	Greensburg Fire Department
Honda Manufacturing of Indiana	Pizza King	Patty Tatman
GeCom	Parkside Lanes	Bill & Heather Corya
Valeo	Chili's	Dennis Tebbe
Napoleon State Bank	DCMH Foundation	Anna Burruss
Delta	DASI	Bob Dawson
WalMart	Frisch's Big Boy	Wolf Theater
Gentle Dentist	Expressions Florist	Harvest Market
Greensburg Daily News	REMC	Malone Staffing



TREE CITY RUN DOUBLES IN SIZE!

The Decatur County Family YMCA held its 43rd Annual Tree City Run on Saturday, November 21, and this year, even with a pandemic going on brought more participants than we have ever had, double the number in fact! We also had a new route for 2020 which allowed all participants to SEE the TREE!

71 participants headed out to run or walk a 5K or to run a 10K for the Y's final race of the season.

Congratulations to all our competitors and to the winners!

- 10K run, 1st male finisher:** Josh Hawkins 38:08
- 10K run, 1st female finisher:** Cadence Casilli 58:43
- 5K run, 1st male finisher:** Jake Chapman 19:03
- 5K run, 1st female finisher:** Cindy Harris 21:44
- 5K walk, 1st male finisher:** Mike Porter 48:06
- 5K walk, 1st female finisher:** Gail Rueff 44:17



Karina Holzhausen proudly showing off her Tree City Run shirt and medal standing in front of Tower Tree. Her favorite part of the new course! Join us in 2021 and see it for yourself!

ALWAYS WELCOME IN EVERY COMMUNITY

Nationwide Membership
DECATUR COUNTY FAMILY YMCA

Pandemic or not, we are still providing child care to the children of our community! We are helping with virtual learning and providing the kids a place to go!



Feeding Kids Fuels Potential, Even in the Midst of Pandemic

We are happy to announce that we received a grant from the Walmart Foundation to continue providing Grab N' Go Meals to children in Decatur County to help ensure they get the nutrition they need to succeed in school and reach their full potential.

As families continue to face unemployment and schools deal with reopening hunger continues to be a substantial challenge in Decatur County and across the country.

Children enrolled in the Y's afterschool programs and break week camps will receive dinner through the program. Additionally, families can pick up their child's free Grab N' Go Meals at the following times/locations: (registration required)

Windermere Apartments: Mon-Fri 6:30 p.m. (one meal per evening)

The YMCA: Fridays at 5:30 p.m. OR Saturdays at 11:30 a.m. (2 meals/child)

Throughout the spring and summer, the Y worked to address this challenge through Grab N' Go meals that were available at the YMCA and Greensburg Community High School. Between these two sites we passed out over 65,000 meals to date to the children in our community!

PICKLEBALL ROCKS

October 2 and 3, we had our 3rd Indoor Pickleball tournament of the year! "Having one successful tournament during a pandemic would be great, but to pull off three is absolutely amazing!, said Deena Hamer, Fitness Director and Pickleball Tournament. She went on to say, "We just have the right set up to keep everyone socially distant and safe so our events go on without a glitch and everyone has a great, fun event." For this event in particular Hamer said, "we staged separate times for players in different skill levels to come at a specific time, so not as many players had to wait around. Those that were waiting stayed on the upstairs track or in the Hospitality Room (the Group Exercise room that is located just off of the track. It all worked out amazingly well." Our fall tournament offered a Round Robin type event for each skill level and 33 teams participated, which was about the same as our other tournaments we had this year.

There were 7 teams in the Men's Doubles 3.0, and 4 in the Men's 3.5. There were 8 teams in the combined 3.5/3.0 level, and in Mixed Doubles 3.5 and 3.0 both had 7 teams. Women's Doubles were a large group and got to play 9 rounds. The doors opened early for players to warm up and practice before the event started on each day.

Winners of the 3.5 Men's Doubles are as follows: First place- Gary Bailey and Ryan Williams, second place- Mark Comer and Dan Moeller, and third place- Shane Watson and Darrell Lane. Men's Doubles 3.0 winners were: first place- Mike Fox and Dean Layman, second place- Jim Bramlett and Ken Yasui, and third place- Chad Royce and Jason Reuss. Women's Doubles winners were Jackie Fayette and Bev Yager, second went to Cindy Massey and Bev Chinn, and third went to Lynne Saler and Heidi Stagge. Mixed Doubles 3.5 winners were Heidi Stagge and Grey Schwering, second went to Juliana Bernabe and Dave Adams, and third went to Kelly and Mike Fox. The 3.0 Mixed Doubles winners were, Tami Schwenk and Lynn Montgomery, second went to Debbie Cotton and Wayne Purvis, and third went to Karen Layman and Dean Layman. The scores were determined by adding up all the points for each round robin played. Custom metals were given to all of the 1st, 2nd, and 3rd place winners that were hand crafted by Game Plan Graphics.



THE RESULTS ARE IN!

Our 8 week weight loss challenge ended on November 2nd and the final weigh was completed on November 9th. Deena Hamer, Fitness Director explained, "The participants were given an assessment on September 14th along with the rules of the challenge for the next 8 weeks. Appointments were made for one on one training sessions designed for their current level of fitness and goals, and they all met with Melissa Yake, a license dietitian from the Decatur County Memorial Hospital." Hamer went on to say, "Melissa went over the My Plate Plan, which helps guide people on proper portions of each food group they should try to consume daily for a well balance diet. She also recommended the amount of calories to consume daily based on ones activity level. Food logs and other helpful information was handed out and explained during the class. Melissa also met with the participants at weeks 5 and 7 to follow up to see if the group had any questions or concerns before the challenge ended." Nutritional support was not the only thing that was offered to the Biggest Loser participants, overall accountability on their exercise, weekly weigh in's, and weekly challenges, such as trying new classes, turning in their food logs, rowing or walk/running 5 and 10 K's were also offered. These challenges kept everyone on their toes throughout the program. After the final assessments were given, the results were in and very impressive! We had a 1st and 2nd place winner. 1st place went to Pam White winning by points. She ended up with 484.75 points. Amy Neimeyer-Davis came in second with 322.40 points. They both had great body composition results, but Pam got the edge on Amy by not missing a challenge, class or weigh in. Pam ended up losing 15.5 lbs, 1.9% body fat and 3.25 inches off of her waist. Amy lost 15.4 lbs, 3.7% body fat, and 5 inches off her waist. "The results of the program were really impressive, but most of all everyone who participated felt better at the end of the 8 weeks than they did when they started the journey," added Hamer.



Join us for our next weight loss program starting on January 4, 2021 called "New Year, Commit to Be Fit," more details on our website on in the Program Guide!

DAY OF CARING

Even though Day of Caring on September 16, 2020 was different than in year's past, we still had a few volunteers that came out and helped to clear up our outdoor track and make it look great! THANK YOU SO MUCH for helping!



YOUTH DEVELOPMENT, HEALTHY LIVING AND SOCIAL RESPONSIBILITY

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1 YMCA Way
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812.663.9622

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DONATE TODAY!

The holidays provide time for gratitude and reflection, and we want to thank you for being a member of our Y. The Y is the place for everyone in our community to belong, and financial donations help us remain relevant and available to all.

As a charitable organization, the Y provides financial assistance to those who cannot afford the cost of programs, membership, or services. Membership dues support our facility and operations, not financial assistance. We rely on the generosity of members and friends to ensure the Y remains affordable and accessible to all. As you know, at the Y, lives are changed every day. Donations help give kids, teens, and adults – of all ages and backgrounds – a better chance to reach their full potential.

Thank you for considering a tax-deductible donation to the YMCA where you can see lives being positively affected every day!

To make a donation, please click the **DONATE NOW!** tab on our website or mail your donation to 1 YMCA Way, Greensburg, IN 47240 Attn: Diane Hart-Dawson or visit us at the Y so we can thank you in person!

Your donations make a difference everyday at the YMCA!



STAY CONNECTED

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

Follow us on Facebook: @decaturcountyfamilyymca
Tweet with us on Twitter: @dcfymca
Like us on Instagram: @dcfymca
Find out about us on the website www.decaturcountyfamilyymca.org



DEAR MEMBERS,

There will be NO rate increase in 2021!