



GRATEFUL • THANKFUL BLESSED

THAT WE HAVE YOU!

November 2022 Y-News

NOVEMBER Y CALENDAR

November 3rd– Active Older Adults Pitch-In @ 12:30
November 5th– Wellness Fair @ YMCA, 10a-2p
Week of November 6th– Martial Arts Session 7 begins*
November 7th– Teen Space Begins after school
November 12th– CPR, 9-10:30*
November 14th– Winter Break Camp Registration Opens*
Week of November 20th– No Programming This Week
November 24th– CLOSED FOR THANKSGIVING
November 25th– Facility Open 7a-12p
November 29th– Giving Tuesday



FRESH, CLEAN, UPDATED... Just for YOU!



Our Wellness Center went through a renovation & update last month. We are excited for the opportunities this afforded us to update our look, reupholster equipment & do a deep clean. Thank you to all of the volunteers, staff & businesses that made this possible. If you see any of them, say thank you!

Paint: Pro-Star Painting

Signs : Dueling Eagles Handmade Creations

Reupholstery: Garrison's Custom Shop

Volunteers & Staff: Christina Brewer, Josh Seybold, Shayne Miller, Keith Barry, Rusty Hudson, Derik Early, Lisa Lemons, Nate Henry, Hailey Jackson, Kristy Purlee & Chelsey Miller.



THANKFUL FOR THOSE THAT SERVE



November is not only the month we celebrate our veterans, but also our military families. To each individual & family that is willing to answer the call to serve our country we extend our gratitude.

We are honoring our current & former military members in our lobby this month. If you have a loved one that you would like to feature, please stop by the front desk & bring us a photo if you have one.

Most of all **THANK YOU** to all of our military members & families.

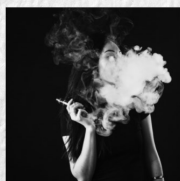
Our Mission: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."

PREVENTION NEWS

Vol. 2

Washington County, IN

THIRTEEN YEARS OLD IS THE AVERAGE AGE OF FIRST TIME SUBSTANCE USE IN WASHINGTON COUNTY



Based on 2022 Indiana Youth Survey data for Washington County, students reported that 13 is the average age of first time use for: alcohol, e-vapor products, and marijuana

About YOUR Y

FACILITY HOURS

REGULAR HOURS

| | |
|-------------------|-----------|
| Monday - Thursday | 5AM - 8PM |
| Friday | 5AM - 7PM |
| Saturday | 7AM - 5PM |
| Sunday | 1PM - 5PM |

•Closed 11/24 for Thanksgiving Holiday & 1/2 day 11/25*

24/7 access available for members 18 & over, who have waivers signed

40 DEVELOPMENTAL ASSETS TIP OF THE MONTH

SERVICE TO OTHERS

Adult or youth serves within the community one hour or more per week.

Adults and youth could volunteer at local businesses and organizations within the community. This could include volunteering at community events, or during daily operations. Youth could obtain any volunteer hours that are needed for school



KIDS CLUB HOURS*

| | |
|-------------------|--------------|
| Monday - Thursday | 4PM - 7:30PM |
| Friday | 4PM - 7PM |
| Saturday | 9AM - 12PM |

*Children must be checked in an hour before facility closes

*Kids Club is a FREE service offered to Y Members

*Guests may use the service for \$5/visit

LEADERSHIP TEAM

CHIEF EXECUTIVE OFFICER

KRISTY PURLEE - kristy@wcfymca.org

ASSOCIATE EXECUTIVE DIRECTOR

CHELSEY MILLER - chelsey@wcfymca.org

ADMINISTRATIVE MANAGER

DEBBIE RUTHERFORD - debbie@wcfymca.org

PRESCHOOL DIRECTOR

ROBIN DEATON - robin@wcfymca.org

YOUTH & FAMILY COORDINATOR

HAILEY JACKSON - hailey@wcfymca.org

MEMBER ENGAGEMENT COORDINATOR

KIMBERLY REYNOLDS - kimberly@wcfymca.org

PREVENTION COORDINATOR

DESIREE PRATER - desiree@wcfymca.org

1 OUT OF 3 U.S. ADULTS HAS **PREDIABETES**

DIABETES PREVENTION PROGRAM COMING TO YOUR Y!

Our Y has been

selected for a grant to begin a diabetes prevention program. Keep on the lookout for information about this program beginning in 2023.