

HEALTHY LIVING



SHERWOOD REGIONAL FAMILY YMCA

23000 SW Pacific Highway

Sherwood, Oregon 97140

ymcacw.org

November 2016 Newsletter for Members and Volunteers of the Y

FROM RENEE'S DESK

Where has the year gone? Fall has arrived, pretty soon we will be celebrating the Christmas holiday and a new year. With 2017 just around the corner, I wanted to share a few things with you. Your YMCA is investing in some new equipment. 12 new pieces of cardio equipment will be arriving just in time for your New Year resolutions! We will also be launching a new virtual group exercise program called Wellbeats! You will be able to come in during non-peak times and select an exercise class from a kiosk that is just right for you and not be dependent on a staff member to lead!



Although there may be some uncertainty as to whether the YMCA continues to operate the City's facility, we are still committed to YOU, our members, our family, our community. We have made this investment in response to comments that we have received overtime. We are here to serve you.

We have welcomed new staff to our Youth Development Department as well as our Aquatics department. We are excited to bring the New Year in with new ideas and services! Also as we prepare for 2017 we will be adding the AARP program offered by Optum Health, providing member benefits for those who qualify.

I know there are a lot of questions about what is to come, but we want to prepare you because we are so excited! In November we will again be a sponsor of the Give N Gobble, the annual Thanksgiving Day Walk Run! The YMCA is about strengthening community and we believe we are stronger together, so partnerships are key to our success in serving you. Hope's Diner Shelter and shower service begins the first Sunday in November. Your YMCA will open its doors on Sunday evenings at 6:00pm to allow our friends without homes a place to shower. They can have a nice hot meal at Hopes Diner and a warm place to sleep there as well. Another example of a partnership is with the Sherwood High School, swim team season begins in November. I realize this means the pool will be busy with the High School Team and the Y team, but what a great partnership we have with the school that includes introducing our teens to the YMCA.

So as we prepare for Thanksgiving, let us be thankful for this beautiful facility and all the services that are offered; all the members that are served; and the wonderful partnerships that exist. Happy fall, happy Thanksgiving and as always please let us know of any questions or concerns you may have.

CALENDAR

SESSION 6
October 31–December 18

SAFE AT HOME
Saturday, November 5
9:00–11:30am

VETERANS DAY BREAKFAST
Friday, November 11
8:30–10:30am

TEEN CENTER DANCE
Friday, November 18
7:00–10:00pm

AOA MEDICARE EDUCATION CLASS
Sunday, November 20th
4:00–5:00pm

SWIMMIN TURKEY CAMP
November 21–23
1:00–4:00pm

Our Veterans Membership Special is that if a veteran signs up for membership on Veteran's Day they pay no joining fee AND receive the rest of November for free.

Our November Membership promotion for new members:
Bring in 5 non-perishable food items and receive 50% off Joining Fee.
Bring in 10 non-perishable food items and receive 100% off Joining Fee.

CHECK IT OUT!

VETERANS DAY BREAKFAST AND PROMOTION

We are hosting a Veteran's Day Breakfast in the lobby from 8:30-10:30am. This event and the facility is free and open to all area veterans. We are also offering a special for veterans. A veteran who signs up for membership on Veteran's Day will receive the rest of November for free as well as no joining fee.

NATIONAL DIABETES AWARENESS MONTH

November is National Diabetes Awareness Month and as an organization committed to improving America's health, we at the Sherwood YMCA are encouraging our members to understand their risks for prediabetes and type 2 diabetes. One proven step to take to prevent the disease is to learn more about our programs, like the YMCA's Diabetes Prevention Program

SAVE THE DATE-SHAMROCK RUN

The Sherwood Regional Family YMCA has a team for this year's Shamrock run. If you register as a Y team member please use the code #6685 (our team #) and you will receive a \$4 discount \$5 for half marathon! (YMCA membership not required for team discount, pass it on). You can register for any race distance, and do not need to 'run/walk' with your team



FACEBOOK

Don't miss out on any new information by "liking" us on Facebook! Be part of the fun!

For a Better Us

Last year my middle-schooler asked me why our family doesn't "celebrate" Black Friday. She was fully under the impression that Black Friday is a holiday and early morning shopping is how we celebrate! If we take a look around we'll find her perspective is not that far off. The holiday season is upon us and citizens everywhere have a choice to make. Is our focus going to be on 'celebrating' Black Friday and Cyber Monday? There's another option during this season; let's spend this holiday season building a better community!

National Philanthropy Day is Tuesday, November 15th. A day to celebrate giving, volunteering and charitable work. Plan to celebrate by volunteering at one of Sherwood's charitable organizations: food pantries, elder care organizations, community service organizations. Join the good work being done in our community.

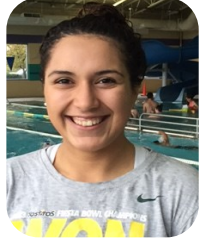
November 29th is #GivingTuesday. This, the Tuesday after Thanksgiving, is a day dedicated entirely to philanthropy. People all over America 'get their give on' in support of charities close to their heart. This year we encourage you to support the Sherwood Y on #GivingTuesday. We are \$12,600 shy of our annual campaign goal. If every Y family gave \$5 on #GivingTuesday it would total \$14,000, allowing us to surpass our goal. As always every dollar donated stays local, giving kids and families right in our community an opportunity to reach their full potential.

As we prepare to celebrate with our family and friends we, at the Y, want to take this opportunity to celebrate you! It is because of you- your volunteer time, your donations, and your involvement- that we can build a better community!

The Y.™ For a better us.

SWIMMER SPOTLIGHT STEPHANIE SALAZAR-PEREZ

Stephanie swims for both the Sherwood Y Dragons and Sherwood HS. Over the last few months, her strokes and efforts have greatly improved and she has been a positive influence over her team mates. She always has a smile on her face and brings a great attitude to every practice! She will begin her HS swim season this Nov. and I'm excited to see her times drop!



VOLUNTEER SPOTLIGHT TEEN CENTER MEMBERS

This month we would like to recognize our volunteer Campus Ministers- **Dan Marrow**, **Wilson Parrish** and **Mike Conan**. Each of these individuals gives of his time to strengthen, encourage and equip Y staff, members and volunteers. Last month these volunteers demonstrated their commitment to the Sherwood community when several of the elementary students in the after school child care program witnessed a medical emergency here at the Y. This was a traumatic experience for a few of the kids. All three of our volunteer chaplains dropped what they were doing and arrived at the Y ready to work along side staff to comfort the children. They then led the children through a 'debrief' to help them process what they had seen and how to move forward. Whether lending a helping hand to participating in a prayer group, or building connections to giving guidance when asked, we are grateful for the comfort and strength they bring to our YMCA.

STAFF SPOTLIGHT TAMI GREENE



The Sherwood Regional Family YMCA would like to take this opportunity to recognize Tami Greene as the Staff of the Month! Tami has worked as a Membership Engagement Associate at the Welcome Center since December, 2015. Tami lives in Sherwood with her husband Michael, two daughters Taylor and Emma, and her son, Colton. Tami truly believes in the mission of the YMCA and is dedicated to promoting the Christian Principles of Love, Respect, Honesty, Responsibility and Service to members, guests and their families. She enjoys working and building relationships with both members and staff. While at the Welcome Center, she is always ready and willing to help staff and members. She listens to members' concerns and addresses them immediately. Tami makes members feel at home by speaking to them with respect and kindness, and serving them to the best of her ability. During her free time, Tami enjoys baking cakes, shooting practice, running, camping, shopping, riding bikes and hanging out with family and friends. Please stop by to say hello to Tami and thank her for a job well done!