

YOU BELONG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of the Shoals

www.ymcashoals.org

A newsletter for members and volunteers of the Y



WE ARE FAMILY

The Ligon Family

The first seventeen years of our marriage left little opportunity to associate with the YMCA. Karen and I, childless and under the thumb of my Navy obligation, had by 2000 moved over ten times and spent most of our time living overseas, both in Europe and in Asia. However, when we arrived in Millington, Tennessee, in 2004 for my last tour in the Navy, we returned as a family, because we came home with a one-year-old son, J.R., whom we had adopted in 2003 while living in Korea. Since we agreed that Karen wouldn't work after adopting J.R., she was eager to find activities during the day for both of them, and next to the base in Millington was a brand new YMCA!

So while Karen got into a fitness routine with YMCA aerobics classes, J.R. went into the child watch room, which he didn't like one bit - at first. After being attached to Karen's hip since the day we received him a year before, being separated from mama and in the company of round-eyed strangers didn't go over very well. It was months before J.R. wouldn't burst into tears when being carried into the room. Karen didn't dare poke her head into the playroom until ready to leave but thankfully the room has one-way glass and she could keep an eye on him without disrupting his play - or tears. Ultimately he came to know and love the caregivers and made some great friends.

Our daughter Marilyn came to us from Korea in September, 2006, at age 2 1/2, and immediately became a YMCA family member. Of course she didn't quite understand at the time what was going on around her, either with us or at this strange place called the YMCA. A November 2006 Memphis Commercial-Appeal newspaper photo of Marilyn and J.R. in their Halloween costumes at the YMCA Halloween party shows Marilyn completely and utterly bewildered at being dressed up like a bumblebee and holding a bag full of candy. J.R., on the other hand, is grinning like the Cheshire cat knowing how much sugar he'll be enjoying over the coming days and weeks.

In 2007 we moved into our house in Wayne County, Tennessee, and after enrolling the kids in Florence-area schools, the YMCA of the Shoals became our new home-away-from-home. J.R. and Marilyn, now long familiar to the YMCA, immediately felt right at home with (continued) swimming lessons, karate, the toys and activities of the child watch room, and birthday parties in the game room. Karen was able to maintain her dedication to aerobics and other fitness classes and I continued my enjoyment of indoor cycling - an option the Millington YMCA didn't have. Both Karen and I are very grateful to be YMCA members, there is simply no other organization that can offer the same high-quality, family-friendly programs at such a reasonable cost. The fact that we can use most other YMCAs under the away-guest program (which I routinely use since unfortunately, I'm still working in Millington) I'm confident that J.R. and Marilyn, after growing up with the YMCA, will continue the tradition of YMCA membership in their families wherever they call home.

CALENDAR OF EVENTS

JANUARY

- 1 OPEN 10 AM - 4PM
- 3 Lifesouth Blood Drive 2 PM - 7PM
- 8 CPR 1 PM
- 15 CPR 8 AM
First Aid 1 PM

FEBRUARY

- 5 CPR 8 AM
First Aid 1 PM
- 19 CPR 5 PM

MARCH

- 5 CPR PRO 1 PM
- 12 CPR 8 AM
First Aid 1 PM
- 26 CPR 1 PM

SAFE SWIMMING SAVES LIVES

According to CDC.gov in 2007, there were 3,443 fatal unintentional drownings in the United States, averaging ten deaths per day. An additional 496 people died, from drowning and other causes, in boating-related incidents. More than one in five fatal drowning victims are children 14 and younger. For every child who dies from drowning, another four received emergency department care for nonfatal submersion injuries. Nonfatal drownings can cause brain damage that may result in long-term disabilities including memory problems, learning disabilities, and permanent loss of basic functioning.

Five Things You Can Do

- SUPERVISION.** Designate a responsible adult to watch young children while in the bath and all children swimming or playing in or around water. Supervisors of preschool children should provide “touch supervision”, be close enough to reach the child at all times. Adults should not be involved in any other distracting activity (such as reading, playing cards, talking on the phone, or mowing the lawn) while supervising children.
- BUDDY SYSTEM.** Always swim with a buddy. Select swimming sites that have lifeguards whenever possible.
- AVOID ALCOHOL.** Avoid drinking alcohol before or during swimming, boating, or water skiing. Do not drink alcohol while supervising children.
- LEARN TO SWIM.** Formal swimming lessons can protect young children from drowning. However, constant, careful supervision and barriers such as pool fencing are necessary even when children have completed swimming classes.
- LEARN CARDIOPULMONARY RESUSCITATION (CPR).** In the time it might take for paramedics to arrive, your CPR skills could make a difference in someone’s life. CPR performed by bystanders has been shown to improve outcomes in drowning victims.
- DO NOT USE AIR-FILLED OR FOAM TOYS.** Do not use air-filled or foam toys, such as “water wings”, “noodles”, or inner-tubes, in place of life jackets (personal flotation devices). These toys are not designed to keep swimmers safe.

For this and more information visit <http://www.cdc.gov/HomeandRecreationalSafety/Water-Safety/waterinjuries-factsheet.html>



READ AT THE Y

READ is a program that our Y started in partnership with area schools and volunteers. Most volunteers are UNA nursing program students who are in their pediatric rotation. Each Monday and Wednesday volunteers come to the Y, spend time with our after school children and offer assistance while the children read either to themselves or to the volunteer.

Each child participates in the program at the request of his/her parent. First through fourth graders are participating. They read a book three times, and receive a pass from the Y confirming they have read the book. At school they take an AR (accelerated reader) test, which measures their comprehension.

The goal of the program is to grow the reading skills of our after school kids by providing a specific time to read, assistance with skills if necessary and a safe environment to sit quietly and concentrate.

READ is a partnership between the Y and the Florence Lauderdale Public Library.



LEARN GROW THRIVE

According to the Sudden Cardiac Arrest Foundation 330,000 people each year suffer from sudden cardiac arrest in the United States and only 6-7% of them survive. However, OSHA notes that when CPR is started within 4-6 minutes the survival rate of these victims increases to near 90%.

Everyone is talking about the new CPR and First Aid guidelines that were released in October 2010. Here at the Y we offer CPR and First Aid classes several times each month through the American Safety and Health Institute which comply with these new guidelines. We discuss in detail CPR and the use of an AED with lots of hands-on practice. We cover the signs and symptoms for choking, sudden cardiac arrest, acute coronary syndromes and strokes. First Aid topics include anaphylaxis, diabetes, how to treat major and minor injuries, and so much more. Information is discussed in an easy-to-learn format and a take home book is yours to keep to review as often as you like.

GET THE CONFIDENCE TO RESPOND!

Stop by the courtesy counter for more information or to register. Classes times are listed in our calendar of events. Do you have a group that would like to get certified together? We can arrange a class for your group at our place or yours. Call Erin for more information.



SIGN SIGN EVERYWHERE A SIGN

Ok, so maybe we do not get that carried away... most of the time. When we have special events, rules or a closing we like to communicate it to our members as effectively as we can. However, this has turned into signs everywhere! In order to keep your YMCA looking its best, we are communicating differently. First, for a full list of all of our policies, please stop by the courtesy counter for an Owner's Manual. This booklet lets you know the requirements for all areas of our building. Second, please watch the marquee outside and the "What's Up, What's Down" board behind the courtesy counter for current information. If you have any questions about our policies, events or closings please feel free to ask any of our staff members. We hope you enjoy our new look!

OUR EMPLOYEES OF THE MONTH



Kaye Foster

Kaye was our September employee of the month for her dedication each morning in keeping the Y clean with a smile on her face.



Brandon Balentine

Brandon was our October employee of the month for subbing the most shifts and his excellent customer service.



Carole Hollis

Carole was our November employee of the month for her hard work on the breast cancer awareness event at the Y.

Thank you guys for all your hard work and dedication to the Y and our mission!



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THE 'C' IS STILL IN THE YMCA OF THE SHOALS!

The YMCA movement is something different and special. We are particularly relevant to today's society because we fill a void in the community. We put Christian principles into practice. We welcome and support children and families and help build the values of caring, honesty, respect, and responsibility. We are for everyone – people of all ages, races, religions, incomes, and abilities. The YMCA builds community. The mission of the YMCA of the Shoals is to enable the people of our area to participate in building a society based on Christian principles by helping them to develop in spirit, mind, and body as individuals and as members of society; by seeking at all times to promote Christian attitudes and values; and by providing resources to help meet the needs and promote the welfare of our community. It is the policy of the YMCA of the Shoals to provide program services for any youth, adult, or senior who desires to participate and understands the benefits of the YMCA, regardless of their ability to pay. Those not able to pay the full fee may be eligible for our sliding scale fee based on their demonstrated ability to pay.

