



# TWIN RIVERS YMCA CONNECTIONS

Bringing us together... from a safe distance.

**April 22, 2020**

[trymca.org](http://trymca.org)

## OUTDOOR FAMILY FUN

Here is an activity the whole family can participate in. Go outside, in your yard or to a local park (remember to practice safe social distancing) and give this Outdoor Scavenger Hunt a try!

Items Needed:

- Pen/Pencil & Paper
- Plastic Bag

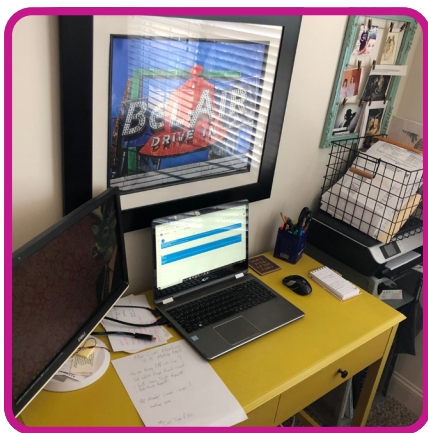


1. Before you go outside, make a list of 12-20 things you would like to try and find (flower, bug, rock, stick, piece of litter, a four leaf clover, something blue, etc.). Kids can have an adult help them make the list.

2. Head outside and track down as many items on your list as you can find! Remember to think outside the box, be safe, and have fun!

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## BEHIND THE SCENES



Kelly Millington, Financial Development Director, has been working from his home office.

## GREEN THUMB



Todd Shuart, President & CEO, is enjoying the amaryllis growing in his sunroom.

## FAMILY PHOTOS



Kira Parker, Health & Wellness Director, spending time with her husband, Mark & son, Luke.

# BAKE YOUR HEART OUT

Let's face it - being stuck at home can get boring. Many of us have chosen to take some of our time to work on our skills in the kitchen, and baking seems like the popular choice.

Last week, our Marketing Director, Amy Walsh, baked a batch of homemade cinnamon rolls. Having just her and her husband, Alan, at home to eat them, they decided to share some with their neighbors. Sharing your kitchen creations is a way to spread some joy and prevent over indulging in baked goods! (Just remember to practice safe social distancing - you can leave the goodies on their porch!)

This recipe was shared by our President & CEO, Todd Shuart. He made these cookies at home with his wife, Lori, and they turned out great!

## Donatella Arpaia's Coconut, Oatmeal, & Chocolate Chunk Cookies

### Ingredients:

- 1 3/4 cup whole-wheat flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 cup unsalted butter, softened
- 1/2 cup packed light brown sugar
- 1/2 cup granulated sugar
- 2 large eggs
- 1/2 tsp. vanilla extract
- 1/2 tsp. coconut extract
- 2 1/2 cups uncooked old-fashioned regular rolled oats (Todd substituted granola)
- 10 oz. dark chocolate, roughly chopped
- 1 1/3 cup unsweetened shredded coconut
- 1 cup roughly chopped unsalted almonds or walnuts



### Directions:

1. Preheat oven to 350 degrees. Sift together flour, baking soda, and salt into a medium bowl; set aside.
2. Beat butter, brown sugar, and granulated sugar with a stand mixer fitted with a paddle attachment on medium-high speed until fluffy, about 3 minutes. Beat in eggs, vanilla and coconut extracts until just combined, about 1 minute. With mixer running on low, gradually add in flour mixture, beating until just combined, 1 minute. Add oats, chocolate, coconut and nuts, beating until just combined, 1 minute.
3. Drop dough by 2-tablespoon amounts on a baking sheet lined with parchment paper, spacing 2 inches apart.
4. Bake until just set but centers are still soft, 10 to 11 minutes. Let cool on baking sheet 5 minutes. Transfer to a wire rack to cool completely, about 5 minutes. Repeat with remaining dough.

**Makes:** 3 dozen    **Active Time:** 15 minutes    **Total Time:** 1 hour



## BEATING STRESS

Stress comes and goes in most people's lives. Days of juggling work, families, and other commitments can leave us feeling drained and overwhelmed.

Our Marketing Director, Amy Walsh, has a quick tip to beat stress - take a break! Her favorite spot for a quick mental reset is her front porch swing.

We will be sending our members some practical tips later this week to help manage stress and improve your mental and emotional health - including a video from Kira on how to make a simple DIY Stress Ball at home! Check your member email for info on ways to decrease your stress levels.



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## WORDS OF ENCOURAGEMENT

**"What is the difference between an obstacle and an opportunity? Our attitude toward it. Every opportunity has a difficulty, and every difficulty has an opportunity."**

– J. Sidlow Baxter

### FAVORITE BIBLE VERSE

**Troy Pennington, Membership Director**

#### **2 Timothy 4:17-18**

"But the Lord stood by me and strengthened me, so that through me the message would be fully proclaimed, and all the Gentiles would hear it. So I was delivered from the mouth of the lion. And the Lord will rescue me from every evil action and bring me safely into His heavenly kingdom. To Him be the glory forever and ever. Amen."



# THANK YOU FOR YOUR SUPPORT!

Without support from our members like you, we wouldn't be able to keep connecting our members to life-changing programs.

"As we approached our bimonthly gatherings, the pandemic hit. We could no longer gather physically with others. My first thought was how was I going to continue with the YMCA's Diabetes Prevention Program without connecting with my friends who were in my support group! I had come to rely on the continual connection to the group. YMCA staff saved the day by connecting us via the internet!! It has been helpful to me to keep me on track with the daily journals. Without this connection, I believe I would have slipped more than I have over the last several weeks. I look forward to the 'life ring' of video conferencing being tossed my way to help me stay afloat!"

*-Participant in YMCA's Diabetes Prevention Program at the Twin Rivers YMCA*



## WE WANT TO HEAR FROM YOU!

What have you and your family been up to? Have you started a new hobby or tried a new recipe? Learned a new skill or built a healthy habit? Maybe you have a favorite physical activity or family game!

Let us know! Email Amy at [awalsh@trymca.org](mailto:awalsh@trymca.org) and you may end up in a future Connections newsletter!