



# TWIN RIVERS YMCA CONNECTIONS

Bringing us together... from a safe distance.

**May 13, 2020**

**trymca.org**

## WALK YOUR WAY TO BETTER HEALTH

Walking is a popular aerobic exercise with a low injury rate and plenty of benefits.

Studies show that a regular walking routine helps in prevention and management of health concerns such as heart disease, high blood pressure, and type 2 diabetes. Also, balance and coordination, improved memory and mood, stronger bones and muscles, increased longevity, and a better quality of life are associated with walking for exercise. Choosing supportive shoes, comfortable clothing, a safe course, and practicing good technique while walking will set you up for success.



Sit less, walk more and take steps toward better health. Check your member email later this week for a video on walking for exercise from Janice, personal trainer at Twin Rivers YMCA.



## WE WANT TO HEAR FROM OUR MEMBERS!

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!

## EASY MEXICAN TOSTADAS

Here is a recipe for a fun and customizable meal, submitted by our Family Services Staff member, Jessica Delfavero's fiancé, Pete Casarez. Kids will enjoy topping their tostadas with their favorite colorful toppings, and adults can enjoy that it is a quick and simple dinner!

### Easy Mexican Tostadas

#### Ingredients:

- 1 lb ground turkey
- taco seasoning
- tostada shells
- 1 can refried beans

#### *Suggested Toppings:*

- 1 avocado, large
- 1 large tomato
- 1/2 head of lettuce
- 1 medium onion
- salsa
- shredded cheese
- sour cream

#### Directions:

1. Brown the turkey and add in your favorite taco seasoning to taste.
  2. Bake the shells in oven at 350 degrees for about 5-10 minutes until golden brown.
  3. Top the shells with the refried beans, seasoned turkey, and toppings of your choice.
- .....



## COMMUNITY SUPPORT

Many community-granting organizations are answering the call to help nonprofits. Target of New Bern has generously donated \$500 to the Twin Rivers YMCA to help us continue to serve the community.



# SOME MUSICAL REFLECTIONS

by Susan Mabie, Twin Rivers YMCA Group Exercise Instructor



*"Music can name the unnamable and communicate the unknowable." -Leonard Bernstein*

*"Who hears music, feels his solitude peopled at once." -Robert Browning*

*"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." -Plato*

It seems fitting that my reflection should focus on the power of music, since music and movement are my greatest passions. I cannot imagine a day without the beauty and grace of music. Not only does music feed our soul and express the inmost feelings of our heart, it can move us to action in ways the spoken or written word cannot. Music is a healing balm, a refuge from worry and despair, an expression of those things that cannot be said. I cannot tell you how many times my heart and soul have been stirred by the combination of powerful words put to beautiful music.

Music is an important part of our corporate and private worship and praise to God.

*"Come, let us sing for joy to the Lord; let us shout to the Rock of our salvation." Psalm 95:1*



It's no surprise that I love music! It has always been a way of expressing myself, my love of God and my love of others. I sing in the shower, around the house, in the car, in worship, in choir, while I'm teaching my fitness classes at the Y, at my day job (music store!), even while I'm mowing the grass. When I'm not singing, I have a song going in my heart and in my head.

*"I will sing to the Lord as long as I live; I will sing praise to my God while I have my being." Psalm 104:33*

The Resurrection Singers have an anthem, "Be Strong in the Lord", which we plan to do in worship once we are able to be together again as a church community. Just recalling the words and melody have united us as a body of believers and brought solace to us during this time of separation.

*"Be strong, be strong, be strong in the Lord; and be of good courage for He is your guide. Be strong, be strong, be strong in the Lord; and rejoice for the victory is yours." -Ron Hamilton*

Now that many of us have unscheduled time and no calendar to follow, I ask that you take time each day to listen to an uplifting or fun or silly or rhythmic or compelling piece of music.

Let it wash over you and fill you with all the emotions you possess. May you find joy and peace in this wonderful gift God has provided.

*"Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts." Colossians 3:16.*



*"Live your truth. Express your love. Share your enthusiasm. Take action towards your dreams. Walk your talk. Dance and sing to your music. Embrace your blessings. Make today worth remembering." - Steve Maraboli*

## WORDS OF ENCOURAGEMENT

**"Everyone has inside them a piece of good news. The good news is you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is."**

– Anne Frank

### FAVORITE BIBLE VERSE

Charles Boehnke, Director of Properties and IT

#### 1 Thessalonians 4:11

"And you yourself must be an example to them by doing good works of every kind. Let everything you do reflect the integrity and seriousness of your teaching."



Todd Stuart, President & CEO, has been enjoying strawberry season. His dog, Gigi, isn't so sure about them...



Member Jean Reichenbach traded swimming at the Y pool for bike riding outside during this beautiful spring weather!