

GOOD NEWS!



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

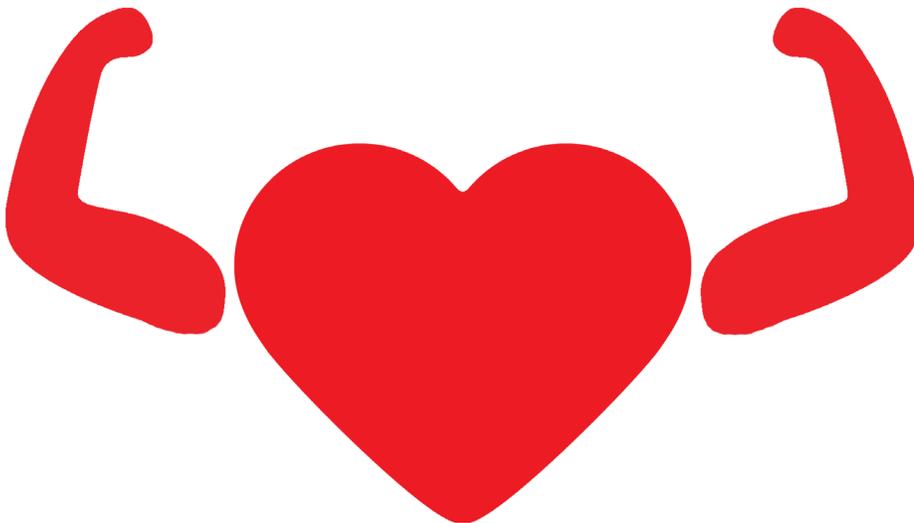
TWIN RIVERS YMCA

100 YMCA Lane, New Bern, NC 28560

February 2018

www.trymca.org

MEMBER ENGAGEMENT NEWSLETTER



HEALTHY HEARTS CHALLENGE

February is American Heart Month, and we want to turn on the cardio here at TWIN RIVERS YMCA!

As a leading community-based organization committed to improving the nation's health, the TWIN RIVERS YMCA urges our members to participate in our Healthy Hearts Challenge.

Heart disease is the number one cause of death in the United States. Each day, approximately 2,200 Americans will die of heart disease, stroke or other cardiovascular disease according to the American Heart Association. Cardiovascular exercise is one way you can lower your risk of heart disease.

To address the prevalence of heart disease, TWIN RIVERS YMCA encourages heart healthy regular exercise. Many exercise programs are offered at the Y, including Group Exercise classes and Aqua Aerobics.

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COMMUNITY LEADER TO RETIRE AFTER 25 YEARS OF SERVICE



There are not many children in Craven County that don't know Susan Decker. Every third and fourth grader comes to visit her and her beautiful pool once a year at the TWIN RIVERS YMCA. Kids learn lifesaving skills that help prevent drowning, as well as building their self esteem and laughing with friends. In her tenure at the Y, Susan has seen more than 25,000 children come through the doors and enter the pool. She has done her best to lead an active group of volunteers, dedicated to preparing children with skills that could save their life in a water emergency.

Decker, the Director of Aquatics, plans to retire on Wednesday, February 28. Her impacts on our community will be felt long after she towels off and leaves the Y pools behind her.

"This has been an emotional time for me, it's very bittersweet to see my time here coming to an end. You don't realize how many lives you

affect," said Decker. "I'm getting contacted by adults thanking me for being a role model, and teaching them values as a child that they are using in their adult life."

"I have taught so many little ones to swim, then trained them to be a lifeguard, and eventually, a Y employee. Being able to help our young staff develop a good work ethic and sense of responsibility to our community is incredibly rewarding, said Decker. "That is my greatest career accomplishment."

Throughout her career, Decker has led the TWIN RIVERS YMCA's efforts to maintain safe practices throughout the Y's programs and facilities. She has trained hundreds of staff in first aid and CPR techniques and has hired, trained and supervised more than 300 lifeguards and swim instructors.

"Susan does it all, and she smiles the entire time," said Megan Benvenuto, Director of



Community Impact at the TWIN RIVERS YMCA. "I've seen her in the pool teaching water aerobics, then swim lessons. She's coaching our beginner swim team, the Zoomers, then running a High School Swim Meet. She makes each group feel like they are her top priority, because she has such passion for her work and the impact she is making on the lives she touches each day. She is an inspiration."



"Susan has been a constant at our Y. She has earned a reputation as a leader in aquatic programming in Craven County and the surrounding area. She is diligent in safety and compassionate in teaching. We will miss her and her calming presence on our pool decks," said Todd Shuart, CEO of the TWIN RIVERS YMCA.

The Y will have a celebratory lunch in honor of Decker and her accomplishments on Monday, February 19th from 11:30am -1:30pm. Please drop by to wish Decker a happy retirement as she begins this new journey.

TOGETHERHOOD AT OUR YMCA



Togetherhood® is the Y's member-led volunteer service program to strengthen community. The program aims to deliver lasting social change by addressing the social isolation, disconnectedness and lack of civic engagement found in communities across the U.S.

Through Togetherhood, Y members from all backgrounds work with their neighbors and community partners to plan and lead volunteer service projects that respond to a need in the community where they live. By working together in small groups, Y members forge new friendships and improve their own well-being while meeting local needs.

Launched in 2013, Togetherhood is YMCA of the USA's Signature Program for Social Responsibility. As of May 2016, 380 Y branches have pledged their commitment to participate in Togetherhood. Our YMCA has pledged our commitment.

In July 2017, nine YMCA members gave over 32 hours of their time to participate in the City of New Bern's Paint Your Heart Out New Bern. Over 50 homes were selected to have minor repairs to make living conditions comfortable and safe for the homeowners. Projects included, refreshing paint, replacing handrails on porches, and building handicap ramps into homes.



February 2018 is kicking off strong with two Togetherhood projects. On February 3, nine YMCA volunteers participated in Clean Sweep. The Craven County initiative is designed to pick up litter and promote solid waste reduction. Our YMCA volunteers cleaned a designated area in New Bern from 9 AM-11 AM. YMCA member Pat Sager led the Clean Sweep Togetherhood initiative.



Our second Togetherhood project for February is Raincoats for Refugees. The need for youth sized raincoats is in high demand to keep children dry and comfortable. These two simple elements can dramatically increase self-esteem and positive well-being for the children in need.

Working with Interfaith Refugees, raincoats will be collected for the entire month of February. You can place new or gently used raincoats in the designated baskets in the lobby. YMCA member Michaela Hampton is leading Raincoats for Refugees.



Think you have what it takes to lead a project? The TWIN RIVERS YMCA is looking for our next Togetherhood project to launch in April. Togetherhood consists of one leader to plan and develop the volunteer project with the assistance of our Volunteer Coordinator, Adrienne Payton. Once a project has been identified, the lead volunteer will work to create a team of volunteers to assist with duties – such as having supplies donated, collaborating with organizations to help, and recruiting YMCA members to help.

If you think you have what it takes to make a difference in our community, contact Adrienne Payton (apayton@trymca.org or 252-638-8799) to make your dream become a reality.

WHAT'S HAPPENING AT THE Y?

RAINCOATS FOR REFUGEES

2/1 - 2/28

RED CROSS CPR/FIRST AID/ AED COURSE

Registration: thru 2/10
Saturday, 2/17

SPLASH MASH DASH: 3RD ANNUAL INDOOR TRIATHLON

Friday, 2/9 & Saturday,
2/10

PARENT'S NIGHT OUT

Registration: 2/2-2/14
Friday, 2/16

YOUTH SWIM LESSONS

Registration: thru 3/1
Sessions: 3/1-4/28

Y-BERN BASKETBALL LEAGUE

Registration: 1/22-3/4
Session: 3/12-5/4

5-ON-5 ADULT BASKETBALL LEAGUE

Registration: 1/22-3/4
Session: 3/18-5/6

SPRING YOUTH SPORTS

Registration: 1/22-3/4
Session: 3/12-5/5

ADULT SWIM LESSONS

Registration: thru 3/5
Sessions: 3/5-4/30

MIDDLE SCHOOL STEM CLUB

Registration: thru 3/19
Session: 3/2-4/20

SPRING BREAK CAMP

Registration: 2/19-3/26
Session: 4/2-4/6

SUMMER DAY CAMP

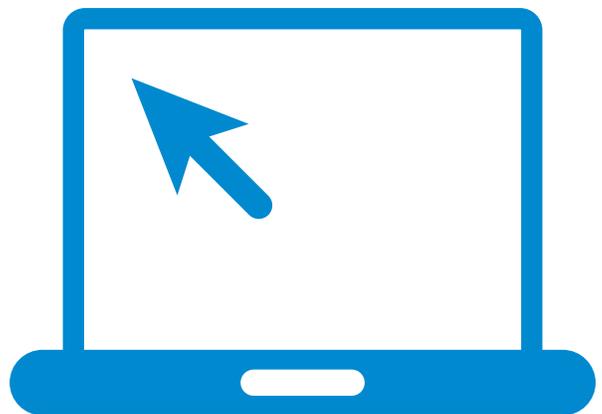
Registration: 4/2-Full
Sessions: 6/11-8/17

FOR MORE INFORMATION ON THESE AND OTHER PROGRAMS,
SEE OUR PROGRAM GUIDE OR VISIT TRYMCA.ORG.

KEEPING YOU CONNECTED

The majority of our Programs are available to our members for online registration! Visit trymca.org to register for programs - wherever you go!

Our Facebook page and app are the best places to get up to date information on closures and changes. Make sure to like the TWIN RIVERS YMCA on Facebook and download our free smartphone app!



Questions or comments about TWIN RIVERS YMCA Good News?
Contact Amy at awalsh@trymca.org or 252-638-8799.



KIRA'S CORNER

A HEART HEALTHY RECIPE

February is American Heart Month. Treat your heart to something good with this heart healthy crockpot recipe. It's the perfect fit for these chilly days and busy schedules.

Slow Cooker Mexican Chicken Soup

Ingredients:

- 1 ½ boneless, skinless, chicken breasts
- 1 lb baby carrots
- 1 medium onion (chopped)
- 1 medium potato (cut into ½-inch cubes)
- 1 medium bell pepper (chopped)
- 1, 14.5 oz. can no salt added, diced tomatoes (undrained)
- 1, 8-oz can no salt added tomato sauce
- Juice from 1 medium lime
- 1 Tbsp chopped, fresh cilantro
- 2 tsp cumin
- 2 tsp chili powder
- 4 medium garlic cloves (minced)
- 1 tsp salt
- 1 tsp pepper
- 4 cups fat-free, low-sodium chicken broth

Directions:

Placed all ingredients into a slow cooker, cover, and cook on low for 6 to 8 hours, or until vegetables are tender and chicken is no longer pink in the center.

Just

before serving, transfer the chicken to a cutting board. Using a fork, shred the chicken. Stir the shredded chicken back into the soup. Enjoy!

Servings: 6

Calories: 232

Saturated Fat: 0.8 grams

Sodium: 592 mg

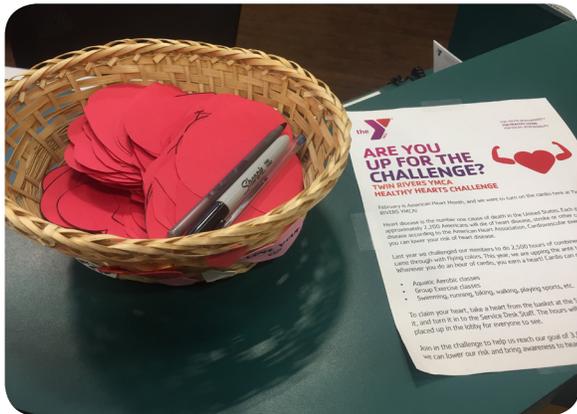


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Last year for the Healthy Hearts Challenge, we asked our members to do 2,500 hours of combined cardio, and they came through with flying colors. This year, we are upping the ante to 3,000 hours! Whenever you do an hour of cardio, you earn a heart!

Cardio doesn't have to be done just at the Y, and can count as many things, such as Aquatic Aerobic classes, Group Exercise classes, swimming, running, biking, walking, playing sports, etc.



To claim your heart, take a heart from the basket at the Service Desk, write your name on it, and turn it in to the Service Desk Staff. The hours will be counted every few days and placed up in the lobby for everyone to see.

Join in the challenge to help us reach our goal of 3,000 hours by February 28th! Together we can lower our risk and bring awareness to heart disease in our community.

