



EDWARDSVILLE YMCA
 Niebur (Esic) Center
 Meyer Center
 Allison Cassens Early Childhood
 Development Center
 www.edwardsvilleyymca.com

A Monthly Newsletter For Our Members

Issue 10 | April 2019

IT'S NOT GOODBYE, IT'S SEE YOU SOON



Bob Nelson has been a staple at the Meyer Fitness Center desk on week-day mornings for the past 14 years. He has decided to start the next chapter in his life through retirement. Nelson said, "I started at the Y when the Meyer Center opened in 2005 as an opener in the early mornings. I have only had two jobs in my life. I first retired from the railroads where I was a conductor and now having spent my time at the fitness desk."

When asked what he will miss most, Nelson said, "I have enjoyed meeting people from all walks of life. I will miss greeting all of the kind people and sharing stories."

One of the great things about the Y is that you never know who can change your life or fulfill a lifelong dream. Nelson reflects, "I had a childhood dream fulfilled through my association with a YMCA member. Ray, a pilot, took me up in his two-seater plane and we flew over Edwardsville and the YMCA."



Nelson plans to spend time traveling with his family and to "get up early to ride the bike trails, then visit with people and workout at the Y, then take a nap." We wish Bob all the best in retirement and look forward to seeing his smiling face on the other side of the desk.



**Meet Allison
our March
STAR!**

Our employee recognition initiative highlights staff who:

- S**hows exemplary customer service & team spirit
- T**op Performer advances the Y through new concepts, programs, membership growth & strengthening the Y within our community
- A**lways shows highest regard for the Y's mission, goals & values
- R**egularly exceeds expectations & requirements
- S**trives consistently to raise the bar of excellence

The winner of March's STARS Award drawing is Allison Naylor! She works in Aquatics and is a great representative of our Y staff!

Other STARS Award Recipients Were:

- Sam Borg, Aquatics
- Robbie Brown, Aquatics
- Rachel Brunsworth, Member Services
- Johanna Haywood, Gymnastics
- Claire Jenkins, Child Watch
- Chris Liliensiek, Member Services
- Katelyn Meadows, Member Services
- Paige Myslewic, Aquatics
- Matt Trgovich, Member Services

CONGRATULATIONS!

BRAND NEW PROGRAM STRIVES TO HELP THOSE WITH PARKINSON'S

Starting June 4th the Edwardsville YMCA will have two new Parkinson's related offerings for free. The Parkinson's Support Group will meet on the first Tuesday of the month at 12:00pm in the Niebur Center Conference Room. Meetings are for anyone diagnosed with Parkinson's and their care partner or helper. The program is offered in association with the American Parkinson Disease Association (APDA). Ann McLean, Niebur Center Fitness Director said, "In our community, we have people that have all different challenges. As a YMCA, we look for ways to bring wellness to members of our community. With the free support group, we have a place where people with Parkinson's and their caregivers can come and meet with others that are facing the same challenges.



The second offering is the Exercise for Parkinson's class. Along with improving overall health, exercise has been shown to help manage Parkinson's symptoms and improve quality of life. The Edwardsville YMCA is excited to offer a class designed specifically for individuals who have been diagnosed with Parkinson's disease. This class uses a variety of exercises to work on movement strategies, coordination, balance, strength and flexibility. The class meets on Tuesday & Friday from 11:00am – 12:00pm and includes 30 minutes of indoor cycling and 30 minutes of a land-based fitness activity offered in our brand new Spin Studio at the Niebur Center. Level 1: Participants exercise seated or standing with support. Movements are done at a pace and intensity that are appropriate for each participant. Level 2: Participants must be able to walk and stand up from a chair without assistance. Most exercises are done standing. Level 3: Higher intensity, faster paced classes where participants perform multiple step exercises and may get on/off the floor. A YMCA membership is encouraged, but not required. All levels of participants are welcome.

McLean said, "It is important to have exercise classes that aren't just for the most fit population of our community. We have fitness classes from Silver Sneakers which help with the older adult population to Zumba and Boot Camp. Until now, we haven't had a class that focuses on a particular disease process. Parkinson's is a lifelong disease but there are ways to make movement better. Our trainers have attended certifications with the American Parkinson Disease Association that enable them to help people with Parkinson's regain strength and movement. The classes are being offered free to our community so that everyone that needs help can come. We want you here."



LOOKING FORWARD

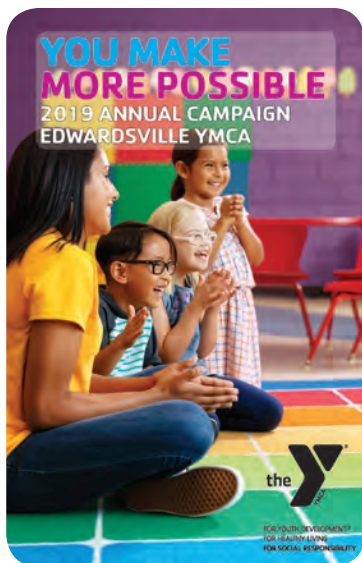
Would you like to know what else the Edwardsville YMCA has in store for you this spring? Here is a glance at some important dates:

APRIL

- 21ST: YMCA Closed For Easter
- 22ND: Spring Session Begins
- 25TH: Meyer Center Fire Drill at 1:30pm
- 27TH: Gymnastics Parents Night Out

MAY

- 9TH: Niebur Center Fire Drill at 1:30pm
- 13TH: Summer 1 Session Member Registration Begins
- 26TH: Spring Session Ends
- 27TH: YMCA Closed For Memorial Day
- 28TH: Summer Camp Begins! (If no more snow days)



PROVIDING SUPPORT FOR THOSE IN NEED

We are nearing the end of our Annual Campaign, which raises money that goes directly to financially support individuals and families who need help to participate in YMCA programs and services. Requests for help come from single parents, seniors or families on a fixed income, those recommended by their physician or even community members who have fallen on hard times. The campaign also helps provide special needs programming and assistance with full-day childcare. Tom Verheyen, CEO of the Edwardsville YMCA, reflects on those seeking assistance, "Our promise to the community is that we will be here to support them and to ensure that the Y is accessible to all regardless of their ability to pay. The Annual Campaign helps us fulfill that promise. We are extremely grateful for the generosity of the community. Every dollar raised goes to help provide support for the people in need of the great services the YMCA offers."

If you would like to learn more about the Annual Campaign or make a donation, please visit: edwardsvilleyymca.com/your-support-makes-a-difference/annual-campaign/

A LOOK AT HEALTHY KIDS DAY

Thanks to our Community Sponsor: Anderson Hospital & all of the other local vendors & participants for making Healthy Kids Day a great event!



APRIL

• YMCA WELLNESS NEWSLETTER •

Ingredient of the Month: COCONUT

Most of the world's production of coconuts occurs in tropical Asia, with Indonesia, the Philippines, and India accounting for over 72% of the world's total coconut growth. Individual parts of the coconut have many uses—the seeds provide oil that can be used in frying, cooking, or making margarine, while the white flesh of the coconut can be dried or used fresh in cooking and desserts. The milk of the coconut is typically used in savory dishes, such as curries, rices, and soups.



THE NEED-TO-KNOW ON GUT HEALTH

Gut health has become one of the most talked-about nutrition topics over the past few years, but...what is it?

Having good gut health can be defined as "effective digestion and absorption of food, the absence of GI illness, stable intestinal microbiota, effective immune status, and a state of well-being with normal quality of life."

"Good" gut microorganisms can assist our bodies with gut health by providing essential nutrients, helping in the breakdown of organic compounds, synthesizing vitamins, and even activating nerve function. "Bad" gut microorganisms, on the other hand, can have a negative effect on many of the same systems. Chronic diarrhea, constipation, excessive flatulence, and bad breath could be a few key indicators that you may have too much "bad" bacteria hanging around.

What can cause too many "bad" microorganisms?

Antibiotics, stress, illness, poor dietary habits (namely sugary and high-fat diets), smoking or excessive alcohol consumption can all lead to high levels of the "bad" gut bacteria.

How can I increase the "good" microorganisms in my gut?

Consuming a balanced diet that includes good amounts of regular nutrients as well as prebiotics and probiotics will set you well on your way! Prebiotics and probiotics are available in different supplemental forms such as pills and cleanses, but overall, they're unnecessary since regular foods can provide plenty of them.

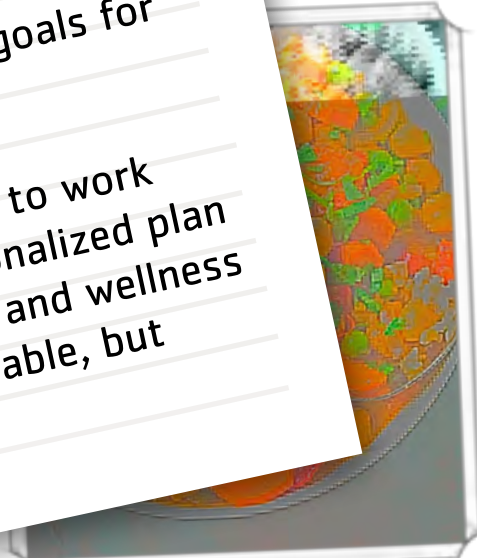


Meet Your
YMCA Nutritionist...

Rachel
Allard

Our registered dietitian will work with you to help you glean insight into unique eating habits, lifestyles and goals for you!

Our process will allow us to work together and create a personalized plan for your improved nutrition and wellness that is not only achievable, but sustainable.



There's no better time than the new year!

Set up your initial nutrition counseling appointment now by contacting Rachel at rallard@edwymca.com

Initial One Hour Session: \$50

Initial/Follow-Up Combo: \$75

30 minute Follow-Up Package : 4 for \$110

Fruit Energy Bites

Yield: 20 Servings Prep Time: 5 minutes

Ingredients:

- 1 Cup Chopped Almonds
- 1 Cup Dried Figs
- 1 Cup Dried Apricots
- 1/3 Cup Shredded, Unsweetened Coconut

DIRECTIONS

Combine almonds, figs, and apricots in a food processor; pulse until finely chopped. Roll mixture into small balls and place in coconut for the outer coating.

You can make these ahead of time and keep covered in your refrigerator for three days, or freeze for up to three months.



What are probiotics?

These are termed the "good" bacteria. They are often called the live cultures that are naturally found in the gut. They can help balance our gut flora by repopulating intestinal microorganisms. Some foods that have probiotic benefits include fermented dairy foods such as yogurt, aged cheeses and kefir (make sure to look for the words "live active cultures" on the package,) kimchi, sauerkraut, fermented vegetables, and tempeh.

To sum it up, good gut health is greatly associated with overall health.

Consuming a balanced diet that includes fiber, along with prebiotic and probiotic sources, exercise, and plenty of sleep can help contribute to a healthier you overall!

What are prebiotics?

Prebiotics are the "food" or promoters for the "good" bacteria (probiotics) in your gut. They are undigestible fibers from the food YOU eat, that provide a food source for the "good" bacteria in your stomach. They can also help improve the health of your GI tract, and possibly even enhance calcium absorption.

Some foods that have prebiotic benefits include fruit, vegetable, and whole-grain groups such as bananas, leeks, onions, soybeans, artichokes, whole-wheat foods, garlic, and asparagus.

Combining both prebiotic and probiotic food sources produces "synbiotics." For example, this could be adding some banana slices with yogurt, or cooking a stir-fry with asparagus and tempeh.

"For me, exercise is more than just physical—it's therapeutic."
— Michelle Obama —