NEW YEAR’S GREETINGS

WHAT IS THE Y FOUNDATION?
The Johnson County YMCA Foundation was formed on June 30, 1984 to provide an endowment fund to ensure the Y would have the financial support it would need in future years to strengthen our community through youth development, healthy living, and social responsibility. The Foundation works to transform gifts from caring individuals and families into meaningful and lasting positive change for our community. While we accept gifts of cash, securities and other assets, much of our endowment fund’s growth is the result of planned gifts. The Foundation is enriched when it is named as a beneficiary of a donor’s will, insurance policy, retirement plan or trust.

Income generated by the Foundation’s endowment funds is poured back into Johnson County in the form of YMCA facilities, programs and services our community needs in order to thrive—both now and in the future. Over the past three decades, the Foundation has provided over $1,500,000 in funds that have been used to help nurture the potential of kids, ensure our community’s health and well-being, and support neighbors in need. The Foundation is a symbol to the community that the YMCA is a flourishing organization that will always serve Johnson County.

QUESTIONS, COMMENTS, IDEAS?
Call the Johnson County Family YMCA: 307 684 9558
Mike Quast, Executive Director jcfymca@fiberpipe.net
Gill Heiser, Associate Executive Director jrjymca@fiberpipe.net
Ed von Holst, Aquatics Director jrjaquatics@fiberpipe.net
Shanda Wright, Youth Director jrjyouth@fiberpipe.net
Kurt Heiser, Facilities Director jrjproperties@fiberpipe.net

IMPROVING YOUR Y & MEMBERSHIP FEE INCREASE
Our biggest project of 2016 has been replacing the roof of the Y. Additional work had to be undertaken when one of the roofing contractors put his foot through a rotted roof panel, which had been caused by years of condensation building up in the roof structure. There was asbestos in the lobby flooring and the flooring was peeling up from the sub-floor, becoming a tripping hazard for our many members traveling through, especially those with walkers and canes. In addition, none of the electrical wiring or fixtures met the current code requirements. It became necessary to remove and replace the flooring and remove and install new electrical wiring and fixtures. To cap off the project, sheetrock was added to the walls and new furniture was purchased to create a more relaxing and welcoming environment for our community members.

The building is getting older and the Y continually strives to improve the facilities. Given all of these efforts and to help defray the rising cost of daily operations, it is necessary for the Y to increase your monthly membership dues. Effective January 1, 2017 membership fees will increase by $2.00 per month. Make no mistake, we continue to try to be as efficient as possible with your membership dollars and to provide our members with a variety of programs and services. Your membership includes:

- Member pricing for our youth sports and swim programs.
- The Y is open 5,428 hours a year giving access to the gym, pool, weight and fitness equipment and racquetball court!
- Free afterschool program at the Y in the Park for family members.
- Free group exercise classes incl: Yoga, Swim & Spin, Zumba, Cycling, etc.
- Jump into the pool to lap swim, take a water exercise class, or enjoy open swim with your family and friends.
- Play noon basketball or enjoy some afternoon pickleball pickup games.
- Member pricing for our youth sports and swim programs.

We make resolutions to be more supportive, more intuitive to your needs, more creative, and more understanding. What comes out of these resolutions, yours and ours, is what it’s all about: people getting healthier, feeling better, getting stronger, spending time with their families and friends, learning new skills, gaining confidence and self-esteem, and a community that comes together. So here we are, a new year with new goals and resolutions. The Y is ready to go; are you?
Mike Quast
Zumba is a workout that just feels like fun! It’s easy to burn up to 500 calories when you are dancing to great music. The benefits reach far beyond fitness and weight loss. Attending a Zumba class has been shown to ease depression and improve memory as well as coordination! Come join us to get healthy and fit in an exciting and innovative way!

Ana Roberts – Fitness instructor Johnson County Family YMCA

ALWAYS HERE FOR YOU- What does the Y do for our community?

As a nonprofit, health and human services organization, the Y is committed to helping our community members achieve their full potential in spirit, mind, and body. The Y recognizes that many of the children and families in our community would benefit from Y programs and services, but cannot afford to maintain a membership at the Y. However, the Y’s commitment to our community is strong and it assures that financial assistance is available to those who qualify.

Our financial assistance program is based on a sliding-fee scale that is designed to fit each family’s particular financial situation. With the generosity of Y contributors through our Y Partners Community Support Program, our goal is to have sufficient funds available to ensure that our Y remains available to all comers from the community who wish to take advantage of the Y’s benefits.

We humbly thank the annual donors to our Y Partners Campaign. Through them, we are able to make the Y available to all members of our community, including those who need financial assistance. If you see a Y Partner you know, please thank them for their commitment to the Y and to our community.

IN 2017 The Y Will Give

$109,960 in Finical Assistance 1,110 Scholarships

To learn more about the Y Partners Community Support Program, please contact the Y or speak to one of your Y Board Member.

AQUATIC THERAPY AT THE Y

Aquatic therapy is an amazing resource for many individuals as it provides an option for both fitness and therapy. The feeling of weightlessness through the water’s buoyancy allows for movement with less pain and less exertion all the while strengthening the body. Aquatic therapy is often utilized when patients have musculoskeletal disorders such as arthritis, post-operative pain, and strokes to name a few. I have been working with John Gibbs, who is rehabilitating from a stroke, and have seen first-hand the extraordinary benefits of water. John is able to tolerate longer periods of weight bearing exercises, including gait, which would be far more difficult for him on dry land due to pain and fatigue.

In John’s own words, "The pool has been a lifesaver. While I am in the water I can strengthen and move in a way I cannot on dry land. It is the only place I can be where I don’t have pain."

People with balance deficits, such as John, also feel more comfortable in the water as it often minimizes their fear of falling while walking and exercising. The water not only has physical benefits but powerful mental benefits as well. With floating techniques we often find that the mind settles, the muscles relax, and the body responds. The joints are not often bearing weight, allowing for a pain free experience, and we are able to provide stretching and movement to the trunk and spine that would be quite difficult out of the water. The pool has been invaluable in John’s recovery and I am sure if he had his way he would be in the water every day!

Cathy Miner, MSPT - Buffalo Physical Therapy

A FUN & ENRICHING AFTERSCHOOL PROGRAM

For this young family, their YMCA adventure started when they signed their daughter up for the Preschool Gym and Swim Program. That was 3 years ago! Ellie is now a 1st grader and attends the Y afterschool program along with her older brother, Kaden. For the mom, Amanda, the Y has been a lifesaver! As a full time nursing student at Sheridan College, Amanda knows that when weather is bad, her classes run over, or she needs extra time to study, the Y Afterschool Program is open and available for her kids. Their dad, Caleb, works full time, so he has peace of mind knowing that his kids have a safe place to be after school.

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Amanda feels like the Y Afterschool Program has been especially helpful to Kaden by teaching him that he is part of a team. He has learned many skills and developed some good friendships. One of Kaden’s favorite things to do at the Y is play the interactive games. "I am able to ride a bike and play a video game at the same time," he said. Ellie loves the craft projects. She loves being able to sit with her friends and be creative. Her favorite days to come are when her cousins come too. The giggles never stop and the kids always walk out the door with creative crafts in hand.

Amanda said, "The Y is a great place for our kids! We know that they are safe and that they will have fun. The communication with the staff is wonderful and I don’t have to worry about racing home from Sheridan."

The Afterschool program is FREE for those with family memberships and $5.00/day for others in the community. It is held Monday–Friday 3:30pm–5:45pm at Y in the Park. For more information, please contact Shanda Wright, Youth Director.