

INSIGHTS

A MEMBERSHIP PUBLICATION OF THE YMCA OF PIERCE AND KITSAP COUNTIES



Winter 2012 | ymcapkc.org

ENHANCING THE HEALTH OF PEOPLE AND COMMUNITIES

Corporate Memberships

"It's an awesome benefit," says Jennifer Matney of her employer BCRA's corporate membership. "It's one of those things that, for me at least, I don't know I'd spend the money to do. I would probably say I'd do something outside, but it would rarely happen."

The Y's Corporate Membership program is designed to enhance the health of a company's most important asset — its employees. Corporate members enjoy all the benefits of Y membership like unlimited access to all branches, free 12 Week Personal Fitness Program, classes, and state-of-the-art equipment.

Plus, investing in employee well-being has additional benefits:

Reduce stress. Exercise reduces stress hormone levels in the body and stimulates endorphins, the body's natural painkillers and mood elevators.



Some of the BCRA team. Courtesy of bcradesign.com/people.

Improve health and morale. A study from Preventing Chronic Disease found that employees engaged in physical activity have better knowledge of disease management, better eating habits, and smoke less.

Reduce costs. Unhealthy employees contribute to increased health care costs, which are often linked to tobacco use, poor nutrition, and lack of physical activity.

Attract employees. Prospective employees look at pay, vacation, insurance plan, and

benefits. Including a Y membership in employees' benefit package can make a company a more desirable employer.

Reduce absenteeism. American Sports Data shows that people who exercise frequently stay home from work less often than people who are not active.

Increase loyalty. Providing wellness programs can help employees feel more valued.

Companies who join the Y join more than a gym. The Y is a movement of thousands of people making positive changes in their lives and the lives of others in our community. "It's a great way for BCRA to show support for the Y," notes BCRA Principal, Stuart Young, "and it's a good incentive for our employees to participate in the community and in their personal fitness."

LEARN MORE



Find detailed information about the Y's Corporate Membership program online, ymcapkc.org/membership-information/corporate-memberships.



For more information about Corporate Memberships, contact corporatemembership@ymcapkc.org or 253-534-7810.



Want to learn more about the benefits of workplace wellness programs for both employees and employers? One resource is the American Institute for Preventative Medicine's Worksite Wellness White Paper: www.healthylife.com/template.asp?pageID=75.

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A BOLD COMMITMENT TO HEALTHY LIVING

Letter from the President

Being healthy is about maintaining a balanced spirit, mind, and body. This is true for every aspect of your life, from playing to working. And it's true for your entire life, from youth to maturity.

Individuals can work toward that balance by challenging themselves with new activities at

the Y. But they never have to go it alone. We foster connections with others, whether it's a friendly face and encouraging word, a small group program, or family-centered activities.

One top priority at the Y is the health and well-being of our youth. As part of our 2020 Vision we are working to ensure that every child in Pierce and Kitsap Counties receives 60 minutes of physical activity and nutrition education each day by the year 2020. This bold commitment is making a significant impact on the youth in our community. It is just one way the Y is improving our community members' health and well-being every day.

We are proud to be with you – in work and in play, from infancy into maturity – building a healthy spirit, mind, and body for all.



Bob Ecklund
Bob Ecklund
President and CEO

WE VALUE YOUR VOICE

- YouTube: [youtube.com/ymcapkc](https://www.youtube.com/ymcapkc)
- Facebook: [facebook.com/ymcapkc](https://www.facebook.com/ymcapkc)
- Twitter: twitter.com/ymcapkc
- Email newsletters: ymcapkc.org/enews

CONTRIBUTIONS STRENGTHEN COMMUNITY

Chair's Roundtable Helps Y Meet Needs of Kids, Families, and Community

At the Y, no child, family, or adult is turned away. We recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, and secure.

The need to provide nurturing programs for young people and support memberships for families becomes greater each year. We rely on charitable contributions to meet the needs of our community.

One special group that makes a big impact in supporting these children and families are the Y's Chair's Roundtable donors, those who give \$1,000 or more to the Y each year.


"I think the YMCA is one of those entities in Pierce and Kitsap Counties that leverages the donated dollar in significant ways," says Chair's Roundtable Investor Todd Silver. "The program impacts the quality of life of tens of thousands of kids and adults in Pierce County and I'm delighted to be able to help."

It is through the generous support of these individuals in our community that we can empower every child, adult, and family to be healthy, confident, and connected.

When you give to the Y – no matter the size of your gift – you strengthen our community and move us all forward. We use your gift to make a meaningful, enduring impact right in your own neighborhood.

"For us it's all about the kids," note Chair's Roundtable Investors Bruce and Helen Martin. "Camp Seymour provides a place where kids can meet and live with others without the distractions of everyday life. Camp connects people in a beautiful natural setting. It is our hope that every child, regardless of economic situation, will have the opportunity to enjoy this magical experience."

LEARN MORE

 To learn more or donate, contact Annual Giving Director Sarah Homan at 253-534-7804 or shoman@ymcapkc.org.

YMCA Chair's Roundtable Investor Todd Silver.

TRANSFORMING LIVES AT THE Y

Journey to Freedom

Cheyenne Altman had changed her name and disappeared for a while to escape an abusive husband. Other hardships in her life led her to stop taking care of herself and to gain weight. A visit to the doctor's office made Cheyenne realize that her weight was harmful, which is when she joined the Y.

Gail Cicelski, Mission Director at the Lakewood Family YMCA, learned of Cheyenne's past and suggested she join Journey to Freedom, a small group program at the Y that offers inspiring and practical support for overcoming life's challenges and strengthening personal spirit, mind, and body. "As I went through it, there was a lot of tears and a lot of healing," Cheyenne says.

Now working at the Lakewood Family YMCA, Cheyenne has helped hundreds of people achieve a healthier lifestyle. She never expected one of them to be a brother she had not seen in 30 years. But that's who walked through the door and sat down with her in July.

Gil Quante wanted to improve his health and fitness, so he and his wife Joann made an appointment to get started at the Y. They sat down for an orientation to a 12-week personal fitness program with their new coach Cheyenne. The two had not seen one another in 30 years.

Cheyenne believes Journey to Freedom helped her to let go of her past and accept the future. She just never guessed it would include her brother sitting down with her at the Y.

LEARN MORE

 Watch their story on KOMO News: <http://bit.ly/NuzJoc>.

 Read an article about Gil and Cheyenne in The News Tribune: <http://bit.ly/TevtYx>.

 Learn more about Journey to Freedom or other Life University programs: ymcapkc.org/lifeuniversity or 253-460-8916.



Siblings Cheyenne Altman and Gil Quante.

CONNECT, BELONG, LEAD

YMCA Child Care

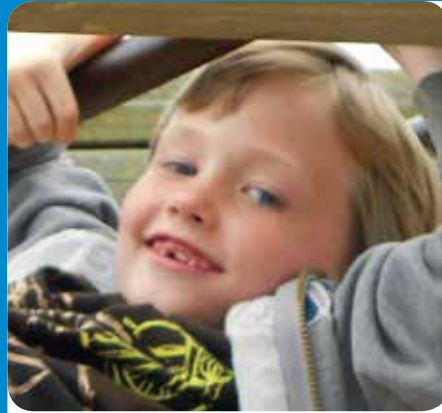
When Aden started kindergarten his teachers had to use sign language to communicate with him. "He took a family struggle pretty hard," said Rebecca, his mother. "He wouldn't talk to anyone he didn't know."

He started YMCA Child Care later that year and within two weeks started talking again.

"The staff were able to provide structure and develop a relationship with Aden," says Rebecca. "He's still a little shy, but he has grown so much in his communication skills."

YMCA before and after school programs provide children with a variety of activity options designed to explore and develop their interests and talents. With a focus on safety, health, social growth, and academic enhancement, YMCA Child Care provides children with the skills to succeed.

Aden, now 7 years old, loves the variety of activities available to him. "I like doing science, art, writing, coloring—we do a lot of fun things!" he says.



Aden, YMCA Child Care participant.

YMCA BEFORE AND AFTER SCHOOL CHILD CARE

At the Y, we believe children should have a place to explore their interests and talents. YMCA Child Care provides activities focused on academic enhancement and social growth, which means your child connects with others to build lasting relationships, develops a sense of belonging, and cultivates leadership skills.

CONVENIENTLY SERVING YOUR SCHOOL DISTRICT:

Bethel
Bremerton
Central Kitsap
Clover Park
Dieringer
Franklin Pierce
Peninsula
Puyallup
Steilacoom
Tacoma

YMCA PRE-K AND KINDERGARTEN CHILD CARE

Children work on their letter and number recognition, learn social skills and cooperation, and enhance their motor skill development while having fun with friends.

Pre-K

Columbia House, Puyallup
West Sound Technical Skills Center, Bremerton

Kindergarten

Puyallup Schools
Peninsula Schools

LEARN MORE



For more information about Y Child Care call
253-534-7840 (Pierce)
360-813-1813 (Kitsap)



Learn more about Y Child Care at ymcapkc.org/ymca-child-care.



Child Care Executive Director Diana Comfort talks about the program: [youtube.com/watch?v=bKlIZt_ua44](https://www.youtube.com/watch?v=bKlIZt_ua44).



Hear how Y Child Care helped Lauren: ymcapkc.org/donate/strong-kids/meet-lauren.



Rendering courtesy of BCRA.

MEETING NEEDS AND EMBRACING TRADITION

YMCA Camp Seymour

Camp brings together people and nature. It transcends the type of home you come from, your school, and your neighborhood. Camp gathers everyone together, regardless of ethnicity, income, or belief systems in a beautiful setting on the Key Peninsula. It is the gateway for many children to first experience the outdoors because it's accessible both in its intention and location, and soon in its accommodations.

We've begun work on a new dining hall and covered amphitheatre that will allow 350 campers to join together for food and fellowship, rain or shine. The new space

will be accessible to all in its location, size, and structure. This is important because the dining hall is more than a means to feed Camp's 13,000 yearly visitors; it is the signature building for gathering. It's where we make friends and learn about making good choices. It's where we discuss and laugh, where we connect and enjoy.

The new dining hall will embrace our rich tradition and meet the current and future needs of campers. There are still opportunities to contribute to the project. If you are interested, please contact Liz Ortenburger at 253-460-8900 or lortenburger@ymcapkc.org.



Bob Ecklund, YMCA President and CEO, with Deanna Dally, Ray Dally, and Jim Carmichael at the YMCA Camp Seymour Dining Hall Groundbreaking.

INVESTMENTS BUILD COMMUNITY

Support YMCA Camp Seymour's New Dining Hall and Amphitheatre

Individuals who donate to the campaign can have their name, or the name of a loved one, inscribed on a small brick (\$250), medium brick (\$500), large brick (\$1,000), amphitheater bench (\$2,500), or picnic table (\$5,000).

Generous Supporters

The Bamford Foundation
Bargreen Ellingson
Phillip Bennett
Richard and Joan Brown
Brenna Cholerton
Ray and Deanna Dally
Rick and Betsy Ellingson
Zach and Stephanie Groshell
Andrew and Sarah Homan
Scott and Diane Jackson
The McEachern Foundation
Gary E. Milgard Family Foundation
The PMA Foundation
Randy and Karen Rushforth
Scott Silver
Tom and Jackie Taylor
Denton and Sylvia Thomsen
James and Kat Van Eddy
Charlie and Theresa Walters
Grace Wang and Peter Ku
Anonymous (2)

MAKING AN IMPACT

Dedicated Supporters Provide Program and Camp Opportunities for Youth

"It's just obvious how much this place was needed," says David Skelton. "It's always busy, every time of day." David, and his wife Janet, would know; they are fixtures at the Haselwood Family YMCA.

"When you walk around the track you can see kids on the gym floor, so active," notes Janet. "You hear the giggling, the laughing, the screams of happiness. You can see what a joy it is to them."

"We love the chance to provide that for more kids," he adds. "Anything we can do we are working on." That includes being one of the

early supporters of the Haselwood Family YMCA, donating to the Y the amount of their membership covered through Silver Sneakers, a benefit of their health care plan, and investing in the new dining hall and amphitheatre at YMCA Camp Seymour.

As a youth, David sold bars of soap to earn his way to YMCA Summer Camp in San Pedro, California. His wife Janet was a campfire girl who credits camp for learning to get along with her sister. "Rather than fighting over doing the dishes," she explains, "we'd sing camp songs."

"Your camping background stays with you for life," says Janet. "You spend time outside. You learn to swim. There's that aspect of summer camp when children from different backgrounds come together to work and to play and to learn together."

"Sometimes that does not happen outside of camp," notes David. "You have a couple of buddies or a few girl friends that stick together."

"Going to camp is a chance to really experience relationships. Camp encourages kids to go forward and be good citizens. When that happens, everyone is a winner."



David and Janet Skelton.

SUPPORT THE Y

- Donate online at ymcakpc.org.
- Learn about giving options; contact Sarah Homan at 253-534-7804 or shoman@ymcapkc.org.
- Find out if you qualify for Silver Sneakers: silversneakers.com.

"BETTER CONNECTED" FOR A HEALTHIER COMMUNITY

MultiCare Health System and the Y



Our partners at MultiCare see it every day: when people work together to achieve their health and fitness goals, they succeed together. Over the years, these successes inspired MultiCare and the YMCA of Pierce and Kitsap Counties to join forces. Together, we share a goal of building a healthier community. Through our innovative partnership, we've helped people become healthier with programs like The Biggest Winner, a 12-week course incorporating health evaluations, nutritional counseling, regular exercise, and encouragement.

Last fall MultiCare Mary Bridge Children's Hospital began a new collaboration with the Y, ACHIEVE (a partnership between local communities and national and state organizations to create healthier places to live, work, and play) and other community organizations on Ready, Set, Go! 5-2-1-0. Designed to combat childhood obesity and the alarming rise in type 2 diabetes, this initiative encourages children to set daily health goals: eat 5 or more servings of fruits and vegetables, limit screen time to 2 hours or less, get at least 1 hour of exercise and consume 0 sugary drinks. Working with MultiCare and other partners, we hope to get the message out to kids in our community so they stay strong and healthy.



Y PROGRAMS

FALL FAMILY CAMP

October 26-28
A fun-filled family getaway to YMCA Camp Seymour that brings families closer together through outdoor fun and teamwork.
253-884-3392
campseymour.org/family-camp

LIFE UNIVERSITY

Discover a collection of groups, workshops, and seminars offered to inspire hope, give helpful information, and provide a place for genuine relationships while navigating some of the most challenging and joyful aspects of life.
253-460-8916
ymcapkc.org/lifeuniversity

OUTDOOR AND ENVIRONMENTAL EDUCATION

A YMCA Camp Seymour program for fourth through sixth grade students to explore ecosystems, understand natural resources, and improve outdoor and group building skills.
253-884-3392
campseymour.org/outdoor-education

STRONG KIDS CAMPAIGN

February 21 – March 26
Join the annual fundraising campaign to ensure every child has access to a balanced life by providing financial assistance for memberships, camp, child care, and outreach programs.
ymcapkc.org/donate/strong-kids

YMCA CHILD CARE

Before and After School Child Care
253-534-7840
ymcapkc.org/ymca-child-care

YMCA OF PIERCE AND KITSAP COUNTIES ASSOCIATION OFFICE
1614 S Mildred St Ste 1
Tacoma WA 98465
253-534-7800

BREMERTON FAMILY YMCA
2261 Homer R Jones Dr
Bremerton WA 98310
360-377-3741

GIG HARBOR FAMILY YMCA
10550 Harbor Hill Dr
Gig Harbor WA 98332
253-853-9622

HASELWOOD FAMILY YMCA
3909 NW Randall Way
Silverdale WA 98383
360-698-9622

LAKEWOOD FAMILY YMCA
9715 Lakewood Dr SW
Lakewood WA 98499
253-584-9622

MEL KORUM FAMILY YMCA
302 43rd Ave SE
Puyallup WA 98374
253-841-9622

MORGAN FAMILY YMCA
1002 S Pearl St
Tacoma WA 98465
253-564-9622

TACOMA CENTER YMCA
1144 Market St
Tacoma WA 98402
253-597-6444

YMCA CAMP SEYMOUR
9725 Cramer Rd KPN
Gig Harbor WA 98329
253-884-3392

YMCA CENTER FOR COMMUNITY IMPACT
9715 Lakewood Dr SW
Lakewood WA 98499
253-584-9622

YMCA CHILD CARE
1614 S Mildred St Ste 5
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253-534-7840

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253-534-7800

FOR HEALTHY LIVING

Find What You Need at the Y: Programs, Personal Training, even an App

"Our Y members already have access to great equipment and helpful staff," notes Toni Couture, a personal trainer at the Lakewood Family YMCA, "but I have the privilege of providing extra motivation, accountability,

and expertise to help them build a healthier, and happier body. As a personal trainer, I know that I am helping my clients take that step toward better health every day."

At the Y we empower people to be healthier in spirit, mind, and body. And that's just the beginning. We tailor our programs to meet the needs of people of all ages, interests, and abilities.

Whether you seek health and fitness classes, childcare programs, day or resident camps, teen or family activities, small group support, volunteer opportunities, or special events, you'll find choices at the Y. Now it's even easier to find the right programs for you and your family with our schedule app:

- Get up-to-date status of the facility and the pool.
- Scan your membership barcode into your phone.
- Find nearby YMCA's.



FOR HEALTHY LIVING



Find Healthy Living programs near you at ymcapkc.org/what-we/programs/for-healthy-living.



Learn more about Personal Training at ymcapkc.org/personaltraining or contact Deb DeLong at ddelong@ymcapkc.org or 253-906-9945.



Find branch schedule apps at ymcapkc.org/fitness-schedules.

- Look up pool, gym, fitness, program and event schedules.

PROGRAMS AND COLLABORATIONS SUPPORT HEALTHY LIVING

Harrison Medical Center and the Y

HARRISON MEDICAL CENTER

At the Y, we believe that by working with community partners we can give all our neighbors healthy choices and support their pursuit of healthy lifestyles. We work with more than 50 community partners to help make healthy living a reality for individuals of all ages and backgrounds. Our relationship with Harrison Medical Center helps us offer services focused on prevention and well-being for our members.

The Harrison Medical Center suite, located on the second floor of the Haselwood Family YMCA, is open from 8 am to 5 pm, Monday through Friday, with extended hours for Massage Therapy, Tuesdays and Thursdays until 8 pm, Saturdays 10 am to 2 pm. 360-613-4467

CardioPulmonary Rehabilitation: Phase 3 exercise monitored by our medical professionals

Outpatient Adult Rehabilitation: Orthopedic Physical Therapy and Occupational Therapy; work conditioning; functional capacity evaluation; aquatic, hand, & oncology therapies

Nutritional Counseling: Nutrition and diabetes education

Massage Therapy: Therapeutic, Swedish, deep tissue, hot stone, hand/foot

DOctalk: Recognizing Breast Cancer Awareness Month

**Haselwood Family YMCA
Community Room**

7 pm, Wednesday, October 24, FREE

As part of Harrison's DOctalk series, Lori Eakin, MD and J. Wesley Solze, MD, will discuss breast cancer prevention, screening, treatments, statistics, and the latest imaging technology from screening to biopsy and more.

To register call 360-744-6760 or visit harrisonmedical.org/doctalk.

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