Connect members

Y Healthy Kids Network

Serving our Community

As summer comes to a close, children and parents get ready to head back to school. Many of our local children are looking forward to new school clothes and seeing their friends. However, some children are looking forward to returning to school simply to have one regular meal a day through the free and reduced-price lunch program.

Attorney Doug Lowe, who serves on the YMCA Board of Directors, thought he had a firm understanding of food insecurity in Licking County. However, in 2014, his daughter told him a story that made him realize how many local kids struggle with hunger every day. His daughter, a teacher at Carson Elementary School, had students asking her for extra fruit so they could take it home and have something to eat for dinner. "It’s bad enough to try to make an apple stretch for one night," Lowe thought. "But what about the weekend?"

He then decided to do something to help those students and many more around the county. He partnered with the Licking County Family YMCA, then reached out to Newark City and Southwest Licking schools and the Food Pantry Network of Licking County to create the Y Healthy Kids Network. The pilot backpack program served approximately sixty children in the first year. By the end of the 2015-16 school year, the program had served...
37,134 meals in four schools to more than 200 students. The program grew in 2016-2017 to 310 kids in nine schools. And this year, the Y Healthy Kids Network is prepared to serve 450 students in 14 schools within six different school districts in Licking County.

On Friday afternoons, children identified as “food insecure” receive a backpack full of a weekend’s worth of nutritious food. On Monday morning, the backpacks are returned to be refilled for the following weekend. Teachers have reported improvement in their students’ behavior and attention, and increased Friday attendance.

Reese, Drake and Meyer provided the initial funding for the program. Since it’s conception, a variety of community organizations have stepped up to provide funding and volunteers, including Walmart, the Alford Foundation, the Licking County Health Department, the employees of the Licking County Clerk of Courts, Newark Rotary Club, Park National Bank, the Energy Cooperative, Licking County Farm Bureau, Herb Murphy, the Shelly Co, Neal Ave United Methodist Church, and the Presbyterian Church Council.

“It’s been rewarding to help, but there is more work to be done”, said Ed Bohren, CEO of the Licking County Family YMCA. “We always think that hunger happens in other communities, that hunger isn’t prevalent here. But it’s prevalent everywhere,” he said. “The need for program and the food is greater than before.”

For more information regarding the Y Healthy Kids Network, sponsorship and volunteer opportunities, please contact Edward Bohren at edward.bohren@lcfymca.org or 740-345-9622.

CHRISTIAN EMPHASIS

NONE LIKE HIM

10 Ways God Is Different from Us

Women’s Bible Study

“God is self-existent, self-sufficient, eternal, immutable, omnipresent, omniscient, omnipotent, infinite, and incomprehensible. We’re not. And that’s a good thing.”

Join us for our Women’s Bible Study group as we explore None Like Him: 10 Ways God is Different from Us (and Why that’s a good thing) by Jen Wilkin

WHO: All ladies in Y family and open to community. Bring a friend!

WHEN: Begins September 12 Tuesdays 6:15pm

WHERE: Y Newark Café

REGISTRATION: Registration is open at the Y Front Desk $10 for book

IMPACTS SHARED

From Teachers in the Y Healthy Kids Network

“This kiddo along with his sibling have been homeless living in a camper since September. The food provided to both of them has been, ‘a God Send’ according to the mom.”

“The student in my class is always asking if "today is the day he gets his backpack of food;" it’s almost like he is counting down the days until he gets it again. I know he is counting forward to getting his backpack. I feel that the backpack meals give him a sense of security and he knows he can count on the program for food, so thank you!”

“This student and her two brothers lost their father suddenly several years ago. Their mother has to take care of all three children on her own and the HKN Backpack really takes some pressure off of her.”

“She was always quiet and withdrawn in class. Since she has been receiving bags from HKN she has come alive. She smiles more and is more engaged in the classroom.”

“Words cannot describe how incredible this program has been for this student. I’ve not only seen an improvement in this child’s physical appearance, but his overall emotional wellbeing.”

“He is a twin in a family with a lot of children. Mom and dad work multiple jobs to make ends meet. They have a lot of mouths to feed. They were reluctant at first, very proud. But once they saw how discreet we are, they were appreciative.”

CHRISTIAN EMPHASIS

SAVE THE DATE

Operation Christmas Child Box Packing Party

We are sending love and hope to children around the world. The Y community has been making crafts and collecting items all year. We need your help, creativity and love to pack each shoe box so underprivileged children receive a gift that will change their lives. Operation Christmas Child is ministry of Samaritan’s Purse.

WHO: Open to all, children welcome with adult supervision

WHEN: Friday November 3, 5-7:30PM

WHERE: Y Newark English Gym

DONATIONS: Donations are welcomed for the $9 postage to send one box.
NEW GROUP FITNESS CLASS

STRONG BY ZUMBA™
Y Newark

STRONG by Zumba™ combines body weight, muscle conditioning, cardio and plyometric training moves and pairs them with original music that has been designed specifically to match each move. Every squat, lunge and burpee is driven by the music, helping the participant make it through the last rep.

In this one hour class, participants will burn calories while simultaneously toning their arms, legs, abs and glutes. Plyometric, explosive moves like high knees, burpees and jumping jacks are interchanged with isometric moves like lunges, squats and kickboxing. The music and moves are changed frequently to make sure participants are always challenged to the max.

Starting September 8, take your workout to the next level with Strong by Zumba™.

FRIDAYS 6:00-7:00 am Y Newark Aerobic Studio 1

HEALTHY STARTS HERE

Cycling Schedule changes
Y Newark

Starting September 2
Saturday Cycling
will begin at 7:15am

Starting September 9
Learn to Cycle
Saturdays at 10:30am

HEALTH & WELLNESS FITNESS CHALLENGE

MEET YOUR GOALS!
Y NEWARK & Y WESTERN

10 weeks —> Small Group Training —> Motivation & Success
2017 Fall Fitness Challenge
September 11-November 18

Y Newark: Fitness Challenge Information Meeting Sept. 7 at 5:00pm with Assessments beginning Sept. 9*

Y Western: Fitness Challenge Information and Assessments scheduled following registration*

*The Fitness Challenge differs slightly by branch. Check your Branch front desk for more information.

YOGA WORKSHOP

Yoga Basics
Saturday, September 9 at 11:15 am Y Newark

New to Yoga? Learn foundational poses, step by step in a supportive workshop for beginners.

HOLIDAY HOURS

LABOR DAY
Monday September 4, 2017

YMCA Newark: 7 am-Noon
The Reese Family Wellness Center, English & Knoll Gymnasiums, and the Indoor Pools will be available during this time. Classes and Child Watch are not available.

YMCA Western Branch: Closed
Y Western members are welcome at Y Newark special hours!

Have a wonderful holiday!
This summer at Y Day Camp and Y All for One Camp, we had the BestSummer.Ever. In the midst of gaga ball, swimming, just a bit of rain and mud, we forgot to share all of our wonderful memories that were made. At Y Day Camp, children made new and lifelong friends, had opportunities to learn and build leadership skills, participated in activities that focus on character development and overall had FUN!

Thank you to all of our counselors and staff for bringing the magic and joy of camp to all of our campers. And thank you to our campers, you inspire us to make each year better than the last. Thank you to the Licking County Board of DD for the fantastic All for One pictures!

We can’t wait to see you next summer!

WHAT IS YOUR Y STORY?

Everyone has their own unique Y story, we’d love to hear yours. The Y family is impacting lives daily. Feel free to share pictures, stories, quick notes of impact and help us tell the Y Story. To share your story contact your favorite staff member, or share your story directly with me at dana.moore@lcymca.org.

UPCOMING EVENTS AT THE Y

FALL I REGISTRATION
Y Newark & Y Western
Registration is open
Fall I Session
September 5-October 21

PUBLIC UTILITIES COMMISSION OF OHIO
Oct. 4-11:45 Y Newark English Gym
Your Utilities Tune Up: Learn about Energy Choice, consumer protection, tips and more!

ASHI CPR/AED/FIRST AID
Sept. 12 10am-12pm
Adult/Child/Infant CPR/AED/First Aid-$65
Register at Y Newark front desk

ACTIVE ADULT TRIP
Hard Rock Café Casino
Oct. 2-Bus leaves Y Newark east entrance. Cost $5
7:30am-5:00pm

BARBELL BASICS
Sept. 4-6:00-7:00pm
Y Newark-Free to members
Register at the Front Desk