



# YMCA Member News



## Maintenance Shutdown Week projects...

Every year, during the last week of August right before Labor Day, your YMCA closes for a week of maintenance to ensure that your facility is kept clean and in top working order. You may be wondering what happens during this week, since much of the work is not completely noticeable. The six Leadership Staff, along with help from a handful of volunteers and contractors, completed a wide variety of projects in and around the YMCA.

This year, the gym and aerobic room floors were screened and re-coated with a polyurethane finish. In addition, repairs were made to the aerobic room floor, and new cross-court keys and three-point lines were painted in the gym. We painted the gym walls, and thoroughly cleaned the track walls and flooring surface. All equipment in the aerobic room was thoroughly scrubbed and checked for repairs.

In the Wellness Center, we painted the free weight area wall, re-positioned the mirrors for safety, painted the skylights, cleaned and performed maintenance on all the cardio and strength equipment. We also installed a new dehumidification system for the Wellness Center and Locker Rooms.

The Locker Rooms and Showers received a fresh coat of paint, and the lockers were scrubbed inside and out.

We re-painted the bottom of the pool with a new epoxy paint, replaced the pool and whirlpool drains to meet state compliance with the Virginia Graham Baker Act, and professionally cleaned all the tile floors to help re-activate the anti-slip floor coating.

All the ceilings were dusted, light fixtures were cleaned, all carpets were professionally cleaned, door frames were painted, tile floors were repaired, windows washed, blinds

dusted, cove base scrubbed, and doors were stained.

Every cinderblock surface in the facility including hallways, the lobby, restrooms, showers, and locker rooms were painted. We used over 40 gallons of paint in three days. We installed new shower caddies in the Women's/ Family Girl's showers.

We updated bulletin boards and moved old files to a secure location.

Maintenance Shutdown Week is necessary to keep your facility working at an optimal level and looking brand new. We hope you enjoy the changes and help us keep the facility looking clean and fresh!



## Wapakoneta Family YMCA

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### New This Fall!

- Chair Massages
- Manicure Day
- Youth Game Night
- Yoga For Kids
- Cycle and Core
- Diabetes Continuing Education—Meal Planning
- Cup Stacking Contest

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## America on the Move Week...

America on the Move Week with the YMCA is all about the small changes we can make in our habits that add up to big benefits for long-term health. Research from America on the Move Foundation has shown that incorporating healthier behavior into our daily routines at home, work and school does make a difference. More specifically, research shows that achieving energy balance: energy in (food and drink) vs. energy out (physical activity) is an effective approach to healthy weight management. Adding just 2,000 extra steps and eating 100 fewer calories each day are enough to help most Americans prevent the current average annual weight gain of 1-2 pounds. Here are simple, time-honored

strategies for cutting calories and adding activity.

**Reducing Calories:** Drink nonfat or 1% milk instead of whole; substitute water for one or two other beverages each day; bake, broil or grill chicken and fish rather than fry; eat more slowly; watch portion sizes; watch dips and sauces made with cream or mayonnaise; skip or limit the bread basket when eating out.

**Adding Steps:** walk, walk, walk; at least once a day, skip the elevator and take the stairs; turn up your favorite music and dance around the house; head to a park, playground, or beach; participate in a charity walk/run; play

a game of tag, softball, or kickball with the kids.

Ask about America on the Move activities at the YMCA, and visit the America on the Move web site for fun, interactive tools for adults and kids to set goals, and track physical activity and healthful eating progress. [www.americaonthemove.org](http://www.americaonthemove.org)

## Healthy Kids Diet Guidelines...

Teaching children to eat healthfully these days is, unfortunately, more complicated than just encouraging them to eat their brussel sprouts. Studies suggest that many children often skip breakfast, and missing a morning meal has been linked with lower overall intakes of a variety of nutrients. Kids are also eating more foods prepared outside of the home (which often means bigger portions), drinking more sodas and consuming less dairy (which is important for growing strong bones).

What's more, in the last 30 years the percentage of US children aged 6-11 who are overweight has nearly tripled. As childhood obesity becomes more common, diseases previously only seen in adults are becoming increasingly prevalent in children. For example, estimates from the Centers for Disease Control and Prevention predict that one in three American children born in 2000 will develop type 2 diabetes at some point during their lives. Other research

shows that plaque building up inside arteries—the most common cause of heart disease—can begin in childhood.

Bottom line: Adults need to teach children good eating habits that ensure they're getting the nutrients they need—but not too many calories. To that end, we offer the following tips and guidelines.

### **Introduce a variety of produce:**

By learning to love fruits and vegetables while they are young, kids will develop food preferences that can help lower their risk of heart disease, diabetes and some cancers later in life. A produce-rich diet is also naturally lower in calories and fat and higher in vitamins and minerals. According to the latest recommendations from the USDA, kids ages 2-3 should have 1 cup each of fruit and vegetables each day.

### **Balance calories with exercise:**

Kids should get 60 minutes of moderate to vigorous play or physical activity each day. Limiting their "screen time" (watching TV, playing video games, emailing and instant-messaging) to two hours each day will help accomplish this goal. The number of "discretionary calories" varies greatly between sedentary and active kids. Kids who are active have a discretionary-calorie allowance of about 200-500 calories a day, whereas sedentary kids only have 100-150—about the amount in an 8-ounce juice box or a handful of pretzels.

### **Get moving-together:**

Eating right is just part of the equation for healthy kids. Keeping your children active will improve their well-being and help them maintain a healthy weight, and doing activities together can create memories!

## Chicken & Sun-Dried Tomato Orzo...

8 ounces orzo, preferably whole-wheat  
1 cup water  
1/2 cup chopped sun-dried tomatoes  
1 plum tomato, diced  
1 clove garlic, peeled  
3 teaspoons chopped fresh marjoram  
1 tablespoon red-wine vinegar  
2 tsp. plus one tbs. extra-virgin olive oil  
4 boneless, skinless chicken breasts  
1/4 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1 9-ounce package frozen artichoke hearts

1/2 cup finely shredded Romano cheese  
Cook orzo in a large saucepan of boiling water until just tender, 8-10 minutes or according to package directions. Drain and rinse.

Meanwhile, place 1 cup water, 1/4 cup sun-dried tomatoes, plum tomato, garlic, 2 tsp. marjoram, vinegar, and 2 tsp. oil in a blender. Blend until just a few chunks remain.

Season chicken with salt and pepper on both sides. Heat remaining 2 tbs. oil in a large skillet over medium-high heat. Add the chicken and cook adjusting the heat as necessary to prevent burning, until golden outside and no longer pink in the middle, 3-5 minutes per side. Transfer to a plate; tent with foil to keep warm.

Pour the tomato sauce into the pan and bring to a boil. Measure out 1/2 cup sauce to a small bowl. Add the remaining 1/4 cup sun-dried tomatoes to the pan along with the orzo, artichoke hearts and 6 tablespoons cheese. Cook, stirring until heated

through, 1-2 minutes. Divide among 4 plates.

Slice the chicken. Top each portion of pasta with sliced chicken, 2 tbs. of the reserved tomato sauce and a sprinkling of the remaining cheese and marjoram.

Nutrition Facts (per serving):

457 calories  
12 grams fat  
3 grams saturated fat  
6 grams mono-unsaturated fat  
68 grams Cholesterol  
54 grams Carbohydrates  
36 grams Protein  
10 grams Fiber  
372 mg. Sodium  
546 mg. Potassium

## Mission in Action—Neighborhood-Centered Family Services..

In 2003, the Urban Services YMCA, part of the YMCA of San Francisco, developed a Family Resource Center in the city's Oceanview, Merced Heights, and Ingleside (OMI) neighborhoods, having identified a need for culturally and linguistically relevant family supports in the area. The plan was for the Urban Services YMCA to leverage its organizational expertise and infrastructure to create a centralized hub of neighborhood-based services that would empower families to take active roles in their households and community. Since opening its doors six years ago, the OMI Family Resource Center, with substantial community funding, has served more than 10,000 families through individualized services including intensive case management, family advocacy, home visits and crisis interventions where appropriate.

Parents and caregivers have participated in meaningful support groups, educational parenting classes, nutritious food pantries, individual and family therapy, and informational workshops that have strengthened families to "help them help themselves." The central location of the center has allowed staff, often hired from within the neighborhood, to meet a range of family members in a comfortable environment (a renovated home in the community), as well as serve families in their native languages.



YMCA

We build strong kids,  
strong families, strong communities.

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## International... YMCA of Liberia

Liberia, which means "land of the free," was founded by freed slaves from the US and is Africa's oldest republic. These freed slaves, called Americo-Liberians, first arrived in Liberia and established a settlement in Monrovia on February 6, 1820. Liberia is struggling to get back on its feet after almost 14 years of civil war. The arduous task of re-building democracy and the economic infrastructure is gradually moving forward with support from the international community.

The YMCA of Liberia was founded in 1881, and currently supports 14 branches and program center throughout the country. The Y's holistic youth development programs include civic engagement, peace and reconciliation, adolescent reproductive health, computer training, recreation,

sports and camping. The YMCA is also a national leader in the rehabilitation and reintegration of former youth combatants into society.

During the post-war period, the YMCAs encouraged people to return to their villages, take part in the disarmament and reconstruction process and begin a countrywide process of psychological recovery and rebuilding of communities. One communication tool, the YMCA radio station, reaches more than 20,000 listeners on a daily basis with programs on health, peace, civic education and advocacy. Operated by car battery in a country that has no electricity, the radio provides some of the only information for a country with one of the highest illiteracy rates in the world.

The YMCA currently has more than 7,000 members (the majority under the age of 25) and currently reaches 30,000 young people with support for YMCA and U.N. partners. It also has a longstanding and robust partnership with the YMCA of Indianapolis.