

# YMCA OF STEUBEN COUNTY NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF Steuben County

East Harcourt St., Angola, IN 46703

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*"Optimist: someone who figures that taking a step backward, after taking a step forward, is not a disaster; it's more like a cha-cha."*  
~Robert Brault



## STAIRMASTER LANDMARKS CHALLENGE

Brice is waving the flag for the Stairmaster Landmarks Challenge at the YMCA of Steuben County. He hopes many members will rise to the challenge!

Participants can complete as many of the nine landmarks as desired. The Landmarks and number of steps required are:

- Big Ben—334 steps
- Washington Monument—896 steps
- Statue of Liberty—377 steps
- Eiffel Tower—1665 steps
- Willis Tower— 2109 steps
- World Trade Center—2226 steps
- Great Pyramid of Giza—615 steps
- Empire State Building—1860 steps
- Buri Khalifa—2909 steps

So, one asks, "What do I do to get involved in the Stairmaster Challenge?" Easy Peasy! Up in the Wellness Center the various Landmarks are posted with the number of steps required. Beside each landmark there is a sign up sheet. When one completes a particular Landmark challenge, just sign your name, along with date of completion.

The Stairmaster Landmark Challenge will continue through September. For anyone completing all landmarks, names will be entered into a prize drawing! Any questions, please ask Brice.



Don't forget the **2nd Annual Youth Triathlon** at the YMCA, Saturday, August 8! Race starts at 8 a.m. Still time to sign up. We could also use more volunteers, to be stationed throughout the course for safety. Fans are welcome to come and cheer the kids on! Face masks and social distancing recommended.

Questions or to sign up contact Janna Duke at [info@ymcasteuben.org](mailto:info@ymcasteuben.org).



## YMCA FACE MASK POLICY

Per the State of Indiana mandate 7/27/20, the following YMCA mask policy is in effect:



**Face masks are required (covering mouth and nose) for everyone inside the YMCA at all times except:**

Children (0-7) and any individual with a documented medical or mental health condition or disability that prevents wearing a face covering.

**Once starting exercise, a face-mask need not be worn during the following activities.**

Exercising and/or using equipment on fitness floors, participating in group exercise classes, playing recreational/organized sports in gym, swimming, using aquatic center, or showering.

**After an activity is over, please replace the facemask.**

We strongly encourage those outside our facility to: wear face masks over nose and mouth (unless 0-7 or prevented from doing so), practicing safe distancing at least 6' from others, and limit contact to infrequent or incidental movement with fitness activity.

Have a great year, kids, and be safe!

BACK TO SCHOOL!





## Meet Our Staff...

Early mornings do not get any better than starting with a great physical workout at the YMCA, with Pilates Instructor, **Amy Hinkley**. She started as a participant then took over when Instructor Kathy Hall left. 13 years later, Amy still looks forward to coming in to meet with class members. When asked what makes this class so special she said, "That is easy. It is the people who come and witnessing their physical fitness journey. The friendships I have made at the Y are the reason I gladly get out of bed each morning. Class truly has a family flavor. "

Amy received her BSN in Nursing from Ohio University. Following graduation, she began working for the Parkview Physicians Group at Cameron as a surgical nurse. After being in surgery for 14 years, and observing many surgeries connected to cancer patients, Amy's commitment to health and wellness accelerated. She decided to continue her education, enrolling at Chicago's Chamberlain University. She received her Nurse Practitioner degree June 26, 2020. Her goal is to specialize as an Oncology Nurse Practitioner at the Cancer Institute, Parkview Medical Center.

Amy will also continue to teach Pilates at the Y. When asked for her thoughts on what she might contribute to the classroom environment, Amy said, "I hope my years of service at the Y have helped in developing trusting relationships." After talking with some of her class members, it appears that she has accomplished this. Here are some of the comments showing how much she is loved and respected.

"It is great to start off a day in Amy's class even if it is early morning. She inspires class members by how she leads the class. I love it and always look forward to coming." ~ Kim P.

"The class is enthusiastic and entertaining. Amy gives us a great workout while putting a smile on our faces. She is a great instructor and concerned about total fitness while encouraging fellowship. In each class she demonstrates what the YMCA is all about." ~Ted B.

"Amy is amazing! She pushes us to be our best. I am always sore and so happy after class. She is also an amazing friend." ~Abby D.

Please check it out! We are sure that once you are hooked, this class will not only make you a believer, it will get the rest of your day off to a good and positive start!

In her spare time Amy simply enjoys spending time with her kids and attending their various sporting events such as cross-country, baseball games, track, and lawn work. Amy is married, has two children, and one Golden Retriever.



## Sarah's Spot

Each year we like to take the time to celebrate our accomplishments and cast our vision for the future. One of our 2019 projects was the groundbreaking for new soccer fields, made possible through a grant from the Heffner Foundation. We have a redesigned State of the Art Pilates studio, made possible from generous donations. The 1st Youth Triathlon last summer was so successful that that the 2nd Youth Tri will return August 8.

2020 has brought about great highlights as well as great challenges for the YMCA of Steuben County. We kicked off the year with our 20 year anniversary celebration, walking the path of history with those individuals who had a vision for a YMCA in our county and gave it life. Anniversary planning and activities were in fun swing. Then COVID became our reality and our planning was re-routed.

Though the YMCA was closed for 11 long weeks, a Y team of staff and board members focused on how we could continue our mission while the doors were closed. Two ideas were actualized. One was packing and distributing over 10,000 activity kits for kids in our community that focused on healthy habit building through fun activities. We also made over 500 "well-check" phone calls to our senior members.

At our Annual Meeting two Employees of the Year were recognized, as well as three incredible volunteers. New Board Members were welcomed and exiting Board Members and other contributing individuals thanked.

In closing, we all know that 2020 has been an unusual year to say the least, but here at the Y we have grown stronger by sticking together. As we move forward, we will continue to focus on our strategic plan, advocate for neighbors in need, enhance our fundraising outcomes, and maximize our human resources output. Yes, we have gone through a lot in the past 12 months but one thing that remains the same is that the Y is still here for all and still committed to strengthening our community.



### YMCA Annual Meeting: Employee and Volunteer Recognition

Employees of the year are sisters, Janna Duke and Sara Weilein. Both young women have been with the YMCA since 2005. Janna is an Aquatics Coordinator and Sara is Head Wavemaker Coach. Volunteers of the Year are Kelly Shelburne, Amy Krebs, and Jan Miller.



## The Year of Living Dangerously



eat plants  
keep moving  
sleep well  
be present  
stay calm  
love people



These are certainly the days of uncertainty because of the universal COVID 19 Pandemic. Many involuntary lifestyle changes have become commonplace. Some of us are worried while others are strategizing to find ways to make ourselves healthier versus more vulnerable.

The current COVID19 Pandemic is a shot across the bow to make changes that will impact lives. By doing a simple, balanced health inventory one can bring control, discipline, and hope back into lives. It is a fact that the more time one spends in motion, the less time one spends sitting and snacking. Exercise and activity, combined with healthy eating, improve vital functions and helps clear toxins in the muscle and lymphatic systems. This decreases physical fragility which decreases disease. Does exercise need to be rough? No, in fact, the simpler we make routines, the better it is. And don't forget to go outside to smell the fresh air, find a cloud to ponder upon, revel in the sun, and sip a healthy drink. This will create balance.

During the last three months I have taken coursework on the alternative path of "Lifestyle Medicine." Because of COVID 19, the fear of viral contamination surrounds us with almost any phase of daily life. We are more physically and mentally isolated. People are smothered with economic concerns and we are more fiscally withdrawn. COVID 19 has created a level of uncertainty greater than anything this generation has ever experienced.

To combat the COVID blues, say to yourself—"I WANT TO LIVE HEALTHY AND HAPPY!" Together with Shape Up Steuben we hope to create an open air event in September on "Mindfulness." This will be an important way to reduce stress in our everyday environment and improve wellness. Live strong and well.

**Now is the time to take control of your life.** We will keep you posted on the date and time.

*Greg Giant*  
Authentic Pharmaca PC.

**Danielle Handy** began her YMCA journey 14 ½ years ago, as a child, when she would come to the Y with her mom and use the pool. As an adult, and after suggestions of a few friends, Danielle became interested in bodybuilding and now spends at least five days a week in the Wellness Center. Over her lunch hour from work, she lifts free weights and after work, she has a cardio routine, including the stair climber, Jacob's ladder, and the treadmill." In addition, on Saturday's, Danielle participates in Kayla's Barr Class "My job is quite enjoyable and I spend the days talking to people and taking meticulous notes. Coming to the Y and working on weights and cardio is my time to regroup and wind-down. In a way it becomes my quiet time without distractions.

Danielle's focus is with the NPC Bikini Shows, a branch of the Body Building Federation. She has been training since 2017 and competing since 2019. "The goal is to develop muscle groups working towards an "X" Shape, defining shoulders, legs, and glutes." She thanks her support group, which includes YMCA staff and friends, for their encouragement. Wellness Director, Brice Bolinger, said, "I admire Danielle's drive and work ethic. She is here consistently and multiple times a day, focusing on a strict workout plan and always giving 100%. It takes a lot of discipline, along with physical and mental toughness to be able to prepare for a show." Her efforts have not gone un-noticed. Danielle is currently a contestant for the cover for the *Muscle and Fitness* magazine.

When asked what programs or activities she would like to see at the YMCA, she supports the aquatics program. "I highly recommend swim lessons at the YMCA. I remember them as a kid. The water safety component is so important." Danielle believes that the Y is about making solid connections and friends and she is so happy to be a part of the YMCA community.

Danielle and her 4-year-old son, Grayson, live with her mom in the family home in Edon. Being interested in a profession dealing with medicine and wellness, Danielle graduated from the University of Toledo, majoring in natural sciences and math. When she moved to Angola, Danielle worked at Kohl's for eight years before she began her professional career at Midwest Eye Consultants as a certified Paraoptometric Technician. She has been there for three years and enjoys her job as a Scribe, which requires three levels of certification from the American Optometrics. She has completed the highest level.

When asked what she enjoys in her spare time, Danielle said, "In addition to reading and music, I chase my four year old around....which is another form of enjoyable exercise." Danielle also tries to see friends in Toledo when she has a chance. She has a dog, named Whiskers, who is a Pit/Boxer mix.



**"Of course it's hard. It's supposed to be hard. If it were easy, everybody would do it. Hard is what makes it great."**  
— Tom Hanks

The YMCA would like to thank members for their extra efforts in keeping this building safe. We know it is not fun wearing masks, wiping down machines over and over. But you are doing it and it has made a difference. Not only have there been no COVID outbreaks associated with the Y, your fellow members appreciate your efforts in keeping everyone safe

