

YMCA Connection

December/January
2007-2008

YMCA Changing Lives: Member Spotlight

Eric Grant Young is a familiar face to many at the YMCA. A regular exerciser every week-day, Eric is very committed to his workout and has seen great results.



Eric first came to the Y almost five years ago looking for a place to help him grow psychologically. While doctors presume it was a brain injury that limited Eric's physical movements and speech, neurologists have been unable to find any evidence of damage. Undeterred by this mystery, Eric takes charge of his recovery plan. Through social interaction, physical exertion and determination, Eric has seen great improvement in his movement and thinking, and has lost nearly 50 pounds!

Eric's regular workout includes riding a stationary bike in the Moore room, and social interaction in the lobby afterward. When he's not visiting with staff or other members, Eric spends his time in the lobby meditating—an exercise that has helped him conquer paranoia.

Not one to quit after these successes, Eric has two goals he would like to achieve: 1) Return to school and earn a Doctorate in Chemistry, and 2) Develop a software concept called "packaging", which is an advanced program that can re-write itself. A possible application for this software would be in solving complicated scientific problems, such as physics, biology and chemistry problems. This might sound like a stretch for many intellects, but not for Eric. He has a Masters Degree in Physics from Michigan State University.

Members are encouraged to stop and visit with Eric. Your interactions will help him in his daily exercises, and you'll likely gain something too—a new friend!

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IRA Charitable Rollover Opportunity Expires Dec. 31

In order to avoid high estate taxes, older adults may want to take advantage of the IRA Rollover provision of the 2006 Pension Protection Act before it expires on December 31, 2007.

The Charitable Rollover provision permits IRA owners beginning at age 70 ½ to make outright charitable gifts totaling up to \$100,000 per year from their IRAs directly to eligible charities. The Salem Family YMCA is an eligible charity.

The donor does not have to report the distribution as taxable income and is not entitled to claim a charitable income tax deduction for the gift. To make such a

contribution, the donor needs to contact the company handling their IRA and fill out the needed paper work with enough lead time to assure that the check is received by Dec 31, 2007.

If you would like to take advantage of the IRA Charitable Rollover opportunity, please see Susan Nuetzman, Community Relations Director for more information. (503) 399-2751. Thank you for considering the YMCA in your charitable endeavors. Your contributions are vital to furthering the YMCA mission.

Silver & Fit Offers Fun and Friends

The YMCA is offering a new class designed to promote healthy aging. "Silver & Fit" class offers exercises that promote strength, flexibility, balance and agility. In addition to the twice-weekly exercise program, Silver & Fit includes a facilitated group discussion on healthy aging strategies once each week. Social interaction is an important element in building a successful fitness routine, and this class makes it easy to connect with others.

Silver & Fit is offered on Tuesdays and Thursdays from 10:30 to 11:00 a.m. in the

Anderson Room, with the Healthy Aging discussion taking place on Thursdays from 11:00 a.m. to noon in the Chambers McDonald room. The class and discussion session are lead by Mary Chamness.

For more information about Silver & Fit, please drop in and try a class! Or, feel free to contact Tina Earhart, Health & Wellness Coordinator, or Karma Krause, Membership & Marketing Director at (503) 581-9622.



Member Surveys Say.....

Recent surveys collected in the weight room and in group fitness classes reveal a common theme—**YMCA members love the Y!** Here's a brief synopsis of survey responses....

Classes you like best:

pilates, body flex, cycling

What you like best about the classes:

the instructors and the workout!

What you like about the Y:

the variety of both equipment & classes



no waiting for equipment

If you could change one thing:

the music in weight room
more classes offered at more times

Overall satisfaction rating:

95% good or excellent

Why you chose the YMCA:

the programs, family atmosphere,
price, and location

Lost and Found:

Did your child lose a disposable camera at camp last summer? The YMCA front desk has quite a stash of single-use cameras in lost and found. Please stop by the desk and claim yours! Unclaimed cameras will be discarded after Valentine's Day, 2008.



YLIFEGUARDING™

We build strong kids, strong families, strong communities.

The YMCA is offering a Red Cross Lifeguarding class from 9:00 a.m. to 5:00 p.m. on December 26, 27, 28, 31, 2007.

In addition to lifeguarding, you'll earn First Aid and CPRPR/AED (CPR for Professional Rescuers/Automated External Defibrillator) certifications. Cost is \$135 YMCA members, \$160 non.

Lifeguarding Prerequisites include:

- age 15+
- able to swim 300 yards using front crawl and breast-stroke
- swim 20 yards, dive and pick up 10 lb brick, return to start and exit water within 100 seconds.

Call (503) 399-2792 with questions, or stop in to register!

Christmas Family Fun

You're invited to join us for **Christmas Family Night at the YMCA on Wednesday, December 19, 2007.**

Planned and presented by AMERICORPS staff, this event offers families a special time to build Christmas memories and family bonds while creating crafts, cards, gift tags and enjoying open gym time. Face painting and door prizes will also add to the fun.

The event is free and open to public from 5:30 to 7:30 p.m. A chicken dinner will be available at just \$2 per adult and \$1 per child.

Please RSVP to Jessica Kliewer by Tuesday, December 18, and say you and your family will attend! (503) 399-2770.

Personal Training Suite to Open January '08

The Salem Family YMCA is excited to announce the opening of a new personal Training Suite!

Located on the third floor next-door to the mat room, the Personal Training Suite will serve as a private training studio where trainers and students can focus on reaching goals. The Personal Training Suite includes a state-of-the-art functional training machine—a multi-functioning piece of exercise equipment that gives a complete body work out at one station.

Cost for Personal Training at the Y is \$40 per session. But, **to kick-off the new Personal Training suite, the YMCA is offering the first session at just \$28!** Packages of 10, 20, and 30 sessions are also available at discounted rates. To schedule an appointment or book a package, please call the YMCA front desk at (503) 581-9622.

Thank You to Our Media Partners!

In this issue of YMCA Connection, we would like to thank our media partners for making YMCA advertising and promotions possible. Through the opportunities and professional guidance provided by business partners like these, the YMCA is able to reach out to the community and spread word of our programs and successes.

Statesman Journal Newspaper * 1430 KYKN Radio * KBZY am 1490 * JC Town Reporter/Talk Radio 1220

A special thank you goes to YMCA members **Adam Torgerson & Doyle Tracey**. Thanks to their efforts, a new youry.org is underway. In addition, a new email newsletter is being prepared. Both the website and email publication are expected to be released in early 2008.

Annual Payment a Way to Save

At this time of year, the YMCA offers members an opportunity to “pay and save” on membership dues for the coming year. **Members who pay dues for calendar year 2008 before December 31, 2007 will receive a 5% discount.** For example, a family membership paid monthly equates to \$888. If paid before the end

President's Round Table Underway

Every year, the YMCA President and Board Members launch an annual giving campaign in support of YMCA programs. Called “President’s Round Table”, the campaign invites donations of \$1,000 or more receivable in either lump sum or installments.

Giving to the Y is integral to our ability to offer programs to children regardless of ability to pay. Last year, the President’s Round Table and Partners With Youth Campaigns combined to raise \$445,000. 100% of the funds raised are used to provide youth scholarships and support expanding service in outreach programs for disadvantaged youth.

The impact of these gifts is significant; \$1,000 will assist 16 teenagers with a one year membership in the YMCA, \$1,500 will assist 30 children to attend Camp Silver Creek, and \$2,500 will allow 100 youth from public housing to join a YMCA basketball team.

Please consider joining the President’s Round Table, and being part of the success of YMCA programs! For more information, please contact Susan Nuetzman, Community Relations Director at (503) 399-2751.



of the year, the cost for one year of family membership is only \$843.60.

If you would like to take advantage of this opportunity to save on your next year’s membership dues, stop by the front desk and one of our friendly staff will assist you. Thank you!



Salem Family YMCA

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Our Mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all



YMCA

We build strong kids, strong families, & strong communities



Supervisory Skills Training Offered @ Y

Through a special partnership with **Chemeketa Community College**, the YMCA is proud to offer a supervisory skills training class to members and the community. This special arrangement represents a unique extension of Chemeketa's Center for Business & Industry, and fits well with the YMCA mission to develop the whole person.

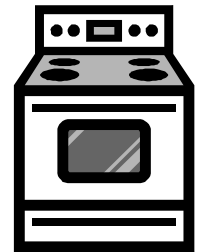
Entitled *Elements of Supervision*, the course is designed for new supervisors, persons re-entering the workforce, or anyone wishing to brush up on communication and performance management skills. The course content also relates well to the communication skills needed for effective parenting. In addition, the course reveals the relationship between successful supervision and the YMCA's four **core values of caring, honesty, respect and responsibility**.

Offered in three hour sessions over four consecutive Thursdays (12 hours total), the class begins January 24,

December/January Calendar

Saturday	Dec. 8	Y closes @ 4:00 p.m. Festival of Lights Holiday Parade
Tuesday	Dec. 18	YMCA Sharks Swim Team Fundraiser 5:00 to 8:00 p.m. @ Hometown Buffet Stop by the front desk for your ticket
Tuesday	Dec. 18	Santa Mega Jam Workout 5:30-7:30 p.m.
Wednesday	Dec. 19	Christmas Family Night 5:30 to 7:30 p.m. in the YAC
Tuesday	Dec. 24	Y closes @ 4:00 p.m. Pool closes @ 1:00 p.m.
Wednesday	Dec. 25	YMCA closed
Wednesday	Dec. 26	Lifeguarding Classes Begin
Tuesday	Dec. 31	Y closes @ 4:00 p.m. Pool closes @ 1:00 p.m.
Wednesday	Jan. 1	YMCA closed

Special Recognition and thanks to the YMCA Service Club for purchasing the new stove in the Kells Room kitchen. Thank you for your efforts to improve our YMCA!



and ends February 14, 2008. Class will be held in the Kells Room from 1:00 to 4:00 p.m.

Christine Watson, course instructor, is a Project Coordinator for Chemeketa's Center for Business & Industry. She has over 17 years of management experience in the fields of higher education, tourism, newspapers and banking. Her training specialties include leadership development, customer service, and hospitality management, among others. Christine has a Master's degree in Language and Communication, and a Bachelor's degree in Journalism.

The cost to attend is just \$175 for members, and \$200 for non-members. A small class size is preferred, so **space is limited**.

Register at the front desk, or by calling (503) 581-9622. For more information about the course, please contact Karma Krause, Membership and Marketing Director at (503) 581-9623.