

YMCA Connection

February/March
2008

Building Family Bonds & Healthy Habits: Jonathan & Benjamin Clark



Father and son, Jonathan and Benjamin Clark, include basketball in their morning routine.

Time with family is precious and in short supply for many these days. Both parents' and kids' schedules can be so crammed with activities and obligations, often little time or energy is left over for just being together and having fun.

This issue of YMCA Connection tells a short story of a father and son who have found a special way to fit some fun time together into their busy daily routine.

Most weekday mornings before school, Jonathan Clark brings his first grade son Benjamin to the Y for 10 to 20 minutes of basketball, racquetball, tossing the football, or any number of other forms of sports play, depending on their mood. It's an easy morning stop for the pair. The Y is on the way to school, plus

stopping at the Y can be a great motivator for getting out the door and off to school on hectic mornings.

When asked how this all began, and what inspired him to get Ben's day started with exercise and father-son time, Jonathan said: "We started doing this when I opened my law practice in Salem a year or so ago. I used to commute to Portland every morning, but now that I don't make the drive I have extra time in the mornings". Jonathan also noted that he saw this as a way to establish a pattern of regular daily exercise in Ben's life. "He'll just grow up with this as part of his daily routine", said Jonathan. "Plus, we start the day by having fun together".

Jonathan started coming to the

YMCA when he was a youngster, and like so many generational members, also spent time with his family here while growing up. The Salem Y is a part of Jonathan's family history, and now it's a part of Ben's too.

We would like to hear how the YMCA impacts your life! Please email Karma Krause, Membership & Marketing Director at kkrause@youry.org if you have a story to share.

Inside this issue:

54th Annual Book Sale	2
Women's Cancer Support Group	2
Spotlight on Chapman Hill	2
Calendar of Events	3
Rare Disease Strikes Locally	4
Y Staff Builds House w/Habitat	4
Weight Room Etiquette	5
Partners with Youth Begins	6
Camp Registration Begins	6

New "Crawler Room" Open

Salem YMCA Child Development is excited to announce the opening of a new infant room! On February 4th, our new "Crawler Room" opened near the existing infant room in the residence section of the YMCA campus. The room serves children who are rolling and crawling.

The Crawler Room was opened in response to the need for additional child care demonstrated by our extensive

waiting list; We have about 75 families waiting for an opportunity to be part of our center. Opening the new room is an expansion of the Salem YMCA's ability to fulfill the mission and "build strong kids, strong families, strong communities!"

The Crawler Room was made possible by a generous contribution from an anonymous donor.



Women Cancer Survivors Support Group



Connect with other women cancer survivors through new sup-

Janet Brown is a long-time YMCA member. She is also a cancer survivor.

Janet has been participating in a Women's Metastatic Cancer Support Group in Portland, and is in the early stages of forming a group in Salem. She is working with Mid-Valley Cancer Care Community to form the group which will serve women in the Willamette Valley from Aurora to

Albany.

Support group sessions will be facilitated by a trained medical professional with special knowledge of the challenges that come with battling cancer.

Janet would like other YMCA members who are interested in taking part in a **Women's Metastatic Cancer** (meaning any form of cancer) **Support Group**.

If you're a current cancer patient, a survivor, a family member, or if you know someone who might want to participate, please contact Janet Brown, (503) 585-5436.

*Thank you to
the Y Service
Club for their
work to make
the book sale a
success year
after year!*

54th Annual Used Book Sale Supports Programs

The ever popular **Annual Used Book Sale** returns on Friday, Saturday and Sunday, February 29th through March 2nd!

A mix of used works will be available in the YMCA gym for members and non-members to browse and buy. Hours of the sale are 9:00 a.m. to 6:00 p.m. on Friday and Saturday, and 1:00 to 4:00 p.m. on Sunday.

The book sale is popular for three big reasons, the first two

being the **variety** of books and the **bargains**: Romance paperbacks are just 50¢ each or 3 for \$1.00. Other paperbacks are 70¢ each or 3 for \$1.75. Hardbacks, audio books and CDs are \$1.10 each. Encyclopedia and special book sets are just \$5.00. Videos, audio tapes, vinyl records are available for 25¢ each or 5 for \$1.00.

The third reason for the popularity of the sale is because it **supports purchases and pro-**

grams not easily afforded otherwise. Through past proceeds of the book sale, the YMCA Service Club has remodeled the kitchen, purchased major equipment, and funded training for staff.

School-Age Enrichment Spotlight: Chapman Hill



The Salem Family YMCA is proud to provide before and after school care and programming at 16 schools in Salem, including Chapman Hill Elementary School.

At Chapman Hill, over 40 children are served daily by our three dedicated staff members, Dwayne, Ana, and Scott. They do a great job with creative and innovative projects that spark the kids' imaginations. Last year their students participated in a talent

show and showed off their dance skills, moving and grooving to the Cha-Cha Slide! They're already working on their talent for this year's show.

Each day the kids are provided a USDA approved snack, and are also given time to work on homework, play group games, and tons of other activities. Y staff are Food Handler certified, CPR/First Aid certified, and are required to participate in at least 20 hours of training each year. If

you or someone you know is interested in a fun, stimulating school age childcare program call us today at (503)399-2759.

YMCA Calendar: Important Dates to Remember



Day	Date	Time	Event
Monday	Feb. 11		SPLASH! registration opens
Monday <i>President's Day</i>	Feb. 18	7:00 a.m. to 6:00 p.m.	YMCA School Age Child Care open Salem/Keizer 24J Schools closed
Friday, Saturday	Feb. 29, March 1	9:00 a.m. to 6:00 p.m.	54th Annual YMCA Used Book Sale
Sunday	March 2	1:00 p.m. to 4:00 p.m.	54th Annual YMCA Used Book Sale
Tuesday	March 4	7:00 p.m.	Intro to Racquetball lesson Free for Y members
Thursday Wednesday	March 6 March 12	6:00 p.m. to 7:30 p.m.	Diabetes Education class Free and open to the public
Wednesday	March 5		Partners With Youth Campaign Kick-Off
Friday	March 7		Early Bird Camp Registration CLOSES
Friday	March 7	6:30 p.m.	Niemann-Pick Wine Tasting Fundraiser Capitol Chevrolet
Saturday	March 8	7:00 p.m.	Niemann-Pick Disease Fundraiser Harlem All-Stars Basketball Comedy Show Chemeketa Community College
Thursday	March 13	7:00 a.m.	Membership Committee Meeting
Thursday	March 20	3:30 p.m.	Flick-n-Float in the warm pool Movie TBA
Friday	March 21	1:00 p.m.	Flick-n-Float in the warm pool Movie TBA
Friday	March 21		YMCA School Age Child Care open
Monday-Friday	March 24-28	8:30 a.m. to 6:00 p.m.	SPLASH! Kells Room
Monday-Friday <i>Spring Break</i>	March 25-28		YMCA School Age Child Care open Salem/Keizer 24J Schools closed
Monday-Saturday	March 25-29	8:30 a.m. to 5:30 p.m.	YMCA Spring Break Super Sports Camp

For more information about calendar items, please feel free to ask at the front desk, or call (503) 581-9622.

Do you have a useable scanner, small desktop photo-copier, and/or fax machine that you no longer need? The YMCA Front Desk will give it a good home! Contributions are tax-deductible. Please contact Karma Krause, Membership & Marketing Director at (503) 581-9623 if you have a piece of equipment you would like to donate. Thank you!

Rare Disease Diagnosed Locally



Fewer than 200 children with Niemann-Pick Disease are alive today in the United States.

My name is Allison Scoggins and I am the Y-Site Child Development Director here at the YMCA. I feel passionate about building healthy children and families and so have chosen Child Development as a career. I have the pleasure of being close to so many wonderful children, both here at the Y and in my own family. Two children that are naturally very important to me are my niece and nephew, Kayla and Peyton. They are the purpose of this article.

Three months ago both my niece and nephew were diagnosed with a rare disease called Niemann-Pick. This disease is an autosomal recessive disorder affecting lipid metabolism. Simply put, the disease prevents the body from metabolizing cholesterol, and so causes harmful amounts of lipids to accumulate in the spleen, liver, lungs, bone marrow and brain. It is ultimately fatal, and most children diagnosed with

Niemann-Pick die before age 15. Fewer than 200 cases of the disease exist in the United States today.

The small ray of hope is that there are treatments available that can lengthen their life spans and help them live more comfortably. The treatments are enormously expensive and far beyond what insurance will cover.

I am organizing a weekend of fundraising events to help with medical expenses and research. These events are more than just a fundraiser, they are lots of **FUN** too!

March 7th at 6:30 p.m. we're holding a wine tasting event at Capital Chevrolet, 2711 Mission St. SE. Tickets are \$75 per person. On Saturday, March 8th, will be a Harlem All-star (comedy basketball) game at Chemeketa Community College at 7:00 p.m. Tickets are just \$20 per person. Tickets may be

purchased at the YMCA.

More information about Peyton and Kayla can be found at www.hadleyhope.com. Thank you for supporting our efforts.

To learn more about Niemann-Pick disease, please visit the National Niemann-Pick Disease Foundation website, www.nnpdf.org, or the Ara Parseghian Medical Research Foundation, www.parseghian.org.

YMCA Staff & Member Help Rebuild After Katrina



YMCA Youth Sports Director Niki Hayhurst, and YMCA member John Maas in Biloxi, Mississippi, January 2008.

by Niki Hayhurst

Several months ago, John Maas, a YMCA member, invited me to participate in an annual trip in January to the Gulf Coast. He has been organizing a group of volunteers through his church since Hurricane Katrina in 2005. It is a project headed by Habitat for Humanity of West Virginia. I decided to take the trip with him to Biloxi, Mississippi, representing our YMCA. Several churches from the Salem area also had volunteers make the trip.

My decision to make the trip was to give my efforts to the restoration project and have a small hand in changing the life of a family who lost everything. I didn't anticipate how the trip would change my life.

During the week, I worked with a mason from our group and learned a great deal about masonry. A new building requirement for houses built in the area after Katrina is they must be on 6-8 foot stilts. The future homeowner of the house we were working on has a prosthetic leg and is unable to climb stairs. Our project was to build an elevator shaft for the house.

Working at the YMCA, I have the opportunity to help people build their lives, which is my true passion. But to see the result of my efforts being tangibly built before my eyes was so exciting for me that week! At one point, I mentioned to the Mason how unfortunate it was the shaft we were con-

(Continued on page 5)

Many Thanks to Our Equipment Partners

As a non-profit organization, the Salem Family YMCA relies on donations and contributions to keep our programs going strong. The support of local businesses, services and agencies help keep YMCA programs available, affordable and exciting!

This month, we recognize and thank **GI Joes** and the **Oregon National Guard** for providing some needed basketball and volleyball equipment.

THANK YOU FOR SUPPORTING YOUR YMCA!



Weight Room Etiquette = Muscles with Manners

While we can't say for sure if Emily Post ever set foot in a weight room, we are sure she would agree with the YMCA philosophy that it's important to make everyone feel welcome in the gym.

So, for those who may be new to the culture and etiquette of the weight room, and for those who are well acquainted with it, but could use a reminder, here's a short list of some important "do's and don'ts" in the weight room that can help make everybody feel at home:

DO: wipe your seat and bar when you're finished. A few sprays of cleaning solution onto the towels provided and a quick wipe-down of the things you used will do nicely.

DO: take the weights off the bar and put them back on the rack when you're finished. The next person to come along may not be able to lift off those big heavy weights you were using.

DO: invite others to work in when you notice they're waiting to use the machine you're on.

DO: put equipment back right where you found them so others will know where to find them too.

DON'T: be shy about asking a fitness coach for instruction on proper form.

(Continued from page 4)

structing was blocking the view from a window in the house. He replied, "That may be true to you and me, but to a person who has a disability and can't climb the stairs into his house, that elevator shaft is the most beautiful view imaginable. Wow! How this perspective humbled my heart.

I was talking with the future homeowner and he said that when they returned to their home after the hurricane, they found their house up against a tree across the street. He pointed to that tree across the street and at that point, my heart knew the

true purpose for this trip. Many of us have forgotten the devastation of Hurricane Katrina. We think life is back to normal. But people are still living in FEMA trailers or tents. Over 70,000 people in the Biloxi area lost everything after the hurricane. Thousands of volunteers still help to re-build those lives affected by this disaster. The hurricane was an act of nature; this rebuilding effort is an act of God.

Salem Family YMCA

685 Court St. NE
Salem, OR 97301-3389

Phone: 503-581-9622
Fax: 503-581-9626

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



We build strong kids, strong families, strong communities

Camp Registration Begins!

Camp Registration is underway and now is the time to sign up for Camp Silver Creek and Camp Greider fun! Session dates and prices are available by calling the YMCA Registration Desk at (503) 399-2759.

All 2007 campers should have received an Early Bird Registration Packet in the mail by Saturday, Feb 9th. Early Bird Registration closes March 7th and regular registration will continue from March 8th through summer. Complete your registration and mail it to us by March 7th and get a free camp t-shirt! **YMCA Members receive a \$15 discount on all sessions!**

More information and on-line registration is available at www.salemymcacamps.com. Sign up today!

SPLASH Returns

Kids learn to swim at this week-long annual event during Spring Break. Approximately 500 kids learn basic swimming skills along with water safety rules through this program. Kids also learn about the YMCA's four character values: Caring, Honesty, Respect, Responsibility.

Cost for the week of lessons is only \$13. Sessions begin at 8:30 a.m. and begin every half hour until 6:00 p.m. Space is limited and fills up fast, so register right away by calling (503) 399-2759.

Blood Analysis Offered

In cooperation with Salem Hospital, the Salem Family YMCA is offering blood work analysis on Wednesday, March 5 from 6:45 a.m. to 8:00 a.m. The cholesterol profile is a combination of the Lipid Screen and Metabolic Comprehensive Panel and includes total cholesterol, triglycerides, HDL, LDL and HDL/LDL ratio. The information is useful in assessing an individual's risk of coronary artery diseases and includes a physician review.

The fee is \$60 payable by cash or check to the YMCA. **Payment is required upon regis-**

tration to reserve your spot, and must be completed by February 28th.

Please call (503) 399-2755 or (503) 399-2783 for reservations with credit or debit card or sign up at the front desk of the YMCA. Pre-registration is required, so be sure to call early.