



marshall area ymca

We build strong kids,
strong families, strong communities.

Marshall Area YMCA, 200 South A Street Marshall, MN 56258 (507) 532-9622
www.marshallareaymca.org
Summer 2009

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Sr. Program Director

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Wellness Director

Monica Vierkant
*Youth Development
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Our Mission:

The Marshall Area YMCA instills the values of caring, honesty, respect and responsibility through programs and services that build healthy spirit, mind and body for all.

YMCA Partners with Avera Marshall Wellness Center

YMCA Friends,

By now most of you probably have heard that the Avera Marshall Wellness Center is planning to partner with the Marshall Area YMCA. The Wellness Center and the Marshall Area YMCA are exploring some exciting new options for wellness services in the community!

Avera Marshall and the YMCA are both committed to positively impacting the health of the community. Together, we can create innovative services to meet both individual and community health needs without duplication of services. The YMCA is committed to supporting youth, adults, and families in their journey to create and sustain a healthy lifestyle. We are deepening our commitment to community-wide efforts to promote healthy living and are intensifying collaborations with other community partners to achieve this. With similar missions, we believe a partnership is the right thing to do for our community and this type of partnership just makes sense.

Right now, we are working on plans for a new wellness model for the community. This model includes the opportunity for Avera Wellness Center members to join the YMCA and within this wellness model a few Wellness Center Staff and specialty programs will

be housed at the YMCA. This design will create a new model of wellness that will allow us to reach further out to meet the communities' health and well-being needs. The goal is to make the transition by July 1, 2009.

There are many questions that are probably coming to mind like: will there be space issues, what will the equipment availability be like, or how is this going to affect me and my daily routine? We are taking a look at every aspect as we put this partnership together. Here are some facts to remember.

- Even if all of the Avera Wellness Center members made the transition to our membership base, we wouldn't exceed our membership peak of over 6000 members achieved a few years back.
- We currently have more equipment available in our fitness center than ever before.
- There is the potential for some additional equipment to be integrated into our facility.

While many specific details are still being worked out, we wanted to make sure that all YMCA members were aware of our discussions to further the health and well-being of individuals in our community. Ongoing communication will happen as this partnership takes shape.

I want to thank you for your continued patronage of the Marshall Area YMCA and hope that your involvement has been a positive experience.

Tim Olson
CEO/Executive Director
Marshall Area YMCA

Summer Schedule

Memorial Day May 25
5:15am-1:00pm

Independence Day July 4
CLOSED

Labor Day September 7
5:15am-1:00pm

Beginning Monday, June 1, the Aquatic Center will be open for Open Swim at 1:00pm Monday –Friday. Please check Aquatics Schedule for updates.



Monica Vierkant
Youth Development
Director

Welcome

Monica Vierkant

The Marshall Area YMCA is excited to announce our new Youth and Development Director, Monica Vierkant!

Monica has been in Child Watch since last May and also worked as a weekend Building Supervisor. Monica has also worked at the Marshall Middle School for the last two years as a Special Education Paraprofessional. Prior to working at the Middle School Monica was at the Lynd School as a paraprofessional and a substitute teacher for three years.

Monica grew up as a small town Minnesota girl but has lived in Pontiac and Lansing, Michigan and Burnsville, MN. Monica has a Bachelor of Arts degree from Winona State University Paralegal Program.

Monica has two children; Amber-11 and Jacob-10.

Please join us in congratulating and welcoming Monica to her new position of Youth Development Director at the Marshall Area YMCA!

Marshall Area YMCA Super Heroes Are Amazing!

The Marshall Area YMCA is finishing up another Annual YPartner's Campaign. Over 550 people are working together to make an investment in our community and a positive impact in the lives of people. These are the donors and volunteers who gave money and time to our 2009 YPartner's Campaign. It is through their involvement that the YMCA continues to be one of the preeminent organizations meeting the needs of children, families, and individuals in our region. The YPartner's Campaign goal this year is \$80,000 and although we are close, we are not quite there with pledges to date of \$75,358. We are currently at 94% of our goal and are confident that with the great community support that the YMCA has, we will achieve our goal. If you have not been asked yet and would like to make a difference in the life of someone in our community please stop by our Service Center Desk to make your contribution. These dollars help to support our financial assistance program for families and individuals who cannot afford memberships, day camp, after school childcare, and the operation of our youth room. Our YPartner's Campaign isn't just about the numbers of people who benefit from financial assistance, but more importantly the direct impact that a YMCA membership has on each individual. Each year we survey our members receiving financial assistance to try and capture this impact. Seventy-five percent reported being more fit or someone in their family being more fit since

YPARTNERS™

Your gift makes it possible for everyone to participate in the YMCA.

becoming members. Sixty-eight percent reported an increase in self-esteem or their child's self-esteem since joining the YMCA. Sixty-six percent reported spending more time together as a family since joining the YMCA. These are great indicators of the impact that we are having in our community and each donor and volunteer make this possible for each individual. Without the time, energy, enthusiasm, and support of our donors and volunteers we would not be able to reach out into our community to meet the needs of individuals and would not be able to fulfill our mission. Thank you to all of our 2009 YPartner's Campaign donors and volunteers.

"I am grateful for the programs that are provided at the YMCA. Having two boys who are autistic, makes finding daycare a struggle, but the staff and programs at the Y provide a safe place where they can go while I work and I don't have to worry about getting a phone call about their behavior. Last winter, when we were driving an hour to get to Marshall, the Y was my boys' winter safe haven. It has been a place for our family to retreat to when the stress at home gets to be too much and the boys need more space between them. We would not be able to afford the membership fees at the Y if it weren't for the donations and financial assistance provided to us through the YPartners. Thank you to everyone who



has committed their time and efforts to help us." - An excerpt from a YMCA member.

Thank you to our 2009 YPartner Donors

Chair's Round Table:

- Active Images, Inc.
- ADM - Marshall
- Avera Marshall Regional Medical Center
- Bill Burgess Bremer
- Comfort Inn - Marshall
- Dr. Steve & Karen Meister
- Hy-Vee Inc.
- Intelligent Group
- Jim & Kim Christianson
- John and Esther McLaughlin Foundation
- Precor
- Randy & Deb Johnson
- Scott & Carey McNair
- Sharbono Family
- Ted Rowe
- The Schwan Food Company
- Tim & Stacy Olson
- US Bank
- Viking Coca Cola Bottling & First Choice Vending
- Walmart

(donors continued on insert)



Tim Olson
Executive Director

Ask Jillian

“Allergies in children. How can parents help prevent symptoms?”

Spring can be challenging if your child is one of the more than 35 million Americans with hay fever. But a bit of preparation can help the youngster enjoy being outside.

- Know if your child has allergies and what causes them.
- Find out when plant pollination will occur.
- Begin treatments before symptoms appear.

Allergies tend to run in families. If both parents have allergies, their children have a 75% to 80% chance of developing allergies. The risk drops to 40% if one parent is allergic. Children usually develop seasonal allergies at 5 to 6 years old, but they can develop them

at any age, even as adults.

Signs of allergies include:

- Sneezing more often than usual
- Eyes that continually water
- Cold symptoms that last more than 10 days without fever
- Repeated ear and sinus infections
- Prolonged loss of smell or taste
- Frequent throat clearing or hoarseness
- Persistent coughing

The best way to prevent allergies is to limit exposure, some ways to do that:

- Schedule outdoor activities for late afternoon or after a heavy rainfall, when

pollen levels are lower.

- Close windows and doors and use air conditioning instead of window fans.
- Don't mow lawns or rake leaves when children are outside.
- Don't hang clothes or sheets outdoors to dry because they'll pick up pollen. Pollen can also be brought indoors by people or pets.

With Spring blooming into season, these simple preventative tips will help allow your entire family the opportunity to spend some quality “together time” outdoors – allergy free. I hope everyone has the chance to enjoy our wonderful Minnesota summer season.

**YOUTH TRIATHLON
June 27th
Start time: 9:00am**

Complete the 1 lap swim, 2.0 mile bike, and 1/2 mile run and becoming a true Tri-athlete!

Participants will receive a medal as they cross the finish line.
\$10 Members
\$15 Non-Members
 \$5 extra if you register after June 19th

**ROAD RACE—
AUGUST 1st**

A **5K, 10K, and 1/2 Marathon** race will be designed around the Marshall community. Sign up alone or run among a group of friends. *Each race will be held dependent on the number of pre-registered participants.
\$15 Members /
\$20 Non-Members

YMCA Summer Camp—Adventure Awaits!

There is a camping experience for everyone this summer at the YMCA. All YMCA camps are led by caring and responsible adult staff. At YMCA camp, staff work daily to incorporate the YMCA values of caring, honesty, respect and responsibility. In addition, each camp has a specific counselor to camper ratio so that all campers have an opportunity to build a relationship with their counselor. All camps run on weekly sessions Monday through Friday. Children may participate in just one week of camp, or the entire summer. For more details on the camps below please see our full summer program guide, call the YMCA or visit www.marshallareaymca.org.

Camp Spirit is full of great weekly themes, trips to Marshall parks, arts & crafts, silly camp songs and more. Camp

Spirit is for boys and girls ages 5-12. Teens aged 12-15 participate as Leaders in Training and engage in age-appropriate leadership opportunities. Camp Spirit operates in weekly sessions throughout the summer from 9:00 am to 4:00 pm with extended care available as early as 6:30 am and as late as 6:00 pm at no additional cost.

Discovery Camp is the perfect half-day introduction to YMCA camping for children ages 3 1/2 - 5. Discovery Camp meets 9:00 am – Noon and includes activities such as creative arts, games, discovery learning, storytelling, music and more. Discovery has five week-long sessions beginning the week of June 8.

Sport and Specialty Camps at the Marshall Area YMCA

concentrate on a specific sport and/or activity shaping spirit, mind and body. Our eight unique Sport and Specialty camps emphasize character development, skill development, thematic activities and above all else fun and lots of activity. Camp is a great way to keep kids active throughout the summer. Sessions have limited enrollment and fill on a first-come first-serve basis.

Financial assistance with camp fees is available for families in financial need. For more information on financial assistance with camp or membership fees or general camp information, please visit the YMCA, call us at 507-532-9622 or visit our website at www.marshallareaymca.org

YSports

We build strong kids, strong families, strong communities.

SOFTBALL LEAGUE -
 A true recreational league that's perfect for families, churches, clubs, and youth groups to get involved. We emphasize fair play, good sportsmanship, and camaraderie. Games will be held Fridays, beginning June 5th.

WOMEN'S VOLLEYBALL TOURNAMENT –
 Ladies, get your teams together for an indoor volleyball tournament. There will be an upper and lower division. Prizes awarded to 1st and 2nd place in each division. July 11 & 12. Team Entry Fee is \$150.



Summer memories

**Let this summer be your child's summer
of adventure at the Marshall Area YMCA!**

**Ask about Camp Spirit, Discovery Camp, Camp Wakatanka
Sport and Specialty Camps
and many more fun activities and programs!**

**Contact the Marshall Area YMCA (507) 532-9622
or visit the website www.marshallareaymca.org**

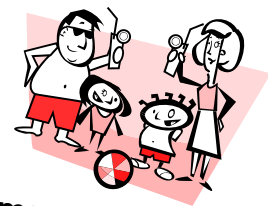


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200 South A Street
Marshall, MN 56258



Community Partner



**Summer Camp & Program
information inside...**