



PRAYER FOR POSITIVE CHANGE

I heard someone the other day say, "home is becoming more difficult to define." We are becoming a more transient society where we do not even get the opportunity to know our neighbors. Sociologists are describing the world as a colder and darker society. Maybe this is why the holidays have become the most difficult time of year for many individuals. The anticipation of the holidays then lead to the cold days of winter; challenging those to preserve through the days ahead. How do you encourage the lonely? Those who have let anxiety, fear and depression set in and who see no light at the end of the tunnel?

When I have had those experiences, I've had my Christian friends give good, Godly advice. They have referred to the Bible as an anchor in tough times, and, in particular Acts 3:19, "Turn to God for refreshing. God in time will restore everything." Is anything too wonderful for God? With God all things are possible.

One must look beyond the circumstances and focus on what God says and promises: Peace, Joy and Righteousness. This is where your Church body and your YMCA family come in. For those who need support and encouragement, the Y staff and members are here to support, come along side and lift up. This is our mission, our calling; and why we are not just a health club that's focus is fitness, but we are interested in your physical, mental and spiritual well-being.

If you are a bit down or a lot down, do not separate yourself from help. Know you have friends at the Y and at Church. Know exercise helps and know the Y staff are here to assist in any way we can. Our prayer for this year is to help bring permanent positive change to those in need.

BETTER TOGETHER

News from the
Hopkins County Family YMCA

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Winter / Spring 2016

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Building Hours

Monday

5:30 am – 9 pm

Tuesday

5:30 am – 12:30 am

Wednesday

5:30 am – 9 pm

Thursday

5:30 am – 12:30 am

Friday

5:30 am – 7 pm

Saturday

8:30 am – 5 pm

Sunday

1 pm – 5 pm

FOR SOCIAL RESPONSIBILITY

YMCA FOOD PROGRAMS

Full Bellies = Full Potential. The Y is committed to nurturing the potential of all youth, and making sure they have access to nutritious foods is part of that commitment. According to the U.S. Department of Agriculture, around **16.7 million** children receive free or reduced-cost meals through the National School Lunch Program, but **only 2.3 million** of these kids continue to receive meals through the USDA's Summer Food Service Program. As part of the Y's commitment to nurturing the potential of all youth, the Y and Wal-Mart Foundation are partnering to provide 4.7 million meals and snacks to 200,000 kids and teens at 1,100 locations in communities throughout the nation this summer. Any child 18 and under can participate in the program to get their "fill of food and fun" — receiving nutritious meals and snacks, while also enjoying recreational and learning activities to keep their bodies and minds active.

Our local YMCA has a significant impact on our national YMCA food program initiative. We currently sponsor a Summer Food Service Program (SFSP) and a Child and Adult Care Food Program (CACFP). According to the Kentucky Department of Education, 66% of the children in Hopkins County receive free and reduced lunch during the school year. This is a significant percent of children in our county and proves the importance of operating the SFSP during the summer and the CACFP during the school year. The programs allow children 18 and under to

have access to free nutritious food when school is not in session.

SFSP: The SFSP program ran for eight weeks last summer. During that time, the YMCA sponsored 45 feeding sites throughout Hopkins County. This allowed the YMCA to serve 48,372 meals to 3,858 kids! This wouldn't have been possible without the dedication of our community partners, volunteers, and summer staff that run our summer feeding sites. The 2016 SFSP program will run from June-July and we will host our annual Back-to-school Bash before school starts in August. A list of 2016 summer feeding sites can be found at the Y near the end of May and will also be posted to our social media pages.

CACFP: The Y currently sponsors eight CACFP programs. We sponsor six afterschool programs and have partnered with the Madisonville Community College and the Christmas Palooza community Christmas event. Children participating in the CACFP programs receive a nutritious snack or meal along with an enrichment activity. The CACFP feeding sites can run during the week, weekends only, Holidays, school breaks, and can even be used as a community outreach for churches serving meals on Sunday mornings and/or Wednesday nights.

For more information about these programs or how you can open a SFSP or CACFP feeding site in 2016, please contact Tori Wallace at 270-821-9622.

Patrick Rudd Project Awards \$24,500 to Hopkins County First Responding Agencies & Departments



Thanks to collaborative efforts between the Patrick Rudd Project, the Travis Manion Foundation and 9/11 Heroes Run-Madisonville, as well as generous community donors, PRP awarded *Everyday Heroes* mini grants to 16 Hopkins County First Responder departments and Law Enforcement agencies totaling \$24,500. *Everyday Heroes* mini grants were awarded to the Anton Volunteer Fire Department, City of Earlington Fire Department, Grapevine Community Volunteer Fire Department, Hopkins County Sheriff's Office, Madisonville Fire Department, Madisonville Police Department, Manitou Volunteer Fire Department, Medical Center Ambulance Service, Mortons Gap Volunteer Fire Department, Nebo Volunteer Fire Department, Nortonville Southside Emergency Squad Two, Nortonville Volunteer Fire Department, Richland Volunteer Fire Department, St. Charles Volunteer Fire Department, South Hopkins Volunteer Fire Department, and White

Plains Volunteer Fire Department.

"The Patrick Rudd Project leadership team is honored to be able to assist our Hopkins County First Responding departments and Law Enforcement agencies in bridging the budget gap. Our firefighters, law enforcement officers, and other emergency responders have a thankless job and we are happy to help them in a small way," said Kelly Forbes, Hopkins County Family YMCA Senior Director and member of the PRP leadership team.

The Patrick Rudd Project continues to empower our community of courageous law enforcement officers, firefighters, and first responders in honor of a hometown hero. "Anything he did, he did with excellence," fellow Army Ranger, Sergeant Mark Williams, said of Sergeant Rudd. In his honor, the PRP Leadership Team will always strive for excellence and our hope is that each awarded agency and department will remember his sacrifice as they continue to strive for excellence in our community.

The Patrick Rudd Project would not be where it is today without the Hopkins County Family YMCA. PRP is appreciative of the Y for their overwhelming support. Their experience and strong relationships in our community allow the YMCA to spearhead the goals of the Patrick Rudd Project. We are so fortunate to partner and collaborate with this amazing organization who gives back so much to Hopkins County.

FOR SOCIAL RESPONSIBILITY *continued*



BACKPACK HEROES

Through funding provided by the Patrick Rudd Project and in collaboration with the Madisonville Police Department, the YMCA recently created the "Backpack Heroes" program to help continue combating hunger in Hopkins County.

In many ways America is the land of plenty. But for a staggering number of Kentuckians across the Commonwealth, hunger is the reality. Over 700,000 Kentuckians, or 1 in 6, do not always know where their next meal will come from. Close to 1 in 4 of Kentucky's children lack consistent access to enough food for a healthy, active lifestyle.

"Backpack Heroes" is a program the Y hopes will help to continue addressing hunger in Madisonville and Hopkins County by providing food backpacks for each police department patrol cruiser. While we know School Resource Centers and local churches do a great job of getting food to children in need, our hope is that we can reach even more families by partnering with local law enforcement and first responders. If an MPD officer should come across a child or family in need while on patrol, they have access to food backpacks to give out. Backpack Heroes is a pilot program partnering with the Madisonville Police

Department but our hope is that we can grow the program to expand services in Hopkins County and partner with more law enforcement agencies and first responder departments.

We appreciate the community's support on this initiative and will accept any non-perishable food item to place in our food backpacks (please visit website for a list of acceptable food donations). There currently is a food donation bin at the Main YMCA and soon will be a food donation bin at Madisonville Police Department. Food backpacks can also be sponsored for \$9 each. For more information on Backpack Heroes, please contact Kelly Forbes at 270-821-9622 or kelly.forbes@hopcoymca.com.

HEALTHY LIVING

EnhanceFitness



Become more active, energized, and empowered

EnhanceFitness is a proven community-based senior fitness and arthritis management program. Its purpose is to help older adults become more active, energized, and empowered for independent living. EnhanceFitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Administration on Aging and the National Council on Aging.

The program consists of low-impact exercise classes that are safe and challenging for older adults of all fitness levels. Exercises focus on increasing cardiovascular endurance, strength, balance and flexibility which can help reduce arthritis symptoms. A certified instructor leads classes at a pace that works for each participant.

Of all EnhanceFitness's multiple benefits though, the one that matters most is that it's a great time. Classes are held in a relaxed atmosphere that promotes fun, laughter, friendship and smiles. That social interaction is proven to be a vital part of senior health and well-being.

So, if you're an older adult, lift your body and your spirits and join us for the EnhanceFitness experience. Classes are held in the YMCA Small Gymnasium every Monday, Wednesday and Friday at 11:00 AM. Registration is required.

Healthy Meals Parties & Classes

Did you resolve to prepare more meals at home this year? Then join us on the first Sunday

of each month for healthy eating classes and make-and-take parties! The Y is teaming up with the Hopkins County Extension office to host Salad-in-a-Jar parties, Soup-in-a-Jar parties and Fix It & Forget It slow cooker recipe exchange and freezer meal prep (with slow cooking safety tips).



Classes will be held in the Kid Center Basement at 3:00 PM on the first Sunday of each month. Be sure to check our website and Facebook page on how to RSVP each month!



HEROES & VETERANS OF HOPKINS COUNTY

Calendar Nominations



The Patrick Rudd Project is excited to be publishing a Heroes of Hopkins County Calendar (2016-2017) as well as a Veterans of Hopkins County Calendar (2017) to showcase the heroes of our community. Nomination forms are available at hopkinscountyyymca.com as well as at the Main Y. Nomination deadline is February 29th. Calendar sponsorships are also available. Please email PatrickRuddProject@gmail.com for more information.

SNOW POLICY:

If Hopkins County Schools are cancelled due to weather, please call 821-YMCA after 7:00 AM to find out if fitness classes are cancelled and if the nursery will be open.

FOR YOUTH DEVELOPMENT

SWIM LESSONS



Research shows that participation in formal swim lessons can reduce the risk of drowning by 88% among children aged one to four years. Imagine watching your child swim for the very first time all by himself. The joy of seeing that accomplishment and confidence is unmatched! In our swim lessons we're not just teaching life-saving skills – we're building confidence. Y lessons are unique due to their focus on preparing the swimmer for all aspects of the water experience and life by teaching skills in these 5 focus areas: Personal Safety, Personal Growth, Stroke Development, Water Sports & Games, and Rescue. Our approach is a student-centered learning style to keep children actively involved in their progression. When students are allowed to figure out what to do on their own, they are actively and creatively participating in their learning. As a result, they tend to remember that they learn better and longer. Participants are placed in a level based on age and ability to help meet the developmental needs of each swimmer. Swim Lessons at the Y are held monthly, with Tuesday/Thursday evening or Saturday morning sessions. Private swim lessons are also held for children or adults who would like more individualized instruction. Please visit the Y's website for class details and times.

SUMMER CAMP AT THE Y



Our Y summer day camp provides kids with imaginative activities that make sure they have fun while making new friends, building self-confidence and discovering the world around them. One week or the whole summer; indoors or out; on their own or in a group. Archery to Arts, canoeing to cannonballs, your kids will have an amazing experience this summer, all in a safe, inclusive and nurturing environment. Summer Camp open enrollment begins April 18. Weekly themes include teamwork, YMCA Olympics, Wacky Sports, Imagination Station, Music & Arts, Messy Madness, Emergency

Services and Beach Bash, as well as new themes being added this summer!

SPRING BREAK DAY CAMP 2016

Don't miss out on all the fun over Spring Break, April 4th-8th! Registration begins March 7th!

GENERATIONS UNITE

Friendship Knows No Age



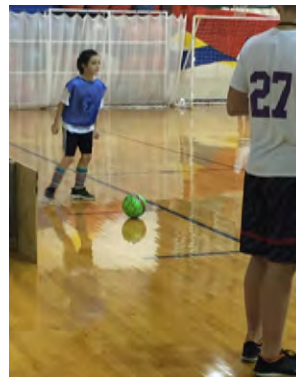
In November, the Kid Center began a new program called *Generations Unite*. Our preschool classes began visiting assisted living facilities in Madisonville to play games, do crafts and participate in Bible Study. 43% of older adults experience social isolation, which is closely correlated with loneliness and depression as well as mental and physical decline, even in nursing homes and assisted living facilities. That's where *Generations Unite* is trying to change things for the betterment of the elderly and the young. Children and elderly people share a lot of similarities and have a lot to offer each other. The Y's hope is that our children will provide excellent company for the seniors and brighten their days and also learn to not fear older adults.

MADY MANTAS SWIM TEAM

The YMCA Swim Team is for swimmers of all levels and abilities. It provides opportunities for athletes to participate in inter-squad meets and recreational meets. Practices are held on weekday afternoons at the YMCA. Interested swimmers may register for the MADY Manta Recreational & USA winter swim team through February. Summer Swim Team begins April 11th and runs through the end of July. Swimmers must be able to swim one length of the pool to join the Rec Swim Team.

FUTSAL

We've had a great response to the new indoor soccer league at the Y – Futsal! Youth, ages 8 to 16, participate in games on Sunday afternoons at the YMCA to keep them playing soccer year round!



Get Fit Cardi♥ & T♥ne

Want to get a full body workout, toning & cardio? Then this is the class for you! Every class is different so you will never get bored. With the use of various types of equipment and floor work, you are guaranteed a great workout for the entire hour. This class is for all fitness levels, beginner to advanced. This class is offered Monday, Wednesday and Friday at 5:15 pm and Sunday at 3:00 pm at the Y Express.



YMCA EXPRESS

CLASS SCHEDULE

These classes are offered only at

The YMCA Express Facility

Located at Parkway Plaza Mall

Sunday

3:00 pm - Get Fit Cardio & Tone.

Monday

8:15 am - Bodypump

9:30 am - AOA

4:00 pm - Bodypump

5:15 pm Get Fit Cardio & Tone.

Tuesday

5:15 am - Bodypump

5:15 pm - Bodypump

Wednesday

8:15 am - Bodypump

4:00 pm - Bodypump

5:15 pm Get Fit Cardio & Tone.

Thursday

5:15 am - Bodypump

5:15 pm - Bodypump

Friday

8:15 am - Bodypump

9:30 am - AOA

5:15 pm Get Fit Cardio & Tone.

Bodypump - Sixty minute barbell class that shapes and tones your body.

AOA-Active Older Adult - Designed for 50 and older. Low impact cardio and light weights (Free to community).

Babysitting will **not** be provided at YMCA Express

FOR YOUTH DEVELOPMENT continued

YOUTH RUNNING CLUB

It's time to throw on your running shoes and join the youth running club! The Run Club is a track club focusing on all ages of runners with the option to register to participate in USATF-sanctioned meets (USA Track & Field). Practice is scheduled to begin Spring 2016 - check out the Y's Facebook and website for more information!

SPRING SOCCER

The 2016 spring soccer season is quickly approaching! YMCA Soccer is the oldest and largest youth soccer organization in Hopkins County. Our program is open to boys and girls, ages 4 through 14 (age as of July 31st, 2015). Games are played on Saturdays and/or weekday evenings. Games will run March 29th through May 21st. Sign up soon, registration ends February 21st. At the YMCA, everyone plays - everyone wins!

SPRING Soccer for Me Too!

Soccer for Me Too! focuses on developing the fundamentals of soccer in a fun, recreational atmosphere for 3-year-olds (age as of July 31, 2015). The season will run for 6 weeks, March 19th through April 30th, with Saturday morning games. Deadline to register is February 21st.



STEVE OAKLEY SPRING BREAK SOCCER CAMP

The YMCA will once again host Steve Oakley's Spring Break Soccer Camp for area youth! The camp will run during Hopkins County's Spring Break (April 4th through 8th). Emphasis will be placed on skill development, participation and fun! Boys and girls, ages 6 to 12, are invited to attend! All campers will receive a camp t-shirt at the conclusion of camp.

MARKWELL DANCE REVUE 2016

Join us for the Markwell Dance Revue at the Glema Mahr Center for the Arts on Saturday evening, May 21st at 6:00 PM. Our students have been working hard since September to prepare for their performance!



SUMMER T-BALL

YMCA Youth T-Ball is designed to introduce young athletes to the fundamentals of baseball. Emphasis is placed on skill development, participation and fun! Age divisions include 3 to 4-year-olds and 5 to 6-year-olds. Registration ends May 29th, with games running June 20th through July 29th.

YOUTH SPORTS SUMMER CAMPS

Be sure to check the Y's website and Facebook page for sports camps coming up this summer: baseball, basketball, cheer, dance, soccer, volleyball, golf, art!

HEALTHY KIDS DAY

Healthy Kids day is April 30, 2016! Join the 1.2 million participants at more than 2,000 Y's as we inspire kids to stay active all summer long!

YMCA FITNESS CLASS SCHEDULE

MONDAY

8:15 AM - GROUP CYCLING

8:15 AM - R.I.P.P.E.D.

9:15 AM - WATER WALKING

9:30 AM - TABATA

11:00 AM - ENHANCE FITNESS

4:15 PM - TABATA

5:30 PM - KARDIO KOMBAT

5:30 PM - GROUP CYCLING

TUESDAY

5:15 AM - GROUP CYCLING

8:00 AM - TONING

9:00 AM - ZUMBATONE

9:15 AM - ARTHRITIS AQUATICS

5:15 PM - ZUMBATONE

WEDNESDAY

8:15 AM - GROUP CYCLING

8:15 AM - R.I.P.P.E.D.

9:15 AM - WATER WALKING

9:30 AM - TABATA

11:00 AM - ENHANCE FITNESS

4:15 PM - TABATA

5:30 PM - KARDIO KOMBAT

5:30 PM - GROUP CYCLING

THURSDAY

5:15 AM - GROUP CYCLING

8:00 AM - TONING

9:00 AM - ZUMBATONE

9:15 AM - ARTHRITIS AQUATICS

5:15 AM - ZUMBATONE

FRIDAY

8:15 AM - GROUP CYCLING (BEGINNER)

8:15 AM - TABATA

9:15 AM - WATER WALKING

11:00 AM - ENHANCE FITNESS

Arthritis Aquatics - Water exercises designed to improve joint flexibility and relieve pain and stiffness (*It is not necessary to know how to swim ~ free to community*)

Group cycling - Cardio workout on a stationary bicycle

Toning - Muscle toning and strengthening class using light weight, bands, balls and floor exercises.

Water Aerobics - This class uses the water's natural resistance to tone muscles and provides very low impact on joints during cardio

workout (*It is not necessary to know how to swim*)

Zumba Tone - Aerobic Latin inspired dance class with some toning exercises included

Kardio Kombat - Kick, punch and sweat your way to fitness in this high energy, fun class.

Tabata - High intensity-short duration cardio and strength (30-40 minute class)

R.I.P.P.E.D. - Resistance-interval-power-plyometric-endurance-diet are all combined into one 60 minute class

Water Walking - Walking patterns and progressions for a total body workout.

Enhance Fitness - Senior fitness and arthritis management program designed to help older adults become more active and empowered for independent living. (Pre-registration is required for this class.)

www.hopkinscountyyymca.com



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

NON-PROFIT ORG.
U.S. POSTAGE PAID
MADISONVILLE, KY
42431
PERMIT NO. 13

HOPKINS COUNTY FAMILY YMCA

150 YMCA Drive
Madisonville, KY 42431

Blood Drives at the Y

March 22nd

May 17th

July 12th

September 6th

November 1st

ANNUAL GIVING CAMPAIGN

America is a great nation. But it's facing some challenges. Communities are less united than they once were. There are fewer places for people to come together, and our economic climate is difficult, to say the least. But there's one place we can go to feel connected, stay active, learn, grow and just plain belong. Because where societies fall short, the Y steps in. The work the Y does every day is vital to our growth as individuals and communities, but we need our supporters' generous help to do it. The Y is not a Gym & Swim. It's an organization committed to the social well-being of communities nationwide. A must have. Not a nice to have. Everything the Y does is in service of making us better.

**For a better you. For a better
community. For a better country.
For a better us.™**



the Y
FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER WE CAN BUILD A BETTER US

From safe spaces to academic achievement to family well-being and more, when you donate to the Y, you're giving those in need the opportunity to thrive.
Give for a better us.

The Y.™ For a better us.™

Annual Campaign

481038 9/15

**"Share with
God's people
who are in
need. Practice
hospitality."**

Romans 12:13