

# STAUNTON-AUGUSTA FAMILY YMCA NEWSLETTER

**JULY 2024**



**Read about our Annual Giving Campaign, how mental health affects fitness, member and staff updates and more!**

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# SUMMER AT 575

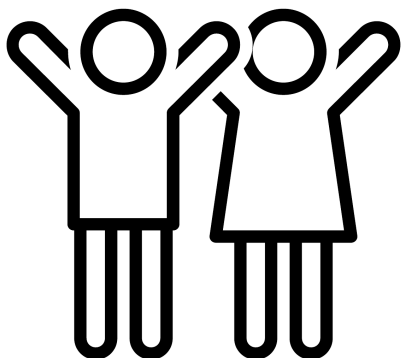
## NEW HOPE ROAD BRANCH



Under idyllic blue skies dotted with the happiest fluffy white clouds, kids enrolled in our summer camp program are getting the most out of summer at 575. It's a dream come true to witness three-legged races and partake in hand-games like "Down By The Banks" in this setting. It means so much to see young people flourishing at 575. Here's to many more happy summer memories!

**WE NEED VOLUNTEERS TO ASSIST WITH OUR CAPITAL CAMPAIGN TO FUND THIS LOCATION!**

Email Executive Director Josh Cole at [josh@saymca.org](mailto:josh@saymca.org) or Associate Executive Director Candace Martin at [candacemartin@saymca.org](mailto:candacemartin@saymca.org) to find out how you can help.



**THANK YOU TO THE INDIVIDUALS AND ORGANIZATIONS THAT HAVE HELPED US GET THIS FAR!**

Moffett Paving & Excavating, Nielsen Builders, Inc., Lineage Architects, P.C., Balzer & Associates, Inc., SAYMCA Board Members, SAYMCA Trustees and staff.

YMCA TASK FORCE: Alison Denbigh, Jason Lackey, Julian Moffett, Maggie Ragon, Paul Vames, John Keene.

EARLY DONORS: The Houff Family Foundation, David Didawick & Family, Paul Vames, Billy Sowers, Julian Moffett & Family and several anonymous donors.

**You can help us succeed  
by getting involved!**





# **FOR A BETTER US**

## **ANNUAL GIVING CAMPAIGN**

**We have raised over \$35,000 which is a  
huge step towards our goal of \$160,000.  
We need your help to get there!**

**STRONG  
COMMUNITIES  
THRIVE  
TOGETHER**



**100% of what is  
raised goes into  
building a healthier  
community!**

**YOUR GIFT CHANGES LIVES**



# ROCK STEADY BOXING PARTICIPANT CRAFTS ONE-OF-A-KIND SCULPTURES WITH THE COMMUNITY IN MIND



## ART WITH A PURPOSE

When Henry Team isn't busy punishing punching bags at Rock Steady Boxing the 86 year-old is hard at work crafting meticulous hand-carved wooden sculptures. "I have been carving for 20 to 25 years," Team says, "but after I retired I got serious." As a member of the Ward Foundation, which hosts the World Carving Championship, Team finds inspiration in the work he sees and uses that inspiration to help others. He has donated pieces to be raffled off to benefit organizations like The Boys and Girls Club, The Rotary Club and Big Brothers Big Sisters.



**Detail of the feet.**

## WORK OF HEART

Inspired by a piece he saw in the carving championship, Team created his own unique piece. Delicately crafted in Bass wood and hand painted, the detail is exquisite. "I made everything but the eyes," Team chuckles. The sculpture took several months to complete and then he knew exactly what to do with it. Team has donated the sculpture to be raffled off to benefit RSB at the SAYMCA. "Rock Steady Boxing is a great group and I wanted to help." With a huge amount of skill and a heart to match, Team's generosity knows no bounds.



## HOW TO ENTER TO WIN!

The raffle for "Green Herons" will be open **Monday June 24 through August 5**. Tickets can be purchased in groups of **3 for \$10, 5 for \$15, or 10 for \$20** at the front desk. Cash only please. You do not need to be present for the drawing. You can help RSB win when you purchase your tickets.



# RAFFLE CONTEST



ALL PROCEEDS BENEFIT  
OUR ROCK STEADY  
BOXING PROGRAM!

BY LOCAL ARTIST  
HENRY TEAM



ONE OF A KIND  
HAND-CARVED  
WOODEN  
SCULPTURE

3 FOR \$10

5 FOR \$15

10 FOR \$20



**JUNE 24 – AUGUST 5**



Enter for a chance to win this unique  
sculpture created by one of our Rock  
Steady Boxing participants.

**PURCHASE TICKETS AT THE FRONT DESK  
CASH ONLY**



**STARTING THE CONVERSATION IS ONE SKILL...  
CONTINUING IT IS ANOTHER;  
BE A BETTER FRIEND THROUGH ACTIVE LISTENING**

Active listening means to listen to understand, not to respond. When you listen to understand you develop more empathy for the individual.

We are conditioned to respond, so learning to listen without the need to respond is a skill you can practice.

Your body language can send a strong signal that you are actively listening.

### **Make Eye Contact**

Leaning towards the person shows you are engaged in what they are saying.

Use appropriate facial expressions to show understanding.



# THESE GUIDELINES UTILIZE THE PRINCIPLES OF EMPATHY AND HONESTY TO CONVEY UNCONDITIONAL POSITIVE REGARD.

**CHECK YOUR OWN STATE OF MIND:** Being more self aware of your own feelings will help you have more compassion for another.

**ACCEPT THEIR EXPERIENCE AS UNIQUE:** Understand that someone else's emotions and experience is valid even if it is different from your own.

**RESIST THE URGE TO IMMEDIATELY RESPOND:** Use non-verbal cues to show you are listening. Silence can give them time to open up.

**INQUIRE ABOUT CULTURAL DIFFERENCES:** Develop an inclusive approach by understanding the nuances of communication across various cultural diaspora.

For more information on active listening visit [mentalhealthfirstaid.org](https://mentalhealthfirstaid.org) and [positivepsychology.com](https://positivepsychology.com)





## 25 Years of Annual Giving Campaign is a Testament to the Commitment of Community-Centered Programming

By Chris Lassiter



**Camp Counselor Alex Mitchell says he's just in it for the fun!**

Finding a job has never been a problem for Alex Mitchell.

More recently, however, the STAUNTON-AUGUSTA FAMILY YMCA Teen Center and Summer Camp counselor feels like he's found his calling.

It's in youth development.

"It's the first time in a long time that I'm doing something that feels purposeful instead of just superficial things," Mitchell said. "I want to do something that gives back to somebody. In summer camp, it feels like I have a chance to connect with kids. I know it sounds like a selfish answer, but it feels good."

Mitchell has found his way to give back to the exact same YMCA that he used to frequent when he was a pre-teen.

Mitchell's impact on youth in the community is just one example of how the YMCA has positioned itself to make an impact in the community. In total, the STAUNTON-AUGUSTA FAMILY YMCA offers 20 mission programs.

Programs like Rock Steady Boxing, Neuro-Wellness, Youth Volunteer Corps, Afterschool Adventure Club, The Teen Center and Summer Camp have different objectives but the same mission: to impact the community.

The mission programs are funded through the YMCA's Annual Giving Campaign, which kicked off in June with an event at Gypsy Hill Park and runs through September.

"We try to impact through youth development, healthy living and social responsibility, and the Annual Giving Campaign helps us do just that," said Josh Cole, CEO of the SAYMCA and Waynesboro Family YMCA. "The Annual Giving Campaign helps us address additional community needs. It helps us make programs affordable for those who can't afford it, including membership, and it helps us do more to impact the community."

This is the 25th anniversary of the Annual Giving Campaign. Every year, the goal is achieved by many people contributing whatever they can. This year the goal is \$160,000. To date, the fund stands at \$35,000.

"It's the willingness of all to get involved to make that campaign successful," Cole said. "With the community's help, it's really a grassroots effort. Our average donation is usually \$125, and it's a lot of people willing to give toward that cause and help us help the community and help others."

The Annual Giving Campaign allows the YMCA to serve as the center of community and not just a community center. Whether it's through time, energy or money spent, together we are building a healthier community and ensuring access for all. All it takes is one small act of generosity at a time.



**During the campaign kickoff on June 6, a crowd gathers to enjoy entertainment by The Y Not Sing Singers, Back in The Groove and The Gypsy Hill Jazz. The evening was dedicated to community and fun all in the spirit of building relationships through fellowship.**

## 14 Years of Quality Childcare Service, With More in Store

By Caleb King

If you've ever found yourself near the STAUNTON-AUGUSTA FAMILY YMCA Playroom, then Stephanie Pagan is likely a familiar face. Starting her employment at age of 15, Pagan has continued her work at the YMCA for a total of 14 years.

Prior to her employment, she was an active member as a child and began participating in YMCA activities around age 5, when her mother served as Playroom Coordinator. Even at a young age, Pagan was an avid supporter of the YMCA. She would fold towels at the front desk with her mother, clean, and provide assistance when the playroom hosted birthday parties.

However, her long-standing tenure as a Y employee will be coming to a close at the end of this summer. Pagan is headed to pursue a full-time career as a teacher's aide in the Verona area. Despite the upcoming departure, Pagan's impact in the playroom will be felt for years to come. Looking back on her time as a Playroom Attendant, she was quick to note her favorite parts of the job.

"Definitely watching the kids grow up," she said. "I've seen a lot of kids start as young as 3 months old and now some of them are 10 or 11. It's just nice getting to watch all of them grow up."

Due to the longevity of her journey at the YMCA, Pagan is able to offer a perspective that encapsulates what the experience was like throughout different points in her life.

"[As a kid] I had fun! I loved going in the tunnels and coloring and playing with all the toys & kids" she reflected. "I still think it's great, I love talking to the people at the front desk when I come in. Everybody's always friendly and it's always been like that."

Pagan now has two children of her own [ages 3 and 5] that share a similar experience as playroom participants.

When presented with the potentially daunting task of childcare, Pagan was quick to note the need for good communication amongst staff members. Alongside a team of one to three other attendees during the shift, staff members must notify one another when going to the bathroom to ensure the safety of the children. The communication extends outside working hours as staff may potentially contact each other regarding shift coverage or special needs a child may have for future reference. Dee Valentine, Playroom Coordinator,



sends frequent texts updating staff with information that is vital to maintaining efficient communication.

"She's very very good at communicating with everybody," Pagan praised, "I think she does really well at keeping everybody on the same page."

To create a welcoming space, staff members are intentional to greet children and parents when they walk in the room. Since Pagan started working when she was only a teen, she noted how she might have been more shy at first. Over the years, she has grown accustomed to striking up conversation with the kids and helping them feel comfortable in the potentially new setting. Her sensitive approach gradually introduces the child to the space until they are bold enough to explore with more curiosity as they are presented with an array of fun activities.

Pagan is grateful for the opportunities she has had to build relationships with both staff and kids. Her ability to connect with children is admirable and will only be further demonstrated as she pursues a career in the classroom. Although her presence in the playroom will be sorely missed, the entire SAYMCA family wishes her a bright future ahead!



# YOUTH PROGRAMS

## TEE BALL COACHES NEEDED

Pickup a volunteer application and background check at the front desk!

## LITTLE KICKERS

This is an introduction to the fundamentals of soccer with an emphasis on learning through play! Coached by local high school coaches and their players.

**AGES: 3 - 5 YEARS**

**Registration opens July 15!!**

**August 17 - September 28**

Saturdays 9 - 10

No class Labor Day weekend

### Fees:

\$60 Members per session

\$75 Non-members per session

Max of 30 kids. Don't wait! This program fills up fast.



**TENNIS WILL RESUME  
IN THE FALL!!**

## YOUTH EQUIPMENT ORIENTATION

**Ages 12-14**

**Fees:** \$25 Members for four classes. Sign up at front desk

## PROGRAM DIRECTOR CONTACT:

Windsor Vaughn | [windsor@saymca.org](mailto:windsor@saymca.org) |

540-885-8089

## YOUTH BOXING

Want to try something new? Boxing gives youth an opportunity to stay active through the summer. REGISTRATION IS OPEN THROUGH JULY 11!

**THURSDAYS: 6-7 PM**

June 13 - July 25

No class July 4

**AGES: 14 - 20 YEARS**

### Fees:

\$45 Members per session

\$60 Non-members per session

## YOUTH BASKETBALL CAMP

Come learn fundamentals or hone your skills. Play games, win prizes and compete! T-shirt included. Coached by Terrell Mickens

REGISTRATION OPEN

**July 15 - 18**

1-4 PM

**Ages 6-14**

### Fees:

\$60 Members per session

\$75 Non-members per session

## BLUE GOJI CYBERCYCLE SUMMER LEAGUE

Looking for a way to keep your kids healthy and active this summer? Blue Goji's cybercycles offer the perfect blend of gaming and fitness. Bikes are located on the second floor. Hop on, login or create a profile, and ride!

How it works:

There are three games that are part of this league; Go Bikes, Creature Krunch and Go Battle. Every Tuesday you get the opportunity to practice and Thursdays are when we compete. On Thursdays we play in this order: Go Bikes for 20 minutes, Creature Krunch for 20 minutes and Go Battle for 20 minutes. The first two are single-player but Go Battle is multi-player. Teams have a max of 4 players. Recruit your friends and then get ready to ride!

NEW!

**Did you know siblings receive a 10% discount after the first child enrolls in a program?**



# YOUTH CYBERCYCLE SUMMER LEAGUE

3 PM Every Tuesday & Thursday  
until school starts

AGES 10 - 17

## LOG IN

Hop on a Cybercycle located  
on the second floor and  
login/create a profile.

## PRACTICE

Practices are held every  
Tuesday.

## COMPETE!

Thursdays we compete  
against other Y's. Login  
and join the tournament.

The league is open  
to youth members and  
those enrolled in  
our summer camp.  
**FREE!**







**Zumba classes help Amiya White focus, socialize and stay active while working through the challenges of living with autism.**

### **Adaptive Classes, Individual Training Open Doors for Active Members with Disabilities**

**By Dawn Medley**

When Doris Hayes enters the STAUNTON-AUGUSTA FAMILY YMCA, she doesn't see rows of cardio machines and strength-training equipment. She doesn't see determined track-walkers circling a bustling gym or a pool teeming with both experienced and brand-new swimmers.

In fact, Hayes doesn't see anything at all.

An SAYMCA member since the 1980s, Hayes has been blind since her teen years. But that doesn't stop her from coming to the busy Coalter Street facility eager to get to her weekly workouts.

"I've always been as active as I could be," said Hayes, who celebrated her 90th birthday last November.

Hayes herself has no shortage of intrinsic motivation, but she is quick to credit the Y community with supporting her lifelong fitness goals in spite of her disability. Whether it's a staff member who guides her to and from the locker room or the pool or another participant who stays by her side to demonstrate an exercise if she needs help during class, she is grateful for each individual effort that embodies the Y's commitment to inclusivity.

"There have always been kind-hearted people at the Y who help me keep moving," Hayes added.

The idea that fitness and well-being should be accessible and adaptable to people at all ability levels is not unique to the YMCA, but it is one that is visibly in practice at the Staunton center on a daily basis.

And it's more than the fact that people with a range of abilities are welcome to attend. Members like Hayes add unmatched experiences, understanding, and perspective to the Y community.

They make the Y what it is.

#### **Finding Her Beat**

An observer watching Stephanie Mason's Thursday evening Zumba class is likely to see an energetic young woman with a big smile on her face. She'd probably be near the front, and she knows the routines so well that it wouldn't be hard to imagine her leading the class.

They wouldn't notice anything out of the ordinary.

Until the woman abruptly stopped dancing to realign the plastic riser steps or balance balls placed on the side of the room. Or when class ended, and she did not speak to the instructor or other participants.

Amiya White, 21, had a severe reaction to the measles, mumps, rubella (MMR) vaccination and was diagnosed with autism just before her second birthday. She can hear, but she began to lose her ability to speak as a toddler, instead using Signing Exact English (SEE) and an AI device to communicate.

An ambitious young adult, Amiya also exhibits obsessive-compulsive tendencies, which can further distract her from the activity at hand.

"Autism does not define her ... she is full of genuine joy. She has received extensive therapy through the [public] school system, which has made a significant outcome in her ability to face everyday challenges," said her mom, Barbara White. Along with her husband, Jaques, she tirelessly supports the youngest of their three children.

Barbara's journey with Amiya led her to advocate for many families of children with special needs when they lived in Georgia and Alabama, and she has continued that work in the Staunton area since the family moved back to her hometown in 2022.

Zumba at the SAYMCA continues a commitment to sports and physical activity that has long been encouraged by Amiya's parents as part of her routine. As a child and teenager, she participated in martial arts, dance, basketball, and soccer, among other activities.

"Those kinds of activities are so beneficial for her. They foster a sense of belonging and encouragement, work on her motor coordination and cognitive skills through learning the rules of the game or the routines, and even give her opportunities to practice social interactions," said Barbara.

"I've seen Amiya grow a lot as a dancer as she has become a regular participant," added Mason, a Group Fitness Instructor and co-leader of the Y's Youth Volunteer Corps.

"She is able to follow along easier, puts more energy into the moves she remembers, and is laughing and smiling more with each class."

## Growing Stronger and Steadier

When Utah native Dawni Hill, 46, visited the Staunton-Augusta YMCA with her mom and primary caregiver, Pat, for the first time in early 2024, she immediately honed in on a piece of equipment in the Wellness Center.

Complete with heavy-duty buckles and pulleys, the weight-bearing harness near the right wall could hold Hill upright. And for this traumatic brain injury survivor, being able to uncurl her torso from its reflexive "C" shape means freedom - a better walking stance, more control in her arms, and another thing Dawni considers an advantage.

"I can be tall!" she said enthusiastically.

Shortly after moving to the area, the Hills found the neuro wellness program at the SAYMCA, uniquely designed for Parkinson's Disease patients, stroke survivors, and people with other conditions that affect the neurological system. After two group classes, Dawni began meeting one-on-one with Personal Trainers Krystal Clark and Suzi Nolley. The duo works with her and other individuals to rebuild the brain's pathways through repetitive movements and muscle memory.

The training they offer is a form of adaptive fitness, a method that refers to helping people with disabilities achieve their fitness goals by tailoring



**Krystal Clark, left, and Suzi Nolley, right, laugh with member Dawni Hill while she uses the UBE machine for rehabilitation.**



# MISSION SPOTLIGHT: Adaptive Fitness

exercises and workout plans to their specific needs.

"I really appreciate the neuro wellness staff and the whole group," said Dawni, who was injured as a teenager in 1995, spending three months in a coma and a year in the hospital in total.

That she left at all was a miracle.

"She was supposed to remain vegetative, so the fact that she was able to walk out of the hospital was an amazing gift from the Lord," explained Pat.

In hour-long sessions twice a week, the team works to lengthen Dawni in the harness, as well as maintaining a cardio routine on the NuStep machine. They also focus on calming "Bertha" - Dawni's dominant right arm that is in constant motion - and strengthening her tighter, less responsive left arm, "Elmira."

"They are very knowledgeable about how to build on progress during each session, and we are encouraged by the path and what we are seeing already," said Pat.

## Always Looking Ahead

What Doris Hayes lacks in sight, she more than makes up for with vision.

As her eyesight deteriorated, Hayes enrolled at the Virginia School for the Deaf and the Blind (VSDB) in the 1950s, where she stayed active as a cheerleader and by participating in "field days." The school was also where she met her husband and many longtime friends.

"That was the big thing that sold me on wanting to attend VSDB - that I could do so much more than just get by academically," Hayes said.

As an adult, Hayes enjoyed regular walks around the city with a cherished neighbor, and she took up bowling on a team, which was featured in the local newspaper.

Hayes joined the Staunton Racquet Club in the early 1980s to take advantage of its indoor pool, becoming a Y member when the organization merged with another fitness center under the YMCA umbrella.

She continued to take water aerobics classes until the pandemic caused the facility to close temporarily. When Hayes felt comfortable to return, she was looking for a change of pace, and the aptly named PACE (People with Arthritis Can Exercise) class filled the slot.

"I didn't know anyone in the class - except the instructor - but I'm so glad I did it," she said.

"I've had a wonderful life, and the Y has been a big part of it."

Group Fitness Instructor and Personal Trainer Peggy Smith says that she has been learning from Hayes for years as her leader in the water and in PACE class.

"Having [Doris] in class reminds me to think carefully about what I am asking students to do," said Smith, who also finds ways to adapt to deaf participants in her classes and personal training sessions.

"She has always been a joy to have in class, and I get the feeling that her model of keeping up with activities and her motivation has been inspiring to many, many people," Smith added.



**Doris Hayes, age 90, participates in weekly PACE classes despite her blindness.**



FOR YOUTH DEVELOPMENT®

FOR HEALTHY LIVING

FOR SOCIAL RESPONSIBILITY

# NEURO-WELLNESS PROGRAM

with Murphy Deming  
PT & OT students



**Fitness for Every Body:**  
**Muscular Dystrophy**  
**Multiple Sclerosis**  
**Stroke Recovery**  
**Cerebral Palsy**  
**& More**

This is a unique opportunity for community members to receive one-on-one attention while pursuing fitness goals. PT and OT students will create an individualized program for participants under the supervision of experienced Physical Therapists and Personal Trainers. \*Participants must have a physician's referral\*

**You can be active and healthy!**

**September 16 – October 9** ( Registration September 4 )

**October 21 – November 13** ( Registration October 7 )

**Mondays & Wednesdays at 1:00 PM or 2:00 PM**

**\$60 Members / \$70 Non-Members**

**Got questions?** Contact Fitness Director Wendy Shetty at [wendy@saymca.org](mailto:wendy@saymca.org)





## **Fitness Journey Provides Opportunity for Personal Transformation**

### **Beyond the Physical**

**By Eleanor Rixey**

How do you get through your toughest days? When it feels impossible to get out of bed. When your mind is overrun with negative thoughts. How can you make it to the gym when even taking a shower feels like a hurdle too immense to overcome? Addressing mental and emotional blocks is just as important on your fitness journey as setting goals for your body. For me, fitness is so much more than just "working out." I use it to challenge myself. It serves as a platform to confront old attitudes and behaviors and literally move through those rigid ideals that keep locked into old patterns and habits that keep me feeling stuck.

Sarabeth Johnson has undergone her own process of self discovery and healing while pursuing fitness goals. Personal Trainer, Group Fitness Instructor and Rock Steady Boxing Coach, Johnson shared with me how she was able to transform herself physically, mentally and spiritually as part of the healing process.

#### **Cultivate an attitude of gratitude**

Johnson has always been health conscious. Trained in various modes of exercise and nutrition, she has always been interested in helping people stay well. But, as she aged, she noticed that her traditional methods of exercise weren't enough. And there was a significant change when she turned 48. Despite her regular schedule of leading exercise classes and following her own training, she was gaining weight, her ankles were swelling. There were other signs - like not sleeping well - that something was out of balance. "My body said, 'We don't care that you're doing all this stuff,'" she said.

As her body was going rogue, a significant personal loss occurred. Johnson's experience left her bereft and without focus for quite some time. Although there were days that were hard to get out of bed she shared that cultivating an attitude of gratitude saved her.

Drawing from a reserve of mindfulness developed through her yoga practice, Johnson found strength in helping others live healthier lifestyles. Being present and intentional about movement benefited herself as well as others. With this newfound sense of purpose came the ability to grow and shed old ideas that were holding her back. "I started living for me," she says. "I opened up to new realities and possibilities."

As the door began to open, she realized that her approach to fitness needed to change. She started researching peri-menopausal fitness and learned that she needed to adjust her approach. Nutrition and weightlifting became the new focus. She hired a Personal Trainer who helped her develop a strong foundation for weightlifting. That trainer helped her realize the effect nutrition was having on her.

"I always identified as healthy." She thought she knew everything because of her background. What the situation was calling for was a radical change in her perception of herself. "I had to accept that I don't know and drop my ego." She hired a new coach who could guide her through the next part of her fitness and healing journey.

#### **Overeating and undernourished**

The new coach laid out a program that may sound radical to some. Johnson is expected to weigh

herself and perform circumference measurements daily. All of her food is tracked and weighed through an app. At first she thought it was crazy. "I didn't own a scale. I never weighed myself," she said.

The first six weeks were the hardest for her. Weighing every meal, using the technology adjusting to a new lifestyle felt rigid at first. "Once I got everything now it's on repeat and there is actually a lot of freedom in knowing that I am eating exactly what my body needs."

Johnson's coach encouraged her to think of this journey as making small incremental changes. She had to "be willing to make these changes. It was "having a growth mindset" that allowed her to be more flexible about adapting to the changes she was being asked to make.

And the physical changes are remarkable. In 20 weeks she has shed 14 pounds and she has lost 3.5 inches from her waist. The swelling in her ankles has subsided and she is sleeping better.

Now she uses her weight and body measurements as a metric. She considers it a tool to let her know what is working and what isn't. "I'm not a perfectionist ... it isn't the end-all."

She remarks how, as a society, we tend to overeat. "If you are frustrated with how you are feeling and you don't want to take medication, then give food a try. Find someone who can help you."

I cannot stress enough the role nutrition plays in our physical well-being (I would even go so far as to say it also effects our mental and emotional states ). Sarabeth uses the metaphor, " If exercise is king, then nutrition is queen."

### **It's simple, but it isn't easy**

Adopting a growth mindset is more than a positive attitude. It's an open-handed approach to life that sometimes comes after experiencing hardships or personal loss. Oftentimes we are our own worst enemies. Our old ideas and attitudes can serve as a stumbling block on our path to success.

For Johnson, her physical appearance is a reflection of her mental and spiritual state. Her journey of personal growth and fitness are linked. Healing from her loss runs parallel to her success with her exercise and nutrition program. As her ability to find gratitude even in the toughest moments of her life deepened she realized how her sense of self was shaped by old ideas. She needed to release herself from those ideals in order to grow. Overcoming a personal hardship was the catalyst. As she healed from that loss, she used that experience to help her achieve fitness goals she previously thought were impossible.

**Eleanor Rixey is an ACSM certified personal trainer and AFPA certified Group Fitness Instructor. You can reach her at [eleanor@saymca.org](mailto:eleanor@saymca.org).**

### **Notes from Sarabeth's Program**

**Previously her diet consisted of:**

**60% carbs**

**30% protein**

**10% healthy fats**

**Currently her diet consists of:**

**40% carbs**

**40% protein**

**20% healthy fats**

**Her nutrition changes on the days that she does her strength training. Her pre-workout and post-workout meals contain the most carbs. Her protein and healthy fat intake are the only constants in her program.**

**She is lifting four days a week. Her coach mixes it up for her because she enjoys the variety, but she is always doing a variation on a squat, deadlift, hip thrust and bench press.**

**Protein intake is key to managing cravings.**

**When her weight plateaus, her trainer adds cardio or cuts carbs to initiate more loss.**





# LAND and WATER GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AQUAFIT 1</b> 9-9:55 AM Peggy	<b>AQUA YOGA</b> 9-9:55 AM Karen	<b>AQUAFIT 1</b> 9-9:55 AM Peggy	<b>AQUA YOGA</b> 9-9:55 AM Karen	<b>AQUAFIT 1</b> 9-9:55 AM Julie
<b>AQUAFIT 2</b> 10-10:55 AM Julie	<b>SPLASHBURNER</b> 10-10:55 AM Karen	<b>AQUAFIT 2</b> 10-10:55 AM Julie Peggy 7/3	<b>SPLASHBURNER</b> 10-10:55 AM Karen	<b>AQUAFIT 2</b> 10-10:55 AM Julie Karen 7/5
<b>GENTLE AQUAFIT</b> 11:15AM - 12PM No Classes for the month of July	<b>AQUA YOGA</b> 11-11:55 AM Karen No class 7/9	<b>GENTLE AQUAFIT</b> 11:15AM - 12PM Carol Peggy 7/3	<b>AQUA YOGA</b> 11-11:55 AM Karen	<b>GENTLE AQUAFIT</b> 11:15AM - 12PM Carol TBD 7/5 & 12
<b>SPLASHBURNER</b> 6:05 - 7 PM Karen	<b>NOW HIRING!!</b>		<b>CERTIFIED AQUATIC G.F. INSTRUCTORS!!</b>	<b>SPLASHBURNER</b> 6:05 - 7 PM Jenn



**PACE with Mason**

## GROUP FITNESS CLASSES IN THE CARDIO/STRENGTH STUDIO

Arms & Core	Lift & Pump
Bums & Tums (BB Court)	Senior Fitness
Barre	Strength
Fit 4 Life (BB Court)	Tabata
Full Body Fusion (BB Court)	Zumba



**Aquafit with  
Peggy**

**Cycling classes available in the Cycling Studio**  
**Mondays and Wednesdays at 6 PM**

## GROUP FITNESS CLASSES IN THE MIND-BODY STUDIO

Adaptive Yoga	Tai Chi Chu'an
Chair Yoga	Vinyasa Yoga
Gentle Flow Yoga	Pilates
Men's Yoga	
PACE	
Wall Yoga (Racquetball Court)	



## CPR/FIRST AID TRAINING

**Saturday, July 20: 8 AM – 1 PM**

**Thursday, August 15: 4 – 9 PM**

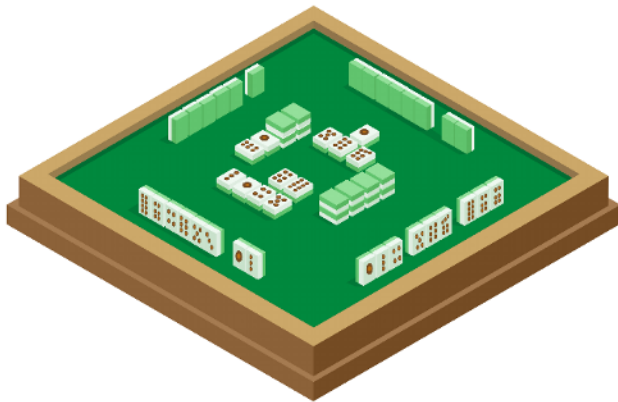
Contact Candace Martin at [candacemartin@saymca.org](mailto:candacemartin@saymca.org) with any questions.

### **Fees:**

\$75 Members

\$85 Non-members

## MAHJONG



**10:30 AM Fridays**  
Multipurpose Room

## PICKLEBALL



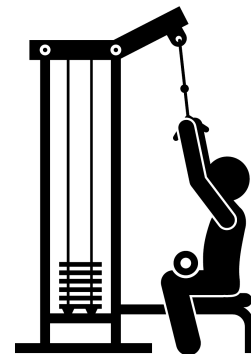
See Basketball Court Schedule

## BIBLE STUDY



**11 AM Mondays**  
Multipurpose Room

## EQUIPMENT ORIENTATION



Free for ages 15+  
Sign up at the front desk today!



# ADULT PROGRAMS

## NEURO WELLNESS

**with PT & OT Students from Murphy Deming**

This program offers solutions to people managing neurological conditions. You will work one-on-one with students from Murphy Deming to create an individualized exercise program. If you are having issues with mobility, gross and fine motor skills, flexibility, range of motion and core strength, then this program is for you!

**September 16 - October 9**

**Mondays & Wednesdays**

**1:00 - 2:00 OR 2:00 - 3:00**

**Fees:**

\$60 Members

\$70 Non-members

Registration Opens September 4

**We are actively seeking participants for this program!**



## DANCE FOR PARKINSON'S

Dance for Parkinson's aims to enhance the physical, social, emotional and cognitive well-being of participants through the use of creative, expressive movement set to engaging music. Classes draw from a variety of dance styles and techniques including ballet, musical theater, jazz and social dance. Please pick up an intake form prior to first class.

Classes meet select Tuesdays at 10 AM

Upcoming dates:

**July 9 & 23**

**August 6 & 20**

**Drop in Fees:**

\$10 Members per day

\$15 Non-members per day



## RE:DESIGNING NUTRITION

**with Maria Maroney**

Maria Maroney is an Integrative Clinical Nutritionist. She will offer guidance based upon your unique physiology. Choose from two plans:

**Food Diary Review: \$45**

Start with this 45-minute session if you just need a little help fine-tuning your diet.

**Full Nutrition Work-Up: \$149**

This package offers three sessions that include and intake and full work up. Maria will guide you through meal planning options and help you get on the right track.

**For more info visit [saymca.org](http://saymca.org)**





## ADULT POWERLIFTING CLUB

**500 LB, 750 LB, 1000 LB, 1250 LB**

Adult members can apply to join by signing up at the Wellness Center kiosk. Find your cumulative combined weight of 1 rep max Bench Press, 1 rep max Back Squat and 1 rep max Deadlift while following the rules and regulations. Applicants **MUST** be 18 or older. Upon completion of the challenge you will receive a shirt and your name will be displayed in our Wellness Center. Contact Healthy Living Coordinator Krystal Clark at [krystal@saymca.org](mailto:krystal@saymca.org) with any questions.

**Fees: \$25 Members Only**



## ONCOLOGY YOGA

This ongoing one-of-a-kind program is designed for cancer survivors and those still undergoing treatment for any form of cancer. This gentle program is being taught by Melissa Anderson Morgan is a certified **yoga4cancer** teacher. Stop by the front desk to pick up a brochure or register.

Tuesdays at 4:20 PM in the Mind/Body Studio  
Each session begins the first week of the month

**Fees:**

\$25 Members per month

\$40 Non-members per month

**\*\*Remember to bring a yoga mat\*\***



## ROCK STEADY BOXING

RSB enables people with Parkinson's disease to delay the onset of the symptoms through a non-contact boxing style of fitness. This method has been proven to improve participants' quality of life and sense of efficacy and self-worth. RSB provides encouragement through a "tough love" approach, inspiring maximum effort, speed, strength, balance and flexibility. Registration is ongoing and available at the front desk. Pick up a brochure today!

**Fees:**

\$50 Members per month

\$60 Non-members per month





**WE ARE RECRUITING VOLUNTEERS TO HELP WITH OUR:**

- 2024 ANNUAL GIVING CAMPAIGN
- CAPITAL CAMPAIGN FOR THE NEW PROPERTY AT 575 NEW HOPE ROAD
- BOARD OF DIRECTORS AT COMMUNITY CHILD CARE
- PLANNING FOR OUR 150th ANNIVERSARY CELEBRATIONS

**PLEASE LET THE FRONT DESK KNOW OF YOUR INTEREST!**

## ANNUAL GIVING CAMPAIGN



# COUNT ME IN!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Check enclosed ☐

Credit Card: \_\_\_\_\_

Exp. \_\_\_\_\_ CVV: \_\_\_\_\_

Signature: \_\_\_\_\_

**The Annual Giving Campaign  
is the lifeblood of our YMCA.**

Each year the campaign  
raises money through  
charitable donations from  
individuals, businesses and  
community organizations.  
These funds help to ensure  
that no one is ever left  
behind regardless of their  
financial circumstances.

**Together we are building a  
healthier community!**



Are you required to take a Minimum Distribution from your retirement account? You can use these funds to benefit the community by making a donation to the STAUNTON-AUGUSTA FAMILY YMCA or COMMUNITY CHILD CARE. Check in with your financial advisor or ask SAYMCA Executive Director Josh Cole for more information about how to maximize your giving potential.



# NOW HIRING!!

## MULTIPLE POSITIONS AVAILABLE

Join us in our mission of promoting healthy mind, body and spirit for all.

### FITNESS

#### **CERTIFIED PERSONAL TRAINERS**

**Contact** Krystal Clark at [krystal@saymca.org](mailto:krystal@saymca.org)

#### **CERTIFIED AQUATIC GROUP FITNESS INSTRUCTORS**

**Contact:** Wendy Shutty at [wendy@saymca.org](mailto:wendy@saymca.org)

### **FITNESS PROFESSIONALS**

### **CHANGE LIVES!!**



### YOUTH DEVELOPMENT

#### **PLAYROOM STAFF**

**Contact:** Dee Valentine at [dee@saymca.org](mailto:dee@saymca.org)



### AQUATICS

#### **EVENING LIFEGUARDS**

#### **OUTDOOR POOL LIFEGUARDS**

#### **SWIM INSTRUCTORS**

**Contact:** Beth Valentine at [beth@saymca.org](mailto:beth@saymca.org)



For job descriptions  
and applications scan  
here or visit  
[saymca.org](http://saymca.org) or stop by  
the front desk.



# JULY 2024

the

YMCA

SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>1</b> Ride the Expresso Ride of the Week! Campus Loop (2 miles) Tour D'Expresso begins!	<b>2</b> Oncology Yoga Starts Today Every Tuesday @ 4:20 Sign-up at Front Desk	<b>3</b> Looking for a whole body workout? Ask the front desk about working with Sheree on the Pilates Reformer	<b>4</b> YMCA is CLOSED in observance of Independence Day	<b>5</b> Interested in playing Mahjong? Join the Mahjong group that meets at the Y Fridays at 10 AM	<b>6</b> Registration for Little Kickers opens July 15. Mark your calendars!
<b>7</b> Ride the Expresso Ride of the Week! Dragon Fire (5 miles)	<b>8</b> Bible Study: Mondays @ 11 AM	<b>9</b> Dance for Parkinson's Disease 10-11 AM	<b>10</b> Want to Redesign your Nutrition? We have 2 options: A food diary review or a full nutrition work-up!	<b>11</b> Youth Cybercycle Summer League Every Tuesday and Thursday at 3 PM Free Program - email Jeff at <a href="mailto:jeff@saymca.org">jeff@saymca.org</a> for more info	<b>12</b> Our Annual Giving Campaign is in full swing. Please consider giving at the front desk or online at <a href="http://www.saymca.org">www.saymca.org</a>	<b>13</b> Interested in Joining our New Powerlifting Club? See Krystal for more information!
<b>14</b> Ride the Expresso Ride of the Week! Redwood Dash (1.5 miles)	<b>15</b> Youth Basketball Camp 1-4 PM Afterschool Registration is Open	<b>16</b> Youth Basketball Camp 1-4 PM	<b>17</b> Youth Basketball Camp 1-4 PM	<b>18</b> Youth Cybercycle Summer League Every Tuesday and Thursday at 3 PM Free Program - email Jeff at <a href="mailto:jeff@saymca.org">jeff@saymca.org</a> for more info	<b>19</b> We are Hiring for Summer Lifeguards, Playroom and more! Pick up an application at the front desk.	<b>20</b> CPR/First Aid Class 8 AM-1 PM Register at the front desk
<b>21</b> Ride the Expresso Ride of the Week! Apple Grinder (7 miles)	<b>22</b> Bible Study: Mondays @ 11 AM	<b>23</b> Dance for Parkinson's Disease 10-11 AM	<b>24</b> We are actively seeking participants for our Fall Neuro Wellness program. Visit <a href="http://saymca.org">saymca.org</a> for more info.	<b>25</b> Don't forget to pick up a Group Fitness Schedule and try something new!	<b>26</b> Interested in playing Mahjong? Join the Mahjong group that meets at the Y Fridays at 10 AM	<b>27</b> We are hiring for afterschool counselors! Find job descriptions and applications at <a href="http://saymca.org">saymca.org</a> !
<b>28</b> Ride the Expresso Ride of the Week! Expresso Speedway (1 mile)	<b>29</b> Bible Study: Mondays @ 11 AM	<b>30</b> Youth Cybercycle Summer League Every Tuesday and Thursday at 3 PM Free Program - email Jeff at <a href="mailto:jeff@saymca.org">jeff@saymca.org</a> for more info	<b>31</b> Don't forget to register for Oncology Yoga before August 1			

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY