

# YMCA OF STEUBEN COUNTY NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF Steuben County

500 E Harcourt St, Angola, IN 46703

260-668-3607 [www.ymcasteuben.org](http://www.ymcasteuben.org)

February 2024 81st edition



*"Groundhog found fog. New snows and blue toes. Fine and dandy for Valentine candy. Snow spittin'; if you're not mitten-smitten, you'll be frostbitten! By jing-y feels spring-y."*  
~ The Old Farmer's Almanac

## STRONG 90

Do you need help staying on track? Join our FREE Wellness Journey, designed to help members become stronger in body, mind, and spirit. Data shows that most people give up too soon. Strong 90 is an app designed to help YMCA members build positive habits, connect with others, and maintain focus. In return they will create life-changing momentum and grow stronger in body, mind, and spirit. The Strong 90 app becomes your daily source of inspiration and guidance to help you start strong, finish stronger, and build a better life. Check it out!!

**This is shifting our thinking for life change**

### SHOW UP



GIVING UP TO HEALTHY HABITS

Instead of obsessing over big goals, start small, you won't believe how quickly small wins can stack up to huge victories.

### PARTNER UP



ON MY OWN TO ACCOUNTABILITY

You can't do it alone. No one can. If you want to go further, you have to go together.

### LEVEL UP



COMPLACENCY TO FOCUS

Moving forward means continually pushing your limits and tapping into your deeper motivations.



Join our  
90-Day  
Journey



When snow and ice make travel challenging, please go to our Website, Facebook or WLKI for closures, adjusted hours and updates.



## JOIN THE SCHOLARSHIP CLUB!

Turn your membership into MORE! By joining our Scholarship Club, your monthly gift will be used to insure that no one is turned away from the YMCA and that EVERYONE has access to our life-changing programs and services.

**\$1/month allows one youth access to the YMCA.**

**\$5/month provides swim lesson scholarships.**

**\$10/ month allows a family to learn healthy habits at the YMCA.**

A free YMCA t-shirt will be our thank you to everyone who **Joins the Club!**  
Thank you in advance!

Sundays are for  
football -  
**Super Bowl  
Sunday!**



**Super Bowl Sunday is right around the corner!** It is time to chill out and watch the game while munching on lots of snacks...and calories. Not to worry! The Y has a rescue plan. We found a plan to help with calorie intake as well as having fun. Check out this fast paced workout plan.

Clear the furniture out of the way, invite some friends over, and embrace exercises according to what happens during the game. It is fun because you will never know what's coming next! During the times nothing is happening just jog, march in place, or stretch to keep those muscles warmed up! When a commercial break come, give yourself a break. Then during the halftime show, DANCE! Have fun!

Touchdown - Burpees equal to the score  
Field Goal - 15 Push Ups  
First Down - 20 Bicycle Crunches  
Interception - 25 Jumping Jacks  
Penalty Flag - 30 Seconds Quick Feet  
Extra Point - 20 Squats  
Fumble - 25 Mountain Climbers  
Pass Play of 20+ Yards - 15 Squat Jumps  
Sack - 30 Crunches  
Offsides - 30 Seconds High Knee



PURDUE EXTENSION



In partnership with the Purdue Extension Office, the YMCA is offering the **Be Heart Smart** class February 1, 8, 15, and 22 from 4-5 p.m. at the YMCA in room 2. The cost is \$15 for members and non-members. Please register at the front desk or at [ymcasteuben.org/programs](http://ymcasteuben.org/programs). The program was designed to educate people on how to combat heart disease, the #1 cause of death for men and women in Indiana. The four session program offers simple, practical changes to achieve a heart-healthy lifestyle. The goal is to help participants in identifying controllable risk factors for heart disease and how to reduce personal risk.

Participants will be provided with information on managing blood pressure and cholesterol levels, increasing daily physical activity, improving dietary choices, and how to manage stress, and how to effectively contact a healthcare provider.

**If interested, or if anyone has questions, please contact Ashleigh**



Our next CPR class will be held Sat., Feb. 17 from 8:30 a.m. - 1:00 p.m. The training includes AED. Cost is \$60 for members and \$75 for non-members. If

interested in registration, please visit [www.ymcasteuben.org/programs](http://www.ymcasteuben.org/programs). Scholarships are available.



The YMCA, in partnership with Purdue Extension Office, will be offering a program, **Dining with Diabetes**, March 7, 14, 21, and 28 from 2:00 to 4:00 p.m. The class will be held in the Purdue Extension Kitchen office, in the old AHS building, 317 S Wayne St., Angola, IN. The cost is \$40 for an individual / \$65 per couple. Register at <https://cvent.me/oXO9A9>

## Teen Basketball Party!



The Teen Basketball Party is Friday, March 8, from 6:30-8 p.m. in the YMCA Gym. Pizza and pop will be provided. Bring non-marking gym shoes to play.

For questions, please contact Ashleigh at [youth@ymasteuben.org](mailto:youth@ymasteuben.org) or at 668-3607 ext 102.

The Teen Basketball Party is open for the first 30 teens, grades 7-12, who register.

Hope to see many of you there!



Need Prayer? Prayer Warriors from Revive Indiana come to the Y monthly, offering prayer opportunities. They will be back at the YMCA Feb. 20, 21, 22, from 8 a.m. to 4 p.m. A prayer box is at the Y if anyone would like to insert prayer requests.

## Member Spotlight



This month we introduce you to **Lance Williamson** who has been an official member of the YMCA of Steuben County for 1½ years.

Lance graduated in May 2022 from Trine University, earning a BS in Civil Engineering with minors in Environmental Engineering and Sports Psychology. While in school he was on the cross country and track teams as well as being involved in campus ministry. While on the cross country and track teams, Lance would occasionally visit the YMCA to cross train on the stationary bike, elliptical, or swim in the pool.

After graduation Lance joined the staff at the Campus Ministry, after serving as a student during his time at Trine University. Lance is now the Associate Campus Minister for the Christian Campus House (CCH) at Trine. The vision for CCH is to be a community on campus which strives to empower students to impact the world for Christ. Lance is excited about bringing students together, investing in their lives, equipping them to serve, and mobilizing students into personal ministry. "I love discipleship and building connections with people. I like to pair that with one of my other favorite things, which is coffee." Lance added that he also enjoys Biblical studies, reading, more coffee, running, ultimate Frisbee, disc golf, and spike ball.

As a runner and YMCA member Lance, hopes to continue building stamina and strength. He comes to the Y three to four times a week and heads to the Wellness Center for a workout concentrated on lifting weights and sometimes cross training. "As a distance runner, heavy cardio and building lots of muscle don't mix well. Therefore, I just focus on maintaining strength and preventing muscle weakness and injuries. I tend to focus a lot on controlled lower body exercises. The variety of equipment in the Wellness Center and at the YMCA has helped me maintain a healthy weight and overcome a lot of running weaknesses and injuries as well as prevent new ones."

In summarizing, Lance is happy to be in Angola to advance his professional and personal goals. "I love Angola and the college town feel. There are a lot of great dynamics here with the lakers, and of course multiple coffee shops!! As an extrovert, I also enjoy networking and meeting new people in the community." His future goals include racing 5Ks around the area, continuing to get faster and stronger, and hopefully breaking some of his personal records. He hopes to continue to get more involved with the Angola community and meet more people who are a part of the great Angola community.

**Attention  
Silver  
Sneakers  
and Renew  
Active  
Members....**



If you have changed your health insurance for 2024, please tell the front desk to update your membership.

### A Big Thank You From the Wellness Staff!



Winter can be a messy time with tracking in water, snow, mud, etc. BUT!!! So many of you have been bringing work out shoes along with you which helps us keep the Wellness area clean and dry for others. We thank you for your consideration!! You are definitely making a difference and your efforts are appreciated!!

Check it out  
Members!

Thanks to Trine  
for the invite!!



T
vs.
A

**Free Entrance to  
Trine University  
Mens Basketball  
game on  
February 3, 2023,  
vs. Alma College  
Scots**

Show your YMCA Scan Card at  
the door for **FREE ENTRANCE**

Tip off is at 3:00PM



On Feb. 2, 1887, 1887, **Groundhog Day**, featuring a rodent meteorologist, was celebrated for the first time at Gobbler's Knob in

Punxsutawney, **Pennsylvania**. According to tradition, if a groundhog comes out of its hole on this day and sees its shadow, it gets scared and runs back into its burrow, predicting six more weeks of winter weather. No shadow means an early spring.



## Active Older Adult Events



- Feb 1 Be Heart Smart, YMCA Rm 2, 4 p.m.
- Feb 2 Northern Lakes Breakfast & Learn, Mama's Place 8 a.m.
- Feb 5 Game Day, YMCA Rm 2, 12 p.m.  
Care Giver Support Group, YMCA Rm 2, 2 p.m.
- Feb 8 Be Heart Smart, YMCA Rm 2, 4 p.m.
- Feb 9 Bingo at Cameron Woods, 1 p.m.
- Feb 12 Valentine's Craft with Erin, YMCA Rm 2, 12 p.m.  
Care Giver Support, YMCA Rm 2, 5:30 p.m.
- Feb 14 Lunch N Learn, Senior 1 Care, YMCA Rm 2, 12 p.m.
- Feb 15 Be Heart Smart, YMCA Rm. 2, 4 p.m.
- Feb 16 Clutter Free, YMCA Rm 2, 9 a.m.
- Feb 19 Care Giver Support Group, YMCA Rm 2, 5:30 p.m.
- Feb 22 Northern Lakes Movie, 1 p.m., Brokaw  
Be Heart Smart, YMCA Rm 2, 4 p.m.
- Feb 23 My Chart Training, YMCA Rm 2, 9 a.m.  
Swap & Share Recipes, YMCA, Rm. 2, p.m.  
Bingo, Cameron Woods, 1 p.m.
- Feb 26 Donuts with Dana, YMCA Rm 2, 9 a.m.  
Care Giver Support, YMCA Rm 2, 5:30 p.m.
- Feb 28 Lunch & Learn, YMCA Rm 2, 12 p.m.
- Feb 29 Bingo, YMCA Rm 2, 11 a.m.



## We WEAR Black

We WEAR Black is Friday, February 23. Why do we wear black? We wear black to honor the struggle of those who came before us. We wear black in unity with those who are working daily to fight injustice, prejudice and inequity. We wear black to do our part to ensure those who come after us have greater opportunity to thrive. Join YMCAs across the country in wearing black on February 23 and help us continue to foster an inclusive and welcoming environment, for all.  
**We hope you will join us in We Wear Black!**

You have to believe in yourself when no one else does -- that makes you a winner right there.



Venus Williams



Bringing the gifts that my ancestors gave, I am the dream and the hope of the slave. I rise I rise I rise.

Maya Angelou "Still I rise," And Still I Rise (1978)



## WHY BLACK HISTORY MONTH IS IMPORTANT

### The past isn't dead. It's not even past!

Anybody who pays even a little attention to American social affairs and politics knows that there's still much work to do in order for the nation to truly live out its creed that everybody is "created equal." The lessons of Black History Month provide us with a way forward by examining our past.

### It inspires us

There are so many stories that have yet to be told about the history of Black America. Black History Month inspires us to search beyond the typical — and to seek out the extraordinary. The stories are waiting; we just have to go and find them.

### History is also about the future

Martin Luther King Jr. said that "history books ... had almost completely ignored the contribution" of American Black people throughout history. Awareness of this undeniable fact can help the nation chart its course to a more enlightened age

Wellness is not a 'medical fix' but a way of living - a lifestyle sensitive and responsive to all the dimensions of body, mind, and spirit, an approach to life we each design to achieve our highest potential for well-being now and forever.

~Greg Anderson