

**FIND YOUR POTENTIAL.
FIND YOUR Y.**
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For a better us.®



Y STORY OF THE MONTH

There are several special programs offered at the YMCA designed to promote health and wellness, in an encouraging, supportive environment. One of these programs is the Blood Pressure Self-Monitoring Program, and here is where we find the subject of this month's Y-Story, Marcia Alford.

Marcia graduated from Baptist Hospital with a nursing degree and she has spent her life working in North Carolina and Florida providing care in various healthcare and private settings. After moving permanently to Avery County, Marcia joined the YMCA when it opened. She has always been an active member, and exercises regularly. These days, you will find her smiling face in the Wellness Center, where she encourages and teaches members how to correctly monitor their blood pressures, and responsibly manage their medical conditions, utilizing the YMCA's Blood Pressure Self-Monitoring Program. Through her encouragement and support of the program in its infancy, our YMCA was among the first fifteen to offer the program, with our small facility boasting the most participants. Marcia will be making her way through the Wellness Center or sitting beside her blood pressure cuff, sharing her love and concern for others. It is through this desire to give of herself to her community in many other areas of the YMCA, where she has provided lessons in nutrition, health and wellness, management of health conditions, and outreach to the elderly and other community members where needed.



Our YMCA is very blessed to be one of the outlets through which Marcia shares her infectious sense of humor, love of life, concern for those around her, her desire to serve others, and encouragement to anyone wishing to improve his or her physical condition. Meet her on Mondays at the Blackburn Facility from 9:30-10:00 or in the Wellness Center from 10:30-11:30. You will feel welcome and comfortable, and once you talk with Marcia, you will also feel that you've found a friend!

SUMMER EMPLOYMENT HAS BENEFITS

WE'RE HIRING



SUMMER CAMP STAFF



AQUATICS STAFF



ATHLETICS STAFF

Do you know people who are great with kids or have experience in water safety? We want to meet them! Refer your friends, family, or others who want to make a difference in the lives of Avery County's youth!

We have open positions in Summer Camp, Aquatics, and at our Blackburn Athletics Facility. View our open positions on the [Join Our Team](#) webpage.

For more information about a specific opening please contact the Program Director.

Summer Camp Positions: [Fabienne Dellinger, Director of Youth Development](#)

Aquatics Positions: [Faith Boyette, Aquatics Program Coordinator](#)

Athletics Positions: [Bonnie Clark, Associate Executive Director](#)

UPCOMING AVERY PROGRAMS...



National Senior Health & Fitness Day

National Senior Health & Fitness Day is an annual health and wellness event for older adults. The 30th annual event is set for Wednesday, **May 31, 2023**. This will be the first time in 3



Have You Tried the Golf Simulator Yet?

Did you know you can work on your golf game no matter the weather or time of the year? Reserve a 50 minute time slot for a Golf Simulator today!



Community Hikes are Back!

We are excited to bring back the monthly Community Hikes! Join the Community Outreach Team on May 24th for the first hike of the season. There is no cost to join the group. Please meet in the Chapman



Community Training Alert

Someone who is CPR-certified can help prevent the loss of life in an emergency. Skills included in the certification include: supply oxygen to a cardiac arrest victim, utilize an AED, provide basic first-

years that the Williams YMCA will be able to resume celebrations for this yearly event! The goals of National Senior Health & Fitness Day are to promote the importance of regular physical activity, and to show what local organizations are doing to improve the health of older adults in their communities. Join us to learn about all of the resources available in Avery County for older adults!



Healthy Kids Day

Healthy Kids Day is the Y's national initiative to improve the health and well-being of kids and families through events that inspire them to keep their minds and bodies active. BLOCK Fest is a research-based, interactive exhibit that promotes early math and science learning for young children through block play. **This year, we are combining Healthy Kids Day® and BLOCK Fest!** This day-long event will feature activities ranging from dancing and face painting to putt-putt and bounce houses. All activities are designed to inspire kids to get active while simultaneously teaching families

[Make a Reservation](#)

Center parking lot at 12 pm the day of the hike. For more information or to register please email Sheila Bauer, Community Outreach Director.

[Let Sheila Know You are Coming](#)



Luau in the Pool!

Join us for a Luau in the pool! This event is part of the Healthy Kids Day festivities and is offered at no cost to the public. We encourage you to bring your swimsuit and towel so that you can join the fun!

Saturday, May 13th
8:00 am - 3:30 pm



Women on Weights

An introduction to weight lifting for women! W.O.W. is a small group training program to help women feel comfortable lifting weights. Learn proper exercise form and the fundamentals of weight lifting while getting a great workout. Open to women 18 years or older. It's not too late to register for our May program and mark your calendars for our August program!



Wellness Workshop

Our next Wellness Workshop will focus on Mobility! If you want to improve your mobility or feel more confident as you move, you won't want to miss this workshop. No registration needed, please stop by the Welcome Center on May 13th, 2023 to pay the workshop fee of \$20/person. This workshop will be held from 11:30 am until 1:00 pm.

[Sign Me Up!](#)

aid for cuts, bruises, heat stroke, hypothermia and more. CPR/ AED/ First-aid training and certifications are offered through the American Red Cross.

If you or someone you know is in need of these lifesaving, use the button below to register for the next training on **May 27th**.

[I Need to Register!](#)

how to develop routines that support mental and physical health at home. Also, Abby Cadabby is coming to Healthy Kids Day! We can't wait to see you on Saturday, May 13th!

UPCOMING MITCHELL PROGRAMS...



Enjoying the Warm Weather

The Mitchell County After School program enjoyed the warmer weather this past month! Rosendo Gale, Latino/Hispanic Outreach Director visited each After School site to teach the students how to play soccer. The students worked on different soccer drills, teamwork, and had a blast playing outside!

Mexican Consulate Coming To Newland

The Mexican Consulate will be coming to Newland on May 12th, 2023. We are excited to partner with the NC Cooperative Extension, High Country Community Health, Feeding Avery Families, and other local organizations to host the Mexican Consulate and help our community continue to grow!

Staff Development

In late April, three of our Healthy Living Staff members traveled to Chicago for the Community Health Detailing Training. This training deepened the understanding of working with medical providers to inform and enroll Community Members into programs that help improve the health of our community.

Story Trail & Run For Holland

The annual [Run For Holland](#) will take place on Saturday May 6th this year, and our Mitchell YMCA team is inviting you to join the fun! The Story Trail will be featuring a book that coincides with Run For Holland, helping raise awareness for accessibility for all. We can't wait to see you at the run!

More Information

MARK YOUR CALENDARS...



[May Group Exercise](#)

[May Athletics](#)

[May Aquatics](#)

We have a new instructor joining our team, please welcome Laurie Tradif! She has taught Senior Fitness classes, cycling and yoga classes among others in the past. We hope you will join her on Mondays for Flow Yoga!

[Download Group Exercise Schedule](#)

Did you know that we have indoor batting cages? Brush up on your hitting skills before your next game and [reserve your time slot today!](#)

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)

No matter the celebration, we would love for you to party with us. Host your next Pool Party at the YMCA with up to 25 guests for **two hours** under the watchful eye of our trained lifeguards. Available party times are Fridays 5:30pm – 7:30pm or Saturdays 11:15am – 1:15pm & 1:30-3:30pm.

[Download Aquatics Schedule](#)

Connect with us on:



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