



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Y STORY OF THE MONTH

Here at the Williams YMCA of Avery County we love welcoming new members to our team! This fall we have the pleasure of welcoming three new members to our team! Burton Blankenship, Jessica Thomas, and Anabel Zayas. This month we wanted to know why they chose to work for the Y.

Burt's Story: "After retiring from public education as an elementary school physical education teacher I wanted to continue working with students and make a positive impact on their lives. The YMCA has given me that chance; I have the opportunity to work with students as well as find new ways to help them grow." Burt is our Mitchell County After School Director and has been working hard to make sure all of the students in our Mitchell County After School program are happy, healthy, and are benefiting from the variety of enrichment activities offered!

Jessica's Story: "I wanted to work with the Y for a couple different reasons. The first was the idea that getting to be active would likely be a requirement of my job. I was very active in sports when I was younger and know how important activity is.

The second was because of the experience I had a few years ago during my internship to become a Registered Dietitian. I had the ability to see the YMCA provide evidenced based programs on the prevention of or reduction in symptoms of chronic diseases to the community. I saw more than a "gym" in that experience and wanted to be involved in some way.

And finally because of my interest in helping people be healthy. The Y seems to be a driving force in many communities, encouraging health through both physical and social opportunities." Jessica is our new Mitchell County Healthy Living Director. She is excited to complete her training for programs like Delay The Disease, EnhanceFitness, Diabetes Prevention and more! She will also be taking the lead for our Mitchell and Yancey County Healthy Opportunity Pilot (HOP) program!

Anabel's Story: "I recently graduated in May of 2023 from Appalachian State University with my Bachelor's in Public Health. I started at the YMCA at Avery County as an intern for the Healthy Living Program working under Erin Spear. My time as an intern at the Y helped me realize that there is a great need for people in the surrounding community. I have come to love the people and the programs offered by the Y and how much of an impact the Y makes in everyone's lives that enters the facility. I look forward to meeting more faces and being a part of the day to day operations at the Y as I work under Community Outreach Director, Sheila Bauer." Anabel is our dedicated HOP Coach! She will work with Sheila Bauer and Jessica Thomas to provide food, housing, and transportation services across Avery, Mitchell, and Yancey Counties.



## UPCOMING AVERY PROGRAMS



### Thank You!

We want to extend a big thank you to all of the individuals, Stretch, Tone & Balance Class, and the Rock United Church for donating back-to-school essentials for Avery and Mitchell County youth! We collected enough school supplies for 120 students and 10 calculators for middle school students!



### NEW Pickleball Tournament

Come socialize and connect through your love of pickleball. While this is a fun tournament we will provide prizes for the top 2 winners of the tournament and there will be raffles at the end of the tournament. To register for this tournament you must know the rules of pickleball, how points are scored and you must have played before.



### The Results Are In...

A huge thank you to everyone who participated in the Remembering 9/11 Stair Challenge. We had an enormous amount of support from our members coming together to build teams and also challenge each other individually to climb 110 floors on the stair stepper to remember the first responders who



### Take Control

Did you know that you can manage your membership? This includes some program registrations, request holds and terminations, pay balances due, update personal and billing information plus more. You can manage your membership from our website at [www.ymcaavery.com](http://www.ymcaavery.com) under Membership then Manage Your Membership. For any questions contact Erin Spear, Senior Program Director

Registration will be for individuals; this tournament is not for partners/teams. You will have a new partner every game. There are limited spots for this tournament, so sign up today to reserve your spot to play! If you have a paddle, or even if you have more than one, please bring it with you on the day of the tournament! Light refreshments and snacks will be served.

risked their lives to save those from the tragedy on 9/11/01. A big shout out to Samuel Guzman who completed the challenge in 12 minutes and 29 seconds.

today at  
828.737.5500

Contact the YMCA

[Register to Play](#)



### Caliber Martial Arts

This month Caliber Martial Arts is joining the Avery County After School Program. Each month Caliber Martial Arts will visit a different school and teach the students about the importance of living a healthy life, being active, and students will practice social-emotional skills. So far the students are loving the activities and getting a chance to try something new! Thank you Caliber Martial Arts for partnering with the YMCA to bring your wonderful program to the youth in After School!



### Floating Pumpkin Patch

Join us for the 2023 Floating Pumpkin Patch on October 20th, from 5 - 6 pm. Come prepared to have fun swimming and bobbing for gourds and ghouls! Each balloon has a sweet treat stored inside. We hope to see you for a spooky good time!



### LIVESTRONG Wrap-Up

Livestrong at the Y has wrapped up another successful session for the year. In total, this last cohort improved in all aspects of the fitness assessments. The following percentage increases were shown: These results prove that Livestrong at the Y empowers cancer survivors.

- Endurance 18%,
- Strength 17%,
- Flexibility 24% and
- Balance 54%.



### Staff Development

On Wednesday, September 13th, the YMCA Leadership Teams gathered together at Grandfather Mountain for team building and strategic planning. It was a great time to gather and review what has gone well over the last few years as well as hear our opportunities for growth in the coming years. Thank you to Grandfather Mountain for hosting our teams!

## UPCOMING MITCHELL PROGRAMS



### After School Partners

Welcome back to After School, Community Partners! This month PENLAND School of Craft, the Bookmobile, and Mitchell County 4H have returned to the YMCA After School program! Our students were excited to dive into clay projects with PENLAND and listen to Mr. Sam sing this month! Everyone is equally excited to



### Delay The Disease Results

The Mitchell County Delay The Disease program for Parkinson's Patients recently completed their 12-week assessments. Though this program participants delay the signs and symptoms of Parkinson's Disease through group exercises including cardiovascular,



### Outreach & Enrollment

Have you heard that we can help you with your food, housing, and transportation needs? Through the Healthy Opportunity Pilot (HOP) program the YMCA is helping deliver healthy food boxes, fruits and vegetables, assist with late utility bill payments, car repairs and more! You can learn more



### Now Hiring Change Makers

FIND YOUR PASSION!  
FIND YOUR PURPOSE! FIND YOUR Y!  
The Williams YMCA of Avery County is currently hiring for several different Youth Development Positions. Part-Time opportunities

see what awaits them in October!

strength, balance, fine motor skills and cognitive training.

The results show that: 3 participants improved their gait and 3 their balance.

about the YMCA's role in the HOP program on our website. Or visit us at various community events to see if you qualify for the program.

are still available, join us to see the impact you can have while working with the youth of Avery and Mitchell Counties.

Learn More About the Program

How Does the YMCA Help?

Apply to Work in the Mitchell County After School Program

## MARK YOUR CALENDARS



### October Group Exercise

Now hiring certified Yoga Instructors. If you or someone you know is certified to teach Yoga we want to hear from you!

Check out the job description on [Indeed](#) for more information.

Download Group Exercise Schedule



### October Athletics

New to Pickleball? Learn to play with others new to the sport Tuesday or Thursday mornings or Wednesday evenings. Be sure to download the athletics schedule for more classes, programs, and events happening in October!

Download Blackburn Athletic Schedule



### October Aquatics

We are seeking Volunteers for our SPLASH program! If you love to swim and want to pass that passion to the next generation contact [Faith Boyette, Aquatics Program Coordinator](#) to volunteer today!

Download Aquatics Schedule

Download Fieldhouse Schedule

Connect with us on:



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