

## Y STORY OF THE MONTH

Since our opening, the YMCA has been committed to discovering the needs of our community, and to meeting those needs through our mission, vision and values. The subject of this month's Y Story is Shy Fecteau, a Banner Elk resident who volunteered at the Y, and other relief centers, in the aftermath of Hurricane Helene. Her presence contributed to the positive impact and helped to support the relief efforts made following the storm.

Shy, an Avery County resident and successful realtor, serves as past president of the High Country Board of Realtors. Since moving to the area, Shy has volunteered with various organizations that has given her a wealth of knowledge about area resources, organizations, and avenues to help meet the unique needs of our community. Like many, Shy was unable to travel far from home until roads around her home were repaired after the hurricane. So she looked for opportunities to volunteer her time and effort to assist those around her. A friend directed her to the Williams YMCA of Avery County, and to CEO, Trey Oakley. Along with friends, she appeared at the Y's distribution center and immediately got to work delivering food, generators, supplies and many other things to people



throughout the county. She served alongside Trey and staff members loading, delivering, assisting people in getting basic hygiene and food supplies, and felt that the process held the right leadership, oversight and attitude to overcome and succeed during a very discouraging time. At each stop, Shy learned of more areas of need, and began checking on people regularly. She soon realized that although resources were available, many residents and organizations, unaccustomed to disaster relief, struggled to communicate the needs of those they were serving, meaning supplies did not always get to those who needed them.

She found that she could help more efficiently get supplies to those in need by making suggestions and presenting ideas to local organization leaders. Shy shared that Trey Oakley's leadership of the YMCA's recovery effort including the resources brought in and his direction of personnel, time and effort, allowed her and her team the ability to easily assist the greatest number of people in the most efficient manner. Because everyone at the Y kept coming back, Shy and her team continued to volunteer with the Y, even when everything seemed overwhelming.

Shy is one of many in our community who was Heaven-sent in our time of need and now she is part of our Y community. Shy took her volunteer experience and now serves Avery County as the Communication Chair for the Avery County Long-Term Recovery Group, a resource center for victims of Hurricane Helene that need housing and other assistance. She will no doubt be as invaluable to the Long-Term Recovery Group as she was to the YMCA; encouraging others to serve as they are led to improve conditions for all in Avery County.

We are grateful for Shy and her willingness to serve our community, and for enhancing the efforts of the YMCA!

---

# Helene Community Supports

[North Carolina Department of Public Safety](#) - for information about the safety of your county, open Shelters, Power Outages, and Individual Assistant Links.

[American Red Cross North Carolina Region](#) - to locate a loved one, donate, or find a shelter in your area.

[ReadyNC.gov](#) - for information about road closures, power outages, disaster assistance and Hurricane Guides.

[NC 211](#)- this is a free information and referral system for aid services.

[DriveNC.gov](#) - provides real time road conditions across North Carolina.

[NC Department of Health and Human Services](#) - provides recovery, mental health and other resources for those with disabilities and links to additional ways to help.

[Disaster Unemployment Assistance](#) - learn more and apply for disaster unemployment assistance (DUA).

---

## What's Happening in Avery



### THANK YOU!!

We would like to extend a giant "THANK YOU!!!" to everyone in our community who donated time and/or resources to assist us in meeting the many needs in our community. We have been working with the Senior Center to help resume deliveries that were interrupted because of Hurricane Helene. We couldn't support our community without you!



### Homeschool PE Returns

Homeschool PE will begin soon! Open to all Homeschool students, join us for an hour of structured physical activity, including games, athletic skill development, team building skills, swimming and more.

Program Dates: March 4 - May 29th

Registration Dates: Jan 15 - May 15

Cost is \$60/member  
\$80/non-member for kids aged 5-12!



### Middle School After School Open to all Avery Middle School Students!

Starting in February we will be opening up registration for our Middle School After School program to Avery Middle School! As more students will be registering, we will be operating out of our Blackburn Facility here on the Y campus. If you would like more information on this program or our elementary school programs, please email [Maren Sumner, Avery Branch Youth Director!](#)



### Wellness Coaching Included in Your Membership!

Did you know that with your membership you get 4 free wellness coaching sessions? Ask about how to book your first appointment with a front desk attendant or wellness coach to get started!

Sign me Up!



### Support Community Connection

We are thrilled to announce our upcoming annual Healthy Kids Day® as part of our Family Day at the YMCA, scheduled for **Saturday, May 3rd, 2025**, at the Williams YMCA of Avery County branch. This event promises to be a fantastic gathering for youth, parents, guardians, and community members, filled with fun, learning, and connection. During this event we will partner with the Blue Ridge Partnership for Children to offer BLOCK Fest!

We are currently looking for individuals and organizations who would like to be a Vendor, Sponsor the event, or volunteer their time during the event. If you want to help support this community event please click the buttons below.

I Want To Sponsor

I Want To Volunteer

I Want To Be A Vendor



### We're back!

**Swim Team** will resume from February until April, for students aged Kindergarten to Fifth Grade, and will include several mini meets in our pool.

Email Aquatics Director, [Faith Boyette](mailto:Faith.Boyette@ymcaave.org) for more information! Remember that you can register for aquatics programs, reserve your Lap Lane and schedule your pool party on our website!



### LIVESTrong at the YMCA

It's not too late to join the Winter session of LIVESTrong at the YMCA. The last day to register is February 7th! Email [Chrisk@ymcaave.org](mailto:Chrisk@ymcaave.org) to register today and take advantage of the many benefits of the LIVESTrong at the YMCA Cancer Survivor program. Through this evidence-based program you can see not only improved physical and mental health but improved sleep, reduction in cancer treatment side effects, ongoing cancer support from instructors and peers as well as individualized fitness plans and a 3-month membership to the YMCA. This program is for anyone who is currently battling any form of cancer or has ever had cancer in the past. Join the program on Mondays and Wednesdays from 1-2:30pm to reclaim your health and be a part of our Y family.

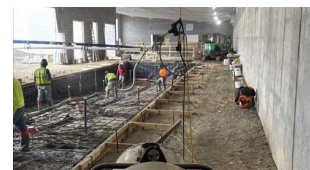


### Heart Healthy FITGO

Heart Health is important for being able to live a long and fulfilled life. Diet, Exercise and Social Health some of the things that can impact your hearth health. Join us today and support Heart Health Month in February!

In honor of Heart Health Month, we invite you to join us for a fun membership promotion - FITGO! You can pick up your FITGO card at the Welcome Desk and get started today. Similar to BINGO, for each FITGO (5 in a row) you receive, your name will be entered into a drawing for one free month of YMCA Membership. The drawing will take place at the end of February 2025. One runner up will receive a free YMCA shirt from our merchandise cabinet at the Welcome Desk. Stop by the welcome desk today to learn more.

## What's Happening in Mitchell





### Applying for 3 Years of After School & Summer Camp Support!

The Williams YMCA of Avery County will be applying for the 2025-2028 North Carolina Department of Public Instruction Cohort 18 21st Century Community Learning Center program funding with Mitchell County Schools as the Co-Applicant. If funded, the program will enable the YMCA and MCS to continue to provide free after school academic and enrichment programming and begin summer programs for elementary and middle school-age children attending MCS. To provide input into the application or for more information, please contact Jessa Cannon, Association Youth and Child Development Director at 828-737-5500



### Healthy Living Programs Launch in February

Our first EnhanceFitness class of the year is getting warmed up now and 3 weeks into the program, participants are enjoying the opportunity to be moving even in the winter weather!

We are planning to start our Diabetes Prevention Program (DPP) in the month of February. If you or anyone you know may be interested in any of the Healthy Living Programs currently offered or planned, please contact Jessica Thomas, Healthy Living Director [Email Jessica!](#) or call 828-520-1379.



### Get Help During Tax Season

The Williams YMCA of Avery County is excited to partner with VITA (Volunteer Income Tax Assistance) to offer a community location where anyone with an annual income below \$70,000 can receive help with their taxes.

These clinics will be held in both our AVERY & MITCHELL locations.

#### Mitchell Healthy Living Center

2/26/25 | 2 - 6 pm

#### Williams YMCA of Avery County

3/05/25 | 2 - 6 pm

3/29/25 | 10 am - 2 pm

Call or Text 828-606-6428 to schedule your appointment today! Other locations and times across Avery, Mitchell and Yancey Counties can be found on the VITA Flyers below.

VITA English Flyer

VITA Spanish Flyer

## Mark Your Calendars



[February Group Exercise](#)



[February Athletics](#)



[February Aquatics](#)

### Try a NEW class this Month!

For the month of February try Active at 9:45 am every Friday! Get cardio, strength, balance and flexibility all in a fun 55 minute class. Easily modifiable, this class is for every fitness level. Come check it out!

Download Avery  
Group Exercise  
Schedule

Download Mitchell  
Group Exercise  
Opportunities

### Have you tried Floorball yet?

Floorball is a fun, safe, and fast-paced form of floor hockey developed in the 1970s in Europe. The game is played indoors on a gym floor with specialized lightweight sticks. Join us for the Blue Ridge Open co-housed with the Florida Vikings FC! Contact Recreation Director, Nathan McDavid for more information.

Download  
Blackburn Athletic  
Facility Schedule

Download O'Connell  
Field House Schedule

### Swim Club Returns

Swim Club is a safe environment for kids aged 5 & up to improve their swim abilities at their own pace.

Learn More and register on the [YMCA Aquatics Webpage](#).

Download Aquatics  
Schedule

---

## Giving Back

Do you want to be part of the change and give back to the Avery and Mitchell County Communities? There are a variety of ways you can get involved with the Williams YMCA of Avery County!

Donate

Reinvest in the community through the programs and services offered by the YMCA, including drowning prevention programs, outreach services addressing social isolation and food insecurity, after school and summer camp programs that help youth find new and exciting ways to learn and connect with their peers, and Healthy Living programs that help those living with Chronic Diseases manage their symptoms.

Volunteer

Give the gift of your time and skills in programs that change the lives of children, teens, adults, families, and seniors. Upcoming Volunteer Opportunities:

- **Healthy Kids Day (May 3rd)**
- **Community Outreach - Meal Delivery**



---

Connect with us on:



Williams YMCA of Avery County | 436 Hospital Drive, PO Box 707 Linville, NC 28646

You received this because you are subscribed to emails from the Williams YMCA of Avery County.  
[Manage Email Preferences](#)