

# DO YOU KNOW Y?



YMCA OF NORTH CENTRAL OHIO  
NOVEMBER 2023

BRINGING COMMUNITY TOGETHER

## WE ARE THANKFUL FOR YOU

We are entering into the time of year for us to all reflect on our blessings. Life, happiness, health, family and friends. At the Y, we have a lot to be thankful for year-round, but the holiday season seems like the perfect time to recognize all of the reasons why. Here are some of the reasons we are so thankful:

**Our Members:** Whether joining as an individual or a family, all of our members become a part of our large Y family. The smiling children that come in after school, for swim lessons, and our many other youth programs warm our hearts each day. We love seeing our older adults join us for fun classes or a good game of pickleball. We hope you like coming to the Y as much as we enjoy having you here.

**Our Volunteers:** Our volunteers really are superheroes. By giving their time to instruct/coach a program or by helping us raise money, they are making a difference in the lives of children and families in our community. We could never repay them for the time and often money they give to the Y to help strengthen the community we serve.

**Our Donors:** We cherish every donation, big or small. Donors make it possible for the Y to offer our programs and services to all members of our community, regardless of their ability to pay.

**Our Community Partners:** The contributions that local businesses, organizations, foundations, and churches provide are invaluable to us. Together, we bring the resources to continually improve the quality of life for children, adults, and families in Richland County.

**Our Staff:** Our caring staff members change lives each day they come to work. They offer motivation for new members who are struggling to get back into a healthy routine, a smile for a child in need of one, support for struggling families, and so much more. We have much to be thankful for this holiday season. Remember to take a moment to reflect on all that you, too, have to be thankful for. We hope you and your family have a very happy holiday.

## YMCA SPORT COMPLEX COMING 2025



The future home of our YMCA Sports Complex looks beautiful, surrounded by fall foliage. We can't wait to enjoy this space with sports enthusiasts from near and far. For more information on this project or to give, scan the QR code.



## REMEMBERING JIM GORMAN APRIL 16, 1924–SEPTEMBER 21, 2023

Jim Gorman was a trailblazer for the development of Mansfield and Richland County. His service goes well beyond his work. Mr. Gorman has left a legacy of philanthropy, growth, and true care for our community.



## TRUNK OR TREAT 2023

Over 1,500 kids came dressed in their best costumes to attend the Shelby and Mansfield branches Trunk or Treat on October 27 and 28, our free, fun and safe trick-or-treating experience. Community members, organizations, and families were invited to decorate their trunks in a scary, silly, or funny manner and pass out candy. We had almost 30 trunks at each location this year participate. Children also got to enjoy prizes, pumpkins, face painting, arts and crafts, and animal encounters!

Thank you to our Trunk or Treat 2023 Sponsor:



## RICHLAND GIVES DAY OF GIVING NOVEMBER 28



Richland Gives is an online giving event designed to encourage everyone to contribute to local nonprofits they care about through a single giving platform/website. The Richland County Foundation hosts Richland Gives to build capacity, grow philanthropy, and make the community stronger.

### Why is Richland Gives important to the YMCA?

As a 501(c)(3) nonprofit, it is because of our donors that we can offer scholarship programs, Y on the Fly, our life-saving Safety Around Water program, and support cancer survivors through our LIVESTRONG program.

On November 28th. Your tax-deductible donation will go towards:

- Providing subsidized childcare, memberships, and youth programs for families and individuals who cannot afford it.
- Y on the Fly. Which provides free offsite fitness and fun for all ages in the areas that need it most outside of our Y.
- Safety Around Water. Which teaches children the fundamentals of swimming to prevent the growing number of drowning deaths each year.
- YMCA LIVESTRONG Program. Which supports cancer patients and survivors with a free program to boost their mental, physical, and spiritual help with the assistance of our YMCA trainers.

Donations can be made directly on our Richland Gives YMCA NCO page at <https://richlandgives.mightycause.com/organization/Ymca-Of-North-Central-Ohio>

## NEW SPACE. NEW OPPORTUNITIES.

We have exciting news!! Our Ontario Child Care Location is moving to 1745 Walker Lake Road, Ontario, OH 44906. Renovations have been underway, and we can't wait to move in. An Open House will be coming soon. Keep an eye out on the YMCA of North Central Ohio Child Care and Early Learning Facebook page for more information.

Looking for a Comprehensive Preschool for your child? Our star-rated Step Up To Quality preschool program is currently enrolling.

Visit [www.ymcanco.org](http://www.ymcanco.org) to learn more.

## A LOOK AHEAD

### Hygiene Donation Drive

November 22-December 15  
Shelby YMCA Branch

### Thanksgiving

The Mansfield and Shelby YMCA Branches will be closed on Nov 23 for Thanksgiving

### John Gurney Turkey Trot

November 23  
Shelby YMCA Branch  
8am

### Y Run Club Turkey Trot

November 23  
Mansfield Art Center  
8am

### S.A.F.E Program

### Donation Drive

November 27-December 15  
Mansfield YMCA Branch

### Richland Gives

Day of Giving November 28

### Member Appreciation Week

December 18-22  
Mansfield and Shelby YMCA Branches

### Christmas Eve Early Closure-Mansfield

December 24  
Mansfield YMCA Branch  
Closing at Noon

### Christmas Day

The Mansfield and Shelby YMCA Branches will be closed on Dec 25 for Christmas Day

### Winter 1 Program Reg

December 26-January 7

### New Years Eve Early Closure-Mansfield

December 31  
Mansfield YMCA Branch  
Closing at 2pm

### New Years Day

The Mansfield and Shelby YMCA Branches will be closed on Jan 1 for New Years Day

This newsletter provides helpful information to our members, donors and friends interested in the YMCA of North Central Ohio. For questions or comments, please contact Sara Baker at 419-522-3511 EXT 260

## MEMBER SPOTLIGHT MS. FRANCIS CELEBRATES 88TH BIRTHDAY AT THE Y

Ms. Francis celebrated her 88th birthday at the Y with all the participants in Amy Moore's water aerobics class. She has been taking Amy's class three times a week since Amy began teaching it 8 years ago!

At 88 years young, she keeps up with the best of them, and all the class members adore and respect her. Her doctors continue to tell her to "keep up with what she is doing because she is doing amazing."



## HONORING VETERANS AND MILITARY

On Friday, November 10th, the Mansfield and Shelby branches honored all Veterans and Active-Duty Military with our annual Breakfast for the Brave.

The YMCA of North Central Ohio, thanks our veterans for their bravery, courage, and loyalty to their country and for allowing us the opportunity to live and serve our communities freely.

Thank you to our event sponsor Matthew Trittschuh Insurance Agency for your donation and for serving breakfast at the Mansfield branch.



## 3 TIPS TO MANAGE STRESS THROUGH THE HOLIDAYS

The celebrations and extra work that goes into the holiday season can take us out of our normal routine, lead to overindulgence, and, for many, become an overwhelming and emotional time.



Here are a few tips for helping you manage holiday stress and make the most out of "the most wonderful time of the year."

### 1. Define Tasks that are Necessary and Those that Aren't

Not all of the things that we think we need to do during the holidays are truly necessary. When we task ourselves with needing to do so many things, the thought of it all can become overwhelming. Defining what actually needs to be done makes that to-do list manageable.

### 2. Allow Yourself to Say No

It is ok to say no. If there is a particular holiday tradition that increases your stress level, or you have double-booked events - then say no. Your time should be spent with people you love and bring you happiness. Relationships, finances, and lack of time are huge stressors during this time of year. It is ok to say no to something that causes you a negative emotion.

### 3. Maintain Healthy Habits

Don't lose sight of all of your healthy habits just because it is the holidays. Practice portion control and choose healthier alternatives when available. Stick to your regular sleep schedule. Exercise if possible, and if you don't have time for your regular workout routine, take a walk to clear your mind and get some fresh air. You may not be able to avoid all stress during this time, but exercise will definitely help you feel better.

Check out the many activities available at the YMCA of North Central Ohio to help keep you moving and healthy during the holidays.

## MEMBER APPRECIATION WEEK DECEMBER 18-22

We love our members and want to celebrate you in December for Member Appreciation Week, December 18-22. Stop at either branch to enjoy the festivities!

- Monday - Bring a guest 16+ for free
- Tuesday - Popcorn
- Wednesday - Candy Canes
- Thursday - Hot Chocolate Bar
- Friday - Find the hidden Christmas tree around the Y to win a surprise.



## GIVE THE GIFT OF HEALTH

Give the gift of health this holiday season by purchasing YMCA gift cards for those you love. From Dec 1st-31st, for every \$50 you spend on gift cards, you'll receive a FREE \$5 gift card!

Gift cards can be used for membership, personal training, youth programs, and more! Stop into the Mansfield or Shelby branch today to purchase. \*Gift Cards cannot be purchased online\*







**YMCA of North Central Ohio**  
 750 Scholl Road  
 Mansfield, OH 44907

Non-Profit Org.  
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**PAID**

Mansfield, Ohio  
 Permit No. 496



**YES, I WANT TO BE A VISIONARY FOR YMCA OF NCO**

**GIVING OPTIONS** PLEASE USE THIS FORM TO MAKE YOUR GIFT.

I want my gift to go to:  Mansfield Branch  Shelby Branch  Either Branch

Gift of \$ \_\_\_\_\_ Check enclosed made payable to YMCA of North Central Ohio

Gift of \$ \_\_\_\_\_ Charge my credit card:  Visa  MasterCard

Name on card \_\_\_\_\_

Card number \_\_\_\_\_ Expiration date \_\_\_\_\_ CVV number \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Signature \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Please return to: YMCA of NCO | 750 Scholl Road | Mansfield, OH 44907 | Sara Baker 419.522.3511 x260

