



The Y & MRC News

McPherson Family YMCA
McPherson Recreation Commission

220 N. Walnut St., McPherson, KS 67460
www.ymca-mrc.org



May 2017

Calendar

May 1st - 17th: Blastball Practices/Games:
Mon. & Wed 5:30 & 6:30 on T-ball field #1 & #2 at Grant Sport Complex

May 12th: The Y will be closed for All Schools Day.

May 14th: Happy Mother's Day

May 15th: Adult Softball League Starts

May 28th & 29th: The Y will be closed in honor of Memorial Day.

National High Blood Pressure Education Month!
More than 67 million Americans have high blood pressure, but less than half have it under control. Go & Get it checked today!

SMALL DAILY IMPROVEMENTS ARE THE KEY TO STAGGERING LONG-TERM RESULTS

Member Spotlight: Joe Rierson

I started going to the YMCA, at its current location, in 1970. We were playing basketball and wiffle ball in the current gymnastics room. Andy Malone and Shorty Kline were in charge. In the 80's and 90's, I spent the majority of my time in the weight room.

In the past ten years, I have had several surgeries and have rehabilitated through the YMCA.

As I have aged, my cholesterol and weight have increased. When I reached a specific weight, I finally decided to try some fitness classes: Body Pump, Boot Camp, and Y Pump.

I dropped ten pounds and lowered my cholesterol. I feel better than I have in a long time and have more energy. The hardest part is starting your own workout regiment and sticking to it. I did this while working out with some of the most awesome people. A lot of my family attend the classes with me, and we all enjoy swimming together as a family on Friday nights.

The YMCA is truly a "Homey" family facility. It has been my home away from home for over forty years. I cannot imagine being without it.

With Special Thanks to my workout mates, "instructors," Melody Elder, Melissa Regier, Hanna Litwiller, Heather Kuhn, Kelli Dossett, Stan Smith and Doc. Barndt.



Employee Spotlight: Todd Stephenson



My wife, of 30 years, Teri, and I have lived in Hutchinson since 2003. We have 5 children and 3 grandchildren who still live in the Hutchinson area. I worked in public schools as a business administrator and then with Central Christian College, for the last two years, before coming to work for the McPherson Family YMCA and Recreation Commission. Currently our last daughter is still at home and one of our granddaughters lives with us also, never a dull moment. I enjoy working at the YMCA/Rec Commission and want to get to know our staff and patrons better! Life has been fun and fast and we've had a great ride!

"Hoof it from Y to Y" Walking Challenge

What is it? All Kansas YMCA Associations in May will challenge their members, staff, and elected officials to walk across the state of Kansas from YMCA to YMCA for a total of 1,001 miles.

Begins: May 1st- 31st, 2017

Who? We will have two challenges divisions: a Member Division and a Staff Division. Members will compete against other Y's members and the Staff will compete against the other Y's staff.

How will mileage be tracked? There will be a mileage tracker on the wall in the lobby. Write your name and write down your mileage for each day.

Fun Facts

- * 10-15 minutes of jump roping can burn over 200 calories. This makes jump roping one of the best and efficient forms of cardio. Dietdoctor.com
- * Treadmills were created to punish English prisoners in 1818. wtffunfact.com
- * People that laugh more generally are able to lose more weight quicker. wtffunfact.com

CREATING THE END

to domestic violence and sexual assault



The McPherson Family YMCA Togetherhood® Committee is sponsoring a community project to collect items for the "safehope" program in McPherson. This program was put in place to assist victims of domestic violence and sexual assault.

When: May 1st – 31st

Drop-Off Sites:

McPherson Family YMCA
New Hope Evangelical Church
First Mennonite Church
First Baptist Church
Free Methodist Church

We are also collecting gift cards such as:

- Dillon's
- Phone cards
- Wal-Mart
- Gas cards

**These cards will need to be dropped off at the front desk the McPherson Family YMCA.*

The following items are being collected:

- Non-Perishable Food Items
- Shampoo
- Conditioner
- Body Wash
- Cleaning Supplies
- Diapers
- Pull-Ups
- Deodorant
- Toothpaste

A detox bath is one of the easiest healing therapies that can be done to facilitate an enhance our body's natural detoxification process.



Typically, a detox bath is made with Epsom salt also known as magnesium sulfate, which not only draws out toxins, but has health benefits of its own:

- Ease stress and improves sleep and concentration
- Help muscles and nerves function properly
- Regulate activity of 325+ enzymes
- Help prevent artery hardening and blood clots
- Make insulin more effective
- Reduce inflammation to relieve pain and muscle cramps
- Improve oxygen use
- Flush toxins
- Improve absorption of nutrients of nutrients
- Help form joint proteins, brain tissue and mucin proteins
- Help prevent or ease migraine headaches

<https://healthylivinghowto.com/detoxification-part-i-healing-waters/>

National Water Safety Month:

Water Safety Tips



Drowning is the second leading cause of death for children ages 5 to 14, with children from communities of color at greatest risk. With National Water Safety Month in May and summer around the corner, it's a great time for parents to remember the importance of ensuring their children are equipped with essential water safety skills. The Y offers swim lessons, a program that helps reduce the risk of childhood drowning, develop a lifelong love swimming and provide children from underserved communities greater access to water safety programs.



Before letting your children hit the water this summer, remember these few tips to ensure it's an enjoyable and safe experience.

1. **Never swim alone.** Teach your children that they should only swim in locations where a lifeguard is on duty.
2. **Supervise you children whenever they're in water.** Whether it's bath

3. **Don't engage in breath holding activities.** Children shouldn't hold their breath for a prolonged amount of time while swimming, as this can cause drowning and has several physical effects.
4. **Wear a Life Jacket:** Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket,
5. **Don't jump in the water to save a friend who is struggling in deep water.** If a child finds their friend in deep water unexpectedly, their natural reaction may be to jump in the water to try to save them. Even if a child is a great swimmer, a panicked person will overpower them, pulling them underwater with them. The Y's Safety Around Water program teaches the "reach, throw, don't go" concept of using a long object to reach for them and pull them to safety. By using this technique children can help their friend without compromising their own safety.
6. **Enroll your children in water safety or swim lessons.** Just like teaching your children to look both ways before they cross the street, having

them participate in formal water safety lessons teaches them an important life skill. The Y's swim lessons teaches children fundamental water safety skills and what to do if they find themselves in water unexpectedly.

Learning how to swim also has multiple benefits beyond the ability to enjoy water safely. It helps children strive for physical achievement, promotes healthy living and builds their confidence. To find out how to enroll your child in the Y's swim lessons program, visit us at the front desk or go online to www.mcphersonfamilyymca.org.



www.yexchange.org

Fact 857:

Throughout your life, the amount of saliva you have could fill two swimming pools.

[tinyfacts/tumbler](https://www.tinyfacts.com/)