

# STRONGER TOGETHER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

COOK COUNTY COMMUNITY YMCA

105 W 5th Street, Grand Marais, MN

May 2019

[www.cookcountyyymca.org](http://www.cookcountyyymca.org)

PROGRAM HIGHLIGHTS, MEMBER UPDATES, UPCOMING EVENTS & MORE!

## Make It Ok: Learn the Lingo

Talking more openly about mental illnesses is one way we can reduce the stigma and "Make It Ok." Sometimes we resort to silence because it can be hard to find the words to say. The YMCA is part of a local effort to stop the silence and stigma surrounding mental illnesses. Here are some tips from the Make It OK as you become more comfortable talking about mental illnesses.

### What can you say

Let's pretend someone you know just told you they're struggling with an anxiety disorder or depression. What do you say? Here are a few suggestions.

- "Oh no, what can I do to help?"
- "I'm here for you if you need me"
- "Things will get better."
- "I can't imagine what you're going through."
- "We'll make it right. It'll be ok."
- "Can I drive you to an appointment?"
- "We love you"

### What you shouldn't say

Sometimes our words may reinforce the stigma. Remember that mental illnesses are biological in nature, just like diabetes, and need treatment. Avoid using derogatory or dismissing language.

- "It could be worse."
- "Snap out of it."
- "Everyone feels that way sometimes."
- "You may have brought this on yourself."
- "There's got to be something wrong upstairs."
- "We've all been there."

Don't use words such as crazy, psycho, nuts or insane. Rule of thumb Although talking about mental illnesses may be uncomfortable for you at first, know that it is also a difficult conversation for your friend. Be nice, supportive and listen. Offer to help and keep the conversation going.



**1 in 5 people**

will have some kind of mental illness in their lifetime, and many don't get the help they need.

Join us on Friday May 17th to show your support for those struggling with mental illness. We encourage you to wear green and stop by the Member Service Desk for a button or sticker and to sign the "Make it OK" pledge.

Mental illness is as common as brown eyes

## IN THIS ISSUE

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## BUILDING HOURS:

Mon-Fri: 6am-8pm  
Sat: 9am-7pm  
Sun: 11am-5pm

## KID'S CLUB HOURS:

Monday-Thursday:  
5:15pm-7:15pm

Saturday:  
9am-12pm

WEEKDAY POOL  
CLOSURE: 1-3:30PM



# COOK COUNTY YOUTH AGENCY COALITION



**UNPLUG  
CONNECT  
BELONG**

## REGISTER FOR DAY CAMP TODAY!

This summer, youth of all ages have the opportunity to explore nature, try new activities, discover new talents, gain independence, and make lasting friendships and memories. Our commitment to nurturing the potential of children and teens, promoting healthy living, and fostering a sense of social responsibility is never more evident than in our camping programs. Our camps provide a safe, thriving environment for young people to explore personal interests, build self-esteem, develop social skills, and uncover their potential.

## Day Camp Schedule

7:45-8:45 Drop off and free play centers  
8:30-9:00 Breakfast  
9:00-9:30 Morning Meeting  
9:30-11:30 Traditional Camp Activities  
11:30-12:00 Lunch  
12:00-12:30 Turtle time (quite activities/reading)  
12:30-1:00 Open Gym  
1:00-3:00 Swimming  
3:00-3:30 Snack  
3:30-4:00 All Camp Game  
4:00-5:15 Playground and Pick up

## Day Camp Activities

### Arts & Crafts

Puppets, art with nature, candle making, paper mache, water color, clay, play dough, wind chimes, tie dye, rock pets, friendship bracelets, bead art, multicultural art projects, cards, tissue, yarn art, mobiles, chalk art, sketching, and collages

### Drama

Skits, songs, plays, dancing, story-telling, improvisation, movement, script-writing, puppetry, mask making, storybook theater, and music

### Nature Activities

Hikes, games, plant, tree, and animal identification, puddle jumping, insect hunting, pond and stream exploration, soil, sand, and rock exploration, fire-building, fire-cooking, orienteering, and gardening.

### Team Building

Cooperative games, initiatives, trust activities, sports, and positive competitions

### Sports & Fitness

Archery, sport lead up games, wacky variety games of each sport, lightning, tether ball, volleyball, ping pong, lawn games, racquet sports, yoga, and Zumba

### Service Learning

Care Center projects, help the invasive species team, keep trails and parks clean, and gardening

### Fun & Games

Gaga ball, field games, theme day activities, board games, magic tricks, songs, and surprise activities

### STEM

Activities that enhance critical thinking and problem solving skills needed for Science, Math, Engineering, and Technology

### Meals

Breakfast, Lunch, and Snacks are provided daily with the exception of Fridays

### Field Trips

Mini golf, canoe trip, paddleboarding, farm, Adventure Zone, parks, blueberry picking, Chikwauk Museum, Devil's Kettle, Fisherman's Picnic, North House Folk School and more!

# MEMBERSHIP NEWS & SPORTS



**SUMMER 3 MONTH MEMBERSHIP SPECIAL**

Youth - \$54  
Adult - \$147  
1 Adult Family - \$171  
2 Adult Family - \$213

Join any day May 15 through July 15!  
Pay upfront, no Join Fee, no cancellation fee, no hassle!



## Summer Punch Cards Are Back!

Available starting May 15. Cards expire October 31st, 2019. Limit one card per person.

5 Punch Card \$45 plus tax

10 Punch Card \$80 plus tax

## Custodian's Corner

The partnership between the county and the Y is an important one as they maintain the facility so we are able to provide all of the programs and services to you! This monthly section will include reminders about how to help keep the facility clean, project updates, any upcoming closures, etc.

May's reminder from our custodial team: We realize many live off grid and use the Y to shower and groom. Please be respectful when trimming your beard and clean up the sink, counter, floor or anywhere you may have shed hairs. Please keep hair dye out of the Y. It gets in the grout and stains tiles. Thank you!



## SOCCER

### Summer Soccer Season

**June 3-July 14**

The youth soccer program is designed to meet each player at their current level of play and provide opportunities to increase their individual skills. The goal is that these opportunities lead to an overall enjoyment of the game for years to come. Summer soccer league will be played on the recreational field behind the school/Y.

### Summer I Fees:

**Y Member: \$35.00 | Community \$67.00**

Thursday 5:15-6:00pm

Ages 7+

# AQUATICS

## Basic Kayak Safety & Rescue Course



What if you capsized in cold water or far from shore? Could you complete the steps necessary to get back in your boat? Are you familiar with the equipment needed to rescue yourself or others if this happened? This is not a kayak paddling skills class, but rather a class that teaches you the basics of the equipment and the skills needed for self- and group-rescue.

The class will be on May 20th from 12:30-3:30pm. You will learn the basics of rescue equipment and its use; selection of proper clothing; and big lake considerations. The second is a two hour in-pool session where you learn and practice the techniques of getting back into a capsized boat and righting another boat that has capsized. A better understanding of the safety basics gives you the knowledge and confidence for a more enjoyable and safer kayak experience.

Member Fee: \$60 | Community Fee: \$80

**THE WORLD IS 71% WATER. ARE YOUR CHILDREN 100% PREPARED?**

Teach your children water safety and make water activities accessible.

**GET STARTED**



Drowning is the second leading cause of death for children ages 5 to 14. With National Water Safety Month in May and summer around the corner, now is a great time for parents to remember the importance equipping children with essential water safety skills. The Y offers swim lessons that helps reduce the risk of childhood drowning, develop a lifelong love swimming and provide children from our community 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.

**Never swim alone.** Teach your children that they should only swim in locations where a lifeguard is on duty.

**Supervise your children whenever they're in water.** Whether it's bath time or taking a dip in a pool or lake, make sure your children are within arm's reach at all times.

**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 other severe physical side-effects.

**Wear a Life Jacket:** Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.

**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.

**Enroll your children in water safety or swim lessons.** Just like teaching your children to look both ways before they cross the street, participating in formal water safety lessons teaches them an important life skill. The Y's swim lesson program 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. The world is 71% water, and children are 100% curious. Are they prepared?

# HEALTHY LIVING

## This May, The Y Encourages Older Adults to “Engage at Every Age”

*There’s no age limit on eating healthy, getting active and being social.*

Adults 50 years and older currently make up more than 30 percent of the U.S. population, and will soon represent 45 percent of all Americans. The Center for Disease Control and Prevention (CDC) suggests that adults 50 and older have a 70 percent chance of developing at least one chronic disease. While these numbers seem daunting, the good news is that making small lifestyle changes that include increasing physical activity, eating healthier and staying active socially can help older adults live better. The Y offers the following tips on how to jump-start your healthy-living routine:

**Have fun with your food.** Eating healthy doesn’t have to be boring! Have fun with your fruits and vegetables by trying them fresh or frozen. Find a new recipe that uses a different source of protein or find a way to incorporate fish or beans into an old favorite. Remember as you age, it’s important to eat a variety of fruits, vegetables, whole grains, low-fat or fat-free dairy and lean meats to help your body get the necessary nutrients.

**Fill up on fiber and potassium, hold the salt.** As you age, your body needs more fiber rich foods to help it stay regular. Aim for a variety of colorful foods on your plate (i.e. fruits and veggies) to keep fiber rich foods a part of your diet. Additionally, increasing potassium along with reducing sodium or salt may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium.

**Get Active.** Physical activity is safe for almost everyone, and the health far outweighs the risks. Regular physical activity is one of the most important things older adults can do for their health. It can prevent many of the health problems that seem to come with age (such as osteoporosis and arthritis) and reduce the risk for developing, or help manage, depression, diabetes, heart disease, stroke and certain kinds of cancers. For older adults who have chronic conditions that hinder their ability to be active on a regular basis, some physical activity is better than none, and older adults who participate in any amount of physical activity gain some health benefits.

**Tweak your routine.** To get the recommended 30 minutes of daily physical activity, change your routine to 10-minute sessions throughout the day. For example, stand on one foot while brushing your teeth to increase balance, and do squats while washing dishes to increase strength. Make sure you can grab hold of something to maintain balance—safety first! To increase your cardio, take the stairs instead of the elevator or park farther from the entrance to work. When sitting in front of the TV, march during commercials or do some light stretching to break up sitting for long periods.

**Get social.** Socialization is an important part of aging. As we get older, it’s important to be active socially to stay healthy. Take a walk with a friend or a neighbor, join a book club or volunteer at your local pet shelter or local Y. Social interaction provides meaningful engagement, builds relationships, enhances a sense of belonging and provides opportunities for involvement—all resulting in greater bonds and a stronger sense of community. Being connected to the community keeps you healthy!



### CONGRATULATIONS!

Help us celebrate Mary Curry, our Healthy Living Coordinator for 30 years of service to the YMCA! Although the Cook County Y has only been here for 5 years, Mary has been working in the Y movement for 30! She started with the Twin Cities Y and still teaches at the Blaisdell Y. We are so grateful she is on our team!

# EMPLOYMENT & VOLUNTEER OPPORTUNITIES

## Job Openings:

Child Care Provider | Lifeguards  
Member Service Representative

## Volunteer Opportunities:

Daytime Custodial | Youth Soccer Aid |  
Kid's Club Aid | Childcare Aid

## Staff Highlights

Did you see a staff member making the Y great? We love to hear about it!  
Write a few words down on a Bright Spot card in the lobby.



### BRIGHT SPOT AWARDS



**Breana Roy:** Breanna has been an instructor in the YMCA dance program for 5 years. Her creative choreography, attention to detail, thorough communication and rapport with the dancers make her an excellent choice for our April Bright Spot!

**Doug Naylor:** Doug is our adult swim club coach and has been bringing our athletes to the next level with his coaching excellence and knowledge of swimming!



### NEW EMPLOYEE FEATURE



**Cheyenne McEntee:** You'll see Cheyenne in Kids Club a few times each week. She is a para at GES, loves gardening, looking for agates on the shore, hiking on the Gunflint Trail and the Y! She loves giving back to the community and being a part of the Kid's Club team.

**Sue Hakes:** Sue is new to the member services team but not new to the Y. She was an instrumental part of the process that created the Y and has served on the advisory council and corporate board of the Y. We are lucky to have her join the staff!