STRONGER TOGETHER

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COOK COUNTY COMMUNITY YMCA

A Branch of the Duluth Area YMCA

105 W 5th Street, Grand Marais, MN

www.cookcountyymca.org

January 2020

PROGRAM HIGHLIGHTS, MEMBER UPDATES, UPCOMING EVENTS AND MORE!

Commit to Community Service on Martin Luther King Jr. Day

Contributing to the greater good strengthens the individual and the community

At Ys across the nation, more than half a million volunteers provide crucial support that strengthens our communities. Whether serving on the board of directors or tutoring students in an afterschool program (and everything in between), the Y relies on the service of others to make an impact in our neighborhoods.

As we look to 2020 and the challenges our communities face, it is important to start thinking about how community service not only benefits the individual who's giving back, but the community as a whole. On Martin Luther King Jr. Day of Service, Jan. 20, the we encourage residents of Cook County to honor Dr. King's Legacy by not only giving back and supporting neighbors, but by reflecting on how each act of community service is a small part of a larger movement to make things better. A rising tide lifts all ships, and individuals dedicated to community service lift our communities.

Nonprofit organizations like the Y can help individuals find that emotional boost by providing rewarding experiences that benefit the community as a whole.

Regardless of whether you give your time to the Y, your church, animal shelter or organize an activity with your friends and neighbors, getting and staying involved in community service is what is important. Martin Luther King, Jr. Day of Service is the perfect time to get into a community service frame of mind.

To learn more about volunteer opportunities at the Cook County YMCA, please contact Emily Marshall at 218-387-3386 ext. 506 or emarshall@cookcountyymca.org.

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BUILDING HOURS:

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

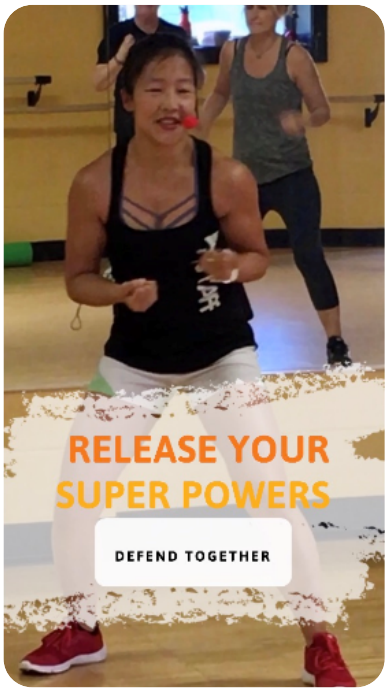
KID'S CLUB HOURS:

Mon-Thurs:
5:15-7:30pm
Sat: 9am-12pm

POOL HOURS:

The pool is closed from 1:00pm-3:30pm Monday-Friday Labor Day through Memorial Day.

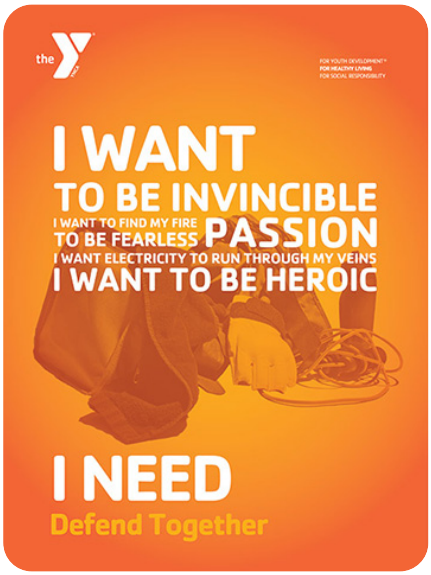
HEALTHY LIVING



Defend Together is for anyone wanting a challenging, athletic, and motivating workout. It's explosive, electric, and thrilling. Mixed martial arts moves drive a great cardio experience that also strengthens the entire body. It's a great way to add variety to your training and improve timing, precision, and focus. Plus it's a great way to kick stress out of your life!

Monday: 5:30-6:30pm

Thursday: 5:30-6:00pm



20 TIPS FOR A HEALTHIER SPIRIT, MIND, BODY, AND COMMUNITY IN 2020

For many of us, the beginning of a new year is a time for making plans to live a healthier life. Here are 20 tips for a healthier spirit, mind, body and community in 2020:

1) Set goals for what you want to achieve personally and/or professionally this year and write down the steps you need to achieve them.
2) Volunteer your time and energy to help someone else. Volunteering enhances mood and self-esteem while giving you a greater sense of purpose and meaning.
3) Try meditating, mindfulness Opens a new window to relieve stress, lower blood pressure, manage chronic pain and prevent depression relapse.
4) Take a break from smartphones and social media to reconnect with yourself and others.
5) Laughter really is the best medicine. It can boost your immune system, ease pain, relax your body and reduce stress.
6) Shake up your daily routine. When you're not operating on auto-pilot, your brain is forced to process and grow.
7) Good nutrition can help your mind as well as your body. Diets rich in fruits, vegetables, fish, nuts, unsaturated oils and proteins can prevent cognitive impairment and dementia.
8)Learn to manage your time well. This will help you reduce stress, get more done, and free up time for leisure and healthy activities.
9) Practice gratitude to reduce negative emotions and increase feelings of happiness.
10) Don't hesitate to seek help. If you're experiencing a mental health issue, talk to your primary care physician or a mental health professional.
11) Eat a variety of fiber-rich fruits and vegetables to help maintain a healthy weight and lower your risk of diabetes, heart disease and cancer.
12) Drink plenty of water to maintain the function of every system in your body, including your heart, brain and muscles.
13) Get enough sleep. Doing this reduces stress, boosts your immune system and decreases the risk of chronic disease.
14) Wash your hands with soap and water for at least 15 seconds to keep them – and your body – free from harmful bacteria.
15) Stretch regularly to increase your flexibility and range of motion, improve posture and prevent back pain.
16) Introduce yourself to someone new. Not only do social connections improve well-being and lengthen life expectancy, they contribute to a more cohesive community.
17) Join a group exercise class and connect with others to support one another as you work towards your wellness goals.
18) Bring a friend or family member with you to the Y to make your workouts more fun and help hold each other accountable.
19) Organize or join a volunteer service project to create positive change in your community.
20) Empower young people. At the Y, you can coach youth sports, mentor a young person or volunteer alongside young leaders to help them on their journey to become changemakers.

The Cook County YMCA's Diabetes Prevention Program earned CDC Full Recognition! This designation is reserved for programs that have effectively delivered a quality, evidence-based program that meets all o the standards for CDC recognition. The sustained success of our lifestyle change program makes an invaluable contribution to the prevention of type 2 diabetes, both in our community and nationally.

A trained lifestyle coach will introduce topics in a supportive, small group environment and encourage participants as they explore how healthy eating, physical activity, and behavior changes can benefit their health and reduce the risk of developing Type II Diabetes.

<u>Info session:</u>
January 16 at 7:00am
Meeting dates TBD by the group

MEMBERSHIP

COMMUNITY STRENGTH

In neighborhoods across the country, the Y brings people of all backgrounds together to develop new relationships, discover common ground and strengthen our communities.

A stronger community starts with YOU

Make a New Year's resolution to:
INTRODUCE yourself to staff and fellow members so you can greet people by name.
JOIN a new class, program, or social group at your Y.
INVITE a friend or family member to come along on your next visit to the Y.
ENCOURAGE a fellow member on their wellness journey with words of support.
VOLUNTEER to strengthen your community on Martin Luther King Jr. Day of Service (January 20).

TRY DAY FRIDAYS

OPEN TO THE COMMUNITY

Try the Y for FREE any Friday!

Just bring a valid ID with a Cook County address!

A few reminders...

BCBS of Minnesota is no longer offering insurance reimbursements through a fitness facility. This was a decision made solely by BCBS of Minnesota, but effects many of our YMCA Members. Please call the number on your insurance card to inquire about new or updated benefits!

Many Silver & Fit Members are transitioning to Silver Sneakers Members. If you received notice from Silver & Fit about this transition, please bring your insurance card with your 16-digit number to the Front Desk and to fill out a change form to authorize the change!

Do you have an insurance plan but are unsure of the fitness benefit? Call the number on your insurance card! The Y accepts plans with a fitness benefit from providers such as Preferred One, Health Partners, Medica and UCare! If you are eligible, stop by the Front Desk to enroll. Bring your card and voided check.

YOUTH DEVELOPMENT

Parent Aware Rated Program

For openings in the early learning or after school programs, contact Ashley Green at agreen@cookcountyymca.org

the YMCA

YOUTH IN GOVERNMENT

2020 MODEL ASSEMBLY

Cook County Community Education

the YMCA

FEB 14

VALENTINE'S DAY PARENTS NIGHT OUT

Register online at www.cookcountyymca.org or call 218-387-3386
Ages 4 months+ | 5:00-8:00pm (NEW: 2nd Friday of each month!)
$12/child | Please send a dinner and swim suit (age 3+)

AQUATICS & SPORTS

Swimmers that placed top 3 in their events:

Name	Event	Place	Time
Mary June DeArruda-Wharton, Olya Wright, Hannah Gamradt, Sarai Gamradt	15 & Over 200 Medley Relay	2nd	2:45.52
Natalia Smith	8 & Under 25 Freestyle	2nd	22.80
Charlie Hackett	8 & Under 25 Freestyle	2nd	24.42
Jack Dragswiek	8 & Under 25 Freestyle	3rd	22.35
Raymond Young	15 & Over 50 Freestyle	1st	31.39
Silas Brandt	15 & Over 50 Freestyle	3rd	44.26
Olya Wright	15 & Over 100 IM	2nd	1:39.71
Mary June DeArruda-Wharton	11-12 100 IM	1st	1:30.98
Lucas Hackett	9-10 100 IM	3rd	2:23.93
Hiver Moody	8 & Under 25 Backstroke	3rd	26.34
Jack Dragswiek	8 & Under 25 Backstroke	1st	27.57
Levi Smith	8 & Under 25 Backstroke	3rd	31.53
Lucas Hackett	9-10 50 Backstroke	2nd	1:03.45
Hosea Brandt	9-10 50 Backstroke	3rd	1:05.40
Mary June DeArruda-Wharton	13-14 100 Backstroke	2nd	1:25.94
Silas Brandt	15 & Over 100 Backstroke	3rd	2:05.54
Thea Hedstrom, Charlie Hackett, Hiver Moody, Natalia Smith	8 & U 100 Freestyle Relay	2nd	1:59.39
Jack Dragswiek, Eli Wharton, Levi Smith, Arlo Litterst	8 & U 100 Freestyle Relay	2nd	2:20.35
Mary June DeArruda-Wharton, Olya Wright, Hannah Gamradt, Sarai Gamradt	15 & Over 200 Freestyle Relay	2nd	2:29.96
Lucas Hackett, Eero Moody, Hosea Brandt, Jack Dragswiek	9-10 200 Freestyle Relay	3rd	4:25.28
Silas Brandt, Raymond Young, Elijah Brandt, Noah Heller	15 & Over 200 Freestyle Relay	2nd	3:01.78
Jack Dragswiek	8 & U 50 Freestyle	1st	55.53
Arlo Litterst	8 & U 50 Freestyle	3rd	1:06.82
Patience Sifferath	11-12 100 Freestyle	3rd	2:09.26
Raymond Young	15 & Over 100 Freestyle	2nd	1:29.92
Elijah Brandt	13-14 100 Freestyle	3rd	2:03.28
Natalia Smith, Hiver Moody, Charlie Hackett, Thea Hedstrom	8 & U 200 Freestyle Relay	1st	4:29.45
Jack Dragswiek, Eli Wharto, Levi Smith, Lucas Hackett	200 Freestyle Relay	1st	4:44.17

MANY FIRSTS FOR YMCA NORTHERNS SWIM TEAM

On January 4, 2020, 22 youth swimmers from Cook County attended a swim meet hosted at the YMCA. Also attending were swimmers from Superior and Duluth. The Superior swimmers especially challenged our local team and there were many close events. "There were many firsts at the swim meet (and I'm not just talking about 1st places, although we had a few of those too!" says Executive Director Emily Marshall. The team, which has almost 40 swimmers now, is fairly young with the 8 and under category being the largest. For many of them, it was their first meet experience. "Even some of the older kids had nerves about being in their first competition. However, everyone gave it their all. Each swimmer participated in about 5 events. After the first event, the butterflies seemed to fly away and were replaced by excitement. I think some of the swimmers really impressed themselves, their parents, and even the coaches. Since they had no official times yet from a previous meet, we didn't quite know how they would do against the competition. We make it a point to focus on their own time and personal bests at this age and not worry so much about what the kid in the lane next to them is doing. As they get a little older we start to develop goals about placing or dropping time. We were surprised that some of our 8 and unders almost made regional qualifying times in some of their events. As a coach, I'm really excited to see the program grow and get more competitive. There are always going to be some kids that swim for fun, exercise, comradery, or a way to improve swimming in general which is also encouraged. At least half of the team was at the meet and it left them hungry for more competition! Several have been asking about the meet in Superior coming up on January 18th and are planning to attend."

Swimmers must participate in three meets during the regular season to qualify for the YMCA Sectional meet (which includes Brainerd, Grand Rapids, Duluth, and Superior), State (which hosts 25 teams from MN), Regionals (which is made up of teams from 11 midwest states), or National meets at the end of the season. Three of the Cook County swimmers have qualified for Sections and are likely to advance on to the State meet this year. Those swimmers are Jack Dragswiek, Mary June DeArruda-Wharton, and Raymond Young. The team is already preparing for next season (October-February) and planning to host three local meets so swimmers get a chance to qualify for Sections right in their home pool.

The ISD 166 4th grade has lanes reserved for swim lessons on January 27, 28, 29, and 31 from 10:20-11:20am. A lap lane will still be available, but please plan accordingly. Thank you!

OPPORTUNITIES

Now Hiring:

Lifeguard (early morning, evening, and weekends).
Training course:
Feb 21-23

Youth Specialist
Kids Club (Saturdays)

Volunteer Positions:

Swim Lesson Aid
Gymnastics Aid
Youth Program Aid
Volunteer Custodian

NEW EMPLOYEE HIGHLIGHT: LISA FURLONG

Lisa Furlong joined the Y team in December as a Membership Service Representative. She brings a long customer service background to serve members and guests with a welcoming smile. Lisa enjoys snowmobiling and taking her dog Zeus for walks. She has two sons: Richard the III is in law school in Indiana and Colton lives in Duluth. She's been married 27 years to Richard Furlong Jr. and comes from a family of 12! Welcome to the Y Lisa!

JANUARY BRIGHT SPOT AWARD: BARB JANSEN

Barb Jansen joined the Y team this fall as a Member Services Representative. She quickly learned the skills of her position and is already a pro at all things at the Y desk! We are very gald to have her welcoming presence on our customer service team. Barb also has a great passion for hiking and has already finished a large section of the Superior HIking Trail. One of these years, she hopes to complete the entire trail. Help us congratulate Barb on her award this month!