



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKING AN IMPACT

The YMCA is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Riverfront YMCA | 544 Broad Blvd. Cuyahoga Falls | 330 923 9622

February 2017

Quote of the month:

“Your relationship with yourself sets the tone for every other relationship you have. Don’t forget to love yourself!”

- Unknown

Welcome New Members!

We have several new members this month! If you notice someone new, please welcome them to our YMCA!

Leader of the Month:

Heidi Cucuzza, Riverfront YMCA’s Business Manager, has been with the YMCA for 14 wonderful years. She also oversees facility rentals, child watch, and our Arts and Humanities programs. In her spare time, she enjoys spending time with her husband, 4 children and her beautiful granddaughter. She also enjoys working with local mission groups to help the community.

February is American Heart Month!

February is American Heart month and that means it’s a good moment to think about a disease that kills more than 600,000 Americans each year. Heart disease is the leading killer amongst both men and women. But there’s a lot we can do to stay heart healthy. According to the CDC, making these healthy lifestyle choices can help:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Select and purchase foods lower in salt/sodium.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you’re a woman and two drinks per day if you’re a man.
- Keep an eye on your portion sizes.

According to the National Heart, Lung and Blood Institute, these are the signs that may mean a heart attack is in progress.

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs include breaking out in a cold sweat, nausea, or lightheadedness.

www.cbsnews.com

SAVE THE DATE!

February 1 (Wed) - Preschool Registration for currently enrolled families

February 6 (Mon) - Preschool Registration opens for general public

February 7 (Tue) - Preschool Open House - 12-1pm

February 10 (Fri) - Date Night—Register at our front desk!

February 12 (Sun) - Winter II registration opens for members

February 16 (Thur) - Winter II registration opens for program members

March 4 (Sat) - Babysitter Basics Class - 9am-1pm - Registration required

For more fun activities and events check out www.akronymca.org!

We are collecting diapers and wipes for Akron Pregnancy Services through March 3rd.

Have you checked out our recent updates?

We are very excited to share that we recently updated our fitness center! We installed new carpet and several new fitness machines and pieces of equipment. In 2016 we were also able to sand and re-stain the racquetball and basketball courts as well as paint both spaces.

In 2017 we have more awesome updates planned! We will be updating our front desk, remodeling our BASE room into a Community Living Room for families, and we are hoping to be able to install new rubber mats in the free weight area and update the group exercise room.

All of this has been made possible through your contributions to the YMCA. Thank you! If you are interested in sharing with our community how the YMCA has helped you and your family, email your story to zaliniac@akronymca.org.

Silver Sneaker VIP Winner!

Congratulations to **Doris Conley**, our Silver Sneaker VIP for December! She won a Silver Sneakers goodie bag !

Get 12 visits marked on your VIP ticket and be entered into the VIP raffle for a fun prize!

SilverSneakers® Scoop

SilverSneakers® Cookbook! Turn in your favorite recipes to Zalinia by completing a recipe entry form so we may build a cookbook for you to share with our YMCA community! **I only have 8 recipes submitted so far!**

February SilverSneaker® Birthday Party will be
Monday, February 13th, 12:45pm

In Other News...

Did you know you can get a month free? Refer a friend and turn in a referral slip and get a free month of membership! See a staff member for more information.

Snow Day Reminder: If Cuyahoga Falls City Schools close, all morning classes are cancelled, Preschool closes, Bethany Center will be on a 2 hour delay opening at 8:30am, and Snow Days start at 8:30am.

Summer is closer than you think! Check out gotcamp.org for fun camp options! **FIVE REASONS to send your child to summer camp!**

1. **ADVENTURE** - experience something new every day
2. **HEALTHY FUN** - activities that engage spirit, mind and body
3. **PERSONAL GROWTH** - confidence and self-esteem building
4. **SAFE ENVIRONMENT** - American Camp Association Accredited (ACA)
5. **NEW FRIENDSHIPS & MEMORIES to last a life time!**

We know you're using your phone and mobile devices more and more everyday! Now get Akron Area YMCA information when you want it, where you want it...on the go! Available for Droid and iPhone through Google Play Store and Apple Store.

Want something featured in our newsletter?

Email **Zalinia Cole**,
Member Experience
Director, at
zaliniac@akronymca.org



Tuesday, February
14th!