WE’RE MAKING AN IMPACT!

On Sunday, June 11th, Kathy, Sports Director, transported 40 children to Camp Wood YMCA near Elmdale, Kansas. Our Annual Campaign helps to send kids to camp who otherwise would not get the opportunity to experience all the wonders of camp. It costs approximately $600 to send each camper to camp for a week and we send around 40 kids each year at no cost to their families.

Many campers receive a bag filled with items they need ranging from sleeping bags to tooth brushes. Most of these items are donated by wonderful sponsors in the community. We partnered with Salina Family Healthcare and KU Medical Students, who provided free health screening/physicals which are required to attend Camp Wood YMCA. Without support from our community this opportunity would not exist. Thank you to all of our donors for your support of our Annual Campaign. For more information on Camp Wood YMCA or our Annual Campaign please visit salinaymca.org. For more information about Camp Wood YMCA visit www.campwood.org.

SOUTHWEST QUINOA SALAD

Ingredients
1 cup Quinoa
2 cups water
1/4 cup extra-virgin olive oil
2 limes, juiced
2 teaspoons ground cumin
1 teaspoon salt
1 1/2 cups halved grape tomatoes
1 (15 ounce) can black beans, drained and rinsed
1/4 cup chopped fresh cilantro

Directions
1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, salt together in a bowl.
3. Combine quinoa, tomatoes, black beans together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro. Serve immediately or chill in refrigerator.

DID YOU KNOW?
You could be saving $10 OFF your monthly membership?

ASK US HOW!

MY Y STORY. MEET DON

During the summer of his fourth grade year, Donald broke his left arm and before his arm was fully reset and healed his arm broke again. While his arm was on the mend, he contracted Polio. This chain of events left Don unable to use his left arm and only has about 50% usage of his right arm. Growing up his teachers thought that he would be a great accountant but he enjoys being “hands on” and is now a retired small engine mechanic.

Don joined the Y to help him regain his strength in his right arm and to keep his legs strong. He enjoys working out in our Wellness Center, using the rowing machines, crank machine, leg press, recumbent bike, and he runs/walks the track.

You will often find Don having coffee with our morning coffee drinkers. Don enjoys working with and providing motivation for people with disabilities. He believes you can achieve anything that you put your mind to. The learning process maybe different but end result is the same.

To view Don’s My Y Story video please visit: salinaymca.org > Our YMCA > My Y Stories.

If you would like to share your story, please contact Tanya Show, Marketing & Events Coordinator at tshow@salinaymca.org or 785.825.2151.
**HEALTH & WELLNESS TIPS**

It’s that time of year again, BBQ time! For some people they look forward to BBQs in the summer, but for all of us trying to maintain our healthy eating, this can be a very tough time. Between the highly processed meats, the endless “salad” options, and sugar or alcohol filled drinks, it is almost impossible to find something healthy to chow down on. However, I’m here to tell you, that attending or hosting a BBQ, does not have to stop you from eating healthy.

Let’s start with the meat, because let’s be honest, the main idea behind a BBQ is to grill some meat. No one is going to mind, or at least they shouldn’t, if you bring your own meat to grill to the party. Just don’t expect them to do it for you. If you’re hosting a party, guess what? You get to choose whatever food you want! Instead of picking up those cheap, random parts thrown together, like hotdogs, choose from a variety of fresh, lean cut meats. Chicken, beef, pork, sausage, and shrimp all make excellent choices. Even better, cut those babies up, and stick them on a skewer.

This leads me to my next point, fresh fruits and veggies. In addition to the meat on the skewers, you can cut up some peppers, mushrooms, summer squash, zucchini, or even pineapple. Make a fruit and/or veggie platter with a healthy dip option. As mentioned above, BBQs are notorious for “salads”. There are hundreds of ways to create an awesome “salad”. Try mixing some fresh, lean cut meats. Chicken, beef, pork, sausage, and shrimp all make excellent choices. Even better, cut those babies up, and stick them on a skewer.

And finally, the drinks. You can choose to drink water, which is advised when you’re in the heat, or the other two options are usually pop or an alcoholic beverage. Now I do believe in having fun, especially because its summer and like. So I’m not going to tell you not to drink alcohol or pop. But be wise with your decisions and have a plan before you attend the BBQ. If you are going to drink that sugary pop or alcohol filled beverage, then between glasses, drink a tall glass of water.

Last, but not least are the drinks served at BBQs. Now you can choose to drink water, which is advised when you’re in the heat, or the other two options are usually pop or an alcoholic beverage. Now I do believe in having fun, especially because its summer and like. So I’m not going to tell you not to drink alcohol or pop. But be wise with your decisions and have a plan before you attend the BBQ. If you are going to drink that sugary pop or alcohol filled beverage, then between glasses, drink a tall glass of water.

**A MESSAGE FROM OUR PRESIDENT/CEO**

We hope you enjoy our first edition of our Member Connection newsletter. Our organization is so unlike any other with our diverse programs, facilities, ages of participants and interests. We are continuing to work on new and improved ways to make our updates, changes and exciting things that are happening at the Y and we would love to have your feedback on where you like to get your info. We are engaged in a very exciting time at our Y. This milestone of a $4 million renovation to update our facilities, add new program spaces and services will help us serve Salina for many decades to come. Our current facility was built and opened in 1978–1979 and it has served us well with all of the updates throughout the years.

Now, we continue to grow upon that legacy.

I am excited to announce we recently received three gifts that will be used for our renovation giving us the opportunity to begin scheduling additional projects past our first phase of locker rooms, meeting area and a few other areas throughout the facility. These gifts total just over $300,000 and help us close our gap needed to accomplish all of our projects and wish list items. To date, an additional $400,000-$500,000 is needed and fundraising continues to help us reach that goal. If you would like to be a part of this monumental time in our Y history, please contact me at 785-404-4064 or alaslesly@salinaymca.org. As a non-profit, 501c3 organization, your gifts to our Annual Campaign, Capital Campaign or Endowment are tax deductible. Thank you for your support.

**KANSAS YMCAs IMPACT**

- **55,525 Kansans Served** – The Y is and always will be, dedicated to building healthy, confident, connected and secure children, adults families and communities. As public charities, Kansas Y’s serve 1 in 5 Kansans through programs, memberships services, and events.
- **1 in 4 Kansas Kids Nurtured** – 193,068 Kansas children achieve school readiness, academic success and healthy habits through Y services and programs. The Y is committed to evidence-based programs, like Power Scholars Academy, to close the achievement gap – our investment to ensure the success of the next generation.
- **One of Kansas Largest Employers** – At the Y, helping kids, families and communities to learn, grow, and thrive requires a strong, cause-driven leadership. Over 3,500 staff are employed by Y’s in Kansas. A diverse workforce helps meet community needs and provide vital services every day.

This information was provided by Kansas State Alliance of YMCAs KSYMCA.ORG – all data is from 2016

**NEW PROGRAMING TO ENGAGE AND CHALLENGE YOU!**

**BOGAFIT**

The Boga Board is an inflatable board that allows stability yet flexibility and challenge coordination. Great for all levels, some classes will be in the water as well as on the land. Classes start in July. Drop in classes only $5!

**YOGA STRETCH SERIES**

June 19 – July 28: Yin Yoga, Mobility, and Kundalini

Instructor Veazey Nevitt

Certifications: 200-HR Yoga Teacher Training, Functional Range Conditioning @ Training: Yoga Therapy, Assisting, Kundalini Yoga, and Prison Yoga.

**MONTHLY WELLNESS CHALLENGES**

**JULY: SPLASH OR DASH**

Complete laps in the pool or our indoor track to equal a mile a week.

Join us for energizing fun work out challenges. Each challenge you register your name will be entered into a prize drawing each month. Pay the one time fee of $10 and you can participate in all monthly challenges from May to January!

- Receive a water bottle when you register
- Your name will be placed in a drawing to win a clear plastic stadium Y bag when you register!
- Weekly emails offering fitness & nutrition tips

For more information or to register, stop by our Welcome Center.

**BAKE SALE**

We are assisting Ryan Peterson and Charlie O’Neal with a bake sale to help our member Paul Powell. Paul was in a motor vehicle accident on June 7 which has left Paul paralyzed. Paul was in a motor vehicle accident on June 7 which has left Paul paralyzed on June 7

**CONGRATULATIONS!**

To our very own Hope Varela, Wellness Coordinator for being the Best of the Best for Personal trainers! Hope has been with us since 2000. She has a Bachelors of Science in Kinesiology from K-State University. This is her sixth year in a row of receiving this awesome award. We are proud of all the hard work and dedication that she provides to our members.

The Y received runner-up for Best of the Best for Wellness Facility.

**RENOVATION UPDATE**

For the month of July, Busboom & Rauh Construction company is planning to:

- Start pouring concrete floor on north half of the locker rooms.
- Finish sub-grading plumbing on south half of the locker rooms first week of July.
- Pour concrete floor on south half of the locker rooms the second week of July.
- Start new temporary wall in preparation of removing current temporary wall to widen the Wellness Center Hallway. Rough in plumbing and electric on metal studs third week in July.
- Masonry to start the fourth week of July.

For week to week updates on the renovation, please visit our website salinaymca.org. We post weekly news and/or videos of the progress that is being made. Renovation time line of events are subject to change.

If you have any questions regarding the renovation please contact: Amanda Weishaar, Facility Director & Renovation Internal Project Manager aweishaar@salinaymca.org or 785.825.2151.

**CHRISTINA GROGAN**

Wellness Trainer

NASM Certified Personal Trainer
NASM Corrective Exercise Specialist
NASM Certified Personal Trainer
NASM Fitness Nutrition Specialist

Summer is supposed to be a fun time, spent outdoors and definitely eating the unhealthy food; stop you from making healthy decisions. Summer is supposed to be a fun time, spent outdoors and definitely eating the unhealthy food; stop you from making healthy decisions. Summer is supposed to be a fun time, spent outdoors and definitely eating the unhealthy food; stop you from making healthy decisions. Summer is supposed to be a fun time, spent outdoors and definitely eating the unhealthy food; stop you from making healthy decisions. Summer is supposed to be a fun time, spent outdoors and definitely eating the unhealthy food; stop you from making healthy decisions. Summer is supposed to be a fun time, spent outdoors and definitely eating the unhealthy food; stop you from making healthy decisions. Summer is supposed to be a fun time, spent outdoors and definitely eating the unhealthy food; stop you from making healthy decisions.