

# DO YOU KNOW Y?



YMCA OF NORTH CENTRAL OHIO  
MANSFIELD YMCA BRANCH  
SHELBY YMCA BRANCH

JANUARY 2022

## GROWING STRONGER TOGETHER

### MANSFIELD AND SHELBY YMCA UNIFY UNDER A NEW NAME YMCA OF NORTH CENTRAL OHIO BETTER TOGETHER

The Mansfield Area YMCA and Shelby YMCA Community Center have officially come together to form one organization to be known as the YMCA of North Central Ohio.

The YMCA of North Central Ohio will promote a shared future between the Mansfield Area YMCA and Shelby YMCA Community Center. There will be commitment to impacting the lives of youth and families and the health and wellness of individuals of all ages across north central Ohio.

"This union creates an exciting opportunity to serve more individuals and families through a shared mission focused on youth development, healthy living, and social responsibility," said Cristen Gilbert, current President/CEO of Mansfield Area YMCA and Managing President/CEO of Shelby YMCA Community Center. The separate Boards of Directors for Mansfield Area YMCA and Shelby YMCA Community Center voted to bring the organizations together as one. With the legal process already under development, they anticipate being one YMCA across north-central Ohio in January 2022.

The two Ys, under Gilbert's leadership, have been operating under a management agreement for over 18 months. Operating collaboratively across north-central Ohio provides YMCA members and participants more convenient access to services, close to home and work and enables them to benefit from the specialized programming offered at each location.

"The two Ys have a history of collaboration. Combined, the association will offer a tremendous variety of programs and services; Two YMCA Branches, a dance studio, competitive gymnastics program, and LIVESTRONG at the Y just to name a few. Coming together is a great way to increase program innovation and build relationships through collaborations," Gilbert said. Bringing the two YMCAs together will utilize resources in the most effective way to ensure high-quality YMCA services across north central Ohio.

At the Y, strengthening community is their cause. The YMCA of North Central Ohio will make sure that everyone, regardless of age, income, or background, has the opportunity to improve their health and to learn, grow and thrive at the Y.

Collectively, the YMCA of North Central Ohio will generate revenue over \$5 million, they employ 300, serve more than 10,000 members and participants, and provide nearly \$640,000 in community impact annually. "It is an important milestone for both YMCAs," Gilbert said. "Coming together will enable both Ys to benefit from shared resources and enhance our ability to respond to the vital needs in our communities."



## REFER A FRIEND & SAVE!

All throughout 2022 we will be honoring the refer a friend discount! Simply refer a friend or join with a friend to receive 20% off your membership each month.



# 2022 ANNUAL CAMPAIGN

## EVERY PICTURE TELLS A STORY

Each year our YMCA chooses a theme for the annual campaign to highlight the programs for which we raise funds and the donors who make our mission a reality. Whether we're a resource for someone battling a chronic illness, a place for a business professional to get a workout in, or even just a place for a senior to stay active and social, it's clear to see the Y is a crucial resource for many people.



Through the years, lifestyles and family structures have changed and will continue to do so. Our programs will always reflect the needs of the communities which we serve. YMCAs are mission-driven. We live our mission every day.

This year, we have chosen to highlight stories from YMCA members, donors, and program participants; coining the 2022 campaign 'Every picture tells a story'. We look forward to hearing from our community and the lives we impact through the YMCA.



## Y STORIES

### THE DAUGHERTY FAMILY



My name is Holly Daugherty; my husband Bryan and my daughter Sarah go to the Shelby YMCA almost every day for me, sometimes even twice a day. We have been members for several years now, but about two years ago, just before Covid hit, I decided I wanted to get healthy then my family decided to join me.

I am at the pool 5 to 6 days a week, sometimes even twice daily. I have lost over 80 pounds but have gained lots of friends with the older ladies that come. My family comes with me as often as we can together, plus I have gotten my daughter to love the pool too by being in swimming lessons for several years.

Shelby YMCA is not only a place to go, but it has become our extended family too. All the staff has gotten to know us by name. They talk to us and are friendly every time we come through the door.

### Tell us your Y story

Please submit your story to Chrissy Wappner at [cwappner@mansfieldy.org](mailto:cwappner@mansfieldy.org)



## A LOOK AHEAD

### Daddy Daughter Dance

February 5th  
Mansfield YMCA Branch  
4 PM-6 PM  
\$40 Per couple until January 28th  
\$45 Per couple Jan 29th-Feb 4th  
\$50 at the door  
\$10 each additional child

### Winter Program Registration

Registrations for Winter II programs begins, Monday February 7th

### Red Cross Training

February 15  
Mansfield YMCA Branch  
12 PM-5 PM  
\$85 Members  
\$100 Non-members

### Kids Day at the Y

February 21st  
Shelby YMCA Branch

### Spring Program Registration

Registration for Spring programs, begins Monday March 21st

### Lifeguard Certification Course

March 26 & 27  
Mansfield YMCA Branch  
9:00 am-4:00 pm  
\$200 Members  
\$250 Non-members

### Easter

The Mansfield YMCA Branch will be closed on April 17 for Easter

### Healthy Kids Day

Spring 2022  
Location-TBD

### 2022 Golf Outing

Spring 2022  
Deer Ridge Golf Course

This newsletter provides helpful information to our members, donors and friends interested in the YMCA of North Central Ohio. For questions or comments, please contact Sara Baker at 419-522-3511 EXT 260

**SELF-PROTECTION GRANT  
AWARDED BY THE WOMEN'S  
FUND AT RICHLAND COUNTY  
FOUNDATION**

The Y is honored for receiving a grant from the Richland County Foundation Women's Fund to teach a Female Empowerment Self Protection program to women in various locations around Mansfield to be led by Reneta Music.



Her program will benefit women and girls in our community by empowerment, confidence building, and life-saving skills in dangerous situations using defensive tactics. Reneta is a 7th degree black belt and 10 year certified instructor for self-protection. This program will be held in the summer of 2022 for all ages adolescent to senior.

Thank you, Richland County Foundation Women's Fund, for your continued support.



**JUMPSTART YOUR FITNESS GOALS AT THE YMCA  
NOT SURE HOW TO START A HEALTH AND WELLNESS ROUTINE?  
YMCA NCO IS HERE TO HELP!**

**Personal training:** Between the Mansfield and Shelby branches, we have seven certified personal trainers who work with all ages and skill levels to help you achieve your optimum health and wellness goals.



**Refer a friend:** Need an accountability partner? Refer a friend to join you on your journey, and you BOTH receive \$20 off each month!

**Health Coaching:** Our registered dietician and certified health coach, Natalie Berger, specializes in nutrition, stress management, cholesterol/blood pressure management, sleep cycles, smoking cessation, and weight loss/gain.

**Group Fitness classes:** Offering dozens of group fitness classes per week, the YMCA NCO has a program for everyone, whether in the water or on land. Let our staff help you choose the class that's right for you.

**HEART HEALTH IS SMART HEALTH  
FEBRUARY IS AMERICAN HEART MONTH**



February is American Heart Month, and as a leading community-based organization dedicated to improving the nation's health, the Y offers the following tips to help families in our community be heart healthy.

- 1. Get Physical:** Being physically active every day is fun and can improve the function of your heart. Plan and schedule opportunities for active play; for example, include a brisk 10-minute trip around the block after meals or a 10-minute walking break during the day.
- 2. Take a Snooze:** Lack of sleep can be associated with elevated cholesterol and blood pressure. Adults need at least seven but no more than nine hours of sleep at night to aid with the prevention of heart disease. Children need 10-12 hours of sleep per night.
- 3. Shape Up Those Recipes:** Makeover your family's favorite recipes by reducing the amount of salt and saturated fat and substituting a lower fat food without sacrificing tastes. For example, use low-fat yogurt instead of sour cream, skip the seasoning packet, and use pepper and olive oil instead.
- 4. Feeling the Pressure:** Per the American Heart Association, lowering or maintaining normal blood pressure can greatly reduce your risk for heart disease and stroke. Nearly 1 in 3 adults (about 80 million people) has high blood pressure, and more than half of them don't have it under control.
- 5. Play Together:** Spending time together as a family is a great way to reduce stress, which is important to heart health. Make homemade valentines for your children's classmates or build a snow fort together in the yard or the park.



**YMCA of North Central Ohio**  
750 Scholl Road  
Mansfield, OH 44907

Non-Profit Org.  
U.S. Postage

**PAID**

Mansfield, Ohio  
Permit No. 496



## YES, I WANT TO BE A VISIONARY FOR YMCA OF NCO

**GIVING OPTIONS** PLEASE USE THIS FORM TO MAKE YOUR GIFT.

I want my gift to go to:  Mansfield Branch  Shelby Branch  Either Branch

Gift of \$ \_\_\_\_\_ Check enclosed made payable to YMCA of North Central Ohio

Gift of \$ \_\_\_\_\_ Charge my credit card:  Visa  MasterCard

Name on card \_\_\_\_\_

Card number \_\_\_\_\_ Expiration date \_\_\_\_\_ CVV number \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Signature \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Please return to: YMCA of NCO | 750 Scholl Road | Mansfield, OH 44907 | Sara Baker 419.522.3511 x260

