



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A Newsletter for
Members, Supporters,
and Volunteers of the Y

Y MATTERS

FOR OUR MEMBERS WHO
MATTER TO US!

THE BANGOR REGION YMCA • Winter 2018 Issue, Published December 2017



LETTER FROM THE CEO, DIANE DICKERSON



An Incredible 150th Anniversary Year!

What an incredible year it has been! Each day has felt like a community reunion and celebration, with old friends connecting with us from across the country to share the ways the Bangor Region YMCA has impacted them and their families throughout the decades. Below are some highlights of this wonderful anniversary year.

Improved and Expanded Programming

We could not be more proud of the ways in which our community and staff came together to touch lives this year! Our Before & After School Education programs pushed the envelope this year, implementing a new progressive learning model. Our teen leadership programs expanded significantly, offering new community service and mentorship programs. Our Second Wind Program continued to thrive, and even partnered with our Interact Leaders Club for a multi-generational camping trip! The list goes on, but one thing that unites our programs is that **we feel that the hard work put in this year truly paid homage to the countless volunteers, staff members, and families who built the programs we need and love today.**

2017 Gala: 150th Year Celebration of Lighting & Loving our Community

With history in the air, and a generously contributed design which captured the essence of our Y, this year's gala felt more intimate and loving than ever before. **We announced the dedication of the Collin MacMillan Waterfront at Camp Jordan, in honor of one of our most beloved "Y Kids".** In response, the room full of loving attendees honored Collin's memory and celebrated our 150th anniversary by contributing 150 gifts of \$150 or more to allow more children to enjoy the magic of a Camp Jordan experience.

It was an honor to celebrate our **Past Presidents**, as well as to thank some of the most incredible Y supporters, such as **The Means Family, The Noyes Family, Bangor Savings Bank, the Cole Land Transportation Museum, and the First National Bank.** We were also proud to thank our Volunteers of the Year, **Lydia Mussulman, Sean MacMillan, Kevin Peterson, and Paul Monyok.**

The greatest joy of the Gala was honoring this year's YMCA Legend, Lloyd Willey. Lloyd served our YMCA as a board member, volunteer, and donor for over fifty years. His dedication and selflessness was unparalleled. We were overjoyed to have Lloyd and his entire family join us for this occasion, and we were heartbroken to hear of his passing just one month later. Lloyd was truly a blessing to our YMCA and the Greater Bangor Region, and he will be loved and missed forever.

Annual Campaign

Yes, it takes a village to raise a child, but it takes a community as special as the Bangor Region to build and sustain a Y. **This year we exceeded our Annual Campaign goal of \$350,000.** This will allow us the opportunity to continue improving our programs for everyone, while keeping them affordable, and expanding access well beyond our hopes for families with financial barriers to participation.

Within our campaign, we received some vital gifts to improve facilities and major program needs. But for the most part, **this campaign was a compilation of hundreds of small contributions from people like you, who love our Y and our community, and who know that only together can we continue to provide services to over 10,000 people each year.**

The Y: For a Better Us

This year the YMCA of the USA boiled our massive mission into a bite-sized phrase "The Y: for a Better Us." In a time when it is so easy to be divided and fearful, the Y stands as a pillar of community. **Our Bangor Region YMCA is open to all and accepting of all,**

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SAVE THE DATE

Christmas

12/24, Closed at 12pm
12/25 & 12/26, Closed

New Year's Day

1/1, Closed

Presidents' Day

2/19, Closed for Staff Retreat

Family Sunday Funday

1/28, 2/25 & 3/25

and that is because of you. Our staff constantly see members helping members, spending the time to talk to someone new or different, volunteers taking the time to instill trust, teamwork and work ethic in young athletes, and vibrant camp counselors teaching kids that it is cool to be unique. Our staff could not be more proud of what they do, but truly, they could not be more grateful for the ways in which every member and participant shapes the Y that we all love so much.

So, at this blessed time of the year, I want you to know how grateful I am to our members, our community, our Board of Directors, and our amazing staff and volunteers for helping to make this 150 Year Old community asset such a special, loving, and open place for all. Those who know me hear me say all the time that the Y makes everyone a better person....and I know it has me. **I wish you all a very Merry Christmas and an incredible New Year.**

WELCOME TO OUR NEW BOARD MEMBERS!

We are excited to announce the addition of five wonderful new members to our Board of Directors:



Lori Dwyer is the President & Chief Executive Officer of Penobscot Community Health Care. Her family is a member of our Y and her daughter swims on our Barracuda Swim Team. "The YMCA is a tremendous asset for our children, parents, seniors, and everyone in between. It is central to the health of the community, one of the few places where people from all social and ethnic backgrounds converge in a community center with a focus on health. As the leader of a healthcare organization, a swim mom, and someone personally committed to wellness and prevention, I want to be part of a place where we improve the quality of peoples' lives every day."



Mary Prybylo is the Senior Vice President & President of St. Joseph Healthcare/St. Joseph Hospital. "The YMCA has a rich history and has been a vital contributor in this community. At a time when our region is faced with many issues impacting the health and well-being of our community, I believe we must look for opportunities to partner and be good stewards of our limited resources. I appreciate the opportunity to work with Diane Dickerson and the other leaders on the Board to further the reach and impact of the YMCA in our community."



Janine Tremble is the Marketing Specialist of Maine Savings Federal Credit Union. "On a personal level, the Y has had such a positive impact on our children's lives — beginning at Discovery Friends for pre-school and going all the way through Leader School. Professionally, I feel strongly that our businesses be instrumental in making sure organizations such as the Y thrive in our community! I'm thrilled to be a small part of furthering the mission of the Bangor Region YMCA!"

Mary Hartt is a professional photographer and co-owner of Dysart's with her brotheres Ed and Tim Dysart. She and her husband, Mike, are members of our Y and have been wonderful supporters of our Y.

Bill Demaso is an owner and managing partner of Norlen's Water Treatment, LLC and TD, LLC and has served as Board President of our Y from 1984 to 1985. "I have decided to return to the Board of Directors to provide further support, encouragement, and energy into the accomplishments made by the Y leadership during the past four years or so."

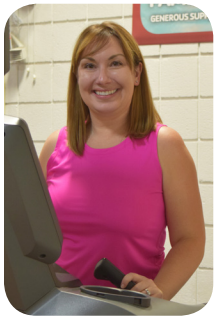
Among these new members, the Board of Directors include Anne-Marie Storey, President; James Gerety, Vice President; Brian Donahue, Treasurer; Tristine Currier, Secretary; Danielle Ahern; Rich Armstrong; Elaine Chambers; Cathy Conlow; Lynne Darling Melochick; Burnie Gaff; Tammy Higgins; Paul Means; and Ben Sprague.

EXPANDING HANDICAP PARKING & CHILDCARE DROP OFF/PICK UP

Exciting changes have been made to our front parking lot! We have added **new handicap parking spots** which will also serve as drop off/pick up spots for families with children in our Discovery Friends Early Childhood Education program or our Y-Works Before & After School program. These spots will be **reserved for drop off/pick up** between the hours of **6:30 – 8:30am** and **4:00 – 6:00pm** and will be handicap only during all other hours.



Y IMPACT STORY SAMANTHA PANGBURN



Since starting personal training and participating in the Biggest Mover program, my life has completely changed. In 2014 I was diagnosed with Postural Orthostatic Tachycardia Syndrome (POTS for short) which is a form of Dysautonomia. This syndrome became very debilitating and I spent several months bed ridden. Fast forward to August of this year, after years of treatments, dozens of daily medications, and several failed attempts at regular exercise, I took the leap and I signed up for personal training. At first it was hard. I left the Y a sweaty mess. But, it was working. **With the**

guidance of my trainer, Adam Clark, I was able to find exercises that fit my ability level. I was pushed, but never to the point that I couldn't do it.

Not long after, I signed up for the Biggest Mover program. This program provided all the tools I needed to become successful. **The focus was on the health and well-being of the whole person, inside and out.** We were given support in goal setting, meal planning, managing stress, getting better sleep and many other components to a healthy life. In addition, we spent 2 hours a week training with a personal trainer/coach. I was definitely pushed outside my comfort zone, but I was supported the whole way.

When I started this program I could barely jog ¼ mile, and as of today I am running 2.5 miles every day. **I feel better about myself, my health has improved, and I have been able to wean off 2 of my medications.** I am more rested, I have more energy, and I am able to keep up with my 8 and 4-year-olds. Life is good, and I owe it to Adam and the Bangor Region YMCA!

Has the Bangor Region YMCA made a difference in your life? Are you noticing a positive change in your child or yourself? We want to know! Email your first name, last name, and story to aco@bangorY.org.

BIGGEST MOVER CHALLENGE MAKING THE COMMITMENT TO A HEALTHIER YOU!

January 22nd – March 16th, 2018

Kick off your journey to a healthier lifestyle with our 8-week intensive program **focused on creating a stronger, healthier YOU.** Health is much more than just workouts. **Health is fitness, nutrition, mindset, habits, and much more all in one.** Tell your friends and family about this wonderful program over the holidays and sign up together for the program!

WHAT DO YOU GET?

- **Small group personalized training** sessions twice a week with a knowledgeable certified personal trainer
- Daily Motivational Messages & Fun Weekly Challenges
- **Unlimited Support** sent directly to your inbox and a private Facebook Group, creating an online community for 24/7 support
- Weekly Results & Standings
- **Unlimited use of The Bangor Region YMCA**

Sign up by December 24th to receive an Early Registration Discount!

Early Registration Cost: \$175 Member | \$350 Non-Member

Cost after Dec. 24th: \$200 Member | \$400 Non-Member

Stop by the Y or visit us online to register. Payment plans are available. Registration ends Sunday, January 7th.

For more information, email Adam Clark at aclark@bangorY.org.

SURVIVING HOLIDAY EATING

BY KATIE MROZ



So, you may be thinking there is no way you can maintain your weight, let alone LOSE weight over the holidays. However, **if you arm yourself with some of these useful tips and tricks, your waistline can survive the holidays** (you won't even need to wait until the New Year to begin your weight loss resolution!)

1. **Eat beforehand.** Don't starve yourself! Eat a reasonable meal or snacks an hour or two before the party. A well-fed belly will be less likely to rumble for extra-large servings. Starving yourself will lead to over-compensation on calories later on.
2. **Stick to fresh veggies and fruits.** Stay away from creamy dips (try hummus instead!) If you are responsible for bringing a dish to the company party this year, sign up to bring the veggie platter or fruit salad!
3. **Lean cuts of deli meat roll-ups (sans bread) are good picks.** Avoid meat salads loaded with mayo.
4. **Pick cheese OR crackers.** But not both.
5. **Stay away from the fried and creamy foods.**
6. **Stand away from the buffet line.** Browse first, and then pick two or three items to fill your plate. Find a place where food is out of sight (and out of mind). Socialize! Talk more, eat less.
7. **Use a salad plate.** A large plate will lead to large portions.
8. **Wear tighter pants!** They can be a quick reminder if you're starting to take in too much.
9. **Eat dessert!** But be a snob about it (so avoid filling up from the store-bought cookie tray and go for the home-made Oreo cheesecake). Pick one treat you really enjoy and stick to a small portion.
10. **Avoid lots of variety** as this can over-stimulate appetite. Pick two or three choices for your plate.

LADIES, DON'T MISS OUR WOMEN'S BEGINNER SELF DEFENSE COURSE!

January 29th – March 5th, 2018

Women ages 18 years and older are encouraged to sign up for this self defense course with Jenny McPherson. This 6-week program will be held on **Mondays from 6:45 to 8:15pm** and will give women the skills they need to protect themselves while boosting their self-confidence and awareness.

WOMEN WILL LEARN:

- Krav Maga Instinctive Movements
- Practical Techniques
- Realistic Scenarios

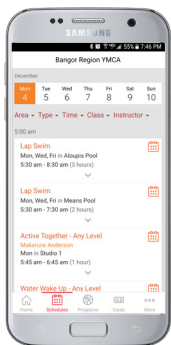
Cost: \$35 Members | \$50 Non-Members

Registration ends Sunday, January 28th. Spots are limited.

For more information, email Katie Mroz at kmroz@bangorY.org.



NEW CLASS SCHEDULES STARTING IN JANUARY!



When the new year begins, so do our new schedules for our Land Fitness, Mind & Body, Cycling, and Senior classes!

New class schedules will begin Tuesday, January 2nd. Remember to pick up a new schedule, visit our website, or download our Bangor YMCA mobile app to your smartphone for the most current class times.

TELL YOUR FRIENDS TO GIVE US A 2-WEEK TRY!

We understand that sometimes signing up for a membership can be a big step for people, which is why we offer a **2-Week Trial Membership** so that newcomers can give us a try before signing up for a monthly or annual membership.

For just \$25, newcomers will have access to our facility and can try out our different fitness classes to find the best fit for them.

LAST MINUTE GIFT IDEAS!

Running out of time to buy gifts for all of your loved ones? Can't figure out what to get for that person who seems to already have everything they want? Think out of the box this holiday season and give them a **gift certificate or punch pass** to the Bangor Region YMCA!

Gift certificates can be used for memberships, personal training, swim lessons for youth and adults, our summer programs at The Bangor YMCA Wilderness Center at Camp Jordan, and more!

Know someone who loves taking fitness classes but isn't into taking full advantage of our Y facility? Get them a **10 or 20 class punch pass** to participate in any group exercise class on a drop-in basis. (Reservations needed for Cycling and TRX®.)



TAKE ADVANTAGE OF OUR YOUNG ADULT MEMBERSHIP RATE

As young adults, it's important to start working on establishing a workout routine that works with your class and work schedule. Not only will it help you stay healthy, but it can also help relieve stress, declutter your mind, and improve your sleep!

Take advantage of our discounted membership rate for young adults ages 18 to 26 years old! A Young Adult membership is only **\$25 a month** and includes our fitness center, weight room, two swimming pools, and unlimited fitness classes.

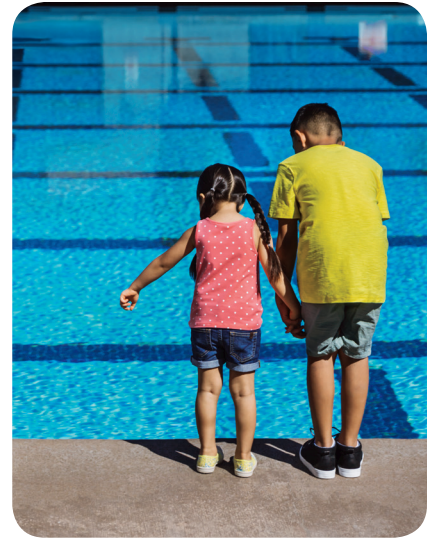


START NOW TO KEEP YOUR KIDS SAFE AROUND WATER

As a Y, one of our missions is to help every child in our community to learn how to swim and about water safety. Drowning is the **leading cause of death** for those 1 to 4 years old¹ and the **second-leading cause** of death for kids ages 5 – 14²!

DID YOU KNOW:

- Children **1 – 4 years old** are more likely to drown in a pool and children **5 years and older** are more likely to drown in natural water, such as ponds, lakes, and rivers.³
- **88%** of kids who drown do so under adult supervision⁴
- 60% of kids who drown are within **10 feet of safety**⁴
- Drowning is **Preventable**
- Participation in formal swim lessons can **reduce the risk of drowning by 88%** among children 1 to 4 years old⁵



We can't stress enough how important it is for your kids to learn these important life-saving skills. Even though we are six months away from summer, it is never too early for your kids to learn how to swim! Give them every opportunity and as much time as possible to be a stronger swimmer and to learn how to be safe around water.

SIGN UP YOUR KIDS NOW for our winter swim lessons so that your kids are ready for the summer! Session begins January 2nd.

And if YOU don't know how to swim, set an example and enroll in our adult swim lessons today or sign up for private lessons! It's just as important for you to learn how to swim.

For more information, visit BangorYMCA.org.

SOURCES

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2. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS™). Retrieved from www.cdc.gov/injury/wisqars
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CELEBRATING THE HOLIDAYS IN OUR EARLY CHILDHOOD EDUCATION PROGRAM!

On Friday, December 22nd, we'll be having a pajama day holiday party, with a reading of the classic **Polar Express**, watching **How the Grinch Stole Christmas**, enjoying yummy hot chocolate, and having a special visit from **Santa!**

We believe it's important for children to learn about the different holidays that are celebrated during this time of year which is why we not only teach kids about Christmas, but also about **Hanukkah** and **Kwanzaa**.

WE ARE CURRENTLY LOOKING TO EXPAND OUR EARLY CHILDHOOD EDUCATION FAMILY!

Our Ladybugs classroom for kids **ages 2.5 to 3.5 years old** has a **full-time spot available** so if you or someone you know is looking for care, please send them our way!

We also have a couple of **job opportunities available!** We are currently looking for **2 part-time assistant teachers** who love kids as much as we do and are ready to help them learn and grow.

If you or someone you know is interested in our full-time spot or our part-time assistant teacher positions, please contact our Early Childhood Education Manager, Beth Seger, at bseger@bangorY.org.



NEW YOUTH DEVELOPMENT PROGRAMS FOR KIDS IN 5TH – 12TH GRADE!

Our Youth Development Director, Jennifer Laferte-Carlson, has been very busy this school year introducing two new programs for Middle School and High School students.



Our **MIDDLE SCHOOL LEADERS CLUB** is designed to help 5th to 8th graders build communication skills, interpersonal relationships and develop leadership skills, while giving back to the community through service projects! All of this is done in an interactive, engaging way, designed just for Middle Schoolers.

The club kicked off the program with a hike up Black Cat Mountain in Eddington and they now meet twice a month at the Y in the Isaac Farrar Mansion.

Our **YOUTH AND GOVERNMENT** program is a cause-driven program that strives to engage high school kids in a hands-on experience that educates them on government while fostering their ideas, leadership skills, character, and critical thinking. Not only do students hold all the positions that the “real” legislators hold, they also submit, present and debate bills they have written.

During Veterans’ Day weekend, our Youth and Government group spent the weekend in Augusta getting a first hand look at how our government works! Our delegation of Kylee Roberts, Jason Smith, Andrea Grossmann, Sarah Larson and Breanna Harris (under the advisement of Laferte-Carlson and Matthew Harris) acted as state representatives, state senators and media staff during a 3-day “mock” legislative session of the Maine YMCA Youth and Government.

This school year, our group will be forming a delegation with other Youth and Government delegates from the state to represent Maine at the Convention of National Affairs, which will take place this coming summer in Asheville, North Carolina.

If you have a child interested in our Middle School Leaders Club or Youth and Government, email Jennifer at jcarlson@bangorY.org.



INTERACT LEADERS CLUB RAISES FUNDS FOR SHELTER BOX



The Interact Leaders Club is a youth group made up of teens from four local high schools that focuses on community service and is sponsored by the Bangor Region YMCA and the Bangor Area Breakfast Rotary Club. Each year this group has two goals, the first being that each member completes 75 hours of volunteering and community service, and the second goal is to complete two fundraisers that raise awareness for one local and one international project/organization.

In November this club completed their international project for Shelter Box, a global organization aiming to provide relief and life-saving supplies to displaced families. **The teens surpassed their goal of \$2,000, which provides two Shelter Boxes for two international families!** In order to achieve this, a group of members organized a “Rock-a-thon”, where they stayed overnight at our Wilderness Center at Camp Jordan and each member sat in a rocking chair for eight hours. Sponsors pledged a dollar amount for each hour that they spent rocking in their chairs.

Since September the club has been meeting once a week at our Y to talk about the community service that they have participated in individually and as a group. Since then, members have helped support, volunteer and fundraise for: The Bangor Region YMCA; Shelter Box; Old Town Rotary’s Hunter Breakfast; Bangor Rotary Veterans’ Day Breakfast; Paws on Parade; Purple Pinky Project; BSYO; EMMC; local food cupboards; Old Tow-Orono YMCA; local schools; and Festival of Lights Parade.

If you have a teen interested in being a part of our Interact Leaders Club, email Jayci Fournier at jfournier@bangorY.org.



SPREADING THE CAMP MAGIC OF OUR WILDERNESS CENTER AT CAMP JORDAN



During the holiday season, people talk about the magic of Christmas and the sense of togetherness, joy, love and happiness it brings to all. But, what a lot of people don't know is that kids and teens experience a similar type of magic during the summer at our Wilderness Center at Camp Jordan. It is called "Camp Magic".

Camp Magic is something different to every camper. For some, it's finding a place where they can **express themselves** and **feel accepted** for who they truly are.

For others, it's having the opportunity to **experience new things** and live in a **world of wonderment**. It's kids finding their **self-confidence** and building **lifelong friendships**. It's a summer of **inclusion**, where a child's background and financial situation does not matter because at our Wilderness Center at Camp Jordan, whether you're a part of our **Sleep Away Camp, Middle School Leaders School, or High School Leaders School**, the most important things are the hearts of every camper and helping each of them **become the best versions of themselves**.



Camp Magic doesn't just occur during the summer. It's something that every camper takes home with them and shares with their friends and family all year round. It's putting the motto, "**We are born not for ourselves, but to help others**" into practice and learning how they can make a difference in their community.

If you or your child are interested in spending a week or more at our Wilderness Center at Camp Jordan, located on the shores of Branch Lake in Ellsworth, Maine, visit CampJordan.org or call 207-944-4532. Campers registered by December 31st, 2017 will receive a personalized Camp Jordan calendar!

UPCOMING MEN'S CANCER NETWORK MEETING

Our Men's Cancer Network is for men diagnosed with prostate, testicular, or penile cancers. The next meeting will be:

Wednesday, January 3rd
6:00 – 7:30pm

Topic: PSA Interpretation for Diagnosis and Follow-Up of Prostate Cancer
Presented by Dr. Stephen Pfister, Pathologist

Meetings are held the first Wednesday of every month from 6:00 – 7:30pm.
For more information, call Caring Connections at 941-2808 x 338.



AN EXCITING QUARTER FOR GRANTS, EXPANDING OUR IMPACT THROUGH CARING CONNECTIONS AND CAMP JORDAN

A few important grants have made this an exciting autumn for our YMCA programs!

Caring Connections recently received a \$119,000 three-year grant from the Maine Cancer Foundation to hire a full-time Patient Navigator/Community Outreach Worker. This new member of the Caring Connections team will assist Robin Long and Leanne Bishop in reaching out into the Greater Bangor Area and beyond with education on cancer risk reduction and the importance of screening and early detection. This person will also identify women who could benefit from our free breast and cervical health screening program, and navigate them through these services.

Caring Connections also received a \$10,000 grant from the Anthem Foundation to support their cancer risk reduction education in middle schools and throughout rural areas. These funds will help with travel costs throughout our service area, educational materials, and advertising.

Emera Maine has recently adopted the rock climbing wall at the Bangor YMCA Wilderness Center at Camp Jordan. The rock climbing wall was erected years ago, but due to a very costly design flaw, it has not been in operation since its inception. Each summer countless campers beg to give the towering wall their best shot. This year, Emera Maine will provide \$5,000 to rebuild the wall, allowing us to bring the magic of an integral summer camp program to our younger campers who need to build skills, confidence, and a foundation for climbing before hitting the rocks on off-camp trips as they grow older.

We are all very excited to make a larger impact on our community due to the generosity of the Maine Cancer Foundation, the Anthem Foundation, and Emera Maine.

THE MAGIC OF HEALING TOUCH: A LETTER FROM A CANCER SURVIVOR

I was diagnosed with two types of cancer in September, 2016 and immediately began the battery of tests and treatments to battle this terrible disease. Early on, between chemo treatments, and as part of an overall approach to managing this type of cancer, and at my wife's urging, I scheduled sessions with Leanne and Healing Touch through the Bangor Region YMCA.

I must admit, as a 58 year old man, before the first session, I was a bit skeptical, but learned to keep an open mind. **The results were life changing. Through Healing Touch and Leanne's guidance my anxiety became more controlled and my pain decreased.** I looked forward to each session in between chemo treatments. This program proved to be **the perfect supplement to conventional medical treatment and with those things, coupled with the strength and support of faith and family, I was declared and remain in "complete remission" as of this date.** I am grateful to Leanne and the Healing Touch Program offered through Caring Connections at The Bangor Region YMCA.

– Jim Hayes, Cancer Survivor

Caring Connections provides support in many ways to individuals with cancer, including up to eight free sessions of the complementary energy therapy Healing Touch. Healing Touch helps to restore harmony and balance to an individual's energetic body to support self-healing of the mind, body, and spirit. It can help support those living with or beyond cancer in many ways, including decreasing anxiety and stress, reduction of pain, helping to reduce side effects from chemotherapy/radiation such as fatigue and nausea, support before and after surgery, reduction of lymphedema, and with many other benefits.

If caregivers are interested, Leanne Bishop, M.Ed, HTCP, our Healing Touch Certified Practitioner, can teach Healing Touch techniques to caregivers so they can support their loved one at home. Healing Touch can be used for any health issues (not just cancer), including helping to maintain a state of health and wellness.

If you would like more information about Caring Connections Healing Touch offerings, contact Leanne at lbishop@bangorY.org or visit CaringConnectionsMaine.org/healing-touch.

ONE YEAR ANNIVERSARY OF LIVESTRONG® AT THE YMCA!

It has been one year since we started offering LIVESTRONG® at the YMCA, a free, evidence-based exercise program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis.

This 12-week program features a small-group, supportive environment led by specially trained instructors. Participants attend two 75-minute classes each week that include cardiovascular conditioning, strength training, balance, and flexibility exercises. A session with a nutritionist and use of YMCA facilities and classes during the 12-week period are also included at no charge.



LIVESTRONG®

FOUNDATION



Cancer survivors who have gone through the program show measurable improvement in physical fitness. They also report increased energy, better sleep, and a decrease in anxiety, fatigue and other side effects of cancer treatment. A two-year survivor of breast cancer and LIVESTRONG graduate had this to say, **"This program has given me my energy back. I no longer go home from work and sit down. I am back to gardening, swimming, and loving being outside again! Just losing some inches, just getting my energy back and depression lifted has been amazing."** Others note the friendships formed in the small groups provide support and motivation.

New LIVESTRONG classes will be starting in January. Those who are interested in enrolling or would like more information should contact The Bangor Region YMCA at 941-2808 x 338, or email LIVESTRONG@bangorY.org.

LEARN ABOUT SECOND WIND

A FUN HEALTH & WELLNESS PROGRAM FOR OLDER ADULTS!

The Bangor Region YMCA Second Wind Program gives older adults the opportunity to participate in physical and social activities in a fun, safe, and friendly environment. Our Second Wind Program helps improve mobility, balance and flexibility, increase strength, decrease stress, enhance social relationships, and improve overall wellness.

Older adults ages 62 years and older receive a **10% senior discount** from our regular \$40 monthly membership rate or \$480 annual membership rate. **The Senior Rate is \$36 per month or \$432 per year. Financial assistance is also available to those who qualify.**

We also offer a Social Membership for only \$20 a month or \$240 per year! This membership includes all of the social activities and trips that are offered through the Second Wind Program, but excludes the use of the Fitness or Aquatics facilities.

Many of our Second Wind social activities take place in our Isaac Farrar Mansion on either a monthly or weekly basis. Some of these activities include monthly seminars, music, poetry, book club, and more!

ACTIVITIES HELD IN THE MANSION

POT LUCK AND MOVIE

Monday, January 15th, from 11:30am – 3:00pm

Pot Luck and Movie is held on the **third Monday of every month**. An email is sent out at the beginning of each month with information about the event. If you would like to receive this information or have any questions, please email junewdoody@yahoo.com.

BOOK CLUB

4th Friday of every month from 1:30 – 3:00pm

We're very excited to be partnering with the Bangor Public Library for this and will be changing the format of our club! Everyone in this club will be reading the same book and meet on the fourth Friday of each month to discuss the book of the month. We'll provide the snacks and drinks if you provide your thoughts on the book!

ARTS AND CRAFTS/SEWING GROUP

Every Monday from 9:00 – 11:00am

This is an informal meeting in the library where those attending can enjoy coffee and arts and crafts activities.

CARD GAMES ON A "DROP IN AND PLAY BASIS"

Any time that the music room is not being used.

We are going to set up a few card tables that can be used for playing cards any time that the music room is not being used for other activities. You can also play in the library since we have cards and cribbage boards available in that room.

PICKLEBALL FOR BEGINNERS

In conjunction with Armstrong Tennis Center, we are offering a beginner pickleball class for our Second Wind members! Don't know what pickleball is? That's okay! This class is designed for beginners and will go through everything you need to know for this fun game! No equipment necessary! Call the Welcome Center or email Jennifer Crane at jcrane@bangorY.org for days and times! The cost for this is \$5 per session.



Please watch for updates via email or notices posted in the Y in case any changes have been made since this newsletter was printed. Also remember that these activities are open to EVERYONE in the Second Wind Program, not just those who are organizing the activities.

If you are interested in an activity but we currently do not offer it, please email our Second Wind Manager, Jennifer Crane, at jcrane@bangorY.org or call her at 941-2808 x 318 and we'll do our best to start it up.

FITNESS CLASSES

We offer a variety of senior friendly fitness classes, including **Senior TRX® 45**, **Ridin' to the Oldies**, **Strong for Life**, **Healthy Bones and Joints**, among many others! Please check our Senior Friendly Class schedules online or at the Welcome Center for class days and times.

KATAHDIN WOODS AND WATERS NATIONAL MONUMENT TRIPS

Earlier this year we received a grant from the National Park Foundation for a program to use the trails at the new Katahdin Woods and Waters National Monument during 2017. Part of this grant is for Second Wind trips!

In July we took a group of 20 to the National Monument for a **sightseeing trip**. The weather was perfect and we were able to get some amazing views of Mount Katahdin. Part of the group took bikes to one of the trails and spent the day riding around to different scenic spots!

In the fall, we made two more trips. One was for a **fall bike ride** and the other was to go **star gazing** with astronomers and their telescopes. The Second Wind group was joined by our Interact Leaders Club, where they explored the trails, set up a campfire for s'mores, and explored the night sky together.



TRIPS TO THE BANGOR YMCA WILDERNESS CENTER AT CAMP JORDAN

One of the benefits of being a part of Second Wind are the **free social events held at the Y and at our Wilderness Center at Camp Jordan**, located on the shores of Branch Lake in Ellsworth.

FALL FROLIC

On October 19th, Second Wind went to our Wilderness Center at Camp Jordan for our Fall Frolic event! Twenty Second Wind members joined us for walks, some intense card playing, and treats along the beautiful shores of Branch Lake. It was a gorgeous day at camp! We took a tour of the camp and enjoyed the unusually warm mid-October weather.



FRIENDSGIVING

On November 15th, Second Wind held its annual Friendsgiving at Camp Jordan. Thirty-six Second Wind members attended this wonderful event, with each person bringing their best Thanksgiving dish to share! We got a chance to sit by the fire place in King Dining Hall, play a few card games, and we were lucky to have warm enough weather for a tour/walk through the camp.

CRAFT FAIR & BAKE SALE

On December 2nd, our Second Wind members organized their very first Craft Fair & Bake Sale in the Isaac Farrar Mansion! We raised about \$500 for the program through the vendor table sales and the bake sale. Eighteen talented vendors participated with half being from the Y and the other half from the public. **Thank you to all who donated items to the bake sale!**



VOLUNTEER OPPORTUNITIES

If you are patient, caring and enjoy working with children between the ages of 6 months to 10 years old, then we want you! Our wonderful **Child Watch Babysitting Staff needs help** between the hours of 9:30am – 11:30am Monday through Friday and 5:00pm – 6:30pm Monday through Thursday. Stop by the Welcome Center for more information or for a volunteer application.

RECEIVE SECOND WIND EMAILS

If you are new to Second Wind or do not currently receive emails about upcoming events and would like to, please email Jennifer at jcrane@bangorY.org to be added to the Second Wind email list!





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE BANGOR REGION YMCA

17 Second Street
Bangor, ME 04401
207 941 2808

VISIT US ONLINE TO STAY CONNECTED!

Visit our website **BangorYMCA.org** to find information about programs, fitness classes, childcare, and more!

LIKE US on Facebook and select "Get Notifications" or **FOLLOW US** on Twitter for updates about our programs, storm cancellations, and more!



Facebook.com/BangorYMCA

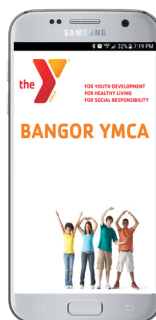


Twitter.com/BangorYMCA



YouTube.com/BangorYMCA

DOWNLOAD OUR APP TO YOUR SMARTPHONE!



- **Receive notifications** about storm cancellations and closings
- **Get reminders** of upcoming pool schedule changes and holiday hours
- **Custom view** our fitness class schedules and add them to your calendar
- **Check-In** at the Welcome Center with your phone
- And More!



FALL – SPRING FACILITY HOURS

MON – FRI: 4:30am – 9:00pm

SAT & SUN: 7:00am – 4:00pm

SUMMER HOURS

MON – FRI: 4:30am – 8:00pm

SAT, 7:00am – 2:00pm

SUN, CLOSED

Fitness areas close
15 min. prior to
building close &
Pools close 30 min.
prior to building
close.

HOLIDAY SCHEDULE

The Bangor Region YMCA will be closed for the following holidays:

New Year's Day
Presidents' Day
Easter
Memorial Day

4th of July
Labor Day
Thanksgiving & The Day After
Christmas & The Day After