



YMCA

Lockport Family YMCA Newsletter Issue 80

Greater Lockport Family YMCA *Building of Our Future*

INSIDE

New Youth Weight Program	2
Tips for Safer Halloween	2
Brain Health	3
More Youth Programs	3
Benefits of Laughter	4

*“We build strong kids,
strong families, strong
communities”*

Recently, we made a presentation to the Board of Directors and Trustees on the progress of our Capital Campaign to build our new Greater Lockport Family YMCA facility. Since we will be shortly going to the “Public Phase” we wanted to also share our progress with you, the membership.

All our plans are focused around two factors: the membership and the program requirements for membership. This has resulted in the largest fund raising campaign in the history of Niagara County. The end result is our commitment to our downtown facility while constructing a new state of the art facility for Snyder Drive.

Over the last year, we have been conducting our “Lead Gift” portion of the campaign which has resulted in major commitments from the Grigg-Lewis Foundation, local businesses and civic organizations, as well as individuals. The reception to date has been very encouraging.

In addition, we have obtained a 100% commitment by all members of the Board of Directors, Board of Trustees, campaign personnel and YMCA staff. This segment of the campaign alone will bring in over \$1 million.

As we progress to the “Public Phase” in the near future, we will be reaching out

to our membership for support and commitment. Many of you have asked what you can do to help with the campaign. Since this will have to be a grass roots campaign, the answer is very simple. We need all of you to accept the same challenge we have made to the Boards and campaign personnel - think of ten businesses and/or individuals you know of that support our project and you believe will be willing to make a pledge. Then, submit your list to the YMCA staff.

In addition, we are also looking for volunteers to help us make this campaign a success. If you can spend a few hours a week to help us meet our goals, please let us know. Make a commitment to give back to this wonderful community and the Greater Lockport Family YMCA project.

Rhodes C. Palmer
Campaign Chairmen

The Greater Lockport Family YMCA
Building For Our Future



New Youth Weight Management Program Offered

Lockport family YMCA has teamed up with Growing Up Fit, LLC to help families make healthy choices regarding diet and exercise. Growing Up Fit is an innovative weight management program for children ages 7-15. The program is being held on Tuesday evenings and on Saturday mornings at the Historic Post Office Building. To register, contact Growing Up Fit at (716) 818-8232 or visit www.growingupfit.com.

Developed in 1998, Growing Up Fit has helped hundreds of individuals and their family members live longer, stronger and healthier lives. The program consists of an initial health assessment, eight weeks of education and exercise, a post-assessment and a graduation celebration. A parent of guardian must participate with his or her child(ren) and siblings are encouraged to attend. Together, families learn that it's fun to get fit!

'Growing Up Fit has helped hundreds of individuals and their family members live longer, stronger and healthier lives.'

Many local insurance companies are pleased to offer Growing Up Fit

to their members at no additional cost. They include Community Blue, Traditional Blue, Univera, Child Health Plus and Family Health Plus. The program is paid in part by independent Health and Flexfit Family.

Today, one in four children are considered to be overweight. These



children grow up at risk of developing diabetes, high blood pressure, high cholesterol and heart disease. The Lockport Family YMCA is pleased to offer

help through Growing Up Fit. This program is led by certified and trained YMCA staff, Doris Albiez, Rosemary Lutz and Meghan Lutz.

Kick, Punt & Pass Winners Advance to the Sectionals

Congratulations to all the winners of the Lockport YMCA Punt, Pass & Kick! They have earned the right to compete at the Buffalo Bills Field House against all of the top finishers from western New York on Oct. 14.

We wish all of our winners the best of luck at sectionals!

12 YMCA Tips for a Safer Halloween

- Wear 'flame retardant' light-colored costumes
- Wear shorter costumes to prevent tripping
- Add reflective tape or striping to costume for greater visibility
- Use face make-up instead of hoods or masks that may obscure the face or vision
- Take younger children door-to-door in daylight hours
- Carry a flashlight
- Trick-or-treat within your neighborhood, only to homes you know
- Remind children to never enter homes or accept rides from strangers
- Be alert to auto traffic, crossing safely
- Have parents of other adults inspect treats
- Check your lawn and steps for tripping hazards
- This year, strengthen family! Celebrate Halloween together as enjoyable, quality time.



Lockport Family YMCA Newsletter is published six times a year, every other month. For more information, call (716) 434-8887 or visit our Web site at www.lockportymca.com.

Brain Health

When people think about fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working and playing - even sleeping. The good news is that we now know there's a lot you can do to help keep your brain healthier as you age. These steps might also reduce your risk of Alzheimer's disease or other dementia.

Make brain-healthy life choices:

- Stay mentally active. Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells.
- Remain socially active. Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels, which helps maintain healthy connections among brain cells.
- Be physically active. Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells. It also can significantly reduce the risk of heart attack, stroke and diabetes, and thereby protect against those risk factors for Alzheimer's and other dementias.
- Adopt a brain-healthy diet.

Research suggests that high cholesterol may contribute to stroke and brain cell damage. A low fat, low cholesterol diet is advisable. And there is growing evidence that diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells.



Fall II Session Offers Exciting Youth Programs

Gym and Swim This program is returning to offer one day of gym and one day of swim! Tuesdays will provide the opportunity to learn various motor skill development and sports activities. Thursdays will offer an introduction to preschool swim lessons. Class fees are \$30 for members and \$90 for non-members.

Instructional Lacrosse This is a YMCA Winners program for beginner lacrosse players between the ages of six and nine. The course features the games approach coaching lacrosse, which makes practice more fun for the kids and teaching more effective. Emphasis will be placed on skill development, game tactics, rules, and traditions of lacrosse. This is non-contact program focusing on building stick skills and positioning on the field. All participants are required to provide their own mouthpiece. The program runs on Tuesdays and Thursdays from 4:30 - 5:30 p.m. beginning Oct. 31. Registration fee is \$20 for members and \$60 for non-members.

YMCA Teen Leaders Club

As the new school year is underway so is an exciting new year of Teen Leaders Club. Come visit us on Wednesdays and Thursdays from 6:30 - 8:30 p.m. All teens in middle and high school are invited to participate in fun, fellowship, team building and service learning projects. Cost is \$1 per week. Come and find out how you can earn a **FREE YMCA YOUTH MEMBERSHIP!**

Health Tip

The Health Benefits of Laughter

The joke may be on you if you're not chuckling enough through the day. An increasing number of studies tout the health benefits of laughter, and while a good laugh may not cure what ails you, it does appear to benefit the heart, lungs and immune system. In addition to the physical and emotional release laughter offers, laughing lessens stress by reducing the level of certain hormones and increasing healthful hormones like endorphins and neurotransmitters. A hearty belly laugh works the diaphragm, the abs and even the shoulders, relaxing muscles. Laughter can also help reframe our perspective, giving us a more positive approach to problem-solving or challenging events.

Need to be proactive about incorporating more laughs into your life?

- Make time to spend with friends and family you enjoy
- Rent a favorite comedy or go to a comedy club
- Have a party or game night
- Practice laughing at yourself or telling slightly embarrassing stories
- Pay attention - there is absurdity all around us
- Fake it - you can reap the benefits even when you force yourself to laugh



Lockport Family YMCA
19 East Avenue
Lockport, NY 14094-3707

NON-PROFIT ORG.
U.S. POSTAGE
PAID
Permit No. 384
LOCKPORT, NY