



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November Newsletter

Desert Foothills Family YMCA

Key Dates & Events

December 2nd:
Launch of New Precor
Cardio Equipment

Parent's Night Out
(12/2/16 & 12/16/16)

**Breakfast with
Santa** (12/3/16)

**Christmas in the
Pines** (12/10/16)

November 24, 2016
Closed

November 25, 2016
5:00am-6:00pm

Dec 19th- Jan 5th:
Gym closure for floor
resurfacing. This will
include painting of
Pickle Ball Lines and
Volleyball lines.



How do you nurture gratitude in children, not just during the holidays but over the whole year?

As we rapidly get closer to the holidays I wanted to stop and say thank you for being a part of our Y. You are one of our greatest blessings and we are truly thankful for having you. We know the holidays are a fun time but with black Friday and endless shopping lists and meals to prepare I wanted to give you a few tips to keep in mind to help remember why this season is so important to us.

Here are some tips for how to make this holiday season about giving rather than getting.

Tips for a Thankful Thanksgiving:

1. **Create a gratitude journal or photo album:** Think of this like your gratitude scrapbook. Include pictures, people or even actions that you are grateful for. You



- can even share them as a family each day.
2. **Teach an attitude of gratitude:** Look for ways to express your gratitude to those around you and you will find your kids will start to do the same.
 3. **Donate:** Used toys and clothes don't have to be thrown out. You and your family can have a donation night where you get rid of some unwanted clutter and donate it to a good cause. Starting Friday, Nov. 25th, our Y will also have a giving tree that will include pictures of desired items to refresh our kids areas & programs. Our members always ask how they can help...and now there is a fun way to make an immediate impact to the kids of Desert Foothills Family YMCA
 4. **Start a tradition:** You do not have to wait until the third Thursday of November to give thanks. Do it every day with and around your children. Pick a practice that works for your schedule-perhaps over breakfast, at the bus stop, or after school-and go for it!
 5. **Noteworthy thankfulness:** Even writing a small note to a family member for showing kindness or doing chores can go a long way.
 6. **Volunteer:** Encourage your children to help others, and volunteer as a family. Visit the welcome center to see how you can get involved. We thank everyone who participated in our volunteer activities around the Enchanted Pumpkin Garden last month. With your help, we raised over \$10,000 for Desert Foothills Family YMCA programs.

Thank YOU

At Desert Foothills Family YMCA, we are extremely thankful for all our members and a special shout out to our many community partners (including FCF, PVCC, Town of Carefree, Harold's Cave Creek Corral, Foothills Food Bank, Neighbors in Need, Foothills Caring Corps, Light of the Desert Lutheran Church, Desert Hills Presbyterian Church, CCUSD, Carefree/Cave Creek Chamber of Commerce, Honor Health, the UPS Store, and Walmart...just to name a few)! Our partnerships and collaborations are an important way that we can continue to impact the Desert Foothills Family YMCA community.

As a non-profit, in addition to community partnerships, donations are a critical part to serving our community. Your Desert Foothills Family YMCA team was very busy in 2016 and the donations raised this year have helped us to:

- Provide financial support to over 264 military families (\$115,657 in subsidies provided)
- Provide \$18,466 in Financial assistance (membership & program scholarships)

- Travel to CCUSD in April & taught free water safety education to over 1200 pre-K-3rd grade students.
- Deliver 535 life-saving swim lessons to youth and adults (178 youth brand new to swimming!)
- Partner with Phoenix Children's Hospital and the Ryan Thomas Foundation to raise awareness of drowning prevention giving away 66 free life vests to swim lesson participants.
- Help keep our community safe, we have certified 10 baby sitters, 14 junior lifeguards, 94 CPR, 78 first aid, 14 emergency oxygen, and 26 YMCA lifeguards.
- Launch two new free community programs including Chair Yoga and Yoga in the Gardens serving everywhere from 15-50 people per class!
- Serve over 1,800 children this summer in our youth programs (swim lessons, sports, teen adventure travel and summer camp). In 2016, our goal was to provide over \$10,000 in subsidy to these programs to keep them affordable and accessible! We exceeded this by providing over \$15,000 in subsidies.

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Forget about Black Friday and Cyber Monday. At the Y, we're officially kicking off the holiday season on November 29 by participating in #GivingTuesday, a global day dedicated to giving.

We're making it easy for you to join us in the effort.

DONATE

Your financial commitment to the YMCA makes a lasting impact in the region. One-time gifts, online giving or long-term pledges are options. Whether you want to help a child go to YMCA Summer Day Camp, help bridge the education gap by supporting Y Learning or fund an adult's participation in LIVE**STRONG**® at the YMCA or the YMCA Diabetes Prevention Program, you can find a way to support it by giving to the YMCA's Annual Campaign.

[READ MORE](#)

November Military Family Month



Military Family Month was established in 1993 by the Armed Services YMCA, with the U.S. Government recognizing the occasion every year since. Each November, ASYMCA celebrates Military Family Month to demonstrate the nation's support and commitment to the families of military personnel. With hundreds of thousands of service members deployed overseas, recognizing the daily sacrifices made by military families has never been more important. At Desert Foothills Family YMCA we have over 250 active & retired military families at our branch alone! Thank you for your service!

National Diabetes Awareness Month



November is National Diabetes Awareness Month

As a leading community-based charity committed to improving America's health, the Valley of the Sun YMCA is encouraging people in the Phoenix area to understand their risks for

prediabetes and type 2 diabetes and what steps to take to prevent the disease through programs like the YMCA's Diabetes Prevention Program.

* During National Diabetes Awareness Month, we encourage all community members to take control of their health and learn their risk for type 2 diabetes by visiting ymca.net/diabetes and take steps to prevent developing the disease. To help combat the spike in prediabetes, the Y offers the YMCA's Diabetes Prevention Program, an innovative lifestyle modification program that helps adults with prediabetes reduce their risk for developing type 2 diabetes. * Statistics from the Centers for Disease Control and Prevention (CDC) show that 86 million people in the U.S. have prediabetes, up from 79 million people in 2010. Without weight loss and moderate physical activity, 15 to 30 percent of people with prediabetes will develop type 2 diabetes within five years.

* Having prediabetes means a person has elevated blood glucose levels that are not high enough for a diabetes diagnosis. While only a blood test by a health care provider can confirm prediabetes, a person's family history, weight and high cholesterol levels are just a few of the factors that can put an individual in the high-risk category.

* The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. A trained lifestyle coach helps participants learn tactics for healthy eating, physical activity and other lifestyle changes over the course of a year.

[READ MORE](#)

Just Keep Swimming

Just because swim season is over does not mean you have to get out of the pool!

COME SWIM AT THE DESERT FOOTHILLS FAMILY YMCA

Desert Foothills Y Dolphins is a fun recreational swim team focused on team work, stroke development and the beginnings of swim competition. Click [here](#) for details.



Find all your

**WINTER
FAMILY
FUN**

Click here to see Winter Program Guide



Zoe's Day Out

Valley of the Sun YMCA offered free child watch in all 16 of its branches on November 8th from 8am-8pm so parents could vote. The child watch offering, called Zoe's Kids Day Out, was open to members and non-members. Here are some kids having fun and building friendships at the Y.



Stay Connected



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