

# THE Y NEWSLETTER

Issue 3



## The New Year

By Eric Gutierrez, Welcome Center Supervisor

As the year quickly comes to an end, most of us find ourselves scrambling to get through the holidays and wake up in the new year with the mindset of a fresh start. A new year, however, doesn't necessarily indicate an entirely new person, but rather the same person refreshed and re-energized. Instead of focusing on creating an entire new lifestyle, we would like to encourage our members at the Y to prioritize their health and focus on one element at a time. This year in particular has brought light to the importance of balancing mental, physical, spiritual, and emotional health. We want to make sure that this is possible for our fitness family. Just as we have all been impacted in different ways we are committed to finding the right solution for each individual. Let's kick off the new year by digging deep into ourselves and recognizing the parts of our body and mind that need the most care. Only then can we begin to repair and heal together. As always, we look forward to seeing you on the next chapter of this journey that we call life. We promise to be here for you every step of the way in a clean, safe environment you can call home.

CONGRATS TO OUR Y STAFF FOR MAKING THE ASU 2020 FALL DEAN'S LIST!

- ERIK ARMSTRONG
- ZOE NICHOLE BAHL
- JANET BECERRIL
- KAYLEE J BEWICK
- KYLA J BEWICK
- MITZY BUENROSTRO
- KYLIE CORBELL
- TRISTAN RILEY DAVIDSON
- DEVIN FALCON
- DALAINY BROOKE GARZA
- LEVI GLOVER
- KELSEY NICHOLE HAYNES
- KAYCE JACKSON
- LISETTE ATLANTIS JOHNSON
- MACKENZIE KIMBALL
- CAESAR PHILIBE MARTINEZ
- AMRIAH ELISABETH RAMIREZ
- CLARISA REPKE
- BYANCA SANCHEZ
- KAITLIN STEPHENS
- FAITH E. OSAKPAMWAN-ZABAYOR

Congratulations to all the staff that made it on the Dean's list! Hard work this semester has certainly paid off. Working, studying and all the extracurricular activities you all have are the ones preparing you for being the professionals of the future. Us, as an organization, are proud of having you all in our family!

### Give Blood to Save a Life!

What a better way of starting the year than to being able to give a second chance to those that need it the most. Plus, all donors will receive a wellness checkup including COVID-19 antibody test, blood pressure, pulse, temperature, iron count, and cholesterol screening!

When: January 7th

Where: YMCA West Side Parking Lot

Time: 9:00am - 1:00pm



## A letter to our Members

Dear Friends of the San Angelo YMCA,

On behalf of the San Angelo YMCA Board of Directors and staff, we are pleased to announce the selection of Angel Flores as incoming CEO of the San Angelo YMCA.

We understand that leadership transitions are challenging for a YMCA and while the CEO role requires many skills and experiences, we know that Mrs. Angel Flores is focused to expand our already strong foundation, will inspire new growth and address the critical issues that our community faces. We believe that she is the right leader to help build upon our successful history of strengthening the foundations of community and of putting Christian principles into practice to take care of our Y. We want to thank you all for your ongoing dedication and commitment to the Y. You are all part of our community, our family, and we hope that you will find time to join us with gratitude towards Mrs. Angel.

Sincerely,  
YMCA Staff



## New Board President

Serving on a board is a responsibility that requires diligent oversight and commitment to the organization's mission and bylaws. We believe that Dr. Patrick Moore is dedicated to this community and to the Y. We thank you for accepting the leadership role as our new board president.



## Thank you Mr. AJ Moore

The Y would like to take a moment to look back and thank AJ Moore for his dedication as CEO for the last three years. AJ has dedicated 20 years of his life serving the mission of the YMCA. He has played a part in every role from healthy living programming to youth development and even lawn care (his favorite). Not only has AJ led his team of cause-driven leaders, but AJ has been a friend, role-model and father figure for so many of our staff and members. His heart of gold and passion to serve others is what makes him amazing. The love AJ has for his staff cannot be replicated. While AJ will be passing the torch to long time employee Angel Flores, he will not be going far. AJ's love for the Y will keep him nearby, aiding in the CEO transition and assisting with the completion of the Capital Campaign.

From everyone at the Y, Thank You AJ!



*Thank you!*

## Top members of 2020!

### Top Members

1. Patrick Moore 312
2. Brian Davis 280
3. Lisa Mayfield 269
4. Ryan Ramoneda 249
5. Richard Swift 219
6. Randall Minton 208
7. Luis Ramirez 204
8. Kyle Combest 197
9. Don Griffis 190
10. Erik Armstrong 181
11. Enrique Enriquez 178
12. Chauntel Rubalcaba 176
13. George McCrea 174
14. Grayson Lusk 169
15. Michael Bonner 165
16. Luis Delgado 160
17. Jose Garcia 160
18. Blane Rose 159
19. Ricky Villarreal 159
20. Claudia Enriquez 157
21. Jose Acosta 156
22. Johny Hernandez 156
23. Melinda Alice 152
24. Rosendo Ramirez 152
25. Brent Dooley 149
26. Shawna Blanchard 147
27. Dave Wells 147
28. Danny Brosig 145
29. Kobe Penha 145
30. Joseph Wooldridge 145
31. Jorge Gonzalez 143
32. Ruth Wallace 143
33. Lucy Guzman 142
34. Bill Nikolauk 142
35. Kiva Panter 141
36. Rudolph Wallace 140
37. Johny Flores 138
38. Reid Ramoneda 137
39. Edward Welch 137
40. Charles Hayden 135
41. Gregory Martinez 134
42. Jessica Cruz 129
43. Javier Sanchez 128
44. Aaron Flint 125
45. Lesley Jones 123
46. Julio Saldana 123
47. Keith Duryea 121
48. Eulogio Diaz 120
49. Donnie Dorsey 120
50. Charlotte Kemp 120



Patrick Moore

### Top Male Member Visit



Lisa Mayfield

### Top Female Member Visit



Adam Hernandez

### Top Silver Sneakers Member Visit



Brian Davis

### Second Top Member Visit

### Top Silver Sneakers

1. Adam Hernandez 272
2. Arthur Ornelas 216
3. Margaret Lopez 200
4. Linda Thompson 175
5. Nancy Rosser 149
6. Candance Henry 148
7. Nancy Mohler 134
8. Anita Land 115
9. Charles Moore 107
10. James Smith 100
11. Janie Acosta 98
12. Anthony Vetrano 93
13. Rodrigo Vargas 90
14. Clifford Payne 89
15. Mack Oliver 83
16. Wayne Ferrell 79
17. Gloria Neumeyer 79
18. Rosario Ware 79
19. David Hague 70
20. Sheryl Sad 68
21. Carol Morris 67
22. Nancy Budewig 64
23. Deborah Scofield 64
24. Hettie Hasty 63
25. George Varela 62
26. Santos Vielma 62
27. John Epperson 61
28. Robert Budewig 59
29. Barbara Epperson 59
30. Anna Barrientos 58
31. Elda Hernandez 58
32. Margaret Cline 56
33. Linda Warren 56
34. Terry Warren 56
35. Marjorie Lyons 55
36. Virginia Noelke 55
37. Walter Noelke 55
38. Ernest Wuertenburg 55
39. Gloria Thomas 54
40. Paula Dowler 53
41. Jose Fernandez 50
42. Judy Ransbarger 49
43. Lynne Brooks 44
44. Charlotte Ames 42
45. Alma Perez 42
46. Jesse Stout 41
47. Martha Dunn 40
48. Ivey Mossell 40
49. Jed Cecil 37
50. Elvia Montalvo 36

## January Fun Facts

On average, it is the coldest month of the year in the Northern Hemisphere.

It is the first month of the year.

In the Southern Hemisphere, January is a summer month the equivalent of July

In past European history, the start of the Year was in March.

Prior to the passage of the Twentieth Amendment in the early 1930s, Inauguration Day was always March 4, the anniversary of the Constitution first taking effect in 1789. The Twentieth Amendment changed the date of Inauguration Day to January 20, unless that falls on a Sunday, in which case the date is moved to January 21.

Since January 8, 1964; U.S. President Lyndon B. Johnson presented legislation towards "the war of poverty". This is a proposal by Johnson into a response towards the national poverty rate in the United States.

January 4th is National Spaghetti Day!

During leap years (2020, 2024, 2028..), January starts on the same day of the week as April and July, and ends on the same day of the week as July.



## The San Angelo YMCA Encourages a Return to Your Routines in 2021

A New Year is always filled with the promise of positive change and promises to oneself. Following the events of 2020, there is even more anticipation and hope for what 2021 will bring. "As our community continues to recover from business and school closures due to COVID-19, we are encouraging our members and the community as a whole to think about their physical and mental health in 2021.... Whether it's your morning yoga or your lunchtime run, we are encouraging children and adults alike to focus on returning to routines that get you moving."

Physical activity is critical for physical health, and research suggests higher levels of physical activity may also help alleviate negative mental health symptoms. The Y can help with getting physical activity routines back into your daily routine through both in-person and virtual classes.

Since COVID-19, the San Angelo YMCA has made extensive efforts to ensure the health and safety of members using our facility, such as upgraded cleaning solutions, constantly disinfecting surfaces, and standardized cleaning checklist for all departments.

POLICIES SUCH AS: health screenings for staff, requiring masks to be worn at all times, offering hand sanitizer and other sanitization equipment throughout the Y, limiting group exercise class sizes, scheduling programs to minimize the number people in our facility, etc.

At the same time, the Y recognizes not everyone is ready to return to our facilities yet. We have expanded our virtual offerings to include some of our Fitness Classes to make sure those who are more comfortable staying home can still achieve their activity goals. "The Y is working to make sure all our members have options that fit their lifestyle and comfort level," - Angel Flores.

## San Angelo Needs Your Help, Now More than Ever!

Make a Difference on Martin Luther King, Jr. Day

### National Mentoring Month

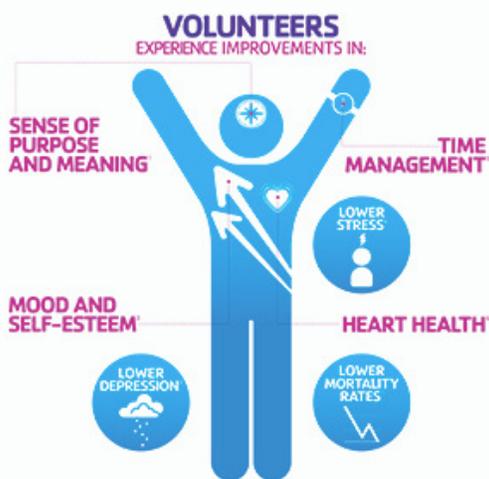
It's National Mentoring Month — a good time to think about mentoring youth at the Y. The past year has been a difficult year for all— including young people. Kids and teens who have a mentor are 55% less likely to skip a day of school and 130% more likely to hold leadership positions.

Even though mentoring looks a little different right now, it's important now more than ever to provide kids with support, guidance and a listening ear. Youth who have mentors have improved academic, social and economic prospects.

Contact Linda Mata at [lmata@ymcasanangelo.org](mailto:lmata@ymcasanangelo.org) to learn more how you can volunteer to mentor a Y youth today.

The New Year often brings feelings of positive improvement and change – and in 2021, that feeling is stronger than ever. We want to make positive changes both for ourselves and our community. As we make our way through the month of January, it's important to remember Dr. Martin Luther King Jr., a pioneer in the world of positive improvement and change, with the celebration of the MLK Day of Service on Monday, January 18.

Dr. King once said, "Everyone can be great because everybody can serve," and for nearly 30 years the MLK Day of Service has encouraged greatness by asking individuals to volunteer their time in service to their communities. Here at the San Angelo YMCA we're encouraging everyone to use this day as a call to action to get involved to better our community in 2021. Volunteering, regardless if the opportunity is big or small, can make a major impact on those around you and help keep our communities and personal relationships strong. With our community still recovering following the effects of COVID-19, volunteer work is needed now, more than ever. The Y is currently seeking volunteers to: coach sports, or to make phone calls to our senior members who are practicing social distancing, our yearly events, and other programs that we run. The YMCA of San Angelo usually has over 100 volunteers each year, who help strengthen our Y and our community



# Childcare Program

## Employee of the month!



**Jerry Ramirez**  
Crockett Counselor



The San Angelo YMCA's afterschool program combines academics with play and offers a caring and safe environment where kids can achieve, feel a sense of belonging, build friendships and explore new interests.

While this school year may be different than years past, the Y's afterschool program is still a place where children can remain active, learning and engaged during their time out of school.



It's more important than ever that children have a safe enriching environment for learning, both in and out of school. The Y's afterschool program helps children continue their social, emotional, physical and academic growth after the school day has ended.



In order to help keep kids and staff healthy and safe throughout the school year, our afterschool program will look a little different this year. Our Y'S SAFETY MEASURES: Children will receive a temperature check each day, will need to wear masks, have increased hand washing throughout the afternoon, parent pick up will be outside of the facility, cleaning and disinfecting thoroughly.



# Sports

## Spring Volleyball

Spring Volleyball registration opens on January 15 and will end on March 23rd. League runs for children that are in 3rd grade up to 8th grade. If you are interested in giving your child the preparation needed for the regular season through skill instruction, drills and games you can register them for the volleyball clinic. Registration for that will be January 15th thru March 1st, or until spots are no longer available. By registering for both, league and clinic, you will receive a 25% discount towards the clinic registration. Another alternative for younger children - 1st thru 2nd grade - is Little Bumpers. This will be a six week program that meets once a week for 45 minutes on Tuesdays, and will help them develop skills, understand terminology, follow rules and learn the fundamentals of the game. Registration will also open on January 15th and will close on March 23rd or until spots are no longer available.

## Tennis

The Jr. Team Tennis is a league for youth 6 - 18 years of age. They will be able to have weekly matches against other teams in the Concho Valley. There will not be individual instruction. Payments and registration can be done through UTSA after the registration. Registration will be open from now until March 21st.

We will also have the Spring Tennis Clinic, in which will introduce and improve the players fundamental skills. Registration will close on February 22nd.

Payment for Tennis Clinic will be made at the Welcome Center.

## Aquatics

Gym 'N Swim is back!

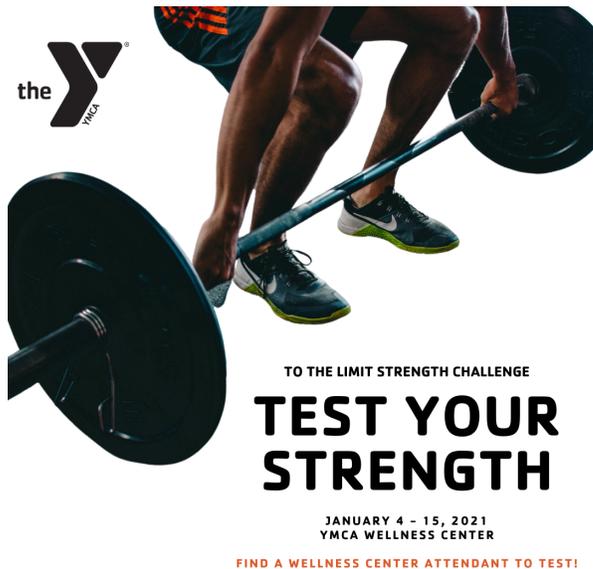
This program is available for children ages 3 to 5 years old. It will introduce them to two activities that will help them stay engaged, have fun and will teach them the fundamentals of gymnastics and swimming. You can choose between Mondays and Wednesdays or Tuesdays and Thursdays; from 11:00am until 12:00pm. First session will start on February 2nd.

Register now, limited spots available.

We will start swimming lessons for all skill levels and ages. Our lessons start as early as 8 months old. Sign your child up to help them learn to be comfortable in the water with specific instruction involved with the development of strokes. These 30 minute lessons are either weekly or monthly.

Ask the Welcome Center for more information on these.

## Fitness



By entering into this challenge, you will be able to test your lifting skills with the help of our Wellness Staff. They will keep your numbers on the board to see how much weight you were able to lift. Once all participants complete the challenge, your name and picture will be on displayed in our Wellness Center area to show your achievement. If you are interested in participating, you can ask the Wellness Center Staff and they will gladly help you.

## Welcome Center

The Welcome Center staff delivers customer service, builds relationships with members and guests, and are the welcoming face of the San Angelo YMCA. When you enter the facility, they will provide you with any information you may need or will direct you to those that will be able to provide you more information. Being a Welcome Center Staff brings many responsibilities and because of being the welcoming area, they will try to bring smiles to you. Every month we will recognize a staff that has been able to bring smiles, show our 4 core values (Responsibility, Honesty, Caring and Respect), and that develops those qualities that makes this department unique.



**Celeste Saucedo**  
Welcome Center  
Employee of the Month

## Recipe of the Month

### Breakfast Sausage Balls (Mr. AJ's Favorite!)



#### Ingredients:

- 1lb Breakfast Sausage
- 10oz Shredded Cheese (Triple Cheddar Cheese)
- 2 Cups Bisquick
- 2 Eggs

#### Instructions:

1. In a large bowl, mix the sausage, shredded cheese, Bisquick, and eggs.
2. Once mixed, divide the mixture into your preferred size ball and lay them out on a greased baking sheet.
3. Bake the sausage balls in the oven at 350 degrees for 30 mins.
4. Serve and enjoy!

## Thank you

The Y is a leading nonprofit for youth development, healthy living and social responsibility. We are a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community. Without our community and donors contribution, we wouldn't be able to help the ones in need. This space is dedicated to thank those that one way or another have helped us, specially during the month of December.



**The Rotary Club #1919  
President Lisa  
Mayfield presented the  
Y with a grant of  
\$3,000 to benefit the  
Y's Scholarship  
Program.**



**Through our partnership  
with Keep San Angelo  
Beautiful and the  
charitable contribution  
from Wal-Mart, one child  
from each after-school  
location that completed  
the Keep San Angelo  
Beautiful Recycling  
Program won a free bike.  
Thank you for helping us  
bring smiles to our  
children.**