



Kids Families Communities

• Spring • 2010 •

STAFF TRAINING IMPORTANT AT Y

Never did I imagine at the age of 15, when I first became certified, that I would learn and come to use three simple life saving tools: cardiopulmonary resuscitation (CPR), automated external defibrillator (AED), and First Aid. Here now, several years later as the YMCA Aquatics Director, I am thankful for my certifications.

They allowed me to save someone's life and make critical choices within seconds.

Like any other day in August, I simply stepped out in the hallway when a staff member stated, "Call 911!" Immediately I made my way towards the Wellness Center and had another staff member grab my CPR Mask. When I reached the Wellness Center, two certified staff had already positioned the individual in an open area upon a flat surface. As I felt for a pulse, I observed the lifeless individual before me, with eyes wide open, beginning to change in color from gray to purple. He was not breathing and had no pulse. Another staff member removed his shirt while I attached the AED to his chest, which was brought by another certified staff member to the area.

Just as I anticipated, the AED assessed that this man needed to be shocked. With a "Clear" and a push of a button, the lifeless man came back with a faint pulse. Because



Ehrin C Hughes, "E", Aquatics & Day Camp Director

he still wasn't breathing, I instinctively gave 3 sets of rescue breathing --- on the last breath the man gasped, pulling my CPR mask to his face.

I rolled him over and, as he drew in more breaths, his color slowly came back to his face.

All the years I have been certified, I have been aware of the risks and chances a person has after CPR, AED, and First Aid is performed. This man was alive, however, as they rolled him away on that stretcher. I didn't know anything except that he now had a pulse and was breathing. A few days later, I visited the hospital to find him sitting up in bed, full of life, color in his face, and laughter in his voice as he spoke to his family.

This man, this Y member, lived because of all the training taken by the YMCA staff. That day, I may have been the one to perform rescue breathing and AED administration, but I would not have had all the necessary equipment and open area for the rescue to be successful without the quick action of others. That is why it is critical that everyone should be certified in CPR, AED, and First Aid, so that someday you can be prepared to help someone in need!

Schools & Y Wellness Program

The YMCA of Talbot County began a partnership with Caroline County Public Schools (CCPS) to offer group exercise classes for teachers and support staff in January 2010. To date, nearly 200 staff members have committed to participate in this program. A similar program implemented within Talbot County in 2008/9 offered over 500 group fitness classes, healthy cooking

classes, and Wellness Seminars with remarkable results for the participants who felt better and experienced fewer illness-related absences. Thus, Caroline County was eager to provide a program to benefit their school employees.

Through this program, at least 15 group exercise classes are offered per week at various schools in Caroline County. Class offerings are designed to accommodate a wide range of fitness levels and include Step Aerobics, Car-

dio Circuit, and Yoga/Pilates classes.

The CCPS Administration is very supportive of the efforts made by their employees to live healthier lifestyles. Participants of the program have reported feeling better and feel less stressed, and are very thankful for the chance to be in this YMCA program. For more information please contact

Amy Thomas:
athomas@talbotymca.org or
410.822.0566

PHILANTHROPY

Hundreds of YMCA members have a passionate concern for the Y as a charity, yet recognize that they need future income. Some need income for life and others short-term, until other retirement resources become available. The charitable gift annuity offers a unique opportunity to serve each of these goals admirably.

A gift annuity is a plan that provides fixed income for life and leaves a lasting gift to the YMCA of Talbot County. The gift annuity is essentially a contract. An individual transfers assets to the Y in exchange for the YMCA's promise to pay a fixed stream of income for life. The income can be quite high depending on the person's age. Best of all, a portion of the income stream may be tax-free.

At the present time, annuitants earn incomes between 2.6% and 9.5%, depending on age. Considering fixed income earning options offered commercially, the gift annuity offers a very attractive rate of return. If the date when payments begin is deferred one year beyond the date the gift annuity is set up, the rates can be even higher.

The tax benefits of a charitable gift annuity are numerous. For a gift of appreciated property, bypass of significant capital gains is an important benefit. The most obvious benefit in the year the gift is made is the charitable deduction the individual receives for the value of the present gift made to the Y.

A cash gift is an excellent way to fund a gift annuity and receive a large portion of the annuity income tax-free. The partial capital gains tax bypass is an attractive benefit for a gift of appreciated securities to fund a gift annuity. A portion of the income stream will be taxed at the lower capital gain rate in addition to possible tax-free income.

For example, consider Ruth who purchased stock years ago for \$2,000. The stock has appreciated substantially to \$10,000. Ruth is nearing retirement and seeks more security than the stock market could offer. She called the YMCA of Talbot County and learned that she can exchange the stock for fixed annuity payments of over 5%, based on her age. Ruth decided to set up the gift annuity and began receiving income right away. She liked the fact that she received a current charitable deduction and avoided capital gain tax on the gift.

The benefits of a gift annuity are apparent – fixed income for life, bypass of capital gain and a lasting gift to the YMCA. For more information on the gift annuity, please visit our web site www.ymcagift-planning.org or call F. Graham Lee, chief development officer. This information is offered as an educational service. There is no cost or obligation, and any communication is treated in complete confidence.

This information is not intended to replace the counsel of personal professional advisors.

Kids • K!dz

Healthy Kids Day

It's that time again – Grab your family and head over to the YMCA on Saturday, April 17, to help us celebrate Healthy Kids Day. Healthy Kids Day is a free, fun-filled day of activities designed to promote healthy kids and families in spirit, mind, and body. We will offer a wide range of activities for all ages including bounce houses, obstacle courses, swimming and healthy snacking! During Healthy Kids Day, the Summer Camp registration fee will also be waived! Don't miss this fun filled event! Questions? Call or email Amy Thomas at athomas@talbotymca.org.



The 2010 Fun Run was a Big Success for Camp Lazy Days. Y Board Member David Nagel participates with wife, Jan, and grandchildren.

After School ROCKS at the Talbot County Y

In an effort to engage middle-school students, local teens and tweens are joining in an amazing after-school opportunities provided by Easton ROCKS in partnership with the YMCA.

Students from all over Talbot County spend their after-school hours in ROCKS' signature cooking program (the Dinner Table Club) in addition to other exciting activities, such as horse-back riding, chess club, musical instrument instruction, and copiloting Cessnas out of Easton Airport.

These activities are so very important in providing structure and meaningful opportunities to the healthy development of our youth. The Easton ROCKS organization is partially supported by the Marathon ROCKS, a charity marathon-training program for runners of all fitness levels who help raise funds for after-school programs. In 2009, Easton ROCKS was able to donate \$25,000 of the program's proceeds to support the Capital Campaign for the new Teen & Family Center for the YMCA of Talbot County. The new center will provide a central location for contin-

ued youth enrichment programs like Easton ROCKS supports, in addition to instruction in computers and rock-climbing and other activities and skills important to our youth.

New YMCA employee and local chef Jenny Parks has engaged kids twice a week in a culinary odyssey where they learn how to cook delicious, nutritious meals and sit down together to share dinner, family-style. Every Tuesday and Thursday after school at Easton's Church of the Brethren, middle-school students assist in chopping vegetables, stirring a stew, setting the table, and washing dishes.

"So many of our families aren't able to sit down for family dinners regularly; parents are working two jobs, and schedules are so busy," said ROCKS program director, Susan Langfitt. "The Dinner Table Club gives our kids a consistent connection with each other and with adults who share dinner with them regularly. It also provides them with a nutritious meal, which many of them may not otherwise get. Because ROCKS is able to fully subsidize the program, it is provided free to kids and their families."

Help Wanted

The 2010 YMCA summer camps will add to its regular curriculum weekly:

- Canoeing
- Arts and Crafts
- Themed Skits and Songs

To accomplish this we are in need of volunteers. Can YOU help?

Four days a week. 9:30 am – 12:00 n.
June 14 through August 19.

It truly takes a community to raise up a child. If you have a strong sense of responsibility, caring, honesty and respect, then you have exactly what we would like to pass along to our youth. Please call Jim Fodrie at the YMCA of Talbot County, 410-822-0566 extension 21.



Members express excitement of the newly renovated YMCA in St. Michaels. The Rev. Mark S. Nestlehutt takes time to exercise in the expanded facility.

We have been pleased with the facility in St. Michaels and the overall ambiance of the staff there. Yet one member of the staff stands out.

Ivy Sherwood is attentive to members needs and she is available on the floor to see that folks are using the equipment safely and properly with advice here and there. She's a people person who always has a smile on her face. We thought she might enjoy hearing some positive feedback.

Paul & Shirley Schaefer

Ivy is a walking billboard for caring, respect, responsibility, honesty, and faith. Thank you, Ivy, from everyone at the YMCA of Talbot County, members and staff. We certainly are lucky to have you on our team.

Frederick Douglass 10-Miler

Join us on May 1st to retrace the 10-mile path Frederick Douglass walked from St. Michaels to his confinement at the Talbot County jail in Easton after a failed escape attempt in April 1836.

His imprisonment at the jail set the stage for a sequence of events that led to his eventual escape to freedom. His accomplishments changed history and made extensive improvements in the lives of all Americans. Walkers, run-

ners and wheelchair athletes will retrace this historic route to raise monies for the creation of a memorial to honor Frederick Douglass on the Talbot County Courthouse lawn. Half of the race proceeds will be given to the YMCA of Talbot County. Don't miss the post-Race Celebration in Easton's historic district with lots of music, food, vendors and fun! For complete details and race registration, please visit www.frederickdouglassymca10miler.com.



A teacher and his pupil have worked and trained together for many years; now the pupil only has one test to pass before becoming a master. Together they visit the market, a busy and frantic place, many people moving about.

“What do you hear, my pupil?”

“I hear people talking, bargaining.”

“Can you here the cricket's song?”

After several minutes the frustrated pupil replies, “There is no cricket.”

The teacher points to the curb; the pupil sees a small cricket, but is still unable to hear the cricket.

“Life determines what you will hear if you allow it. Those who allow life to choose what they see and hear miss the magical song of the cricket and the true beauty of the world we live,” replies the teacher.

In today's world at our YMCA, it's easy to get caught up in the pace.

The Y is a busy place serving 1 in 3 in our community. As a member of the YMCA, I would ask you to slow down the next time you are at the Y and look and listen. If you take a deeper look you'll see the YMCA is not a place where we pay a fee for services, but a place where a community comes together to make a difference in the lives of every person we serve. This is a place where friends are made, kids learn to swim, teens find themselves, families come together, mature adults connect, diversity is celebrated, and all are well. *You are part of a cause, a cause to do the most good for the most people.* Thank you for being a part of the YMCA and supporting the work this wonderful organization does in our community!

You are the Dancing Queen...

YMCA DANCE PARTIES

Since January 2008, the YMCA of Talbot County has partnered with USA Dance, Easton, to provide a wellness dance program that can be enjoyed by kids, families, and the community. Part of USA Dance, a non-profit organization, the Easton Chapter is a local dance group formed by local people who love to dance, love music, and enjoy exercise. Its purpose? To provide a focal point for dancing, to promote dancing in the local community, and to educate the public regarding the physical, mental and social benefits of dancing for a healthy life.

Dance Parties usually occur on the first Saturday of each month from 7:00 to 10:30 pm. Fun, casual, alcohol- and smoke- free environment, a big dance floor, white tablecloths, flower centerpieces, indirect low lighting, and a DJ.

FREE lessons are given from 7-8 PM. The event is FREE to students 18 and under, \$10 for YMCA and USA Dance members, and \$12 for other guests. To confirm dance parties, check www.usadanceeastonmd.com. For more information call:

Amanda Showell, 410-482-6169 *or*

Don Andrew (VP, Easton Chapter) 443-521-0066.

YMCA of Talbot County

Mission

With Christian Principles as our foundation, our mission is to foster opportunities for individuals, families, and community that strengthen a healthy spirit, mind, and body for all.

Financial Assistance

It is the policy of the YMCA of Talbot County that no one is turned away due to the inability to pay. "Open Doors" Financial Assistance Forms are available at the Member Services Desk. Forms can also be downloaded from the YMCA website, www.talbotymca.org. The completed forms and proof of income can be returned to the Y.

Board of Directors

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NOW APPEARING
The YMCA's Mission Awareness Committee is
putting articles and newsletters on the website:
<http://www.talbotymca.org/easton/archive/>



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