Y MATTERS
FOR OUR MEMBERS WHO MATTER TO US!

THE BANGOR REGION YMCA
Spring 2018 Issue

A Gift for You (or a Friend) is waiting for you on page 10!
LETTER FROM THE CEO,
DIANE DICKERSON

Welcome to our Spring Edition of Y MATTERS! I hope that the day you receive this, the sun is shining, the snow is melting, and we are able to get rid of all of the snow in our parking lot. I always feel the need to apologize for our parking lot during the winter. I know the snow robs us of precious parking spaces, and I appreciate your patience. It is a never-ending effort to get the snow out of there so our wonderful members can find a place to park.

This Spring Newsletter is FULL of so much valuable information. You will definitely want to read this cover to cover. I especially want you to read about the impact we are so honored to have on people.

On page 4, you will meet an outstanding young man named Matt Bullard. Matt is a senior at Bangor High School, and one of the most impressive teens I have met. He has a form of cerebral palsy, and even with that diagnosis, he conquered the emotional, mental, and physical challenges of Leaders School at Camp Jordan with the help of our incredible counselors and fellow campers. I had the chance to talk to Matt at a recent filming we did of him and others who have been greatly impacted by our Y, and he said that his years at Camp Jordan have helped make him the amazing young man he is today. You will want to remember his name because this Camp Jordan advocate will definitely do great things in his life that will make our world a better place.

On Page 5, you will get to meet the newest member of our Y Family. After a nationwide search, Steve Heiny has been named our Director of The Bangor YMCA Wilderness Center at Camp Jordan. We are so lucky to have this 25 year Y Camp veteran join our team and I am confident he will take our beloved Camp Jordan to new heights. Please read about Steve and his wonderful family who just moved to Maine for this job. We are so lucky to have them all here. Read about our Pancake Breakfast Open House at Camp Jordan where you can meet Steve, staff, and see all that we have done to make this magical camp one of the most beautiful in the state.

As Spring approaches, we are overwhelmed with work to get our two amazing summer camps ready in time for all of our kids to arrive. Our Day Camp, Camp G. Peirce Webber, led by our wonderful Director, Kristin Parker, is filling up so fast. I encourage any parent/guardian who is wanting to send their child to CPW to register now. We have 200 kids a day at this wonderful camp and our staff will be so ready and excited to give them the summer of their lifetime. Lots of new and great things happening at CPW so don’t have your child miss out by not registering soon.

Spring also brings a great new Summer Shape-Up Program led by the one and only Adam Clark, our Fitness Manager. Anyone who has worked with Adam absolutely knows what a special person he is and so incredibly knowledgeable and experienced as a trainer and fitness professional. I am definitely signing up for this program that starts on April 30th. Read about it on Page 11. Join me Please.

And, of course, we have our Lifeguard Training, Scuba Dive classes, all our fabulous Group Exercise Classes, Swim Lessons, Disc Golf for our preteens and teens, Healthy Kids Day®, and so much more in this issue of Y Matters. Read about it all.

Lastly, but certainly not least, I want everyone to congratulate our Barracuda Swim Team for their amazing season. Read about them on the back page. They make all of us so proud. My most sincere and heartfelt thanks to our coaches, Matt Cook, Taylor Rogers, Sean MacMillan, Paul Monyok, Kevin Peterson, Gabbi Burgoin, and Dominique Comeau, our swimmers, and our amazing parents/guardians who are so supportive of their children and this program.

Please Read On! And, As Always, THANK YOU FOR BEING A PART OF OUR Y FAMILY. WE WOULD NOT BE WHO WE ARE WITHOUT EACH OF YOU.
### BANGOR REGION COMMUNITY NEEDS EXECUTIVE SUMMARY

The Bangor Region YMCA has conducted three separate studies to determine what our region needs for social services, what needs are not already being addressed, and how the Bangor Region YMCA can best move forward to fulfill these needs.

A **Community Needs Assessment** surveyed 328 individuals during the summer of 2017. A series of **Community Focus Groups** were conducted in December of 2017, and in January of 2018, 90 community leaders and YMCA staff members came together at a **Community Leaders Forum** to discuss a number of important subjects regarding our region's needs.

Below are some highlights of each study. A full report is available on our website and at the front desk of the YMCA.

#### COMMUNITY NEEDS ASSESSMENT

The top four needs for **adults** were determined to be:

- Availability of services aimed at engaging the entire family unit
- Presence of community spaces where adults can develop connections with others
- Presence of safe and secure community spaces for adults
- Availability of services that engage senior populations

The top four needs for **youth** were determined to be:

- Availability of non-athletic programs that draw out youth skills, creativity, and confidence
- Safe and secure community spaces for our youth
- Youth exit high school with college or career readiness skills
- Youth are supported in practicing positive habits that include physical activity and healthy eating

#### COMMUNITY FOCUS GROUPS

**What impact did or does the Y have in your life or in the lives of others?**

- It is a place for kids to have fun and do things they like.
- The Y impacts the lives of youth. Provides role models and stability and consistency for kids helps build confidence and character development and leadership development.
- Child care is a lifesaver. Open on school breaks and snow days having a safe place for my child to go. Kids not just sitting at home bus transportation open until 6 pm

**What should the Y consider now, even before any renovations/expansions?**

- Upgrade locker rooms and new lockers
- Change road to be a one-way to be safer
- Consider slanted parking lines to make the parking lot safer
- Increase lighting or add blue call boxes near the Y

**When you think of helping people practice positive, healthy habits, what are the first things that come to mind?**

- Indoor & outdoor exercise activities & trips
- Anti-bullying, support groups & access to mentors & role models
- Video production, STEM & environmental education
- Family group exercise, cooking classes & family outings
- Promote volunteerism
- Address mental health

#### COMMUNITY LEADERS FORUM

**If the Y were to expand its facilities, what features or facilities are most needed?**

- Gym Complex
  - Indoor track, walking space and multipurpose gym
- More parking
- Community multi-use space for non-sports activities
- Larger childcare space
- Teen Center
- Rec areas, social areas, game room
- Café
- Better and larger locker rooms
- Meeting rooms and conference space available to the community
- Become a hub in Bangor, should utilize ‘off-sites’

**How could the Y play a greater role in strengthening the community and helping people become their best selves?**

- More collaborations with community partners
- Teen Center
- Basketball court is needed
- Provide more health consciousness and healthy living programs
- More programs to support underserved populations
- Expanded hours for childcare
- Offer more transportation for outer Bangor Region
- Tutor program/mentorship
THE BULLARD FAMILY

My family has been part of Leaders School since 2004 when our oldest son began attending at the recommendation of a friend. Leaders provided our older boys with opportunities to challenge themselves physically, mentally and emotionally. Each summer they came home from camp exhausted but exhilarated with stories of hikes and games but more importantly with stories about opportunities they had to explore more about themselves and their place in the world. Our sons said Leaders School was the best week of the summer, if not the whole year. When it was time for our youngest son to start camp I asked the directors if they thought they could accommodate Matt. Matt has left sided hemiplegia, a form of cerebral palsy. We very much wanted him to have the same opportunities and experiences his older brothers had described, but I was unsure if the camp could manage his needs. The Leaders staff felt they could. Matt started camp that summer knowing his brother’s love and enthusiasm for all things Leaders. He had the opportunity to try all the typical camp offerings — swimming, hiking, canoeing, but like his brothers, he had the opportunity to learn about his own strengths and his challenges, not just physically but emotionally and mentally. With the help of amazing staff he hiked to the top of Mount Katahdin, not an easy feat for him. Although a struggle, he learned he had the strength of spirit to make it up and down that mountain on his own two feet, with the support of his friends and counselors. A couple of years later Matt was on a hike with a young woman who was expressing some homesickness and doubt about her abilities to manage the hike they were on; Matt used his experience to encourage that young woman to hang in and believe in herself. My oldest son put it best, “Leaders School is the best place because you just get to be you”. With the help of a wonderful staff of volunteers our boys developed confidence, courage, and a belief in the importance of helping others. We cannot speak more highly of Leaders School and its staff and thank them for supporting each of our boys and their unique talents, strengths and challenges. Leaders School really is “the best week of summer”!

MICHAEL DOWLING (FROM ALICIA STAFFORD, A CAMP COUNSELOR’S PERSPECTIVE)

I was a camp counselor this summer at The Bangor Region YMCA’s Camp G. Peirce Webber in Hampden Maine. I had the pleasure of being one of the Bears’ summer long counselors and working with many children. There were some children that only came for a week or were moved to a different group for other weeks, but there were a few that stayed with the Bears all summer. One of them being Michael Dowling.

I worked with Michael for nine weeks of camp and learned a lot. I attend the University of Maine at Farmington and minoring in Special Education, meaning I have experience before this summer working with children with special needs.

Towards the beginning of the summer, he was a little bit shy and nervous around the other children, but after getting settled into camp, Michael began to interact with the other children in a friendlier way and even invited them to play games that he was playing. This was also around the time that Michael began communicating better with me as his counselor. He was able to communicate what was bothering him or upsetting him, what he wanted, ideas of what to play in groups, and questions that he had. It took him more towards the end of the summer but he even began communicating with the other counselors that he didn’t know that well, which was a huge step for him. Throughout the summer he was talked to less than at the beginning of the summer and was sent to the office significantly less often.

I believe that Camp G. Pierce Webber helped Michael in so many ways. He was able to socialize with children his own age, and even younger and older, while doing fun activities that he enjoys. Michael would always tell me how excited he was to see me again tomorrow at the end of the day. I am honored to have worked with Michael Dowling this summer and create a close and trusting relationship with him. Hopefully I will be back as a camp counselor again next year, and I really hope he is there too! Overall, camp helped Michael more than anyone can truly understand and he became more open, sociable, caring, and understanding by the end of the summer.

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.
WELCOME TO OUR NEW CAMP JORDAN DIRECTOR!

Diane Dickerson, CEO of The Bangor Region YMCA, is pleased to announce that our YMCA has chosen Steven Heiny as the Director of The Bangor YMCA Wilderness Center at Camp Jordan.

"After a long and nationwide search, the final choice has been made and we could not be more thrilled," says Dickerson. "Steve Heiny, who has been a Y Camp Professional for more than 25 years, has been chosen to lead our beloved Camp Jordan and will be moving to Maine in the beginning of March."

Steve has worked at Y camps in Connecticut, South Carolina, Indiana, Michigan, and Wisconsin. He has spent the last 13 years as an Executive Director. Not only does he excel in the day to day of camp life, but he is a visionary, a leader, and a builder of partnerships and relationships. One of his references told Diane, "If you get him, you will be getting the best camp director in the country. There is no one I recommend more highly."

Steve recently came out to spend a few days with The Bangor Region YMCA and to get a better idea of what their expectations are for this position. "Everyone knew after this visit that Steve was the right choice for our Y", says Dickerson. "I am confident Steve will bring a depth of knowledge and experience that will not just be a great benefit to our children and teens in our Sleep Away and Leaders School camp programs, but also to our entire community through programming and events during the entire year. Steve will help us achieve our highest goals for Camp Jordan and the community we serve."

Steve will be moving with his wife Brigid and their four boys. "My family and I are excited to start our new chapter in Maine with The Bangor Region YMCA. I can’t wait to meet and work with the Camp Jordan family, helping them continue to change lives and helping youth become their best selves."

We are thrilled to have Steve, Brigid and their sons join our Y Family!

MORE EXCITING THINGS PLANNED FOR OUR WILDERNESS CENTER AT CAMP JORDAN!

Sleep Away Camp • July 1st – August 4th • 8 – 14 years old
Leader In Training • July 8th – 21st & July 22nd – August 4th • 15 – 16 years old
Counselor In Training • July 8th – August 4th • 16 years old
Leaders School • August 5th – 11th (Grades 9th – 12th) • August 12th – 18th (Grades 5th – 8th)

New this year, we have decided to extend our Sleep Away Camp program by a week, offering a 5th session this summer! We’re excited to have this opportunity to spend an additional week with our campers and have also opened up water tubing to everyone, giving every camper a chance to experience this thrilling way to enjoy Branch Lake in Ellsworth!

Campers in our Leaders In Training (LIT) program will be staying at a new location at Camp Jordan, their very own LIT Village! With some separation from the center of camp, LITs will have the opportunity to focus on skill acquisition, team building, personal development and community service.

We have also changed how campers can participate in our Counselor In Training (CIT) program. To be a part of the CIT program, each camper must submit a letter of interest, since the CITs will be a major part of the Camp Jordan team.

If your child is interested in spending a week or more at our Wilderness Center at Camp Jordan, located on the shores of Branch Lake in Ellsworth, visit CampJordan.org or call 207-944-4532 for more information about our programs, scholarships, and ways to save $100 or more off your registration fee!

TAKE ADVANTAGE OF OUR CAMP JORDAN DISCOUNTS – SAVE $100 OR MORE!

YMCA Maine Employee Discount – $100 off
Refer a Friend – $100 off per friend
Alumni Discount – $100 off
Sibling Discount – Each family will receive a $50 discount per summer for each additional child.
CAMP JORDAN PANCAKE BREAKFAST & OPEN HOUSE!

Saturday, June 9th • 9:00am – 1:00pm

Come and join us at our Wilderness Center at Camp Jordan for an Open House Pancake Breakfast! We're opening our doors to Camp Jordan for Alumni, Neighbors, and New & Returning Campers to check out our camp and meet our new Camp Director, Steve Heiny! Take a tour of our facilities and see what’s new, hike our trails, and hear about the upcoming summer! Pancakes will be served at the King Dining Hall from 9:00 - 11:00am.

We’ll also have a family fun scavenger hunt as a fun way for you and your family to explore our camp!

For more information, email Jayci Fournier at jfournier@bangorY.org.

CAMP G. PEIRCE WEBBER...MUCH MORE THAN A DAY CAMP

June 25th – August 24th, 2018 • Kindergarten – 10th Grade

Since 1952, Camp G. Peirce Webber has been providing youth with outstanding programs that have built friendships and created memories that last a lifetime. But our Day Camp and Adventure Day Camp programs at Camp G. Peirce Webber offers youth so much more than just programs. Our caring camp counselors ensure a safe, bully-free zone for our campers, and encourages each child to be the best versions of themselves that they can be, practicing the core values: honesty, caring, respect, and responsibility.

At our Day Camp for youth entering kindergarten through 5th grade, we teach campers how to swim, help them stay active throughout the summer playing sports and exploring nature on our hiking trails, express their creativity through arts & crafts, and give them the opportunity to try something new like archery, going on a ropes course and zipping down our 300 ft zip line. We also offer four optional sleepovers through the summer to gives campers a taste of the sleep away camp experience.

Our Adventure Day Camp is for youth entering 6th through 10th grade who love camp, spending time with their friends, and are looking for some more adventure! We have designed this camp to give older campers a new and exciting experience outside of Camp G. Peirce Webber, giving them the opportunity to meet new friends and build relationships while exploring what our beautiful state of Maine has to offer. Every week, these campers will participate in team building activities, go swimming, explore one of Maine’s popular hiking locations, and participate in an Educational/Volunteer Day to give back to our community.

We want every child to have the opportunity to participate in this popular camp, which is why we offer an income-based camp scholarship program. Limited funds are available so we encourage all families interested in this scholarship program to apply early, before the June 1st deadline.

On-Site registration is required. Spots are limited and weeks are filling up quickly!

For more information, stop by the Y, visit us online, or email Kristin Parker at kparker@bangorY.org.

SUMMER JOB OPENINGS AT THE Y!

Make a difference in a child’s life this summer in our Day Camp, Sleep Away Camp, or Leaders School programs.

CAMP G. PEIRCE WEBBER DAY CAMP

Counselors • Sports Director • Arts & Crafts Director • Adventure Director

WILDERNESS CENTER AT CAMP JORDAN

Camp Counselors • Sports Program Director • Waterfront Program Director • Arts & Crafts Program Director

Nature/ Camping Program Director • Teen Program Directors • Camp Nurse • Head Chef • Sous Chef • Dish/ Prep Cooks
SAVE YOUR CHILD A SPOT IN OUR EARLY CHILDHOOD EDUCATION PROGRAM!

In the fall, our Early Childhood Education program for 2.5 to 5 years old will have full-time and part-time spots available in each classroom! If you or someone you know is looking for care starting this fall, please send them our way!

If you are in need of care before the fall, email our Early Childhood Education Manager, Beth Seger, at bseger@bangorY.org to check availability or to get on the waiting list.

START NOW TO KEEP YOUR KIDS SAFE AROUND WATER

April 23rd – June 17th • Registration begins April 2nd

Did you know that drowning is the leading cause of death for those 1 to 4 years old and the second-leading cause of death for kids ages 5 – 14?!

We can’t stress enough how important it is for your kids to learn these important life-saving skills. Even though we are three 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 YOUR KIDS UP for our Spring II Swim Lessons so that they are ready for the summer!

Cost: $45 Members | $75 Non-Members

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.

TRY OUT DISC GOLF!

Saturday, June 2nd • 11 – 18 Years Old

Join us for our very first Disc Golf Outing at Rock Solid Golf in Holden! Give this sport a try and maybe you’ll want to sign up for our Disc Golf League in the fall!

Registration begins May 2nd.

Cost: $10 Member | $15 Non-Member

Spots are limited. Transportation is included!

For more information, email Jennifer Crane at jcrane@bangorY.org.

FUTURE FITNESS TRAINERS

May 28th – June 26th • 10 – 13 Years Old

This FREE 5-week program for Y members is the perfect introduction for any youth who understands the importance of a healthy and active lifestyle and wants to use our Fitness Center and Weight Room on their own, taking advantage of their Y membership.

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

SUMMER OUTDOOR SWIM LESSONS

at Camp G. Peirce Webber will begin June 25th!

Stop by the Y to register today!

YOUTH FLOOR HOCKEY

April 9th – June 1st • 4th – 6th Graders

Our Youth Floor Hockey program is held at the Fairmount School (58 13th Street, Bangor) and is designed to teach youth the fundamental skills of the sport including the rules of the game, stick handling, passing, shooting, positions, team work, and more!

Practices will be held on Mondays & Wednesdays at 5:00 or 6:30pm and Games will be held on Fridays from 4:00 – 6:30pm.

Stop by the Y or visit us online to register. Registration ends April 9th.

Cost: $35 Members | $60 Non-Members Scholarships are available!

For more information, email Jennifer Crane at jcrane@bangorY.org.
WE’RE ONE STEP CLOSER TO HAVING A TEEN CENTER!

Having a safe place for teens was one of the highest needs identified when our Y conducted a Community Needs Assessment last summer and when we met with different Focus Groups and our Leaders Forum. **It has been a need our Y recognizes and we have been trying to find a way to fulfill this need over the past few years.** Our Director of Development & Community Engagement, Emerald Forcier, and our Leadership Development Coordinator, John Quinn, have been working hard applying for grants to bring a Teen Center to the Bangor Region.

Thanks to the United Way of Eastern Maine, our Y is one step closer to bringing a Teen Center to our community! The United Way has granted our Y with $17,300 for equipment for our Teen Center. With this generous funding, we will be able to provide equipment that will help teens stay productive while at the Teen Center and programs to help them find their career path and to prepare for job interviews. This funding will also help us provide free snacks to teens every day, and so much more!

BECOME A MEMBER OF YOUTH & GOVERNMENT!

For 9th – 12th Graders

Youth & Government is an interactive way for high school students to experience the legislative process. We are looking to build our delegation NOW for next fall’s session. **If you are in 8th – 11th grade, please join us this spring as we discuss fund raising opportunities for the Augusta Weekend 2018 and Convention on National Affairs (CONA) trip in the spring of 2019 which will take place in North Carolina.**

For more information, please email Jennifer Laferte-Carlson at jcarlson@bangorY.org.

JOIN OUR MIDDLE SCHOOL LEADERS CLUB!

For 5th – 8th Graders

**YOUNG LEADERS WANTED!** Are you in 5th – 8th grade? Are you interested in gaining skills that will help you become a leader in your school, on your team, or in your community? Do you like meeting new people and having fun? Have we got the group for you!

We meet bi–weekly to focus on leadership development skills, communication skills and service to the community, all while having a lot of fun and building long lasting friendships.

For more information, email Jennifer Laferte-Carlson at jcarlson@bangorY.org.

RECYCLE YOUR BOTTLES & CANS AT DAMON’S REDEMPTION!

Recycle your bottles & cans at Damon’s Redemption in Bangor and help our teens raise funds to be a part of Youth & Government and for them to attend the Convention of National Affairs!

Make sure you ask Damon’s to put the funds toward the YMCA’s Youth & Government account!

BRING YOUR FRIENDS TO TRIVIA NIGHT!

AN INTERACT LEADERS CLUB FUNDRAISER

For All Ages

**Saturday, April 7th • 6:00 – 8:00pm**

Come join our Interact Leaders Club (ILC) for their very first ILC Trivia Night at the Isaac Farrar Mansion! We’ll bring the questions, snacks, and prizes if you bring a team of 3 or more people and your thinking caps! Sign up at the door and make sure you arrive before the game begins at 6:15pm.

Cost: $3 per person

All funds raised will benefit the Interact Leaders Club’s future community service projects and volunteer work.

For more information, email John Quinn at jquinn@bangorY.org.
JOIN OUR ERIN’S RUN Y TEAM!
A 5K RUN/WALK TO END DOMESTIC VIOLENCE

Saturday, April 28th • 10:00am • Bangor Waterfront

The Bangor Region YMCA is proud to be a part of Erin’s Run again this year! We’re putting together a Y team to help support this wonderful fundraiser. Last year, we had nearly 150 members on our team. **THIS YEAR, we have set a goal to recruit 200 members to be on our Y Team!**

Before the 5k run/walk begins, there will be a **FREE 1k kids run for children 10 years old and under, and their parents if they wish to join.** The kids run/walk will begin at 9:45am.

After the 5k, join our Y for **Yoga by the Waterfront** for a cool down! We want to make sure you properly stretch before you continue on with the rest of your day.

Erin’s Run is an annual 5k road race and walk in memory of Bangor native Erin Woolley, and in support of Partners for Peace (formerly Spruce Run-Womancare Alliance), the University of Maine Swimming & Diving Program, a scholarship at Bangor High School, and our Aquatics program.

**Sign up today for Erin’s Run at erinsrun.org, and make sure to SELECT YES when asked if you are on the Bangor Region YMCA’s Team during your registration. After you register, we’ll add your name to our Team Roster Board. HELP US REACH 200!**

Cost: $15 per person (does not include Erin’s Run T-Shirt) | $20 per person (includes Erin’s Run T-Shirt)

**Register by April 19th, and you’ll receive a Y Team T-Shirt sponsored by Gaftek!**

DON’T MISS
HEALTHY KIDS DAY®!
A FREE FAMILY FUN EVENT

Saturday, April 21st • 10:00am – 2:00pm

Looking for something different to do with your kids? Bring them to the Y for Healthy Kids Day! We will be offering a variety of activities for **ALL AGES!** Is bike riding your thing? Great, there will be a **bike rodeo!** Do you enjoy on the spot, creative, brain teasers?

**Destination Imagination** will be here and you can complete some “Instant Challenges”. Is Science is where it’s at for you? There will be a station with **STEM** activities too! But wait, there’s more! The **Dead River Pool Inflatable** will be set up, we will have dental students here to talk about how to keep your pearly whites healthy, there will be **healthy snack and more!** So bring your friends, family and neighbors for what is sure to be the **best Healthy Kids Day ever!**

For more information, email Jennifer Laferte-Carlson at jcarlson@bangorY.org.

BANGOR AREA CHALLENGE FOR CHARITIES

VOTE FOR THE BANGOR REGION YMCA!

Saturday, June 30th • Jeff’s Catering

Our Y is excited to take part of this wonderful event by the **Rotary Club of Bangor Breakfast!** Walkers, runners, cyclists and motorcyclists can do what they love while helping their favorite nonprofit, like the Bangor Region YMCA, by voting for them!

- **Walk:** 1K, 5K, 10K
- **Run:** 5K, 10K and Half Marathon
- **Bicycle Ride:** 30, 60 & 100 miles
- **Motorcycle Ride:** 60 miles
- **Virtual Participant:** Can’t make it to the event? Raise funds remotely.

**Take advantage of the early registration discount!** Register by Friday, June 1st.

For more information and to register, visit bangorareachallengeforcharities.com.

FAMILY SUNDAY FUNDAY  A FREE MEMBER EVENT!

May 20th • 12:30 – 3:30pm

It’s not every day you get to go on an obstacle course in a pool, but it is something you can do at The Bangor Region YMCA! To show our appreciation to our Y Members for their support, we will be hosting this **free member appreciation pool party with our Dead River Pool Inflatable! Non-Members are welcome** to join in on the fun with an entry fee: $10 per person OR $15 per family. For more information, call us at 207-941-2808.
BECOME A CERTIFIED LIFEGUARD!

It’s never too early to start thinking about a summer job! You could become a lifeguard for The Bangor Region YMCA, the City of Bangor Parks & Rec, or the City of Brewer Parks & Rec!

Stop by the Y or visit us online to sign up today for one of our Lifeguard Certification Courses:

- **April Vacation Course** (April 16th – 20th), Monday - Friday, from 8:00am – 5:00pm
- **Weekend Courses**, Saturdays & Sundays from 8:00am – 5:00pm
  - April 14th – 22nd • May 12th – 20th • June 16th – 24th
- **Cost**: $275 (includes American Red Cross Training Book & Pocket Mask)
- **Recertification Courses** will run from 8:00am – 5:00pm on the last day of each Certification Course. **Cost**: $75

For more information, email Taylor Rogers at trogers@bangorY.org.

LEARN HOW TO SCUBA DIVE!

April 11th – May 20th • May 30th – June 17th
August 1st & 10th – 12th

Have you ever wanted to explore the underwater world? Is it on your bucket list? Now is your chance to be one step closer to doing it!

**SIGN UP TODAY** for one of our upcoming Open Water Courses to receive your Professional Association of Diving Instructors (PADI) Certification! The course will begin at the Y and will end with two Open Water sessions at The Bangor YMCA Wilderness Center at Camp Jordan!

Stop by the Y or register online. **Cost**: $650  Scholarships are available!

For more information, email Matt Cook at mcook@bangorY.org.

HIP "N FIT
NEW WATER FITNESS CLASS FOR YOUNG ADULTS!

Tuesdays • 7:00 – 8:00pm

A fun water fitness class for ages 15 – 25 years old! If you are looking to get in shape, cross-train for sports, or are just tired of your regular gym routine, this class is for you! Participants will use a variety of pool equipment to spice up this shallow and deep water workout.

ARE YOU READY TO DANCE?

Give one of our Dance Fitness classes a try!
From country to hip hop, to Latin dance styles, we have something for everyone! Visit our website to check out all of our Dance Fitness Classes!

Country Heat™ • Groove Together • Zumba® • Zumba Gold® • Aqua Zumba®

A GIFT FOR YOU OR A FRIEND TO TRY OUR CLASSES!

Did you know that the Bangor Region YMCA offers nearly 100 group fitness classes a week. Whether you want Dance, Strength, Balance, Core, Cardio, Strengthening, Yoga, Agility, Endurance...We have it all right here. Take a look at all of our offerings at BangorYMCA.org and give us a try.

We are giving you a gift of a 3-Class Punch Pass for FREE so you or a friend can give us a try!

FREE PUNCH PASS FOR YOU!

Stop by our Welcome Center to start using your Punch Pass!

After you use your gift, buy more punch passes OR sign up for a membership!

If you get a membership, show your punch pass when you sign up and we’ll waive the joiner fee! Save up to $65!

Offer expires June 1, 2018.
SUMMER SHAPE-UP
GET IN SHAPE AND FEEL BETTER THAN EVER THIS SUMMER!
April 30th – June 1st • Don’t miss the early registration discount!

Ready to kick the winter blues? We have just the program for you. To get ready for the summer season, we are offering a Summer Shape-Up Program to get you in shape and feeling better than ever. Whether you want to drop a few inches, get back to being physically active or learn how to take control of your nutrition, this program is the PERFECT fit for you!

Our Certified Personal Trainers will help motivate, educate and inspire you to do things you never thought possible in our group training sessions. We will hold you accountable in your time outside of the gym. We will teach you that eating healthy is possible. We will also make it FUN!

WHAT DO YOU GET?
- Group Training Sessions twice a week
- Continuous Support throughout the program from our Certified Personal Trainers
- Daily Accountability and Motivating Messages
- Kick-off Workout
- Healthy and Easy-to-Make Recipes
- Summer BBQ Finale!
- Educational Seminar

SIGN UP BY APRIL 1ST TO RECEIVE AN EARLY REGISTRATION DISCOUNT!
Early Registration Cost: $125 Members | $250 Non-Members
Cost after April 1st: $150 Members | $300 Non-Members

INVEST IN YOUR HEALTH TODAY!
Stop by the Y or visit us online to register.
Registration ends Sunday, April 15th. Payment plans are available.
For more information, email Adam Clark at aclark@bangorY.org.

GROUP EXERCISE LAUNCH!
NEW PROGRAMMING, NEW MUSIC, NEW MOVES!
Saturday, April 7th & Sunday, April 8th

We can’t wait for you to try out the new releases! We will be launching the new materials for Cycle Together, Cycle 30 Together, Active Together, Strength Train Together, Groove Together, Core Focus Together, Cardio Step Together, and Defend Together! Stop by our Welcome Center or visit us online for our class schedule.

OUR CERTIFIED PERSONAL TRainers CAN HELP YOU REACH YOUR GOAL!

Personal Training is a great way for you to get on track and stay on track! Whether you need help losing weight, improving your strength and endurance, are looking for a change from your regular workout routine, or have a race to prepare for, our Certified Personal Trainers are here to help you get started and stay motivated!

We offer a variety of packages and training styles for you to choose from and each are available in both our Individual and Group Training Packages (up to 4 people):
- General Fitness
- Kettlebell Training
- Personalized Cardio Programs
- Running Programs
- Beginner Programs
- Strength Training
- TRX® Suspension Training
- Athletic Performance
- And More!

For more information, visit us online or email Adam Clark at aclark@bangorY.org.
CARBOHYDRATES AND HEALTH

BY KATIE MROZ

Carbohydrates are the preferred energy source for the body. Plant foods like grains, fruits, certain types of vegetables, and legumes are the primary sources of carbohydrates in our diets. Milk is the only animal-derived food that contains significant amounts of carbohydrates.

While carbohydrates are essential for normal daily functioning, they are especially crucial for those who are physically active. Eating a small meal or snack that includes complex carbohydrates (see below) one to two hours before a workout provides the body with quick and efficient energy needed for optimal performance.

“Good Carbohydrates” versus “Bad Carbohydrates”

Good, or complex, carbohydrates come from plant foods which are high in fiber. Fiber cannot be digested by humans, but has many health benefits. Adequate amounts of fiber as part of a daily diet can help with weight loss efforts, lower cholesterol, normalize blood sugars, and maintain digestive health.

Women under 50 should consume 25 grams of fiber per day, while men under 50 should aim for 38 grams daily. (Recommendations for women and men over 50 are 21 and 25 grams, respectively).

When it comes to choosing healthy carbohydrates, select from fresh, frozen, or canned fruits and vegetables, whole-grain breads and pastas, brown rice, and legumes. Non-fat or low-fat dairy products are also good sources of carbohydrates.

Foods that have added, or refined, sugars, are the kinds of carbohydrates that should be limited. These include processed foods, pastries, candies, and soft drinks. Too many added sugars in the diet may cause weight gain and increased triglyceride levels which can lead to heart disease. Also, consuming excessive amounts of added sugars can reduce consumption of more nutrient-rich foods.

The American Heart Association recommends that most women consume no more than 100 calories (6 teaspoons) of added sugar per day, while men consume no more than 150 calories (9 teaspoons) daily.

CARBOHYDRATES AND WEIGHT LOSS

Carbohydrates get a lot of bad press. Promoters of fad weight loss diets blame carbohydrates for causing obesity and weight problems for Americans. However, carbohydrates are necessary for maintaining health and an active lifestyle. In fact, 45 to 65% of our daily calories should come from carbohydrates. Weight loss is achieved through limiting and balancing calories. Carbohydrates provide fewer calories than fat, so dieters are often more successful in achieving long-term weight loss by limiting foods that are high in fat and refined sugar, and increasing consumption of less processed foods.

USE YOUR Y MEMBERSHIP NATIONWIDE!

Traveling? Commuting?

We want you to take advantage of the Y wherever you live, work or travel. Which is why the Bangor Region YMCA is participating in the Nationwide Membership.

With Nationwide Membership, you have the flexibility to use participating Y facilities across the United States at no extra charge. Nationwide member visitors must use their home Y at least 50% of the time.

For more information, stop by our Welcome Center or call 207-941-2808.

REFER A FRIEND AND GET SOME Y SWAG!

Have you heard about our NEW Refer A Friend program? Every time your refer a friend to the Y and they sign up for a membership, you get a prize!

REFER 1 FRIEND – Get a Drawstring Bag

REFER 2 FRIENDS – Get a Beanie Hat or Cap

REFER 3 FRIENDS – Get a 1 Month Membership

REFER 4 FRIENDS – Get a Backpack or Tote

REFER 5 FRIENDS – Get a 3 Month Membership

For more information, stop by our Welcome Center!
CARING CONNECTIONS is a non-profit collaborative program between the Bangor Region YMCA and Eastern Maine Medical Center. It is designed to improve the physical and emotional health and the wellness of individuals in Eastern Maine.

For more than 20 years, Caring Connections has been providing women of all ages access, education and support. Caring Connections can link women who qualify with a free mammogram, free breast exam and free PAP tests. The program now provides expanded services such as Energy Therapy and support for men through our Men’s Cancer Network.

CARING CONNECTIONS WELCOMES NEW PATIENT NAVIGATOR/COMMUNITY OUTREACH WORKER!

With grant funding from the Maine Cancer Foundation, Caring Connections has hired Jessica Lanphere as their new full-time Patient Navigator/Community Outreach Worker. Jessica lives in Milford with her husband and dog and has a goal of obtaining her Master’s in Public Health. She comes with extensive experience in engaging rural communities in sexual violence education and prevention. She has worked directly with survivors, facilitating support groups and attending many medical and legal appointments. She comes very well recommended, particularly for her work with educational programs and crisis intervention for school-aged children. She brings tremendous passion for advocating for people at the most difficult times in their lives.

Jessica will be primarily enrolling and navigating women in Caring Connections’ free breast and cervical health program. She will also be working to expand our cancer risk reduction education to area middle schools, providing outreach about our services, as well as assisting with all of Caring Connections’ programs and services.

PROVIDING COMMUNITY EDUCATION

Caring Connections offers free educational workshops in the community on a variety of topics. Recently we have provided workshops at the following locations:

- **Breast Health** – Stillwater TOPS and University of Maine Augusta Bangor Campus
- **Bone Health** – Penobscot Valley Industries
- **Menopause & Bone Health** – Area churches such as Holden Congregational Church
- **Healing Touch for Self-Care** – UMaine Center on Aging (for volunteers), Community Health and Counseling Services (for staff), Bradford Commons & Kenduskeag Terrace (for residents)
- **Cancer Prevention Education** – 6 area middle schools

Caring Connections offers workshops on: Breast Health, Cervical Health, Osteoporosis & Bone Health, Menopause, Arthritis, Cancer Prevention Education, and Healing Touch for Self-Care. Workshops range from 45 minutes to 90 minutes in length, depending on the workshop being provided. They also provide 15 – 30 minute talks to physician offices, counseling staff, area business employees, community groups, etc. about ALL of the services that Caring Connections provides. You would be surprised at what Caring Connections offers!

If you are interested in having Caring Connections speak to your staff, community group, church group, clientele, etc., contact us at 941-2808 ext 335.

For more information about our educational offerings, go to: CaringConnectionsMaine.org/education.

CANCER SUPPORT MEETINGS

Caring Connections Breast Cancer Support Group meets weekly on **Wednesdays from 12:30 – 1:40pm**. Any person currently in treatment and those at any stage of survivorship are welcome! During June – August, we meet on the 2nd and 4th Wednesdays of the month.

Our Men’s Cancer Network meets from 6:00 – 7:30pm the **first Wednesday of every month**. This group is for any man that has received a diagnosis of prostate, testicular, or penile cancers. Partners are welcome to join us as well!

For more information about our support groups, call Caring Connections at 941-2808 ext. 338 or visit CaringConnectionsMaine.org.

UPCOMING HEALING TOUCH LEVEL 1 CLASS AT THE Y

April 7th – 8th • 8:30am – 6:00pm

If anyone is interested in learning this accredited, complementary energy modality, please contact Leanne Bishop at 941-2808 ext 335 for more information. Many of the people that have taken Healing Touch classes in the past now volunteer at Caring Connections events where they provide Healing Touch sessions for cancer survivors and caregivers. We would love to have more volunteers join us!
**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**

**POTLUCK AND MOVIE**

3rd Monday of every month from 12:00 – 3:30pm

Potluck 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 1:00 – 2:00pm starting April 27th

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 ext 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, and many others!

We’ve recently added a new class called Pump & Cycle, a fitness program that will help improve balance and overall muscle strength by using weights and other resistance exercises. It is specially beneficial in reducing the impact of osteoporosis. We’ll spend 30 minutes in the Fitness Center/Weight Room and then head to the Cycling Studio for beginner level cycling!

Please check our Senior Friendly Class schedules online or at the Welcome Center for class days and times.

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.

PARTNERING WITH AARP
We’re excited to be working with AARP Maine to provide helpful seminars for adults ages 50 years and older!

Last month, we co-hosted a Fraud & Scam seminar to help people learn what to look for and how to avoid getting scammed. If you are interested in receiving information about future seminars we are co-hosting with AARP Maine, please email Jennifer at jcrane@bangorY.org.

Don’t miss AARP Maine’s monthly events in Bangor!

GREATER BANGOR ON TAP!
Some of the best ideas are hatched over a beer. Let's keep the ideas coming. Your first beer is on us. Your second is on whomever you bring with you. Join AARP Maine staff & volunteers at Geaghan’s Brothers Tap Room in Brewer for a pint!

DETAILS
WHERE: Geaghan’s Brothers Tasting Room, 34 Abbott Street, Brewer, Maine (by old Nissan bakery)
RSVP: Drop us a note at ME@aarp.org

Greater Bangor Coffee Klatsch
2nd Fridays. Each month | 8-10AM
| Central Meeting House |
| 29 Central Street, Downtown Bangor
Come on by, say hello, meet some of your neighbors as well as some of the local staff here in Maine with AARP and the Piscataquis Thriving in Place Collaborative, to talk about how we can support community development for all ages in the Dover-Foxcroft region. Bottomless coffee and a breakfast bite are on us.
LIKE US!
Facebook.com/AARPMaine

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!
CONGRATULATIONS TO OUR BARRACUDAS!

Our 6 - 18 year old Barracuda swimmers have had an AMAZING season! Earlier this month, they competed at the Maine YMCA State Meet where they placed 2nd Overall behind the Long Reach Swim Team by less than 100 points. Long Reach has won Y States every year since 1992. Each age group gave their all during this 3-day meet with wonderful results:

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McKayla Kendall set 2 state records and team records while Steven Johnston qualified for Y Nationals in the 50 free and missed the 100 free by a second!

Twenty kids in our 10 & Under age group swam at the New England YMCA Championship this year! Our 8 & Under Boys placed top 5 and set a state record in the 100 medley relay with a time of 1:13.12, breaking the old state record of 1:14.12 held by our Y from 2001. Our 8 & Under Girls dominated also placing in the top 7. All swimmers at New England’s had significant time drops in each of their events. The trend continued with our 9 - 10 Girls & Boys with Brynn Lavigneuer winning the 50 backstroke with a time of 32.29.

Forty-four kids went to Junior Olympics this year and our team placed 4th! This event concludes the season for the majority of our team while some will be continuing to train for the Showcase.

We have 10 kids qualified for the Elite Showcase Classic held in St. Petersburg Florida the last week of March. This meet is the fastest age group meet in the country and we’re looking to have several of our kids make it back to finals each day!

Our Barracuda Dive Team, coached by Kayla Bousfield, also had a FABULOUS season. Kaela and Kiera Springer, Anthony Wardwell, and Iliana Richards qualified to go to the YMCA National Diving Championship held in Fort Lauderdale Florida in April!

Join us in congratulating our amazing kids and their efforts as they represent your Y and your community at the local, state and national level! We are so proud of the way these kids carry themselves at every meet; they have done such a wonderful job that we have had three separate teams compliment our team on the way they behave on deck!

To support our team or for more information, contact Head Coach Matt Cook at mcook@bangorY.org.