

# Somerset Valley YMCA

**Our Mission:**

2nd Edition 2008

*The Somerset Valley YMCA is a membership organization that serves the community by promoting physical, mental and spiritual health in a safe and friendly environment. Everyone is welcome.*



## *In the News...*

### **Somerset Valley YMCA Offers New Program to Trim Childhood Obesity Rates**

*Healthy U Program Made Possible by a \$1 Million Grant from*

*The Horizon Foundation for New Jersey*

The Somerset Valley YMCA will offer a new after-school program entitled Healthy U to help fight childhood obesity. The Horizon Foundation for New Jersey's Healthy U program is a statewide initiative to introduce the award-winning CATCH (Coordinated Approach to Child Health) curriculum that will lower obesity rates in children.

"The Healthy U program is open to children between the ages of 5 and 12, who are enrolled in our YMCA after-school programs. Healthy U promotes nutrition education, non-competitive physical education, improved self-esteem and strong family involvement," said SVYMCA CEO, Efrain Centeno. "This CATCH curriculum is proven to reduce obesity, and we're excited about improving the health of our children, thanks to support from The Horizon Foundation for New Jersey."

### **PEPSICO AWARDS \$2,500 GRANT TO HILLSBOROUGH FAMILY YMCA TO HELP MORE PEOPLE ACHIEVE HEALTHIER LIFE-STYLES**

*—Funding to support initiatives related to Activate America®—*

PepsiCo, one of the world's largest food and beverage companies, and its Smart Spot program, a health and wellness initiative, has awarded the Hillsborough Family YMCA a grant for \$2,500 in support of health and wellness programs related to Activate America®, a long-term initiative designed to strengthen and promote the YMCA's abilities to help more Americans live healthier lives. This grant is one of 400 that PepsiCo is allocating to YMCAs around the country, for a total gift of \$1 million for 2008.

Activate America is the YMCA's response to our nation's growing health crisis. The YMCA is redefining itself and engaging communities across the country to better support Americans of all ages who are struggling to achieve and maintain well-being of spirit, mind and body.

We are very grateful for PepsiCo's support of our health and wellness initiatives. The Hillsborough Family YMCA plans to use the funds to promote their Running 101 program that trains runners for the Hillsborough Hop 5K.

### **SANOFI-AVENTIS U.S. MAKES GENEROUS DONATION**

*—Funding to support Somerset County's Children through the YMCA's scholarship program—*

Sanofi-aventis U.S. has generously contributed to our Strong Kids Campaign for 2008. This donation will provide scholarships for families who need YMCA programs but may not otherwise be able to afford them such as summer camp, child care, youth sports, water safety and after school care.

Sanofi-aventis U.S. has also contributed to our on-going Family Adventures in Food, Fitness and Fun program at the Somerville and Hillsborough branches. This program

will help us continue our mission of serving children and their families in Somerset County. Through this program we hope to emphasize how even making small changes in a family's lifestyle could have positive results.

We are grateful to Sanofi-aventis U.S. for their continuing support in helping us to fulfill our mission to build strong kids, strong families and strong communities...one child at a time.

## Please support our 2008/2009

Through the support raised by the YMCA Strong Kids Campaign, the YMCA reaches out to children and families throughout the community to provide opportunities that they might not otherwise have. Your support provides the funds needed to make these programs available, providing the recreational, learning and life-enhancing experiences that build strong kids, strong families, strong communities.



Contact Director of Development, JoAnn Kulikowski  
(908) 722-4567 for information on how you can make a difference in a child's life.

## Happenings at our branches...

### HILLSBOROUGH FAMILY YMCA CHARITY OF CHOICE FOR YOUNG YMCA MEMBER



The Hillsborough Family YMCA was honored to be the "charity of choice" for Eric Booth, age 7, as he manned a lemonade stand on June 21 as part of the Crayons® Pink Lemonade Brigade.

Eric was one of just 1,000 kids selected from across 46 states to host a Crayons® Pink Lemonade stand at the cross-country event on Saturday, June 21<sup>st</sup>. He has been a member of the Somerset Valley YMCA since he was four months old, utilizing their childcare, kindergarten and other programs.

Eric, a Hillsborough resident, commented "I hope that the money will bring in new supplies and more fun classes."

All proceeds from the lemonade stand will be donated to fund additional YMCA programs. The stand itself, along with 100 cans of Crayons® Tickled Pink

Lemonade, was donated by Crayons. Participants will compete in an additional contest to recognize the top 10 decorated stands.

For more information about Crayons and the Pink Lemonade Brigade, please see their website: <http://www.drinkcrayons.com/pinklemonadebrigade>.

### HILLSBOROUGH FAMILY YMCA RECEIVES DONATION FROM COMCAST FOUNDATION

The Hillsborough Family YMCA has also received a \$780 grant from the Comcast Foundation for partnering with Comcast for their Day of Caring May 3, 2008. These funds will be used to support the Y's Strong Kids Campaign. This grant from The Comcast Foundation is in recognition of Comcast's commitment to the communities where its customers and employees live and work. Since its founding in 1999, The Comcast Foundation has distributed more than \$50 million in support of programs implemented locally in Comcast communities.

**SUMMER CAMPERS SHOW  
COMMUNITY SPIRIT AND  
PROMOTE DONATIONS TO FOOD BANK  
NETWORK OF SOMERSET COUNTY**

*—The Food Bank provides food and other basic needs to less fortunate in the community—*



Summer Campers at the Bridgewater Family YMCA helped the less fortunate in our community by donating to the Food Bank Network of Somerset County.

With rising food prices and many emergency food centers stressed and worried about future demands on their

resources, we're sure our campers' efforts will be very much appreciated!

**SOMERSET VALLEY YMCA AWARDED \$50,000  
GRANT TO IMPROVE  
HANDICAPPED ACCESS RAMP, SIDEWALK AND  
LIGHTING AT THE SOMERVILLE FAMILY YMCA**

*—Funding made possible through Somerset County's  
Community Development Block Grant—*

The Somerville Family YMCA's handicapped ramps have received a much needed face-lift thanks to Somerset County's Community Development Block Grant (CDBG). Work on the upper ramp and sidewalk began in July. The ramp, which is also the main entrance to the facility, provides access to health and wellness programs and had deteriorated making it difficult for some seniors, children and handicapped individuals to navigate. The end result is a safer passage for our senior and handicapped members.



**SOMETHING FISHY AT THE  
SOMERVILLE FAMILY YMCA**

There was a new “splash” of color outside the pool at the Somerville Family YMCA this summer! Eighteen vibrant, large, paper fish, projects from Splash Camp, a YMCA of the USA curriculum, were on display during the week of August 4th.

Campers learned a variety of important aquatic skills and information, in and out of the pool too. From the more serious topics such as safety and stroke technique, to fun games like water balloon team juggling, relays, and watermelon water polo, the campers had a blast. The program was taught by Dana Scarantino, the Youth and Family Director.



***A low-cholesterol diet is one of the surest ways to improve heart health. In fact, studies show you can slash your bad cholesterol by as much as 10% to 20% by giving your diet a make-over. The secret? Follow a diet rich in healthy fats like vegetable oils and fish and avoid foods high in saturated fats and trans fats. How do you know which foods keep your cholesterol low? Here are eight tips to help you get started.***

## **September is Cholesterol Education Month!**

- Start your day with oatmeal. Experts agree this is one of the top cholesterol-lowering superfoods.
- Try a cholesterol-free egg substitute instead of whole eggs.
- For a tasty low-cholesterol dish, switch out the cream sauce on your fettuccine for lightly stir-fried vegetables.
- Instead of using butter to keep your pan moist while cooking, use white wine vinegar. It doesn't change the flavor of foods and doesn't add fat — a key to low-cholesterol cooking!
- Don't lean on butter, sour cream, and other fatty additives for flavoring. Instead, reach for the spices — either while cooking or at the table. Liven up your dishes with oregano, basil, parsley, rosemary, thyme, cilantro, coriander, or cumin.
- Stock your pantry and refrigerator with the right foods for a low-cholesterol diet. Buy your favorite canned or dry beans, fresh fruits, whole grains, vegetables, and vegetable juice.
- For a low-cholesterol diet, toss the butter, trans fat margarines, and polyunsaturated oil. Replace them with canola oil, olive oil, or plant sterol spreads.
- Look for products specifically created for low-cholesterol diets, like Minute Maid HeartWise orange juice and Benecol, Promise, Smart Balance, and Take Control margarines. These foods have been fortified with plant stanols and sterols that help to block the absorption of cholesterol.

SOURCES: National Heart, Lung and Blood Institute: "High Blood Cholesterol: What You Need to Know." National Cholesterol Education Program of the National Heart, Lung and Blood Institute: "Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III)." Mayo Clinic: "Dietary fats: Know which types to choose." Antonio Gotto, MD, the Stephen and Suzanne Weiss Dean, Weill Medical College of Cornell University, New York City. National Heart, Lung, and Blood Institute: "Introduction to the TLC Diet." WebMD.com: "Therapeutic Lifestyle Changes (TLC) diet for high cholesterol." Reuters Health: "Moderate Exercise Can Improve Women's Cholesterol." Harvard *HealthBeat*: "What to Do About High Cholesterol." National Heart, Lung, and Blood Institute: "Cholesterol-Lowering Medications and You." American Heart Association: "Side Effects of Cholesterol-Lowering Drugs."



During the week of Sept. 20-27, 2008 more than 1,400 YMCAs across the country will partner with the America on the Move Foundation (AOM) and celebrate *America On the Move Week with the YMCA* to encourage Americans to take **small steps** toward a healthier lifestyle.

The Somerset Valley YMCA is open to the public for the week. Enjoy all the Y has to offer for Free.

Become a member during the month of September and pay no Joiner's Fee!

Special classes and events for youth, adults and families happening at all branches. Everyone is invited to our Fun, Family events!

**Hillsborough Family YMCA**  
**9/6 Family Fun Day, 11am-2pm**

**Bridgewater Family YMCA**  
**9/13 Family Fun Day, 11am-2pm**

**Somerville Family YMCA**  
**9/27 Family Pancake Breakfast, 8am-11am**  
Go to: [www.ymcasomersetvalley.org](http://www.ymcasomersetvalley.org) for up-to-date information.