

WHY THE Y?



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKELAND HILLS FAMILY YMCA

100 Fanny Road Mountain Lakes NJ 07046

May 2015

www.lakelandhillsymca.com

A NEWSLETTER FOR THE MEMBERS AND VOLUNTEERS OF THE Y

VOLUME I - ISSUE V

10TH IN THE NATION!



Congratulations to our National Swim Team who competed at the 2015 YMCA Short Course National Championship at the Greater Greensboro Aquatic Center in Greensboro, NC from

Continued from page 6

COME CELEBRATE THEIR SERVICE

We invite you to join us on Wednesday, May 13th for our Annual Dinner & Awards Presentation. Come meet the people who make a difference in *your* community as we recognize individuals, educators and students for their volunteerism in our service area towns.



New this year...the event will be held at the at **The Knoll Country Club West**. Tickets for the evening are \$50
RSVP to Nancy Dunham nancyd@lhymca.com.

See our list of winners on page 4

ALSO IN THIS ISSUE

Page 2

Why the Y - Terri Shetler
Kid's Espresso Bikes Are Back
Congratulations Melissa

Page 3

Jabari Goes Above and Beyond
Nurse Jayne's Followers

Page 4

Our 2015 Winners!
15 Year's of Special O Swimming

Page 5

PSP Challenge is a Wrap
Y Commits to Diabetes Awareness

WHY WE GIVE

*A Letter from Fitness Director
Anthony Shovlowsky to His Staff*

Hi everyone,
Late last year, a high school wrestler that I coach, lost his father to cancer very suddenly. The family was devastated and his mother had to take on more responsibility to handle the bills, keep up with the house and support her three kids. It also forced the kids to go to work on top of school, sports, and trying to balance any other activities they had. In an unexpected way, this catastrophe made them all much closer but normal daily life was hard. The other day the brother of this wrestler



“WHY THE Y?” FOR MEMBER TERRI SHETLER



Terri with Trainer Darlene Kievit

Early Childhood Learning Center and participated in various enrichment classes like Rookie Racers and Rookie Sports.

I've always been active and athletic, but after having kids, my weight kind of got away from me. I started working with Darlene Kievit because I needed help to get back to where I used to be; where I wanted to be again.

My regiment is flexible and varies between a Yogalaties class, running on the treadmill, exercises outlined by Darlene, using the punching bag, and I recently developed a love/hate relationship with the bosu. As a result, I have a lot more energy and I am able to be more actively involved with my two sons. Both of my sons are currently taking advantage of many of the programs at the Y: the Early Childhood Learning Center, Snowboarding, Karate, Tumbling, even ballet at one point. My older son likes to go in the Cardio Arcade and will come to the Sensational Saturdays when time allows. He also attends the summer camp and even my husband utilizes the gym.

I believe that the Y is an ideal place because of its friendly atmosphere, the variety of programming for every age group and its reasonable pricing. In using the fitness components of the Y, my one suggestion is that no one should compare themselves to other people because everyone is different, establish small goals that suit your needs and be consistent in your approach to fitness.

I have been a member of the Lakeland Hills Family YMCA for a little over 8 years. Initially, I joined so that my older son could take swimming lessons. In addition, I experienced and enjoyed the exercise classes while my son was also enrolled in the

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Terri Shetler
Y Member

CONGRATULATIONS MELISSA!



Congratulations to Y board member, **Melissa Muilenburg**, who completed the Boston Marathon and achieved a time of 3:52.12! Way to go Melissa!

THEY'RE BAAA-AAACK!!

Expresso bikes are back and better than ever!!! The bikes



were secured on a 60-day trial period to assess their usage and value in the Kids Zone. Looking for distance? Looking for a fast paced race? Or just looking to take a relaxing bike ride on the beach? Well, we have it all here! Come on down, and enjoy the awesome



experience these bikes have to offer. Come and practice now, we will begin our Kids Zone expresso bikes challenges soon!

JABARI JACKSON ABOVE AND BEYOND

We recently received a letter from Ms. Janet Storti explaining how on the night of March 21, 2015 she was driving home from Boonton Township when she experienced a flat tire. According to Ms. Storti, she came to the Y to ask for assistance, and Jabari Jackson immediately responded with, 'I can help you.' Her car did not have a spare tire but Jabari retrieved his own spare and put it on Ms. Storti's car so that she could get home safely. Afterward Jabari called her to make sure she arrived safe and sound.

Ms. Storti wrote, "my daughter worked for the Y for over six years and she reminded me of how the Y seeks out role models and champions of honesty, caring, respect and responsibility. Jabari is a genuine and kind young man of character who went out of his way to ensure that I got home safely. His selflessness and strength of character are admirable and exemplify what it means to be a leader, to have honor, and to serve one's community. I am thrilled to know that such an exemplar as Jabari Jackson is a part of the Y community and represents it with such dignity and kindness."



"I've Learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." ~ Maya Angelou

RECOVERING HEART PATIENTS MAINTAIN CARDIAC HEALTH AT THE Y

Cardiac rehabilitation nurse Jayne Blum, RN, BCLA, ACLS, has been responsible for the Y's Cardiac Care Maintenance Program since its inception five years ago. Jayne monitors the individual rehab needs of members who have experienced a heart attack or other cardiac procedures.

Jayne has developed a legion of devoted followers who credit their health specifically to her cardiac program. According to Helma Hurford, "In October of 2012, Jayne... saved my life. During her monitoring of my heart functions, she determined a serious condition. Despite my protest, she immediately called my cardiologist... an hour later the cardiologist had me admitted to Morristown Memorial Hospital in one of my coronary artery procedures. When I asked the doctor if the situation had words were 'you could

When I asked the doctor if the situation had been all that serious, his words were, "you could have died."

Helma Hurford
Y Member

Another participant in the program, Lorna Dionisio offered, "First and foremost, ovascular health. She and medications, she supervised our individualized exercise regimen and

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Continued from page 5

OUR 2015 WINNERS

EDUCATORS OF THE YEAR:

K-8 - Amy Lorber
Second Grade Teacher,
Wildwood School
Mountain Lakes

High School - Anthony Sia
Strategic Design and
Networking Essentials
Instructor, Montville Township
HS; Founder, School of Rock at
Montville High School

STUDENT SERVICE AWARDS:

William Kogen Award
Alezander Wu
Parsippany Hills High School,
Parsippany
Samantha Ratakonda
Mountain Lakes High School,
Mountain Lakes

Bronie Parkins Award

Eric Sayre
Pequannock Valley Middle
School, Pompton Plains
Lauren Sforza
Saint Mary's Prep School,
Denville

CITIZENS OF THE YEAR:

Boonton

Debby Christensen

Boonton Township

Kristin Groeneveld

Denville

Douglas Gabel

Kinnelon/Butler

Thomas Kline

Lincoln Park

Robert (Bobby) Fredericks

Montville

Karen Arakelian

Mountain Lakes

Blair Schleicher Bravo

Parsippany

Frank Calabria, *in memoriam*

Pequannock

Dave Unger

Riverdale

Dawn Gosson

PLUS...

2 Surprise Announcements



A VERY SPECIAL SWIM MEET



The Lakeland Hills Family YMCA was honored to host for the 15th year the Area 3 New Jersey Special Olympics swim meet. Over 65 athletes came from programs servicing Morris, Warren and Sussex counties. Many of the swimmers return every year and it is exciting to watch them grow and improve in their swimming.

Congratulations to Carrie Dickey, Aquatic Director and her staff, volunteers from Dover High School and Special Olympics for organizing and executing a wonderful event.



WHY WE GIVE *Continued from cover*

stopped in my office to say they applied for financial aid here at the Y and were approved! The idea of being able to work out at the Y and to enjoy the facility as a family was unimaginable. They could never afford the "luxury" of a family membership! He said he was excited to get back in shape and his mom is thrilled to start working out with her daughter.

It is this story (and there are many more like it that few of us ever know about) that makes me a donor to our annual GIVE

"You don't think it will ever impact you, until it does."

Anthony Shovlowsky
Fitness Director

A KID THE Y campaign, *and I am asking you to join me!* This campaign provides financial assistance for local families in need so that they can participate in camp, childcare and after school care, Y

programs, swim lessons or membership. There are so many real life stories from families who have benefitted from our GIVE A KID THE Y program. Who wouldn't feel good making a donation to help people like this!

As a department, we would love to say we will have 100% participation and I want to stress the fact that *no* donation is too small – as little as \$5 will make a difference! You could go to work anywhere but working here is special. "We're not just a place, we're a cause" and I hope you'll be part of it with me!

You don't think it will ever impact you, until it does.

Thanks in advance!
Anthony



P.S. You can make a pledge or gift online at:

www.lakelandhillsymca.com/about/donate

RECOVERING HEART PATIENTS *Continued from page 3*

ing to our needs. She is quick to identify any cardiac problems, which she promptly refers to a physician or the hospital emergency room. In the years since the program began, Jayne has literally saved several lives!"

The Cardiac Care Maintenance program is designed to help heart patients maintain the best possible cardiovascular health following a heart attack or other cardiac procedures. Nurse, Jayne is assisted by our Cardiac Technician, Marybeth Taylor. Participants enjoy an increase in their energy level, lower blood pressure, lower blood sugar (for patients with diabetes), and improvement in current cardiovascular conditions.

The program also offers blood pressure and heart rate monitoring throughout the entire exercise session. During the class, patients experience lively, fun-filled exercise sessions with strong camaraderie among members. The sessions are held Monday, Wednesday and Friday from 7:30am to 11:30am. A YMCA membership and a signed clearance form from your doctor or rehab center is required before starting the program.



NURSE JAYNE MONITORS PARTICIPANTS THROUGHOUT THEIR WORKOUTS

THEY DID IT!



CONGRATULATIONS TO ALL FOR ACCEPTING OUR CHALLENGE!

232 Y members took on the 28-day PSP (that's Plank, Squat, Push-up) Challenge. After choosing from the beginner or advanced track, each day participants did a specified number of **planks, squats, and push-ups**, modified to whatever made them most comfortable. Time/quantity increased as days progressed and built-in rest days allowed for important muscle recovery.

All participants received a PSP Challenge t-shirt.

DID YOU KNOW?

Did you know that more than 29 million Americans have diabetes? Did you know that 1 in 4 people don't know they have it? Did you know The Y is making diabetes education a wellness priority.

Our community partner, Atlantic Health, recently presented an educational and informative overview on the symptoms and causes of diabetes. A one-hour Diabetes Workshop was held on Thursday, April 23 to an audience of 35 individuals. Dr. Ronak Patel, M.D., is an attending physician at the Diabetes and Endocrine Institute at Morristown Medical Center. Health professionals from Atlantic Health also conducted free glucose and blood pressure screenings after the lecture. The Y will host an in-depth series of diabetes management this fall; look for more information over the summer on this important topic. Should you want to be put on the contact list to have the dates and times of the classes emailed to you, please email Rosemary Linder Day, Community Relations Director, at rosemaryl@lhymca.com.



DR. RONAK PATEL, M.D. PRESENTS TO THE AUDIENCE

**Head Coach, Keira Cruz
and graduating seniors
who competed at
Y Nationals**

Left to Right
Shane Vyskocil,
John Om,
Cathy Chen,
Coach Keira,
Jesse Smith,
Erin Kiely,
Kyle Stefanides,
Reid Hensen.

Missing:
Alex Zhang



10TH IN THE NATION

Continued from cover

Tuesday, March 31 thru Friday, April 3. This prestigious meet is extremely challenging, difficult to qualify for, and represents one of the largest swim meets in the country with hundreds of YMCA teams competing.

More than 3 dozen personal best times were achieved by LHY swimmers and numerous team records were broken! The Girls Team finished 15th and the Boys Team finished 12th resulting in a 10th Place finish overall.

Scoring came from these top 16 finishes:

Ingrid Shu (15th-200 Breast, 7th-100 Breast, 7th-50 Free and a new team record, 5th-100 Free and a new team record, as well as the NJ Swimming State Record)

Reid Hensen (9th-200 Breast and a new team record, 10th-400 IM, 6th-100 Breast, 9th-200 IM)

Kyle Stefanides (18th-100 Fly, 9th-100 Back)

John Om (12th-100 Fly, 9th-100 Breast, 5th-200 Fly)

Matt Luciano (8th-100 Fly)

Girls 200 Free Relay (15th and tied the team record) **Cathy Chen, Lauren DeTorres, Lexe Faria, Ingrid Shu**

Boys 400 Medley Relay (2nd and new team record) **Kyle Stefanides, Reid Hensen, Matt Luciano, John Om**

Girls 200 Medley Relay (6th and a new team record) **Katie Kiely, Cathy Chen, Lexi Faria, Ingrid Shu**

Boys 200 Medley Relay (4th and a new team record) **Kyle Stefanides, Reid Hensen, Matt Luciano, John Om**

Additionally, **Victoria Eisenhauer** established a new team record in the 11/12 100 Breast You can check out all LHY results [HERE](#)