

# WHY THE Y?



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## LAKELAND HILLS FAMILY YMCA

100 Fanny Road Mountain Lakes NJ 07046

September 2015

www.lakelandhillsymca.com

A NEWSLETTER FOR THE MEMBERS AND VOLUNTEERS OF THE Y

VOLUME II - ISSUE I



## MISSION MOMENT

This summer, 6 teens from our Leaders Club attended a Y leadership program at Saint Mary's University in Maryland. Since 1967, teenagers have come together with YMCA professionals and volunteers for an experience in personal growth and group work involving the mission of the YMCA. This weeklong leadership program is the YMCA Teen Leadership Training School, also known as PACAA (Pennsylvania and Central Atlantic Areas). The school is planned and coordinated by a committee of YMCA professionals and volunteers for teens from Delaware, Maryland, New Jersey, Pennsylvania and the District of Columbia. PACAA provides teens with an invaluable training experience in the areas of leadership, volunteerism and community service, as well as the core value of character development. The goals of PACAA are:

- To help participants develop a lifelong commitment to the YMCA and its mission
- Provide training opportunities that can be utilized in their future careers
- Clarify, develop and strengthen personal character
- Build healthy spirit, mind and body through group activities
- To have FUN in a safe, supervised and welcoming environment

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PICTURED: BreAnne Barrow, Community Service Director, dropping off the teens for camp! Front left to right: Jennifer Counterman, Hannah Leeb, Anne Fahnestock, BreAnne Barrow, Aidan D'Angiolillo and top left, Richie Bruno and Colin Raser.

## 2015 SHUTDOWN ACCOMPLISHMENTS:

We thank you for your patience and understanding during the two weeks we were closed. While we recognize the inconvenience of the shutdown, it did provide us the opportunity to accomplish the following tasks beyond regular maintenance:

Parking Lot (repair storm drains, mill, resurface and reline the entire parking lot)

Locker Rooms (repair & re-grout tile, lights, vents, duct & carpet cleaning)

Gymnasium (paint, service & repair divider curtain, service backboards)

Group Fitness (paint, replace ceiling tiles & light lenses)

Arcade (paint, strip floor, clean lights & vents)

Babysitting (paint, clean carpets & windows)

Pool (drain water, repair deck tiles & re-grout where needed, paint, replace duct grilles, install new mats, clean pool lights)

Scribner & Program Rooms (paint, clean lights, vents, carpets)

Men's & Women's Long-Term Locker Rooms (paint, clean lights, vents, carpets, ducts, re-grout tile where needed)

Childcare (paint, strip floors, duct & carpet cleaning)

Cybox & Cardio (paint, refinish floors, clean lights, ducts & repair carpet)

Free Weight & Spin Areas (paint, clean ducts, light, vents, floors & matting)

Common Areas (paint, clean lights & vents, strip & wax floors)

Clean all windows both inside & out.

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## VOLUNTEER SPOTLIGHT...Hannah Leeb!



BreAnne Barrow, Community Service Director, announced that Hannah Leeb has been recognized as Lakeland Hills Family YMCA's youth volunteer honoree and will be acknowledged at the Annual New Jersey YMCA State Alliance Dinner on October 1<sup>st</sup>.

According to BreAnne, Hannah joined our LHY Teen Leaders Club after attending an event at the Y where our Leaders were volunteering. She immediately decided that she wanted to help others. Since then, she has been such an integral part of our club embracing what it truly means to be a Leader! It is Hannah's true passion and commitment to serving others that makes her one of the finest volunteers in our program. She is always willing to help out even if it means changing plans to be available for an event. Some of the service projects she helps out with regularly include organizing games and activities at many Y youth and family nights, setting up special events, working with older adults at our Senior Tech Class, as well as assisting with our community collections. Regardless of the event, Hannah always comes with her smiling face and positive attitude because her service truly comes from the heart! We are thankful for Leaders like Hannah!

# SIX WEEKS TO WELLNESS

(OCTOBER 5 – NOVEMBER 15)

NUTRITIONAL & INSPIRATIONAL WEIGHT-LOSS JOURNEY & LIFESTYLE CHANGE

LAKELAND HILLS FAMILY YMCA

SPONSORED BY JOHN JOHNSON DODGE®

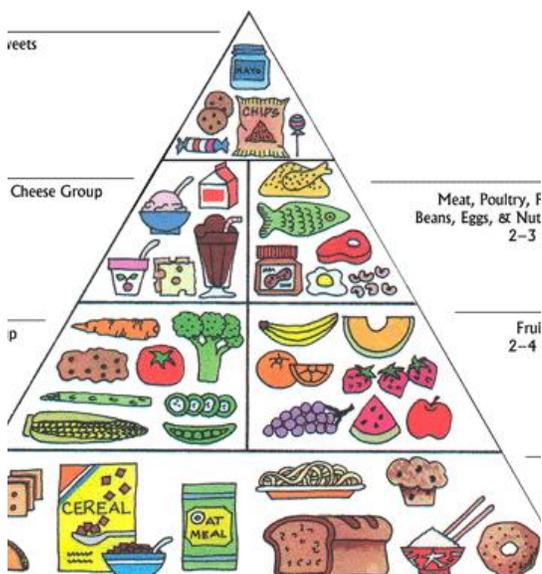
This is your opportunity to change your mind, body AND spirit through professional nutrition education, health coaching, fitness expertise and friendly motivation! You will be inspired to make small changes that can yield lifelong results and it all takes place at the Y! There are incentives and prizes along the way to make the journey fun. Prizes include the Fitbit Charge HR, Polar FT7 Heart Rate monitor, food scale, weight scale, gift cards to Dick's Sporting Goods and Amazon, plus much more!

Some special event dates during the Six Weeks to Wellness take place on Thursday evenings beginning October 1 and Mondays beginning October 5. Take advantage of Thursday Nutrition Nights at 6:30 PM presented by ShopRite® of Lincoln Park and health coaching by Mary Ellen Zung who will be available in the Health & Fitness Center on Mondays 9-10:30 AM and Thursdays 5-6:30 PM.

Signups for **Six Weeks to Wellness** begin Thursday, October 1 in the Health & Fitness Center but look for the rules and sign-up cards at our Member Appreciation Day table on September 22. Please stop by the Fitness Office to learn more details of the challenge and join us as we collectively pursue health and personal growth.

Most experts in the field of health and wellness stress that health is more complex than simply a focus on physical fitness. Emotional and social health is also important in improving your overall quality of life.

Please stop by to learn the details of this program and join us as we collectively pursue health and personal growth.



**Spirit** NUTRITION

*Mind*

**Body**

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## “Get FIT”

The Y has established a partnership with The Family Resource Network (FRN) in our effort to expand programming for individuals with special needs through the *Get FIT* program. FRN is the largest provider of resources and support services to families of individuals with developmental disabilities in New Jersey.

According to the FRN website, *“Get FIT focuses on the concept of staying active and healthy, decreasing the risk of secondary conditions, and promoting access to community wellness and fitness programs for people with intellectual and developmental disabilities (IDD) and their caregivers.”*

FRN will provide consulting services on *Get FIT* related activities including program set up, support and staff training. FRN will train our staff on the following modules: *Introduction to inclusive Fitness Training, National Standards and Guiding Principles for People with Disabilities, Overview of Disability Needs, Sensitivity and Awareness, Behavioral approach to Health Promotion, and the Application of Inclusive Health and Wellness Practices.*

The Y is looking forward to this partnership with the mission of expanding our program offerings for individuals with intellectual and developmental disabilities.



## SMALL GROUPS = BIG RESULTS

### Partner and Group Training

Group training allows two or more individuals to get personalized, effective, and motivational workouts while saving money. You'll learn proper techniques to work out more efficiently, and you select the schedule that works best for you!

Choose one of these options or have one customized according to your preferences: TRX (suspension straps), Kettlebells, Sport Specific (golf, skiing, strength conditioning, etc...), Welcome to the Weight Room for those getting acclimated to weight training

### FEES 7-Week Session

Two Participants \$210 each

Three Participants \$175 each

Four Participants \$140 each

**Contact:** Denise Munday [Denisem@lhymca.com](mailto:Denisem@lhymca.com)

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## Welcome Aboard!

LHY members Sabrina Literati-Guenzel and John Powers were recently elected to serve on the Board of Governors for three-year terms. Sabrina is Vice President of Marketing for Marathon Financial, LLC and has served in other consulting and managerial capacities in the pharmaceutical field. She also has served on our Y's Marketing and Promotions Committee since 2013. John is currently a partner with Summit Business Partners focusing on business development and has previously worked in various operational leadership capacities with major companies. He has served on the Y's Finance, Adult and Youth Fitness Committees.

John and Sabrina are looking forward to working with our following Board of Governor Members:

Barbara Girz

Jim McCarthy

Renee Lischin

Beth O'Connor

Colleen D'Angiolillo

John Smith

John Tolud

Carol Herring

Barbara Burke

Karen Carolonza

Georgiann Hook

Greg Pizzano

John Bernauer

Dave Fulton

Angelo Intile

Bob Flynn

Tim Frederiks

Jennifer Stafford

Lyn Weldon

Barbara Demarest

Jay Kiely

Megan Luciano

Linda Mirabella

Mike Naughton

Marci Racaniello

Melissa Muilenburg



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## Changing of the Guard in Masters Swimming



Pam Banks began swimming with the masters program in 1982 and then assumed the coaching responsibilities in 1994.

Pam attended YMCA and US Masters short and long course national meets during the next 20 years either individually or with the team. In 1986, LHY had 16 swimmers travel to Indianapolis for YMCA short course nationals.

During this time, she achieved over 50 national top ten times as well as two dozen national titles. At the age of 50, she began swimming open water events including the Chesapeake, 5Ks,

ocean, and 6-mile swims.

Over the years Pam has helped hundreds of athletes realize their potential in the water and to be more comfortable swimming. She states, "That's a big reason I have stayed with coaching for 20+ years; the satisfaction of helping others".

Lakeland Hills thanks Pam for her many years of dedication to these athletes both in and out of the water. She will be missed!

### **Brian Boardman-New Masters Co-Coach**



Brian is the head coach for the Kinnelon High School Swim Team and has led them to the Tournament of Champions in each of his first 8 seasons as head coach. This past winter, his team participated in the State Sectional Finals for the 5<sup>th</sup> consecutive year. He has coached 2 Olympic Trial Qualifiers, 2 YMCA National Champions, 12 High School All Americans and over 24 National level swimmers. Coach Boardman has been named the Morris County Girls "Coach of the Year" by the Daily Record three times and Star Ledger "Coach of the Year" on two occasions. Brian also just completed his 11<sup>th</sup>

successful year with the Indian Trail Club summer swim team.

During the school year, Brian is a middle school Social Studies teacher in the Kinnelon School District. He is an LHY swim team alumnus, and is married with two children. Brian is excited to be part of our Masters and Tri-Training coaching staff and team.

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## Changing of the Guard in Masters Swimming Cont'd



### Michelle Cromwell-New Masters Co-Coach

Michelle Cromwell has been involved with swimming since a very young age. She has competed for Fayson Lakes, LHY, Mt. Lakes High School, and Trenton State (TCNJ). Michelle has spent years coaching several lake, high school, college and YMCA age group teams. During that time period, her teams have had many great accomplishments including state championship titles and national qualifiers.

During the school year, Michelle is a middle school Special Ed teacher & track coach in the Kinnelon School District. Michelle left the swim coaching scene in 2008 to begin her family and is excited to be back. She looks forward to helping motivate and improve our swimmers.

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## KIDS CLUB AFTER SCHOOL PROGRAM

### Learning and Nurturing Opportunities From School Dismissal Until 6:00 p.m.

When the school day ends, children and teens need opportunities to learn and engage in meaningful activities. Their success out of school can have a positive effect on their success in school.

The Y's afterschool program offers activities in a caring and safe environment where all youth can achieve, feel like they belong and build friendships. As a leading nonprofit committed to youth development and a pioneer in afterschool programs, the Y believes in supporting the holistic processes that all youth experience.

Our Y serves the following sites: Boonton Township (Rockaway Valley School), Butler (Aaron Decker School), Denville (Riverview, Lakeview School), Lincoln Park (Lincoln Park Elementary), Mountain Lakes (Wildwood School).



# LOCAL CHAMBER NETWORKING NIGHT

SPONSORED BY TITAN ENERGY NEW ENGLAND

DENVILLE, MONTVILLE, PARSIPPANY, BOONTON MAIN STREET

The Y is hosting a Free Networking Night to encourage the business community to share information and contacts and encourage local business owners and administrators to join its Chamber.

All current Chamber of Commerce members and their guests are welcome, as are any individuals wanting to share in business after hours. Bring plenty of business cards and enjoy good company and light refreshments!

**When: Wednesday, October 7 6-7:30 p.m.**

**Registration:**

[www.lakelandhillsymca.com/programs/events/networking-event-registration](http://www.lakelandhillsymca.com/programs/events/networking-event-registration)

**Contact:** Rosemary Linder Day [RosemaryL@LHYMCA.COM](mailto:RosemaryL@LHYMCA.COM)

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## Pat Cavell

### Thank you for all of the years and good health in retirement!

I started my LHY career in 1990 teaching aerobics classes, assisting the fitness director and eventually teaching yoga. I then decided to become a personal trainer because I wanted to help those that were recovering from breast cancer, Parkinson's, MS and other disabilities. A special memory comes to mind when I worked with a lovely woman who was suffering with MS. One day she came up to me and said she and her husband celebrated their 25th Anniversary and because of our training sessions, and doing the workout routine I gave her, she was able to dance with her husband at their anniversary party. Friday mornings were very special due to teaching my Strength & Stability Class and working with my wonderful seniors. They are a joy to work with and so much fun!

I made many friends through the Y and I have so many fond memories working with all the fitness instructors, personal trainers and my two wonderful bosses, Anthony and Denise. Actually, they never felt like bosses. They were just two wonderful people I met through the Y and they became very good friends.

Retiring was a very difficult decision to make. However, I will be joining my husband in Georgia where he has been working for the past two years. I will also enjoy long weekends and the winter months in our new home in Longboat Key, Florida. I will miss each and every one of you, but I will not miss the snowy winters! Thank you for making working at the Y the most wonderful years of my life!

With the fondest memories,

Pat

