

YMCA NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2022

Wayne County YMCA

105 Park Street Honesdale, PA. 18431

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MEMBER & DONOR NEWSLETTER



Photo: Barbara Griggs-Pratt, Diane Zintel, Tina M. Hoehn, Mike Kinzinger and Jennifer DeYoung

YMCA BOARD OFFICERS AND EXECUTIVE DIRECTOR

Your Wayne County YMCA Board of Directors is made up of community volunteers who support the YMCA. The board works with Tina M. Hoehn the Executive Director

Jennifer DeYoung joined the Board in 2018 and was elected Board President in 2021. Jennifer and her husband Eric operate Advanced Disaster Recovery, Inc. They reside in Hawley with their 4 children. Jennifer became involved with the YMCA when her children attended the Summer Day Camp and she wanted to get more involved.

Diane Zintel joined the Board in 2018 and serves as our Vice President. Diane is passionate about all the Y has to offer and says, "My boys grew up using the Y and loved all the opportunities it offered." Diane is retired from the Wayne Highlands School District and has two boys with her husband, Don, of 52 years. Diane also enjoys the company of her four grandchildren.

IN THIS ISSUE

YMCA Board of Officers

Electronic Recycling

YMCA Staff Member Suzi Macron

The A-TEAM

Member Spotlight Dave Yadlosky

Employment Opportunities

NEPA Gives 2022

Health Kids Day

YMCA Future

ENJOY THIS ISSUE?

Feel free to share this newsletter.

QUESTIONS, COMMENTS, IDEAS?

Contact us at: wcmca@ptd.net.

Electronic Recycling Event Saturday, April 23, 2022 9:00 am-2:00 pm

Declutter your home and help the Y at the same time! If you have old electronic equipment piling up, we can help you get rid of it at the Electronic Recycling Event on Saturday, April 23rd! Cost is \$20 per carload, with the exception of air conditioners and dehumidifiers, which are \$20 each.

All proceeds benefit the Y. Join us at the Wayne County Fair Grounds on Route 191 in Honesdale on April 23rd.

Mike Kinzinger, Treasurer, has been involved with the YMCA for over 25 years. He started out as a youth sports coach, then as a programs committee member and eventually became a board member where he currently serves as the Treasurer. Mike is the owner of Sunrise Service in Honesdale and has lived in Honesdale all his life. Mike is married to Sue Bonham and has one daughter named Jenna.

Barbara Griggs-Pratt MA, RDN, LDN, Board Secretary, has worked at Wayne Memorial Hospital for 21 years as Clinical Nutrition Manager. Mother of 2, involved with YMCA since her children attended Day Camp years ago, then served on the board for over 5 years and is a strong proponent of health, wellness, exercise and the Y!

OUR AWARD-WINNING STAFF

YMCA Staff Spotlight

If you haven't taken a yoga class with Suzi Macron yet, you should really give it a whirl. Suzi brings a wealth of experience to the Wayne County YMCA including multiple certifications, 20 years of Hatha Yoga instruction, Prenatal, Aerial Yoga, Yoga for Head Trauma, Alzheimer's, Dementia and Downs Syndrome.



Many people use yoga therapy to manage mental and emotional problems such as stress, anxiety, or depression conditions and disorders. Yoga also helps increase flexibility, manage low back pain, chronic or long-term pain, and addiction and improves your overall health and well-being.

We caught up with Suzi and asked her what brought her to the Y. "After moving from New Jersey and settling in Hawley, I began longing to teach again! I had already been working in therapeutic fitness and felt adding more modalities to my repertoire would help my clients and increase my own sensitivity to their needs." Welcome to the team Suzi! The community is lucky to have you!

All levels of fitness are welcome to join!

Wednesdays 11am-12pm Yoga Fusion



Meet the A-TEAM!

The A Team Program at the YMCA in conjunction with Parents Loving Children Through Autism (PLTCA) provides opportunities for youth on the autism spectrum and their families to gather in a non-threatening environment.

Children on the spectrum are not often given the chance to participate socially with typical peers and siblings during evening events which makes them increasingly aware of their social differences.

This group seeks to fill that social gap. It meets every other Friday from 6 to 8 pm for additional socialization through life skills instruction and participation in activities such as bowling, movies, baseball games, and swimming.

The A-Team Program is open to anyone. Suggested donation of \$5.00 per family includes open gym or an organized activity and pizza.

For more information, contact Liz at the Y at 570-253-2083.

MEMBER SPOTLIGHT DAVID YADLOSKY

(AKA MR. YAD/PAPA BEAR)



I am a retired teacher of the Wayne Highlands School District where I taught 7th & 8th Grade Math and Science. My first experience with the Wayne County YMCA was soliciting funds to start the YMCA. I have been a member since 1998. While I am working out at the Y I hear the words of Ponce Del Leon say, "This is as close as you're going to be to the fountain of youth".

I care most about the work the Y does for the youth and seniors as well as the community. To me, the Y is youth. The one thing I love about the Y is that we have the same common goal ---- FITNESS. I try to encourage other members to set a schedule and stick to it. (3 days a week for 2 hours each day)

MY 30 SECOND ELEVATOR SPEECH: I would say being physically fit also enhances mental and emotional stability and one's self esteem sky rockets!

I can do it! You can do it! WE CAN DO IT!

JOB OPPORTUNITIES

Summer Day Camp Counselors

Do you like working with kids, have experience with children and want to make a positive impact in the lives of others? The Y is looking for Summer Day Camp Counselors for the summer of 2022.

Maintenance/Housekeeping

We are currently hiring maintenance and/or housekeeping staff.

For more information on how you can apply, contact the Member Services Desk at 570-253-2083

JOIN US FOR NEPA GIVES 2022

NEPA Day of Giving is
Friday June 3, 2022!

DID YOU KNOW?

**The YMCA Is 100% Funded
by
Community Support and
Donations**

**Many believe our YMCA is
funded by our national
organization.**

**However, this is not the case.
That is why, now more than
ever, we need your support
on June 3rd!**

While our YMCA is small in comparison to others, our services and programs play a vital role in the quality of life for the members of our community. The positive impact we have on families is great and critically important to many. The Wayne County YMCA has something for everyone. With your generous support, you can help us to continue to serve the community in this way.

**We May Be Small –
But Our Impact Is Great!**

Search NEPA Gives and donate to your Wayne County YMCA on June 3, 2022!

HEALTHY KIDS DAY

Saturday, April 30, 2022

11:00-2:00

Join your YMCA Staff and
Volunteers for games, fun,
and snacks.

The Bouncy House

Imaginary Playground

Temporary Tattoos

Day Camp Registrations

Camp Starts - June 13, 2022

Call for a schedule of events
or check our website at
www.wcymca.com.



VOLUNTEER OPPORTUNITIES

Committees

Do you enjoy working with others to make our community a better place and to make a positive impact in the lives of others? The Y is looking for volunteers for several board committees.

Special Events & Programs

Do you have a special talent to share? Is your time limited but you have a day you can help with a special project or Y fund raiser?

For more information on how you can apply, contact the Member Services Desk at 570-253-2083

A New Wayne County YMCA?

Have you heard the buzz going around about the possibility of us getting a new YMCA Facility in our community? Currently our Director, Tina Hoehn, and the Board of Directors are working with community members to form a Board of Trustees. A feasibility study will be conducted in the coming months which will help determine the scope of this potential project. While we are very excited and working towards the possibility of a new Y facility, our current Y continues to need financial and volunteer support to insure our future growth.

If you would like to volunteer your time or make a donation to help our efforts, contact the YMCA at 570-253-2083.

