

West Y Word



West Philadelphia YMCA Branch Newsletter



PHILADELPHIA FREEDOM VALLEY YMCA

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philaymca.org

A MESSAGE FROM THE EXECUTIVE DIRECTOR

By Terry Y. Henry

Welcome to the second issue of the "West Y Word." It is time to **GIVE** to the Annual Campaign. We're more than a Gym! We're a cause! At the Y, we strengthen communities by supporting people... like those who participate in our Diabetes Prevention program. From A to Z we offer programs and support that promotes health and well-being. The West Philadelphia YMCA 2013-2014 Annual Campaign goal is \$98,000. Our Annual Campaign began October 1, 2013 and will end March 31, 2014. Stop at the Welcome Center to make your donation. Thank you for your contribution to the YMCA.

Thank you for being a member of our YMCA. Enjoy the Fall days ahead.

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Health and Wellness Observances-October

Domestic Violence Awareness Month.



What can I do if I am abused?

Most cases of domestic violence are never reported to the police. Call the police. Charges may be filed if the abuser's acts constitute a crime. You may also apply for a Protective Order. You may seek counseling. You can leave the home. The proper course of action depends upon the nature and extent of the abuse. Do not ignore the abuse.

National Breast Cancer Awareness Month



What Causes Breast Cancer?

We do not know what causes breast cancer, although we do know that certain risk factors may put you at higher risk of developing it. A person's age, genetic factors, personal health history, and diet all contribute to breast cancer risk.

TIP OF THE MONTH

Ways to Reduce Breast Cancer:

- Eat a diet rich in fruits and vegetables
- Exercise daily
- Do not smoke
- Reduce alcohol consumption
- Maintain a healthy weight and body mass index
- Perform monthly self breast examinations
- Talk to your doctor about a mammogram

CHECK US OUT...

Be sure to check out your friends from the West YMCA on our Facebook page!

Follow the Philadelphia Freedom Valley YMCA on Twitter



EVENTS OF THE MONTH

- October 2 Free Eye Screening (by appointment) 9:00 AM –3:00 PM
- October 4 Tween/Teen Night 6:30 PM– 8:30 PM
- October 7 Free Eye Screening (by appointment) 9am -3pm
- October 8 Rite Aid Flu Shots MUST BRING INSURANCE CARD
- October 13 Branch All Staff Meeting 5:30 PM– 7:30 PM
- October 15 SACC Satellite Branch opens@ Tilden 6601 Elmwood Ave.
- October 18 Family Fun Friday 6:30 PM– 8:30 PM
- October 25 Donate 4 Life Information Table, Lobby 2:30 PM
- October 25 West Branch Annual Campaign Kick-off 6:00PM– 8:00PM
- October 28 Homeowners Policy Workshop 6:30 PM, Classroom B
- October 28 Late Fall Session Begins

YOUTH SPOT

What are good manners?

Courtesy, politeness or having good manners are all about respecting others and yourself.

What good manners look like at home

- Being helpful to others in your home.
- Saying 'please' and 'thank you'.
- Sharing and not grabbing and keeping good things to yourself.
- Respecting other people's property and their rooms.
- Helping the family by doing your chores.



BRANCH TIDBITS



This past month Aquatics Director, Gloria Sephes and Youth Sports Director, Lillian Penn attended an EMLE event in New Orleans, LA. The Emerging Multicultural Leadership Experience (EMLE) is a learning experience designed to provide emerging professional staff of color the opportunity to become further engaged and connected to the YMCA movement.



The West Philadelphia YMCA recently hosted an eye health and eye screening by the Wills Eye Institute. Wills Eye Hospital was established in 1832 as the nation's first eye hospital. Members stated that they enjoyed the information, screenings and appreciated the Y for its dedication to member's health and well-being beyond the gym and pool.

Employee of the Month :Camille Flemming



UPCOMING EVENTS...

- TEEN and TWEEN NIGHT**
*November 1 6:30pm-8:30pm
- FAMILY FUN FRIDAYS**
*November 15 6:30pm-8:30pm
- KIDS NIGHT OUT**
*November 8 6:30pm-8:30pm
- THANSGIVING**
*November 28 All YMCAs Closed

Answers from Last Month's Youth Spot

HOW THE BODY WORKS

Skeleton Solution

WORD BANK

tibia	ilium	radius	fibula
ribs	clavicle	spinal column	sternum
skull	femur		