

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



BUILDING EMPATHY WALK A MILE IN THEIR SHOES

At the Y, our cause is strengthening community. We do so by nurturing the potential of youth, improving healthy living for all, and fostering social responsibility. Being well in spirit, mind, and body is central to each of these pursuits.

Understanding health and well-being begins with each of us. When we strive to understand people seeking to attain or maintain health and well-being, referred to here as "health seekers," we must first reflect on our own personal perspectives of well-being and how that understanding changes over time. This reflection process will better equip us to understand others with empathy and compassion. Forming relationships with those intentions in mind is essential to help individuals reach their goals and provides the foundation for a strong community.

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ENJOY THIS ISSUE?

Please share this newsletter with anyone who may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact Jennifer Nicodemus,
Director of Health Innovations, at
jnicodemus@michiganymca.org or
734-660-0443

- Use **#MIYMCA** to connect your Michigan YMCA on Social networks
- Visit the State Alliance of Michigan YMCA's website at www.michiganymca.org

The following reflection and knowledge-building steps develop empathy to support health seekers on their well-being journeys.

Appreciating balance. By understanding the various aspects and balance that comprise our own well-being, we can begin to appreciate how choices affect that balance.

Letting go of assumptions and judgments. Listening to others' perspectives of their own wellbeing can provide us with new insight and expand our ability to support others in their pursuit of well-being. Identifying assumptions, judgments, and our own perspectives helps us begin to approach others fresh and judgment-free.

Developing empathy. Gaining humility by recognizing our own struggles helps us develop empathy for others to provide others with compassionate support, rather than identifying missteps and prescribing solutions. We also gain an understanding of our appropriate role as true coaches instead of setting out to change others.

Understanding cultural contexts. Understanding the diversity of backgrounds, experiences, values, and interests helps us to understand and appreciate the beliefs and social norms of others.

Once we develop the foundational understanding listed above, we're ready to begin building community among groups of people to create support networks and belonging for all seekers of health and well-being. Through these support networks, health seekers will strengthen assets and achieve their aspirations.

To view this tool-kit in its entirety go to yexchange.org/HealthInnovation/Resources/Building-Empathy-to-Support-Health-and-Well-Being.pdf

UPCOMING EVENTS

- **Foundations of Group Exercise and Strength and Conditioning** will be offered as online-only programs beginning in early 2016. Read more about this change on yexchange.org/grouplexercise.
- **Regional Training Events coming in 2016!** The State Alliance of YMCAs in partnership with our Training Partner Y's in Ohio and Indiana will be working together to bring three Regional Training events to southeast, central, and west Michigan. These events will include (but are not limited to): EnhanceFitness, Moving for Better Balance, LIVESTRONG at the YMCA, and the YMCAs Diabetes Prevention Program.
If your Y would like to host a training, or if you have a specific training request please contact Jen Nicodemus at 734-660-0443 or jnicodemus@annarborymca.org.
- **EnhanceFitness Trainer Academy** Certified EnhanceFitness instructors in your facility may be eligible to become program trainers in 2016. More details to follow, but contact Jen Nicodemus if you or your staff are interested learning more.

PROGRAM UPDATES

Bay Area Family YMCA:

Over the past few weeks the Bay Area Family YMCA has been piloting their first of two Healthy Living programs: EnhanceFitness. Twelve participants are attending classes regularly, and they are anticipating more to join their first official class which will launch in January. Plans are also in the works to take the program out of the Y facility and into two community locations, the first of which would begin by March. One challenge Health and Wellness Director Nathan Goddard is working through is the price-point. Items to consider are: covering expenses, getting participant buy-in, and program longevity to name a few.

Moving for Better Balance is the second Healthy Living program the Bay Area YMCA will launch in January. This program will have a great following due to its current Tai Chi offerings, instructor base and commitment to quality member education. This program will also be taken out into the community after it's initial roll-out.

YMCA of Greater Flint

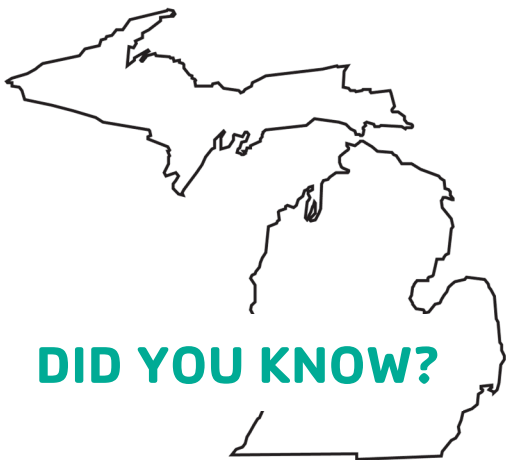
In 2016, the YMCA of Greater Flint will be focusing on launching Moving for Better Balance and LIVESTRONG at the YMCA. The pilot for Moving for Better Balance will begin in January, with the formal program to begin in March. Obstacles to overcome for both programs focus mainly on staff: finding, training, and keeping. A standing partnership with Hurley hospital will help to build awareness for both programs and will serve as a foundation to build a referral network as the programs are launched.

SPOTLIGHT ON: SONIA CULVER

Sonia Culver, Plymouth, came to the LIVESTRONG at the YMCA program in September 2014 after treatment for ovarian cancer. She says, "At 76, I never would have dreamed I'd join a health club and enjoy it, but I do! I've rarely missed a day because I feel very committed to being here, so much so, that when I have had to miss I've often come in on another day to make it up."

"My cancer, and participation in the LIVESTRONG® at the YMCA program has changed my life in more ways than one."

"I'm much more conscious of my diet and I really understand the importance of exercise in keeping me strong, which is so important in case I ever have a recurrence. Since I participated in the program (and joined the Y afterwards), I have been able to build up my energy, improve my balance and have even lost thirty pounds! When I first came to the Y, I could barely stay on the elliptical machine for two minutes without getting winded, but now I regularly stay on up to ten, and once I kept at it for twenty-one minutes (and even took a picture of the screen as proof to send to my four kids!) I know it's an odd thing to say, but through my cancer, I really am getting healthier, and that truly is a good consequence. I feel so good now, I would never consider stopping."



- There are 10 million cancer survivors living in America today. Some are considered cured, others in remission or receiving treatment.
- The four primary cancer treatments include surgery, chemotherapy, radiation, and biologic therapy.
- Skin cancer is the most common type of cancer, and it can be prevented by wearing sunscreen, limiting sun exposure, and avoiding tanning beds

www.cancer.org

HEPA STANDARDS

Sugar: Provide foods that don't list sugar (e.g., sugar; invert sugar; brown sugar; words ending in -ose; and syrups like high fructose corn syrup, honey, etc.) as one of the first three ingredients or that contain no more than 8 grams of sugar per serving.

WHY FOCUS ON SUGAR?

- The American Heart Association has recommended that Americans drastically cut back on added sugar to help slow the obesity and heart disease epidemics.
- There's no nutritional need or benefit that comes from eating added sugar.
- The average American consumes 476 calories per day from added sugars. This represents a 19 percent increase from 1970.



Harvard School of Public Health
American Heart Association

BUILD CONNECTIONS

Understanding the medical community can help you go further with your Healthy Living work. Here are some of the e-learning opportunities available through the Learning and Career Development Center on yexchange.org. Each training is \$20.

Medical Community Partnerships 101:

This course is a scenario-based eLearning that introduces Y program coordinators and other Y staff to the medical community. This course will provide basic information about the medical community and an introduction to health care coverage. This course will also explain how the medical community is relevant to the Y and how Y program coordinators and other Y staff can use this information to build relationships with the medical community, as well as program participants. This course takes about 30 minutes to complete.

Medical Community Partnerships 201:

This course is intended to help participants identify the value in their programs and be able to articulate that value to the medical community. Participants will also be introduced to some basic skills that will prepare them to engage potential or existing partners with increased confidence. This course takes about 30 minutes to complete.

Navigating Community Health Resources:

This foundation level course is for Y Staff who serve in a variety of roles that may provide guidance and support to community members. Learn how every Y staff can assist community members to navigate community health resources such as health screenings, immunizations, and other services for children, families, and older adults, then take an active role in connecting the community to the resources that are available.

Y-USA HEALTHY LIVING STRATEGIC PLAN

IMPROVING THE NATION'S HEALTH & WELL-BEING

- Preventing and managing chronic conditions including youth and adult obesity
- Addressing the needs of an aging population
- Addressing the health inequity among people of different populations

LEARN TOGETHER

Connect with colleagues across Michigan: join our monthly network call and learn about EnhanceFitness, Moving for Better Balance, and the YMCAs Diabetes Prevention Program. Whether your YMCA is in the planning phase for these programs or well into delivery, we can all learn together.

2nd Thursday of each month at 11am

**Call in information:
1-866-554-8472
Code: 4410 595 828#**

One call covers it all! Be ready to discuss all three health management programs, share stories and ask questions.

