

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



EXPAND YOUR REACH COLLABORATE

At the Y, we have a strong organizational instinct about the importance of collaboration. During recent years, Ys have begun to find ways to convene and catalyze collaborative groups in our communities. As we seek to build and strengthen community inside and outside our walls, it is important to consider and state what we know and believe about collaboration and the importance of intentionally seeking new ways of bringing people together in pursuit of a shared vision and common goals.

- To strengthen community, we must collaborate with others. Leverage the power of collaboration by forming strategic relationships with other Ys, organizations, government agencies, and businesses to build capacity to nurture the potential of children, promote healthy living, and foster a sense of social responsibility.
- To collaborate is to work with, understand, and develop others. It

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ENJOY THIS ISSUE?

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

QUESTIONS, COMMENTS, IDEAS?

Contact Jennifer Nicodemus,
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734-660-0443

- Use **#MIYMCA** to connect your Michigan YMCA on social networks
- Visit the new State Alliance of Michigan YMCAs website:
www.michiganymca.org

is a component of the Y's competency model for cause-driven leadership and is born of the individual leadership competencies of Inclusion, Relationships, Influence, Communication, and Developing Others. Behaviors that reflect and support those competencies can be learned, practiced, and improved upon by staff and volunteers. To be great at collaboration as a Y, our staff needs to continually develop strong collaboration skills as individuals.

- Collaboration can be spontaneous and organic and, as such, can be nurtured by the Y. When people know and trust one another, they build familiarity, discover commonalities, explore shared values and experiences, appreciate differences, and ultimately find common purpose, which can manifest itself as a grassroots collaboration.
- Many Y programs bring people together and in so doing strengthen community. As a place where people of different back grounds can meet and get to know one another, the Y has the potential for creating collaboration that bridges the barriers of race, class, politics, religion, orientation, and culture, thus contributing to a community's ability to learn, grow, and thrive together.

Here are three simple steps that every Y can begin doing right now that will get your organization moving toward collaboration with members, staff, volunteers, donors, and partners.

- 1. Look for Bright Spots:** Look around your Y, where do you see collaboration happening? Where are groups meeting or gathering? What might these groups accomplish if they took their collaborative efforts to the next level?
- 2. Take Action:** Use The Big Picture Deck® to spur on, course correct, or re-engage a group of collaborators. We've added five new activities to the Cause Conversations resource and have a new Collaboration Booster Pack with which to experiment.
- 3. Learn, Grow, and Thrive:** We must collaborate in order to strengthen community so we must become experts in collaboration, and that means taking time to practice and the discipline to be strategic.

To see the entire Collaboration Tool-Kit, go to:
<https://yexchange.org/Living-Our-Cause/Pages/Collaborate-With-Others.aspx>

UPCOMING EVENTS

- **Michigan YMCA Leaders Conference** Thursday, November 12 in Lansing. Registration at <http://2015.ymcaleaders.org>
- **Healthy Lifestyle Principles** Thursday, November 5 in Grand Rapids; Tuesday, November 17 in Lansing
- **Foundations of Group Exercise** Friday, November 6 in Grand Rapids; Wednesday, November 18 in Lansing
- **EnhanceFitness Training** Thursday, November 19 in Lansing
- **YMCA's Diabetes Prevention Program** Thursday and Friday, December 10 & 11 in Ann Arbor

PROGRAM UPDATES

YMCA of Greater Kalamazoo

For the past 3 years, Kalamazoo has been offering the Moving for Better Balance program at its Maple St. location, and a second class will be offered at the Portage branch in January. The program is free to members and \$68 for non-members. So far, class registration has totaled 30 unique individuals with many repeating the program. In addition to MFBB, Kalamazoo also offers **LIVESTRONG®** at the YMCA, Matter of Balance, Tai Chi for Arthritis, and SilverSneakers®.

In early 2015, the YMCA's Diabetes Prevention Program was launched and to date they have started two classes. One challenge that came up was maintaining program attendance. This problem inspired Trish Harrison to create a Readiness to Change Assessment which she will pilot during her next enrollment period. One highlight to mention is that Bronson Hospital is very supportive of the YMCA's Diabetes Prevention Program. Two pilot classes are being discussed for January 2016.

Monroe Family YMCA

While the Monroe YMCA is currently offering EnhanceFitness they are hoping to increase their class numbers by the end of 2015. One strength is that they have a steady stream of participants from which they can build a referral network. A waitlist for their initial class has created the need for additional classes which will take place in two community churches. Their next steps with this program include hiring and training additional staff.

Also in the works: a partnership with the Ann Arbor YMCA to bring the YMCA's Diabetes Prevention Program to Monroe, and launching the Moving for Better Balance program later in 2016.

BECOMING A PROVIDER IN 2016

FIRST STEPS

- Register to attend a Readiness Assessment Technical Assistance Webinar: February 2, 2016 at 2pm
- Listen to a recording of a previous Readiness Assessment Webinar
- Obtain access to Easygrants

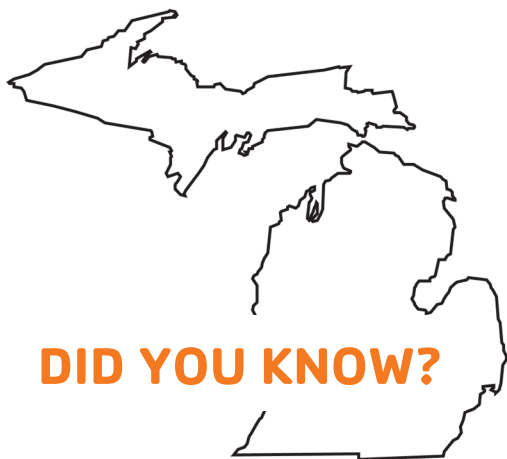
COMPLETE THE READINESS ASSESSMENT

1. Work with local staff and community stakeholders to gather data to complete the Readiness Assessment and review the Pledge. The Readiness Assessment will be open on Easygrants after November 1, 2015.
2. In order for your Readiness Assessment to be reviewed, your CEO must sign the Commitment Document. This signed document must be emailed to ymcadpp@ymca.net prior to the review period deadline. The Commitment Document is available for download in Easygrants.
3. Submit your Readiness Assessment and Pledge acknowledgement through Easygrants prior to the deadline of February 29th, 2016

REVIEW AND NEXT STEPS

1. Readiness Assessments are reviewed at regular intervals each year, and only Readiness Assessments submitted prior to the review date will be reviewed. Each Readiness Assessment will be reviewed by at least two reviewers, both local Y and Y-USA staff.
2. Eight questions within the Readiness Assessment contain a rating scale. This scale is the exact same scale the reviewers will use to assess your Y's response to the question. We've provided you the rating scale so that you know what reviewers are looking for in your assessment.
3. Y-USA will notify Ys of their assessment score and the next step in Program Implementation will be.

For more information please go to: yexchange.org/diabetespreventionprogram



- 1 in 3 Americans aged 65+ falls every year
- Falls are the leading cause of fatal and non-fatal injuries for older Americans
- Every 13 seconds an older adult visits the ER for a falls related injury
- Some medications and hearing/vision issues can increase the risk of falling
- Exercise programs can improve balance, strength, and flexibility and decrease the risk of falls

www.ncoa.org/healthy-aging

HEPA STANDARDS

Screen Time: Eliminate screen time (television, movies, cell phone, video games, computer, and other digital devices) for children under 2 years old. For those over 2, limit screen time to less than 30 minutes per day for children in half-day programs and to less than 1 hour per day for those in full-day programs. During screen time, seek to minimize children's exposure to commercials and ads marketing unhealthy foods.

WHY FOCUS ON SCREEN TIME?

By the age of 10, every additional hour of television children watched as toddlers is associated with lower math and school achievement, reduced physical activity, and victimization by classmates in adolescence. For every hour of television watched, they are 8% less likely to eat fruit daily, more likely to eat candy (18%) and fast food (16%). Screen time discourages active behavior and may expose children to unhealthy messages. Studies show an association between television viewing and preschool children's risk of being overweight.



BUILD CONNECTIONS

Partnering with local community organizations is a great way to market your programs.

Host an Event

Community Forum: Community forums can be a very effective way to raise awareness and to get various stakeholders involved in an issue. It can provide an opportunity for activists to join forces, demand action on a set of issues, advocate for change and get local media attention. In general, a community forum should last about an hour, long enough to educate your audience and short enough to keep their attention. A suggested forum format would have: 1. three presenters, each speaking for 10–15 minutes; 2. a 20-minute question and answer session; 3. a 5–10 minute wrap-up session, which motivates attendees and relays concrete action steps

Lunch and Learn: A lunch & learn program is a great way to foster community, shared understanding and ongoing support for your programs. What sets this concept apart is the accessibility and less formal structure of this approach. Events are typically between 30–45 minutes, and take place at a job-site in the community. Invite attendees to bring their own lunch or you can have it catered. Tips to make yours great: keep it relevant, have a plan in place, market the event, be interactive, have tangible take-aways (fliers or goodies), follow up with attendees.

Health Fair: Health fairs are another great way to share information and meet other organizations. Booths and/or health screening stations give you the opportunity to disseminate health information to the public. Health fairs are usually co-sponsored by groups, including hospitals, churches, sororities, and community organizations, and may last anywhere from a few hours to a few days. Make your booth or screening station as interactive as possible: have displays of sugar or fat found in a variety of foods, invest in a gadget (body fat calipers, bio-electrical impedance, etc), or have games or a 'wheel of fun'.

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.

