

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



BEST PRACTICES: VOLUNTEERS

Volunteering is one of the essential ways the Y engages people and helps them to be healthy, confident, and connected to others. The role of volunteers distinguishes the Y as a place where everyone can take an active role in bringing about meaningful, enduring change in the community. At the Y, volunteer development is everyone's job. A strong partnership between volunteers and staff is essential to operating effective and cause-driven programs. To achieve that partnership, Ys prepare for and manage environments in which staff and volunteers work together in clearly defined roles to advance the Y's cause. This requires everyone's commitment to provide meaningful opportunities for volunteers that match their interests and to ensure the operational and financial support to engage, manage, and recognize program volunteers.

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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 new State Alliance of Michigan YMCAs website: www.michiganymca.org

1. VOLUNTEER PLANNING - To provide an environment where everyone can thrive, YMCAs maintain an infrastructure and culture to support program volunteers in the delivery of programs focused on youth development, healthy living, and social responsibility.

- Volunteer development is incorporated into performance expectations, and training opportunities are provided for all staff.
- Federal, state, and local regulations pertaining to volunteers are understood and followed, and insurance company review is conducted to ensure adequate risk management practices.
- Policies and procedures are followed for all program volunteer positions, including background checks, orientation, recognition, and job descriptions, where appropriate.
- Adequate records are kept for each volunteer.

2. VOLUNTEER RECRUITMENT - To engage and inspire their communities, YMCAs communicate to their membership and community about volunteer opportunities that connect to their passions and talents.

- Recruitment materials are used to communicate a clear and compelling case for need, and link to the passions and talents of prospective volunteers.
- Information is captured from prospective volunteers.
- A volunteer orientation is in place to educate volunteers.

3. VOLUNTEER RECOGNITION - By tracking and celebrating individual volunteers' excellence, innovation, commitment, and impact on both organization and community, Ys increase the trust, support, and engagement of their communities.

- Volunteers receive routine written and informal assessments as appropriate to their roles and terms of service.
- Opportunities are identified for volunteers to have varied experiences and training that meet their passions and talents.
 - A recognition program is in place for those who consistently model Y values and relationship building.
 - Opportunities are provided for volunteers to give input and suggestions for improvement. Evaluations or satisfaction surveys and exit interviews are used to understand the needs and experiences of volunteers. Findings are incorporated into the volunteer process.



4. VOLUNTEER TRACKING Cause-driven Ys track volunteers' service and combine that data with compelling stories to inspire and advocate on behalf of the Y's cause.

- Volunteer hours are reported on the community benefit assessment to the State Alliance, and this information is used to report the number of hours collectively to the board and community.
- Community benefit information is used to report volunteer information in the annual report to YMCA of the USA.
- The number of volunteers or volunteer hours is included in all grant application proposals.

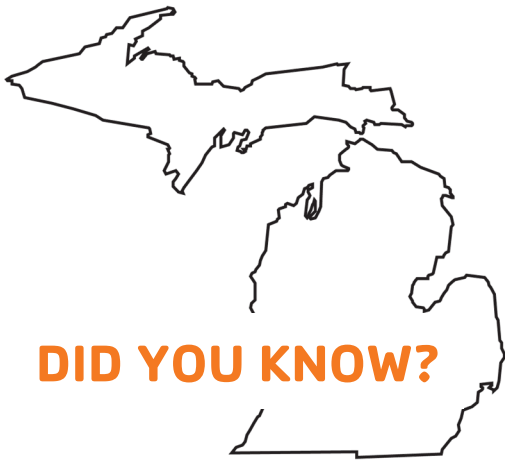
UPCOMING EVENTS

- **EnhanceFitness Regional Meetings**, at which program coordinators & instructors will share class ideas, network, and problem-solve local issues, will take place on the following days:
 - Detroit Area - October 27th, 1-3pm, Boll Family YMCA
 - Southeast Michigan Area - information to come!
 - Greater Lansing Area - information to come!
- **Blood Pressure Self-Monitoring Program Conference Calls** 1-866-554-8472, 3042 465 310#
 - Participant Recruitment - October 12th, 2:30-3:30pm
 - Health Heart Ambassador Peer Learning Call - October 20th, 2-3pm
- **Michigan YMCA Leaders Conference** Wednesday, November 2 in Lansing. Register at <http://2016.ymcaleaders.org>

TIPS FOR RECRUITING PARTICIPANTS

- **Focus on the newly diagnosed** - Nickey Rosol (YMCA of Metro Detroit) found success with her program by focusing on individuals that are newly diagnosed with High Blood Pressure. These individuals are “motivated to make a change; they want to monitor to be sure their medication is working” says Deb Dryer (Cadillac YMCA)
- **Build a relationship with other blood pressure screening programs** - Deb D. also found success by developing a relationship with the local hospital that visits the senior center where the BP Program is located. Relationships could lead to more referrals, introductions to other staff at the hospital or even financial support for the program.
- **Reach out to underserved communities** - Ann Brennan (Ann Arbor YMCA) views underserved communities - specifically Spanish speaking - as an avenue to reach high risk individuals. Materials in Spanish were made available on yexchange.org in mid-July, and other languages are sure to follow.
- **Sell the program** - Recruiting participants starts with listening. When talking with a potential participant find out what their BP experience has been like, if they are interested in taking steps to decrease their BP, better manage their medication or even reduce the need for medication. When you know what motivates them to have it checked you can form your pitch to meet their needs.
- **Get educated** - Several Y’s reported that Healthy Heart Ambassadors are sometimes asked questions that are out of their scope of work. Arm your team with brochures, FAQs, and other information from reputable organizations (like the American Heart Association, National Stroke Association, and Y-USA), and be ready to direct participants to their doctor to get more patient-specific answers.

For more information please go to: yexchange.org



- The earliest documentation of Halloween in Michigan occurred in the 1860s, and was brought to the area by the Scotts and Irish.
- Though not the first choice, pumpkin carving has been a long standing tradition. In 2014, the largest pumpkin grown in Michigan weighed in at 1947.5 lbs.
- Mischievous tricks included soaping windows, throwing vegetables at people and cars, and other mean activities.
- As early as 1900, kids wore costumes based on fairy tales and other popular images of the day.

www.michiganradio.org

Facebook: Michigan Pumpkin Growers

HEALTHY FAMILY HOME

GET TOGETHER:

It may come as a surprise that spending regular quality time together as a family is one of the best ways to improve your family's health and well-being. For some families this might involve some slowing down and perhaps some difficult choices about what structured activities you might need to reconsider. Try making these habits a part of your family's approach to healthy living and watch the relationships in your home blossom and grow:

- Plan family meals in advance to help accommodate busy schedules, and prepare them together to strengthen family bonds.
- Establish rules and rituals to make mealtimes memorable and create lessons that last a lifetime.
- Start small: try to eat at least one meal as a family every week, and build to one meal each day.

Eating together as a family can strengthen your relationships at home and help young people learn to be better friends at school. The family meal can be about being together and supporting one another, or catching up on family news and discuss plans.

SNACKING STANDARDS

Encourage healthy snacking on the go with these tips for successfully implementing vending machine standards:

- Price – beverages and foods that meet nutrition standards should be priced competitively (e.g., at or below) to similar items that do not meet nutrition standards
- Placement – beverages and foods that meet nutrition standards should be as, or more, visible than similar items that do not meet the nutrition standards (for example, they should be closer to eye level).
- Promotion – promotional space on vending machines (e.g., sides and front panel), including but not limited to language and graphics, should promote only products that meet the nutrition standards.
- Hold taste tests – partner with vendors to offer taste testing of a variety of snack and beverage options that meet the nutrition standards. Have survey cards handy and tally up votes. Share results of taste testing and keep vending machines stocked with favorite items.
- Administer online surveys – provide online surveys in addition to or in lieu of in-person taste testing. Use online surveys as opportunities to promote healthy options in vending machines.
- Educate and promote – work with nutrition committee or health team to provide education to leadership and employees about the benefits of offering and choosing healthy foods and beverages. Use promotional methods like posters, flyers, e-cards, emails to staff, newsletter articles to promote healthy options, cultivate support for the program, and promote educational events, taste testing, etc. Work with leadership for strong buy-in, and have leadership's message and signature on promotional materials and messages.
- Announce to community – share information with the public to increase acceptance of the program and make healthier snacking the norm. Share information with the public through press releases, social media, etc.

Center for Science in the Public Interest

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:
1-877-361-4628
Code: 931 008 9853#**

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

