

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



LIVING OUR CAUSE

There are no easy answers or magic potions for creating consistent changes among a group of more than 920 independent Ys. Keeping this in mind, we invite Ys to begin to focus upon four key actions critical to our long-term success in becoming a Movement that is understood to be focused upon the cause of strengthening community: Tell stories, Deepen relationships, Collaborate, and Demonstrate Impact.

At the Y, we work every day to strengthen community through youth development, healthy living and social responsibility. In the Y, we have a strong organizational instinct about the importance of relationships to our success. It has been a truism for a very long time in the Y that if you were to ask 100 leaders the secret to good Y work, 99 of them would likely say, "It is all about relationships." As we seek in our Ys to build and strengthen community inside and outside of our doors, it is worth a few minutes of our time to

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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

consider and state what we know and believe to be the case about relationships and the importance of intentional relationship building to the pursuit of our cause:

- The quality and quantity of relationships within any community large or small are key determining factors in that community's health and well-being. You might think of any community as a network of people. In a community network, relationships are the strands that connect people to one another. Without bonding relationships, there can be no community. The more numerous and robust the relationships between and among individuals, the stronger the community.
- The main outcome of relationship building is trust. Along the road to trust people build familiarity, discover commonalities, explore shared values, appreciate differences, enjoy shared experiences and ultimately find common purpose.
- The Y is a place where people can come into contact with other people that they would not normally meet and get to know. Relationships that bridge the barriers of race, class, politics, religion, orientation and culture have significant value and contribute to a community's ability to learn, grow and thrive together.
- When it comes to individual change, the more a person is surrounded by supportive relationships and feelings of relatedness to a particular group, the more likely they are to succeed in adopting new, healthier behaviors.

The purpose of this toolkit is to provide the vast majority of Ys with a simple way to get started with intentional relationship-building work that will support their movement toward more intentional cause-driven individual and organizational competencies. To learn more about the Living Our Cause: Deepen Relationships Toolkit and Guide go to yexchange.org.

UPCOMING EVENTS

- **Now scheduling 2016 training dates**
If you are interested in hosting or sending staff to trainings for Moving For Better Balance, EnhanceFitness, YMCAs Diabetes Prevention Lifestyle Coach, LIVESTRONG at the YMCA, or anything else please contact Jen Nicodemus at jnicodemus@michiganymca.org
- **YMCA's Diabetes Prevention Program On-Boarding**
The readiness assessment submission deadline is Tuesday, February 28, 2016. All Readiness Assessments submitted prior to the review date will be reviewed.
- **Michigan Diabetes Prevention Network Meeting**
Wednesday, March 22 1-4pm at the Michigan Public Health Institute 2436 Woodlake Circle Suite 300 Okemos, MI 48864
- **Principles & Practices**
Save the Date! Registration coming soon for the training on May 8-11, 2017 in Grand Rapids, MI

FROM Y-USA

Share Kindness

This holiday season Y-USA has partnered with the TODAY Show's #ShareKindness Initiative to inspire 1 million acts of kindness. As part of the initiative, the Y has



committed to share 10,000 acts of kindness representing the 10,000 communities we serve. Between now and Dec. 30, share how your Y is giving back—whether it's hosting a gift drive, serving holiday meals, or providing financial assistance! This is a great opportunity to elevate our cause to strengthen community nationally—just in time for the end-of-year charitable giving season. Submit your Y's acts of kindness at: https://yusa.formstack.com/forms/shared_kindness

New online training

Did you know there's a better way to encourage people than with the phrase "good job?" Staff can learn how to acknowledge program participants through specific observations and appreciations with the free eLearning *Youth Affirmations: Distinguishing Between Praise and Encouragement*. While this short training - less than 15



minutes! - is geared toward youth, the concepts can be applied to all age groups and programs (think Diabetes Prevention Program).

PRIVACY & DATA SECURITY TOOLKIT

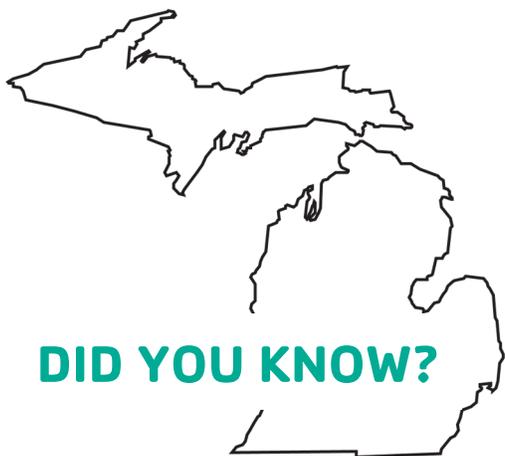
Every YMCA collects, stores, and uses data for multiple purposes. Therefore, every YMCA should have data privacy and security policies and procedures in place to help (1) safeguard that data and (2) minimize misuse or compromise of such data.

Version 1.0 of this toolkit was developed in 2015 in conjunction with the YMCA North American Network CIO Affiliate Group Security Council and can be used by both single-facility and multibranch YMCAs. It includes a risk assessment spreadsheet to help you prioritize risks and develop responses to mitigate them. Version 2.0 contains general updates to the original content and topical new information including website Terms of Use, HIPAA and PCI DSS applicability and compliance, third party (vendors, etc.) security, state data breach notification laws, cyber insurance, email disclaimer statement, and guest WiFi disclaimer.

The updated toolkit is designed to help your Y establish privacy and security policies and procedures that will protect the data you gather and help you achieve compliance.

We strongly encourage you to work with your Y's information technology team, resources and consultants to apply this toolkit to your environment and operations. While designed to be used by any senior leaders and staff who are responsible for data collection, privacy, and/or security, it is beneficial for all employees be familiar with the YMCA's data policies and procedures so they properly handle personal or confidential information and what they can do to help keep data safe.

The full PDF Toolkit document contains links to any section simply by clicking on the section name in the table of contents. Similarly, you can access sample policies and worksheets by clicking on their links from within the document. For the access to the toolkit search 'Information Technology' on yexchange.org.



- Moving For Better Balance is based on the principles of tai chi, with movements modified especially for falls prevention
- Equipment needs for MFBB are minimum, usually only chairs, allowing this program to easily fit into a community setting.
- Small class sizes, typically no more than 15 people, create a safe environment and opportunity to build community within the group.
- Currently, nine YMCAs offer this program throughout Michigan.

HEALTHY FAMILY HOME

Play Every Day: When your family makes play a priority, you'll probably find yourself having so much fun that you won't even notice how active you are. Adding short periods of playful activity to your day helps provide you with the energy that you need to live a full and balanced life. It is also one of the keys to avoiding a variety of chronic conditions down the road, and what better way to spend time with your kids now?

- Family at play for an hour a day: Playful movement is one of the keys to a healthy family home. It doesn't matter what you choose to do. As long as your arms and legs are moving, it's good for you. To get 60 minutes of activity throughout the day just add ten minutes here and fifteen minutes there. It adds up and it all counts, so get playing!
- Turn it up a notch: Several times each week, spend a little more energy while moving. Start with five or ten consecutive minutes of vigorous activity at least three times each week and build up to 20 minutes. Don't worry if you feel wiped out at first; small steps will get you there, so don't overdo it. When the play stops feeling good, take a break.

BUILD CONNECTIONS

Every YMCA needs privacy and security policies and procedures in place to help (1) safeguard that data and (2) minimize misuse or compromise of such data, but creation of such documentation can be intimidating. One first step in the process is to understand the differences and similarities between some the basic terms related to privacy and security that are often confused and used improperly.

Policies are the business rules and guidelines that ensure consistency and compliance. *Policies* are the guidelines under which procedures are developed. Policies should address what the policy is and its classification, who is responsible for the execution and enforcement of the policy, and why the policy is required.

Procedures define the specific instruction necessary to perform a task or part of a process. Procedures describe the actual work being performed that ensures policies are being followed. Procedures should detail who performs the procedure, what steps are performed, when the steps are performed, and how the procedure is performed.

Privacy is usually explained in a formal legal document that informs constituents (those external to the organization) and staff (those internal to the organization) how information will be handled and used by an organization. *Privacy* is both the goal and results of successful actions related to the security of data.

Security is a combination of the policies, actions, steps and tools used to maintain privacy and ensure the proper use and handling of data. *Security* is a process that must exist in order to obtain privacy.

For more on how to develop data privacy and security policies and procedures for your YMCA, go to yexchange.org and download the Data Protection and Security Toolkit 2.0.

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, LIVESTRONG at the YMCA and the YMCA's 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 four health management programs, share stories and ask questions.

