



(Theresa Whittington, Gretchen Carpenter, Liz Bryant)

housing staff spotlight

This month's spotlight features Elizabeth "Liz" Bryant, who works at the Van Buren Shelter. Liz has been with the Hilltop YMCA for close to 20 years as both a member and as an employee. Here is Liz's story.

Liz Bryant came to the YMCA as a 12 year old when her friend Alex invited her to Leaders Club. She met Stephanie Reese and a few sessions later, Theresa Whittington and Gretchen Carpenter. It was through the leadership of those two that Liz feels that she found a home at the Y. "Leaders Club taught me that it doesn't matter who you are socioeconomically, or where you are from, you can choose your own path in life." Liz felt that she was going to end up "trash" but with her experiences here at the Hilltop Y, she felt that she could

accomplish anything!

Liz continued her journey at the Y with various positions from Youth and Government Leader to Front Desk Staff. She eventually ended up working as the site director for the aftercare program at the Vaughn E. Hairston YMCA. And then...Pandemic.

As you know, the pandemic closed the YMCAs but our branch was able to support the Van Buren shelter by becoming a place for overflow. Liz took a job to help serve the community as direct care personnel. She found that she enjoyed helping and engaging with the ladies so when the opportunity arose for her to continue the job at the Van Buren site, she took it. Liz felt that her "experience with the shelter wasn't over yet."

Liz's job as an Engagement Specialist encompasses supervision of handing out linens, cleaning supplies, food, and overall engagement with the tenants. At first, her transition working at the shelter was a bit difficult. Liz stated that, "I have worked with teens and kids most of my career at the Y. Now I am working with adults and some adults that are struggling with mental health issues. But, I have discovered that the most challenging things in life can make the biggest impact."

Liz continues to speak highly of the friendships that were formed during her time at the Hilltop Y. Theresa Whittington and Gretchen Carpenter are still considered two of her closest friends and as we ended this conversation she wanted to say that, "even though it sounds cliché, the Y started as a role model, teacher, mentor, friend and now FAMILY!"

Thank you for all you do, Liz!

top ten active older adults!



Kenneth R. - 22 visits

Lee H. - 20 visits

Edward G. - 19 visits

Marjorie M. - 19 visits

Larry R. - 19 visits

Dawnele B. - 18 visits

Phillip W. - 16 visits

Maricela D. - 15 visits

Wade K. - 15 visits

Laurie M. - 15 visits

Gelani M. - 15 visits

Kathy S. - 15 visits



Member Contest

Scan and win! The top 10 Members with the most scans during the month of March receive a FREE water bottle.



news & updates



Nationwide Children’s Hospital Vaccine Clinic

Wednesday, March 3rd, 8:30a-3:00p

It’s still important for kids to stay up-to-date on vaccines – especially during the COVID-19 pandemic. Vaccines help keep our community healthy and avoid the spread of preventable diseases such as the measles. Your child can get their needed vaccines at the Hilltop YMCA from Nationwide Children’s providers. Please bring a copy of your child’s recent vaccination records if you have them. Schedule today! Call (614) 355-2590. Walk-ins are welcome.

Virtual Leaders

Virtual Leaders registration has been extended! Teens in 6th-12th grade have until March 4th to join.

- [Email us](#) with questions
- [Register now online](#)

Peace on the Hilltop

Join us in creating artwork for the new Hilltop library!

This is a special invitation to Hilltop area high school students to take part in a timeless creative community activity. Participants will attend a private artist-led studio experience where they will take part in the artistic creation of the Peace on the Hilltop artwork. This collaborative will be a part of the permanent art collection of Columbus Metropolitan Library's new Hilltop Branch, opening late summer 2021.

When: Saturday, March 20, 2021, 8:30am-1pm

Where: YMCA Hilltop 2879 Valleyview Dr, Columbus, OH 43204

- [Register now](#)

Produce Giveaway

- **Wednesday, March 17**
- **Starts at 4pm**

New Group Exercise Instructors

We would like to introduce you our new group exercise instructors:

- **Lauren S** - Monday, Bodypump 6:30-7:30pm
- **Jennifer M** - Tuesday & Thursday, Zumba 6:00-6:45pm
- **Todd A** - Wednesday, Bodypump 5:45-6:45pm

Crosstown Cardio Showdown

**Congratulations to the Participants of the Crosstown Cardio Showdown
(Hilltop vs Ward)**

- **Our TOP PARTICIPANTS**
 - **Ed G.** - Stairclimber
 - **Gabriel H.** - Bike
 - **Erin S.** - Swimming
 - **Breanna B.** - Elliptical, Treadmill

Thank you to all that participated! Thank you Ward Branch!

Daylight Savings Time Begins on March 14

Make sure you spring forward an hour as Daylight Savings Time starts on March 14. You want to be sure to be at the Y on time for the Group Exercise classes Monday morning!

First Day of Spring is March 20

Is there anyone that isn't excited about Spring this year? It has been a tough year with a cold, snowy winter. March 20, 2021 marks the Spring Equinox! Those increased minutes of daylight gives us more of a chance to partake in them. Studies show natural light boosts your body's vitamin D storage, leads to higher productivity, benefits vision, helps you sleep, and improves your mood.



fitness challenge

Breathing

This month's exercise challenge is going to focus on Breathing. We all have been experiencing extra stress lately: pandemic, weather, etc. Breathing techniques helps slow us down and literally BREATHE!

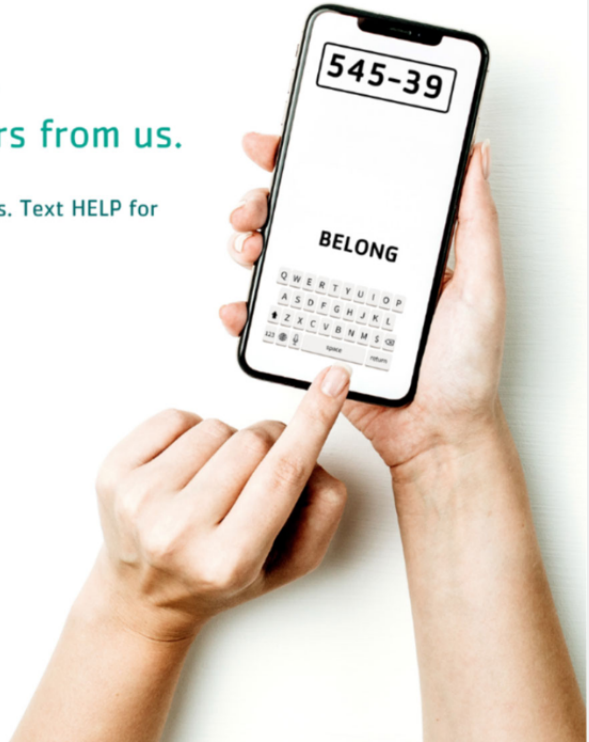
[More Information](#)

LET'S TEXT!

Stay in touch with facility updates, announcements and other reminders from us.

Message and data rates may apply. Message frequency varies. Text HELP for help. Text STOP to cancel.

**TEXT 'BELONG'
TO 545-39 TO
OPT IN**



virtual ymca

Can't make it to the YMCA? No problem, our Virtual YMCA is always available to help you meet your goals, learn new things and participate in fun activities!

Workout at Home

Adults ages 50+

Kids & Families



Schedules & Reservations



Register for Programs



Contact Us



Download our free [mobile app](#).

HILLTOP YMCA

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We like to communicate with you in ways that work for you.