

MARCH 2021

GAHANNA/JOHN E. BICKLEY YMCA

# MEGAN

HOUSING STAFF SPOTLIGHT



## housing staff spotlight

**Megan is a YMCA superstar!** She started at the Y in 2016 as a lifeguard and has been a waterfront coordinator, Camp Wilson counselor, Child Watch attendant, and Head Lifeguard. When COVID caused our branches to shut down, Megan answered the call to work at the Emergency Men's Homeless Shelter to serve men experiencing homelessness in the midst of the pandemic. Her favorite part of working at the shelter is getting to make genuine connections with some residents.

When Megan isn't at the Y, she loves traveling, going on road trips,

and being outdoors. Once the pandemic is over, she hopes to travel to Botswana and Zambia! Thank you for your service to the Y Megan, we are lucky to have you!

We are excited to announce that Megan has just accepted the Aquatics Experience Leader position at the Eldon and Elsie Ward YMCA! Although she will be greatly missed at Gahanna, we are so excited for Megan to begin the next part of her career!

## top ten active older adults!



- |                    |                        |
|--------------------|------------------------|
| <b>1. Paula M.</b> | <b>6. Gregory T.</b>   |
| <b>2. James J.</b> | <b>7. Robert C.</b>    |
| <b>3. Craig I.</b> | <b>8. Bonnie E.</b>    |
| <b>4. James L.</b> | <b>9. Bobby M.</b>     |
| <b>5. John S.</b>  | <b>10. Patricia S.</b> |



### 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

## Day Camp Registration

Summer at the Y day camp registration is planning to open for members on March 8th! This year our day camp will be held at Middle School West in Gahanna. If you have specific questions about summer camp and all we are offering, please reach out to Susan Sedlacko at [susan.sedlacko@ymcacolumbus.org](mailto:susan.sedlacko@ymcacolumbus.org).

## Water Fitness

Stay tuned for information on Water Fitness.

## Generation Connection

Generation Connection is an organization of high school students that want to help teach technology, free of charge. We provide seminars and videos on our website so you can continue to learn technology during the pandemic. If you are interested in learning more about your smartphone, tablet or computer, [visit our website](#) and start watching our videos! We are working hard to provide virtual and in-person one-on-one sessions to assist with technology. Keep an eye out for more information coming soon!

## 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.

## American Red Cross Blood Drive

Friday, March 26th from 9am to 2pm at the Gahanna/John E. Bickley YMCA. March is Red Cross month so it's a great time to donate! Each donor will receive a free Red Cross t-shirt for donating between March 15-26 With your

blood donation you will be entered to win 1 of 5 Blue Jackets prize packs with autographed memorabilia (weekly drawing for our region).

The Red Cross is continuing to test all blood donations for COVID-19 antibodies. As part of this effort, plasma from standard blood donations that test positive for COVID-19 antibodies may now help current coronavirus patients in need of convalescent plasma transfusions. Results will be in a donor's blood donor app or in the online portal one to two weeks after donation.

**Make your appointment today to donate at:** [RedCrossBlood.org](https://www.redcrossblood.org).

## Job Opportunities at the Gahanna YMCA

- **Now hiring Lifeguards and Swim Instructors.** No experience necessary. Training provided by the YMCA of Central Ohio. Must be at least 15 years old to apply.
- Weekend Custodian
- Water Fitness Instructor
- Group Exercise Instructor
- Lifeguard
- Swim Lesson Instructor
- Child Watch Staff
- [View Employment Website](#)

## Guest Policy Reminder

All visiting family and friends will need to have an active YMCA membership to come into the branch as we are not able to accept guests at this time.



**next month**

**Child Watch returns Monday, April 5th!**

Times and days of the week TBA.



## **fitness challenge**

**Fitness is Keeping America Healthy**

**[View Info Graphic](#)**

# 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](#).

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**GAHANNA/JOHN E. BICKLEY YMCA**

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