

MARCH 2021

DON & MARGARET HILLIKER YMCA



ymca men's shelter

This month we shine a spotlight on a place instead of a person - the YMCA Men's Shelter at 40 West Long Street in Columbus. Many of us don't realize all the good our membership dollars do for others and all the lives we touch without knowing.

The mission of the Men's Shelter is to support and strengthen the community by addressing the needs of those experiencing homelessness by providing immediate shelter and a safe environment to individuals seeking assistance while they resolve their housing crisis.

They protect basic human rights and meet human needs by providing safe shelter. They instill hope and provide support to our guests for their long-term

success through empowerment, community engagement and teamwork. Their main objective is to offer the assistance and support needed to stabilize and maintain independent housing while providing access to those supportive services needed in order to achieve the highest possible standard of living.

This space has been especially needed during the pandemic. Those experiencing homeless have been particularly vulnerable during the crisis due to the fact that shelters are typically crowded with not a lot of personal space. The space at the Men's Shelter allowed an additional 200 people in the community to find shelter as other facilities worked to enforce greater social distancing.

Services offered by the Men's Shelter include:

Case Management
 Employment Support
 Meal Service
 Housing Search Assistance

You already help this great cause with your membership dollars. However, if you wish to go a step further, donations are always welcome and needed:

Hand Sanitizer
 Shampoo/Body Wash
 Bottled Water
 Towels & Washcloths
 Clorox Wipes
 Face Masks

top ten active older adults!

Congratulations! Keep up the hard work and thank you for making the Hilliker such a wonderful community!

Our top 10 (or 11 since there was a tie) visiting members aged 60+ for January 15-February 15 were:



Laura A. - 27 Visits

Nancy S. - 27 Visits

Mary G. - 26 Visits

Reagan K. - 24 Visits

Jean W. - 24 Visits

Terry T. - 23 Visits

Sylvia R. - 22 Visits

Sandra S. - 22 Visits

Ellen S. - 22 Visits

Delbert W. - 22 Visits

Wayne S. - 23 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

March is National Nutrition Month

This is an annual campaign created by the Academy of Nutrition and Dietetics. It invites us to learn about making informed food choices and developing healthful eating and physical activity habits.

- [Virtual YMCA resources & Family-friendly Recipes](#)
- [Take a free healthy cooking class online](#)

Sleep Awareness Week is March 14-20

March 14-20, 2021 marks the National Sleep Foundation's annual week-long campaign to spotlight sleep health and encourages the public to prioritize sleep to improve their overall health and well-being. And if you hadn't heard, there is solid evidence that exercise helps you fall asleep more quickly and improves sleep quality.

Group Exercise is Back!

Make sure to [register online!](#)

- **AOA Functional Fitness** (formerly *Strong and Fit*)
 - 9am, Mon, Wed, Fri*
- **Pound**
 - 9:15am, Mon
- **Yoga Flow**
 - 10:15am, Mon

**A separate registration is required for each day for classes that meet multiple days a week.*

Group Swim Lessons Return

Group swim lessons have returned! They join Private and Family Lessons on our calendar of events. Classes run February 25 - April 1, 2021. [More Information](#)

Additional Swim Sessions

With high school swim season winding down, we have added additional lap swim times from 6:15-7am and 4-4:45pm [Make your reservations online](#).

Evening Swim Changes

We know families are busy and that many have difficulty making it to the 5-5:45pm Family Swim. Therefore, our Monday-Friday evening swim sessions will now offer both. Each session will offer 3 lanes for lap swim and 3 lanes for families.

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.

Now hiring Lifeguards and Swim Instructors

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. [Apply Today!](#)

Forgot Something?

No one likes realizing they forgot something they need. You may have noticed the baskets that have been placed in the Men's and Women's locker rooms here at the Y with toiletries. Please be considerate and only take items if you need them. Also, please consider donating items. Donations can be left at the Welcome Desk.



next month

April is Move More Month

Almost half of U.S. adults are not active enough to maintain good health. And, about one in three adults participate in NO leisure time physical activity at all.

Getting recommended amounts of physical activity (at least 150 minutes of moderate to vigorous activity, 75 minutes of vigorous activity, or a combination of those activities per week) is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function, and lower risk of depression.

Every April, the American Heart Association promotes Move More Month. Its aim is to encourage all Americans to take part in more physical activity and to endeavor to incorporate it into your daily routines.

National Walking Day is April 7

The AHA Move More Month grew out of National Walking Day, but the original is still celebrated the first Wednesday of April. Come do some laps on our walking track to celebrate!

April is Stress Awareness Month

Most Americans feel stress in their everyday lives but do not pay much attention to its consequences. But stress impacts our minds, bodies,

relationships, and overall health and well-being. In April, the Health Resource Network (HRN) sponsors Stress Awareness Month as an effort to inform people about the dangers of stress and the strategies for developing greater resilience.

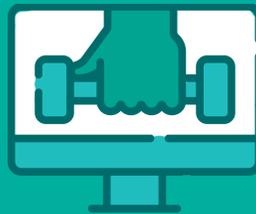
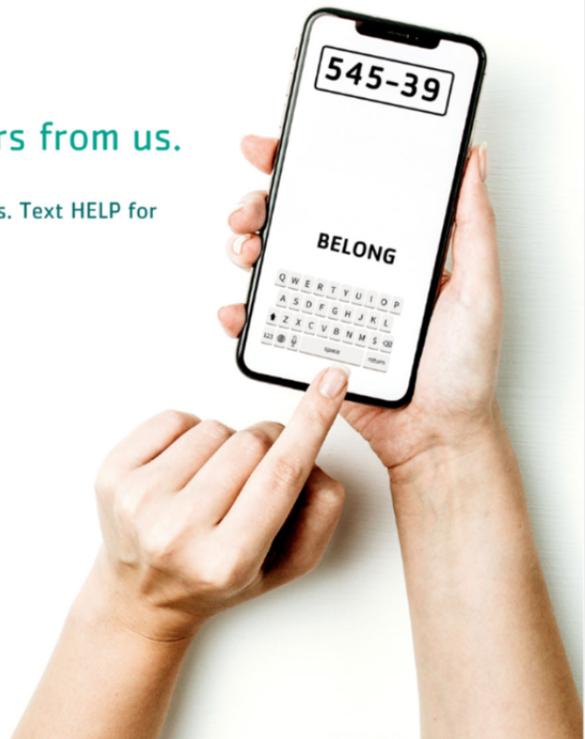
One potent way to manage stress more effectively is exercise, so come on in to practice some self-care!

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](#).

DON & MARGARET HILLIKER YMCA

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