

MAY 2012



Young at Heart Newsletter

May 2012

Contact Information
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12:00 Zumba Gold 1:00 Fit for Life Water	2 12:00 Fit for Life Strength 1:00 Fit for Life Water	3 12:15 Fit for Life Cycling 1:00 Fit for Life Water	4 11:15 Fit for Life Stretch 12:00 Fit for Life Cardio 1:00 Fit for Life Water	5
6	7 11:15 Fit for Life Stretch 12:00 Fit for Life Strength 1:00 Fit for Life Water	8 12:00 Zumba Gold 1:00 Fit for Life Water	9 12:00 Fit for Life Strength 1:00 Fit for Life Water	10 12:15 Fit for Life Cycling 1:00 Fit for Life Water	11 11:15 Fit for Life Stretch 12:00 Fit for Life Cardio 1:00 Fit for Life Water	12
13 WOMEN'S HEALTH WEEK	14 WOMEN'S HEALTH WEEK 11:15 Fit for Life Stretch 12:00 Fit for Life Strength 1:00 Fit for Life Water	15 WOMEN'S HEALTH WEEK 12:00 Zumba Gold 1:00 Fit for Life Water	16 WOMEN'S HEALTH WEEK 12:00 Fit for Life Strength 1:00 Fit for Life Water	17 WOMEN'S HEALTH WEEK 12:15 Fit for Life Cycling 1:00 Fit for Life Water	18 WOMEN'S HEALTH WEEK 11:15 Fit for Life Stretch 12:00 Fit for Life Cardio 1:00 Fit for Life Water	19 WOMEN'S HEALTH WEEK
20	21 2:00 POTLUCK 11:15 Fit for Life Stretch 12:00 Fit for Life Strength 1:00 Fit for Life Water	22 12:00 Zumba Gold 1:00 Fit for Life Water	23 12:00 Fit for Life Strength 1:00 Fit for Life Water	24 12:15 Fit for Life Cycling 1:00 Fit for Life Water	25 11:15 Fit for Life Stretch 12:00 Fit for Life Cardio 1:00 Fit for Life Water	26 HAPPY BIRTHDAY LUCILLE HARDNOCK Congratulations Ean (Michelle's son) on his graduating from East High School. Our best wishes for his success in his future. And other Graduates. Well done!
27 HAPPY BIRTHDAY MILLIE GOLIGHTLY	28 11:15 Fit for Life Stretch 12:00 Fit for Life Strength 1:00 Fit for Life Water	29 12:00 Zumba Gold 1:00 Fit for Life Water	30 SENIOR HEALTH & FITNESS DAY 12:00 Fit for Life Strength 1:00 Fit for Life Water	31 12:15 Fit for Life Cycling 1:00 Fit for Life Water	JUNE 7, 2012 SALTDogs vs. Winnipeg Goldeyes 30 tickets available. Sign up NOW if you'd like to attend. Free for members MEET AT Y: 5:30 pm LEAVE Y: 5:45 pm	

MARK YOUR CALENDER!
Saturday, May 19, 2012

STRONG KIDS GARAGE - CRAFT - BAKE SALE and SILENT AUCTION !

FUN FOR ALL - Volunteers needed for set up, cashiering, take down and most importantly, crowd control.

Clean out those closets and bring your items (that are in good working condition) to donate to our **Garage Sale**. No adult clothing or books - thank you. Donate your items the week of May 12th - 18th.

Homemade Bake and Craft Sale
Bring your delicious baked items and/or creative craft items to the Y on May 18th & 19th.

Many Northeast Y group exercise classes and people have been putting together fun baskets for the Silent Auction. Hurry and get your items donated because the bidding will begin on May 7th.

Keep watching and bidding on the basket or item you want!!

Cooper 6767 S. 14th Street Lincoln, NE 68512 (402) 323-6400	Downtown 1039 P Street Lincoln, NE 68508 (402) 434-9230	Fallbrook 700 Penrose Drive Lincoln, NE 68521 (402) 323-6444	Northeast 2601 N. 70th Street Lincoln, NE 68507 (402) 434-9262	Youth Sports 570 Fallbrook Blvd., # 210 Lincoln, NE 68521 (402) 434-9217	Camp Kitaki 570 Fallbrook Blvd., #210 Lincoln, NE 68521 (402) 434-9225
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Northeast Y

May is filled with many activities and events to celebrate. May Day, Mother's Day, Memorial Day, Cinco De Mayo, and Armed Forces Day. It is also a very popular month for Health Awareness: Arthritis, Hearing, Vision, Skin, Speech, Mental Health, High Blood Pressure, Osteoporosis, Women's Health, and May 30th is Senior Health and Fitness Day.

Watch for fun activities the week of May 28th-June 1st for Senior Health and Fitness Day.

Ten Facts About Arthritis

Arthritis: The definition of Arthritis is joint inflammation

- Arthritis is not one single disease. There are many types of arthritis.
- There is no known cure for arthritis but there are many treatment options.
- Arthritis can cause functional limitations which interfere with activities of daily living.
- There are many myths and misconceptions about arthritis.
- A rheumatologist is a medical doctor who specializes in treating arthritis and other rheumatic conditions.
- Early diagnosis and treatment may prevent joint deformity and disability.
- You may have to try several treatment options before finding an optimal treatment plan for you.
- Healthy lifestyle habits may positively impact the course of arthritis.
- Besides the physical limitations imposed by arthritis, living with chronic pain can have emotional consequences.
- There is a financial impact associated with chronic arthritis.

Arthritis will effect almost everyone in some way. Many people make light hearted comments like "Oh Arthur is acting up today". Ranging from stiffness to severe pain arthritis can be very debilitating. The signs and symptoms of arthritis should not be taken light.

People speak of arthritis as if it were a single disease. There are over 100 types of arthritis and rheumatic conditions. It is important to be accurately diagnosed and to begin appropriate treatment. There is no single medicine or treatment that cures arthritis. While that may be concerning it is nice to know that there are many treatment options to help manage pain, control symptoms and reduce joint damage and deformity.

It is very important to have your doctor refer you to a rheumatologist who can evaluate, determine the type of arthritis you have and start you on a treatment plan. Arthritis varies from person to person; what works for one person may not work for another.

Regular exercise, maintaining ideal weight, stress reduction, being a non-smoker and getting good sleep are part of a better living lifestyle with arthritis.

There are many emotions felt living with chronic pain. Anger, depression, isolation are just a few. You may have activity limitations and find bending, walking, climbing stairs and other activities of daily living are harder to accomplish.

It is important to remain social and not cut yourself off from your family, friends or activities. It is very common for a person with chronic pain to become sedentary, but remaining active and staying with your exercises will help manage the pain and discomfort from your symptoms.

There are three trained and certified leaders from the Arthritis Foundation at our Y; Denise, Sally and Michelle. We are able to instruct water and land exercises for people with arthritis. The Arthritis Water Class is open to everyone and focuses on working all the joints. It is non-aerobic - unlike the Fit for Life 1:00 water class. The Y offers a great variety of classes to fit different needs so try them all to find which ones work best for your body.

"If you rest, you'll rust" Unknown