

THE SCOOP



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OHIO VALLEY YMCA

EAST LIVERPOOL YMCA • CALCUTTA YMCA PROGRAM CENTER
TORONTO YMCA WELLNESS CENTER • GATEWAY WELLNESS CENTER
YMCA WELLNESS CENTER AT ST. JOHN ARENA

Spring 2016

ymcanet.org

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APRIL NEWSLETTER

The Quiet Research That Led to a Resounding Success in Diabetes Prevention

More than 86 million people, including 22 million people 65 or older, have pre-diabetes, which increases their risk of heart disease, strokes or diabetes. As we've watched that number grow, it has somehow felt that despite billions of dollars of research and intervention, there's little we can do.

That feeling shifted last week when Sylvia Mathews Burwell, the secretary of health and human services, announced that Medicare was planning to pay for lifestyle interventions focusing on diet and physical activity to prevent Type 2 diabetes. It's an example of small-scale research efforts into health services that have worked and that have expanded to reach more people.

This announcement is based on work at an Indianapolis Y.M.C.A. by a social ecologist named David Marrero, who works at the Indiana University School of Medicine. The other collaborator, a physician named Ron Ackermann, who also did much of this work at Indiana University.

Despite these strong research studies, the Y's program still remained hidden to most Americans. In 2009, Dr. Ackermann and Mr. Marrero presented their research, as well as the research of other investigators, at a national meeting with the Centers for Disease Control and National Institutes of Health. The meeting, attended by a host of government health organizations and several private health system purchasers and payers, catalyzed a new partnership between the Y and UnitedHealth Group, a major health insurance company. The C.D.C. and others later joined in this effort, which involved scaling the Y's program to over 43 states and the District of Columbia.

In 2012, the Center for Medicare and Medicaid Innovation granted the Y about \$12 million to start a pilot program to evaluate whether Medicare payment for its program might be cost-effective. Among several other sources of data, the actuaries at the Centers for Medicare and Medicaid Services used findings from Dr. Ackermann's study of UnitedHealth-care clients that were offered the Y's program to discover that the intervention offered cost savings. They estimate that if the Y program were expanded to all Medicare beneficiaries, the government might save about \$2,650 per participant over 15 months, much more than the program cost.

YMCA PRE-DIABETES PREVENTION PROGRAM

Insurance* based program covering the following areas:

*Financial aid available to those that qualify.

- Understand How To Cope With Pre-Diabetes
- Ways To Eat Less Fat
- Jump Starting Your Activity Plan
- Ways To Stay Motivated

For more information contact:

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APRIL IS NATIONAL MINORITY HEALTH MONTH

National Minority Health Month is an inclusive initiative that addresses the health needs of African Americans, Hispanics, Asians, Native Americans and other minorities. Its goal is to strengthen the capacity of local communities to eliminate the disproportionate burden of premature death and preventable illness in minority populations through prevention, early detection, and control of disease complications.

HARMONY WELLNESS AND MASSAGE

NOW TAKING APPOINTMENTS

For appointment call: 330-831-8472

Monday - Friday 10:00am - 7:00pm

30 Minute Massage - \$30.00

60 Minute Massage
YMCA Members - \$55.00
Non-Members - \$65.00

APRIL HOURS TORONTO YMCA

Monday - Thursday
7:00am-2:00pm, 5:00pm-7:30pm

Friday
7:00am-2:00pm, 4:00pm-7:30pm

Saturday 9:00am-1:00pm

Sunday Closed

SILVER SNEAKER Class Schedule

SilverSneakers Cardio M-W-F 10:30-11:30am
SilverSneakers MSROM T-TH 10:00-11:00am

GET CONNECTED

- ✓ Like us on Facebook
Steubenville YMCA
East Liverpool (Downtown) YMCA
Calcutta YMCA

- ✓ Visit us at online at
www.ymcanet.org

QUESTIONS, COMMENTS, IDEAS?

Contact Aimee Livingston, Marketing
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OHIO VALLEY YMCA

EXERCISE AND STRESS: GET MOVING TO MANAGE STRESS

Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries.

You know that exercise does your body good, but you're too busy and stressed to fit it into your routine. Hold on a second — there's good news when it comes to exercise and stress.

Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever. If you're not an athlete or even if you're out of shape, you can still make a little exercise go a long way toward stress management. Discover the connection between exercise and stress relief — and why exercise should be part of your stress management plan.

Stressed? Here are a few stress relievers

- Deep breathing
- Exercise
- Body massage
- Socializing
- Meditating
- Laughing
- Music



April is National Child Abuse Prevention Month

National Child Abuse Prevention Month is a time to acknowledge the importance of families and communities working together to prevent child abuse and neglect, and to promote the social and emotional well-being of children and families. During the month of April and throughout the year, communities are encouraged to share child abuse and neglect prevention awareness strategies and activities and promote prevention across the country. In recognition of the 40th anniversary of the Child Abuse Prevention and Treatment Act, we have designed a historical timeline of significant moments in child abuse prevention in the United States

3rd ANNUAL COMMUNITY SENIOR WELLNESS DAY

When: Wednesday, May 25
Time: 9:00am – 12:00pm
Location:
YMCA Wellness Center

We would like to invite you to participate in our 3rd Community Senior Wellness Day. On Wednesday, May 25 we will open our facility to local seniors with the goal of promoting Senior Health and Fitness. We will be offering free class demonstrations, informational tables, health screenings and refreshments stress management plan.

DID YOU KNOW WE HAVE BIRTHDAY PARTIES?

Castle Bounce House

Sports Challenge

Sports Court

Party Room

Call us today to schedule your party!

CHILD WATCH

Current Child Watch Hours

Monday – Friday 4:30 – 8:30pm

Saturday 8:00 – 11:00am

Summer Child Watch Hours (Beginning June 13)

Monday – Friday 8:00 – 11:00am

Monday – Friday 4:30 – 8:30pm

Saturday 8:00 – 11:00am

CANCER SUPPORT GROUP

THE YMCA WELLNESS CENTER &
THE TERAMANA CANCER CENTER

Thursday April 21, 5 – 6 PM

This group will meet the 3rd Thursday of every month at the YMCA.

DID YOU KNOW?

Did You Know That It's Not That Hard to Find Time for Fitness?

Take your kids to the park or ride bikes together, and you're getting physical activity while enjoying family time.

Everyone has 10 minutes to jump rope, and sometimes that's better than 20 minutes of walking or running.

Recent U.S. government guidelines say that to lose weight and keep it weight off, you should accumulate at least 60 minutes of exercise a day. But half an hour a day is all you need to reap the health and disease-fighting benefits of exercise.