



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y STORY OF THE MONTH

Life is full of ups and downs and hurdles to overcome. For some of our members, every day brings its share of challenges. The Moving Mountains with Parkinson's group meets in the Wellness Center and the Healthy Living Room to tackle those challenges together. Moving Mountains with Parkinson's is a program designed specifically to help delay the onset of signs and symptoms in patients diagnosed with Parkinson's Disease. You will recognize many of your friends and neighbors working hard with Deana Acklin to improve their health and wellness on Tuesday and Thursday mornings. Deana leads the class through many focus areas, including strength training, cardio activities, gait sequencing, and fine motor skills such as handwriting and arts and crafts. We got a chance to catch up with some of the participants to talk about what this class means to them, and here are a few of their responses:



"I joined this class hoping to help my tremors, and I have seen that not only have they gone down, but they have not progressed. The disease has not progressed!! I am grateful for the routines that Ms. Deana implements specifically for Parkinson's!" – Hilary Freundlich

"Before this class, I didn't walk much. After class, I can walk, no matter what!" – Group Member

"The Parkinson's Program has been a lifesaver for me for the last three years! The reason it is such a strong program is because of Deana Acklin's leadership and inspiration that she brings every time she leads us in class." – Bill Brown

"I really enjoy coming to the YMCA for the Parkinson's exercise class. I get to meet new people, see old friends, and keep active. The instructors are great!" – Bob Ramsey, 90 years young.

The extraordinary members of this program continue to show up every week for themselves, their family members, and everyone else in the class, whether they feel like coming or not. Dealing with Parkinson's Disease is a constant challenge, a series of difficulties, and a huge mountain to overcome. The class participants work very hard, with lots of encouragement and support from Deana and the group. They are warriors of many ages and from various walks of life, tackling the climb ahead of them together! The next time you see one of our Mountain Movers, take note of the amazing heart, strength, and determination they bring to their class and to our YMCA!

Reindeer Run 5K 2024

Don't miss this year's exciting Reindeer Run with the Williams YMCA of Avery County! While we will be unable to physically gather in downtown Banner Elk due to the destruction from Hurricane Helene, we wanted to give everyone the opportunity to virtually run.

How It Works:

1. Register online or at our Membership Desk
2. Run, bike, or swim a 5K where you can! (On a treadmill, in your neighborhood, the possibilities are endless!)
3. Take a picture and tag the Williams YMCA of Avery County on Social Media



Why Race?

Every year the proceeds from our annual Reindeer Run go towards the YMCA's Y Access Program. The Y Access program provides subsidies for our family, friends, and neighbors who would benefit from joining the YMCA or a YMCA program but due to hardships are unable to pay. At the YMCA we are for all, and will not turn anyone away due to an inability to pay. In the aftermath of the Hurricane we have had 25 member units who had to cancel their memberships. This year the race will have a specific focus of raising money to support any family or individual who suffered a financial hardship with a YMCA membership. The YMCA is more than a gym and a pool, it is place where our community gathers to talk over a cup of coffee, learn new skills, make friends, and find support during difficult times.



If you or someone you know was impacted by hurricane Helene and you are interested in assistance towards your membership, please apply for the Y Access program. You can learn more at: <https://www.ymcaavery.com/y-access-information/> or use the button below to download an application today!



Cost To Race:

- \$30 per racer - Race Shirt included!

Reindeer Run
Registration

Y Access English
Application

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Helene Community Supports

As we continue to recover from the aftermath of Hurricane Helene it is important to take time to care for ourselves. If you or someone you know needs support, they are welcome to join the Helping Heal Post-Helene Hearts support group. The support group will meet in the YMCA's Healthy Living Room on Tuesdays from 6 - 7:30 pm and on Saturdays from 10 -11:30 am. This group will be facilitated by a local licensed therapist.

For more information and questions please contact Chatty Majoni by calling [828-387-1700](tel:828-387-1700).

Wellness & Support Groups

Facilitated by a local licensed therapist
Helping Heal Post-Helene Hearts



- share experiences
- process grief and loss
- offer and receive support
- learn coping skills and warning signs of potential future trauma related complications

Meetings will be ongoing. Attendance is open to all local residents. No need to pre-register.

Tuesdays 6pm-7:30pm YMCA, Newland
Thursdays 5:30pm-7pm Morning Song Counseling, Banner Elk
Saturdays 10am-11:30am YMCA, Newland



Contact Chatty Majoni @ 828-387-1700 with questions.

Other Community Supports

For additional support from the State please see the list below.

[North Carolina Department of Public Safety](#) - for information about the safety of your county, open Shelters, Power Outages, and Individual Assistant Links.

[American Red Cross North Carolina Region](#) - to locate a loved one, donate, or find a shelter in your area.

[ReadyNC.gov](#) - for information about road closures, power outages, disaster assistance and Hurricane Guides.

[NC 211](#)- this is a free information and referral system for aid services.

[DriveNC.gov](#) - provides real time road conditions across North Carolina.

[NC Department of Health and Human Services](#) - provides recovery, mental health and other resources for those with disabilities and links to additional ways to help.

[Disaster Unemployment Assistance](#) - learn more and apply for disaster unemployment assistance (DUA).

What's Happening in Avery



Hurricane Relief Efforts

Throughout October the Williams YMCA of



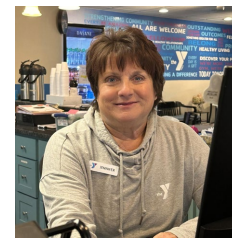
Winter Youth Basketball League

Winter Youth Basketball: November 18th - January. Registration is Open!



Middle School After School Opportunities

Calling all Middle School Families - the YMCA is now offering



Avery County has been busy aiding our neighbors with their Hurricane Helene recovery efforts! We have housed several different recovery organizations at the YMCA, aided in distributing immediate and long term relief items such as food, water, heaters, and blankets, and our staff have been volunteering with other non-profit organizations in our community when they were in need of extra hands. We want to thank everyone who has stepped up to volunteer with us, who have donated items and helped us understand the needs of our community! We will continue to help meet the needs and support our communities in the coming months! If you need non-emergency help please contact [Sheila Bauer, Community Outreach Director.](#)



Thank you!

We can not say it enough, **Thank You** to all of our Volunteers, Donors, Funders, and friends both on and off the mountain! You have helped us gather and distribute emergency relief items, materials and equipment to keep our community warm this winter, and

Youth Basketball is an exciting sport that combines team play and individual skills. With youth basketball, every child has a chance to participate in practices and games! The Y utilizes volunteer coaches to focus on participation and fun! While basic skills of the game are developed through practice and games, every child learns sportsmanship and values necessary to be successful in life. Practice times: Tuesdays 5:30 - 6:30 pm Age range: 8 - 14 Cost: \$60 members \$80 non-members



Upcoming Pool Renovations

The YMCA Aquatics Team is excited to announce that the pool is getting a few updates this winter! The renovations including resurfacing the bottom of the pool and the pool deck to be more slip resistant.

two after school programs for Middle School students at the YMCA!

We are excited to launch our Middle School After-School program at Cranberry Middle School for the 2024-2025 school year! Middle schoolers will have time to work on homework, interact with peers through different clubs, and receive a meal each day.

[Learn more and register by visiting our website!](#)

We have partnered with Youth 2 Youth to bring a middle school after school program once a week for all middle schoolers in Avery County. Students will be picked up from their school in a YMCA bus and brought to our facility's Healthy Living Room. To learn more and get registered, please reach out to Tiffany Moon at moont@westernyouthnetwork.org.



LIVESTrong at the YMCA

LIVESTRONG at the YMCA is one of the six Healthy Living programs offered at the Williams YMCA of Avery County. LIVESTRONG is a no-cost 12-week exercise program for cancer survivors that focuses on strength, cardio endurance, flexibility and balance. Comments from previous program participants include:



Why the Y?

We recently asked some of our membership associates why do you work at the YMCA or "Why the Y?" "When I was looking for a job I saw the YMCA on a hiring website. At first I was nervous to even apply. I had only been there once and I did not know what to expect, but something urged me to go ahead and do it and It was one of the best decisions I have made. The Y is not just a gym and pool it is a place you make friends and find family, and also have life changing experiences. The Y has also brought me back closer to God and has shown me there is still good left in the world." - April Duggar So, why the Y? Why not!



The Gift of Health

Looking for a gift for the holidays? Why not give the gift of health this season. Our YMCA Personal Trainers are eager to help you meet your 2025 goals! Or grab your family and friends and sign up for Small Group Training! Both of these services let you work with a trained professional who will meet you where you are regardless of your skill level. Common goals include losing weight, recovering from an injury,

Christmas toys for the children of Avery and Mitchell Counties! With your support we have been able to help so many individuals in our communities have food, clean water, a place to shower, and new clothes, jackets, and shoes. We are humbled by your generosity and beyond grateful for your continued help!

"During this program. I could feel on a weekly basis that I was getting physically stronger. I could tell that my balance was improving and that some duties at home seemed easier and caused less pain. This affected how I felt about myself. I had more energy and my mood improved."

and training for an upcoming event! For more information check out of [Wellness Offerings on our website!](#)

The next session of Livestrong will start in January 2025. Contact Chris Kennedy at chrisk@ymcaavery.org for more information.

What's Happening in Mitchell



Mitchell After School Newsletter

After School has started in Mitchell with great participation! The students are having a wonderful time and adjusting to the new year very well. We have new staff joining us and are excited for the parents to meet them. We are partnering with Penland and 4H again this year to give our students a wide range of learning opportunities.



Congratulations Mitchell Delay The Disease Participants!

Mitchell County's Healthy Living Center celebrated the end of the summer session of our Delay the Disease-Parkinson's Program, with an ice cream social! They each made their own handmade and uniquely flavored ice cream. The class has continued to improve in the areas of leg strength, balance, agility and gait. Our group is so awesome, they are dedicated to fighting against the symptoms of Parkinson's with the best tool they have--exercise! For more information about this and other Healthy Living Programs offered at the Healthy Living Center in Mitchell County. Please contact Jessica Thomas, Healthy Living Director.

Call Jessica



Spruce Pine Trick or Treat

Amidst all of Hurricane clean up it is good to take time to enjoy the little things that bring us joy. For our Mitchell YMCA staff that included participating the in the Upper Street, Downtown Spruce Pine Halloween Trick or Treat event on October 31, 2024. We passed out candy, had some free giveaways and were able to see friends and community partners we hadn't seen in a while. We hope to see you at next year's event!



Hurricane Relief Response

The YMCA's relief and recovery efforts were taking place across Avery and Mitchell Counties! Our Mitchell based team spent the month of October supporting other local non-profits and agencies with their relief services, including TRACTOR Food and Farms, the Spruce Pine United Methodist Church, at MUCOR Relief Groups, and in many other locations assisting with food packaging, donation intake and organization and helped connect individuals to other relief services. As the YMCA begins to return to normal operations and programs, we will continue to have staff in Mitchell County aiding with long term Helene relief efforts! If you need non-emergency help in Mitchell County, please [contact Carlos Lopez, YMCA](#)

Email
Jessica

Mark Your Calendars



[October Group Exercise](#)

New Barre Class

Join us on Wednesdays at 4:30 for the new Barre class with Shannon. This class contains low-impact exercises that pull different elements of yoga, ballet, Pilates, and strength training into one exciting class!

[Download Avery Group Exercise Schedule](#)

[Download Mitchell Group Exercise Opportunities](#)



[October Athletics](#)

SPIRIT Returns

The SPIRIT program is resuming on November 12th, after the brief pause for Hurricane Recovery and Relief. The Showcase will now take place on November 26th in the Blackburn Athletic Facility.

Due to unforeseen issues dealing with the sewer system at the Blackburn Athletic Facility we will be opening for specific programs until further notice. Should this change we will let you know via our website and social media. Please visit our [athletics page](#) for a list of programs scheduled to be held at the Blackburn Athletic Facility in November.

Thank you for your understanding! If you have any questions please contact [Recreation Director Nathan McDavid.](#)



[October Aquatics](#)

Showcase Swim Meet

The YMCA's Swim Team will hold its Showcase Swim Meet on Thursday, November 21st, 2024 beginning at 5 pm. Families and friends are encouraged to stay after the end of the meet for a pool party for all Swim Team participants!

[Download Aquatics Schedule](#)

Giving Back

Do you want to be part of the change and give back to the Avery and Mitchell County Communities? There are a variety of ways you can get involved with the Williams YMCA of Avery County!

[Donate](#)

[Volunteer](#)

Reinvest in the community through the

Give the gift of your time and skills in

programs and services offered by the YMCA, including drowning prevention programs, outreach services addressing social isolation and food insecurity, after school and summer camp programs that help youth find new and exciting ways to learn and connect with their peers, and Healthy Living programs that help those living with Chronic Diseases manage their symptoms.

programs that change the lives of children, teens, adults, families, and seniors.
Upcoming Volunteer Opportunities:

- ***Outreach - Aid with Hurricane Helene Donation Distribution***
- ***Athletics - Youth Soccer Coaches & Referees***



Connect with us on:



Williams YMCA of Avery County | 436 Hospital Drive, PO Box 707 Linville, NC 28646

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