



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA of the Capital Area Newsletter - Y Connection
October 2020

COSTUME DRIVE

The YMCA of the Capital Area will host its annual Costumes for Kids drive beginning October 1 through October 20. Costumes for Kids is a local costume drive that provides free Halloween costumes to children in need in our community. The Y is accepting new or gently used costumes to be given to children in the Baton Rouge community. Costume donations will be accepted at any of the Y's seven locations until October 20.



INVESTING IN THE Y



It's an exciting time at the Y! As we continue to INVEST in our community and the people we serve, it's now time to INVEST in our Paula G. Manship YMCA. We have moved a majority of the fitness equipment, including cardio and strength, into its temporary place in the gymnasium. We have started on phased renovations and additions to the facility. Our plan is

that the project will be finished in the next four to five months. As always, we appreciate your understanding during this exciting time. As a reminder, and for your convenience, please feel free to utilize one of our other five locations.

OBESITY AND COVID-19



It's no secret that obesity is a health risk, but new research shows that the risk now extends to COVID-19. A recent study found people with obesity who contracted the virus were twice as likely to be hospitalized, with a 74% higher

likelihood of being admitted to intensive care. Underlying conditions like diabetes and high blood pressure are more prevalent in people who are overweight, making this group even more vulnerable to the virus. In addition, doctors warn that a vaccine may be less effective in people with obesity mirroring the flu vaccine's low success rate for those with a body mass index (BMI) over 30. Source: [BR Business Report](#)

INDOOR POOL, SAUNA & STEAM ROOM NOW OPEN



We are excited to announce the re-opening of the A. C. Lewis YMCA indoor pool, steam room, sauna, and whirlpool. [Click here](#) for the pool schedule.

We continue to expand our programs and services, please continue to check the website for updates www.ymcabr.org.

SOCIAL MEDIA AMBASSADORS



Savvy on social media? The Y needs YOU! The YMCA of the Capital Area believes in social responsibility – the importance of being there for people when they are in need. We invest in our kids, health, and neighbors, and we provide opportunities for everyone to get involved and give back to our community. We'd love your help in telling our story about the Y's impact in the community. Activate your

social responsibility by participating in the Y's cause to strengthen community, Togetherhood. Connect with others to carry out service projects addressing real community needs, providing you with a fun, convenient and rewarding way to give back and support your neighbors.

[Sign up today](#) to become a Social Media Ambassador for the Y to promote social goodness in your community. Email showell@ymcabr.org for more information.

Please remember to follow the Y's cause in action at:



WELLNESS CHALLENGES



Need extra motivation or just want to try something new? Sign up for our swim challenge. For this swim challenge, participants must swim at least 800 yards each time they swim at the Y. Participants have one month to complete the challenge. All participants who complete the challenge will receive a swim cap.

Dates: October 1-October 31

Price: \$5

[Register now](#) to participate.



This month we have a new fitness challenge... **JUMPING JACK-O-LANTERNS!** It's a fun Jumping Jack Fitness Challenge. Each day you will be challenged to complete the assigned number of jumping jacks to that day. Upon completion, write your name on a piece of orange paper and to help complete our pumpkin mosaic. The more days you complete, the more opportunity you have to win! A name will be selected at the end of the month to win a prize. It's free to participate and sure to be a lot of fun!

OUR IMPACT

In a dynamic and changing world, the YMCA of the Capital Area is dedicated to making a difference that has a direct impact on those who need us most. We bring People And Communities Together by offering programs that bring out the best in all of us.

The Y Connects youth, adults, families, and seniors of all backgrounds allowing them to explore and enjoy opportunities to Learn, Grow And Thrive. From advocacy to aquatics, camps to safe spaces, mentoring to sports, and water safety to wellness - the Y strengthens the community.

By enriching youth, improving healthy living, and igniting social responsibility, we ensure Everyone Succeeds at every stage of life.

Here is our impact from 2019:



STATE CHARITABLE CAMPAIGN



LASCCC.org
#GiveHOPELA

Proud to be a
SCCC
2020 Charitable Organization

The YMCA of the Capital Area is excited about participating as a charity in the 2020 Louisiana State Combined Charitable Campaign! If you are a State employee, look for #1112, aka The Young Men's Christian Association of the Capital Area, to support youth development, healthy living and social responsibility in our community.

The campaign kicks off on October 1 and runs through December 1. Visit www.LASCCC.org for more information.

YMCA TO CLOSE HEALTH GAPS



The YMCA of the Capital Area is piloting a program with 170 residents of North Baton Rouge to study to help bridge gaps in health. The pilot – which includes Y membership, individual coaching, and virtual tools – is funded by a \$25,000 grant from the Blue Cross and Blue Shield of Louisiana Foundation. [Click here](#) for more information.

PROGRAMS

[Cornhole League](#)

[Charity Tailgate](#)

[Lap Lane and Group Exercise
Reservation Portal](#)

[Masters Stroke Clinic](#)

UPCOMING EVENTS



October 1-20: [Costume Drive](#)

October 2: [Beyond the Green Golf
Tournament](#)

October 17: [Fast 4 One Day Tennis
Tournament](#) hosted at YMCA Lamar Tennis

Recreational Cheer

Center. Contact Ronnie for more information.

Jr Circuit Training

October 28: Member Appreciation Day

Mash Up

October 30: Friend Friday - Y members can bring a guest for free!

Small Group Training

November 7: Dow Westside YMCA Charity Tailgate

Micro Indoor Soccer

Winter Basketball

For the latest Y news, visit ymcabr.org

Connect with us



Donate Today!

YMCA of the Capital Area | ymcabr.org