

LIVING OUR CAUSE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF SAN JOAQUIN COUNTY

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YMCA OF SAN JOAQUIN COUNTY NEWSLETTER - SEPTEMBER 2011

15TH ANNUAL COMMUNITY HEALTH FAIR



BUILDING A HEALTHIER COMMUNITY TOGETHER

The YMCA of San Joaquin County will be offering their 15th Annual Community Health Fair on Saturday, October 1st, 2011. Join us at St. Mark's United Methodist Church from 10am-1pm for a free fun filled event with lots of games, raffle prizes, healthy food, performances and health services.

Services will include vision screenings, flu shots, blood pressure checks, cholesterol checks, glucose checks, bone-density screenings, kids identification kits, and much more!

Save the date and share the news with your friends and family. Now is the time to stay on top of your health and we are here to help.

Special thanks to our sponsors and supporters: C&S Wholesale Grocers, Bi-National Health Week, Del Monte, Emergency Food Bank, Health Plan of San Joaquin, Kaiser Permanente, KWIN, Phi Delta Chi, Stockton Unified School District, St Mark's United Methodist Church, United Way, Wells Fargo Bank, Worknet, and the Y Dream Team.

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

Y-ADVENTURE GUIDES

FAMILY LIFE PROGRAM FOR FATHERS AND THEIR KIDS

Finding quality time with our children, especially when trying to achieve a positive work/life balance, can be difficult. When a parent and child do have time together, they do not always find ways to use that time to its fullest potential.

Y-Adventure Guides is designed for fathers and their Kindergarten through 4th grade child(ren). In Y-Adventure Guides, the focus is on the father's role as a guide in the child's life. Fathers direct, supervise, encourage, influence and teach while presenting opportunities for children to explore the world around them. Fathers also lead by example as they set their children on a path through life, all while developing a positive and lifelong relationship.



On Saturday, October 8-9, Y-Adventure Guides will be having a Fall Campout at Oak Grove Regional Park. Other Adventure Guides activities include a Turkey Shoot, Christmas Party, Winter Campout, Pine Block Derby and much more.

PENNIES FROM HEAVEN

JCPENNEY SUPPORTS LIFE-ENRICHING AFTERSCHOOL PROGRAMS

Did you know that 1 in 4 students in the U.S. is unsupervised between the hours of 3-6pm? Combine this statistic with the reality that schools are facing budget cuts and certain classes are being eliminated. Now is the time to ensure that children will receive the enriching developmental experiences that afterschool programs provide.



You can support the 18 YMCA afterschool programs in San Joaquin County by shopping at jcpenny's on October 12-25. The staff of jcpenny will ask customers to support the afterschool cause by rounding up their store purchases to the nearest dollar and donating the difference.

The jcpenny's stores in Stockton and Manteca are supporting the "pennies from heaven" launch to raise awareness of the need for afterschool programs and demonstrate their commitment to this cause and its afterschool partners.

For more information please visit: <http://www.jcpennyafterschool.org/>

ARMANDO VILLAPUDUA

LOCAL COMMUNITY LEADER JOINS YMCA BOARD

The YMCA of San Joaquin County is pleased to announce that Armando Villapudua was elected to be a member of the YMCA's Board of Directors. Mr. Villapudua is an attorney, Law Offices of Armando Villapudua, and a proud supporter of the San Joaquin County community.



Armando was born and raised in Stockton, California. After graduating from Franklin High School he went on to receive his Bachelor's Degree in Accounting from Cal Poly San Luis Obispo and his Juris Doctorate from University of California Hastings College of Law. Mr. Villapudua has been a lawyer in Stockton for over 15 years. Armando is married to his wife, Xapuri Villapudua, with five children who have benefited from the YMCA by playing soccer, basketball and taking swim lessons.

"I am excited about helping the Y continue to grow all the programs and activities they have provided for my family and for the community," says Armando, "I look forward to contributing to their success and help make a positive impact in the San Joaquin County."

Also previously elected to the Board of Directors are John Bertilacchi, Bertilacchi Insurance Agency; Bryan Carr, Stockton Fire Department; Jeff Gilbert, Verve Network Solutions; and Stanley Chan, Goldman, Sachs & Company.

UPCOMING SPORTS LEAGUES
INDOOR SOCCER



For Ages: 3-10

Location: Lodi & Stockton

League Dates: 1/07/12 to 02/11/12

Early Bird: \$60 - before 10/12/11

Registration Begins: 09/30/11

Registration Deadline: 12/02/11

**WINTER
COMPETITIVE
BASKETBALL**



For Ages: 9-15

Location: Stockton

League Dates: 1/07/12 to 02/11/12

Early Bird: \$65 - before 10/12/11

Registration Begins: 09/30/11

Registration Deadline: 12/02/11

HEALTHY KIDS

CHILDHOOD OBESITY AWARENESS



September is National Childhood Obesity Awareness Month, and we want to remind parents about the importance of incorporating regular physical activity and healthier eating habits into their children's lives.

Childhood obesity rates have soared over the last few decades. Nationally, one in three children is obese or overweight. More alarming, obesity puts children at risk for chronic diseases often seen in adults, such as high cholesterol, cardiovascular disease, high blood pressure and type-2 diabetes. This health crisis sheds light on the need to provide

children and their parents with the resources and the support they need, emphasizing that small steps can lead to big results to reverse the trend.

One Key to fighting childhood obesity is prevention. Partaking in regular physical activity – 60 minutes a day for children – and eating nutritious foods like fruits, vegetables and whole grains can decrease health risks. It's important to note that 60 minutes of physical activity can be achieved through a number of activities throughout the entire day – it does not have to be done all at once.

VOLUNTEER

THE YMCA DREAM TEAM

People volunteer for many different reasons. Whether it is to help improve the lives of others, or to simply have some fun; there is always a purpose to it.

The YMCA Dream Team is a group of amazing volunteers who have been dedicating their time reaching out to community members in San Joaquin County.

They have put together a free 3-on-3 community basketball tournament and are currently planning the upcoming community health fair. The Dream Team has also participated in events such as UOP's Heart Walk, Family Day at the Park and much more.



"At the Y, it's about more than just sports. It's about making our community better by youth development, healthy living and inspiring social responsibility," says Michelle Bennett, Volunteer Ambassador, "Get involved with the Y! You will definitely have a blast while making an impact in our community."