

ACTIVE & AGELESS

CHIPPEWA FALLS YMCA ACTIVE & AGELESS NEWSLETTER
MARCH 2023

Welcome to March! One step closer to spring and more sunshine! March is home to St. Patrick's Day, National Cheerleading Safety Month (who knew?) and National Kidney Month. I'm not sure how each month of the year gets designated to a body part, yet here we are. When I was thinking about kidneys, I wasn't positive about where to go with being "aware" of it. Should I just write a reminder that we have one? How to keep it healthy? How it works? But then I thought of the most painful experience of my life – so this month we are talkin' kidney stones.



Kara Goossens

Some fun facts about kidney stones according to the National Kidney Foundation. Men and women both have about the same amount of risk of developing a kidney stone in their life. Men slightly higher at 11%, women at 9%. This boils down to about 1 in 10 people will have a stone. They are super common and SUPER painful. You could very easily have a kidney stone right now and not even know it. These are known as "stable" stones and until they are moved out of place for some reason, they won't cause issues. When the stone moves out of the kidney, typically this is when they start to cause pain as they get stuck in the ureter and/or block urine flow and cause infections. This is the point when you wonder if you are dying or pray someone will put you out of your misery and head for the ER. A CT is performed to confirm the cause of pain and then also the size of the stone. The doctor will then determine if you need surgery to remove it or if it is small enough to pass. If you can pass on your own, you will then be asked to "strain" your urine so the stone can be analyzed. Believe it or not, there are 4 different types!

If you can catch the stone and have it analyzed, that will give you an idea how to prevent future issues as each type is due to different circumstances. The most common type is Calcium Oxalate - which can be caused by dehydration and not flushing the kidneys with enough water to push out the unwanted minerals and they become "crystallized". Staying hydrated is important for a variety of reasons,

[continued on page 5](#)



Chippewa Falls YMCA

611 Jefferson Avenue

Chippewa Falls, WI 54729

www.ymca-cv.org

IN THIS ISSUE

- Fall/Winter Hours
- YMCA Resources
- Walk for your Wellness Wednesday
- Did You Know?
- Meet Our Instructor
- Happy Retirement Dave!
- YMCA Dedication Awards
- Upcoming Events

ENJOY THIS ISSUE?

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

QUESTIONS, COMMENTS, IDEAS?

Contact: Kara Goossens
Chippewa Falls YMCA
Active & Ageless Coordinator
kgoossens@ymca-cv.org

FALL/WINTER HOURS

Monday - Thursday:
5:00 AM - 8:00 PM

Friday:
5:00 AM - 7:00 PM

Saturday:
6:00 AM - 4:00 PM

Sunday:
6:00 AM - 2:00 PM

YOUR YMCA RESOURCES

Want to know more about what your YMCA has to offer? Check out the resources below on our website (ymca-cv.org) or pick up a flier at the Y.

- **YMCA360** - check out www.ymca-cv.org/ymca360 for free on-demand classes.
- **LIVESTRONG** - a free 12-week evidence-based program, tailored to the specific needs of adult cancer survivors who would like to improve their quality of life before, during, and after treatment.
- **How Can I Support the YMCA?** Check out the "GIVE" tool bar on our website!

WALK FOR YOUR WELLNESS WEDNESDAYS!



Spring is just around the corner! Join our Member Service Director Kristin Anderl every Wednesday at Irvine Park at 4:00 PM for a friendly chat and stroll around the park. Just show up! Park by the splash pad, walk starts promptly at 4:00 PM. Talk to Kristin at the Front Desk if you have any questions!



DID YOU KNOW?

Put all those leftover St. Patrick's ingredients to use!

Check out this [**Corned Beef and Cabbage Soup**](#)

Ingredients:

- 1 tablespoon olive oil
- 1 onion diced
- 1 cup carrots cooked and sliced
- 3 cups potatoes cooked and cubed
- 2 cups corned beef cooked and cubed
- 3 cups cabbage cooked
- 28 ounces diced tomatoes 1 can
- ½ teaspoon dried thyme
- ½ teaspoon garlic powder
- 5 cups chicken broth

To Make:

Heat the olive oil in a large soup pot or Dutch oven over medium high heat. Add the diced onions and cook for 5 minutes until softened. Add the cabbage, potatoes, corned beef, and chicken stock to the pot. Add the diced tomatoes, dried thyme, and garlic powder. Bring the soup to a boil and simmer for 15 minutes until heated through. Serve warm with rustic bread.



MEET OUR INSTRUCTOR: JAMES KIRCHEN

How many years have you been at the Y and how did you get started?

I've been coming to the Y since mid-1995 when I moved to Chippewa Falls out of college. I began playing noon hoops and taking an occasional cycling class. I loved to bike, so doing it over my lunch hour, especially in cold months was a great way to stay in shape. Instructing classes began shortly after and I thought, "Why not, I'm here working out anyway!"

What is your favorite part of group fitness?

For sure the camaraderie and accountability. Many of the same people are at the classes I attend or instruct and it is truly fun working out with a fun group of people. When I miss a class, I'm also held accountable when they say, "Hey, where were you Wednesday?"

What is the best piece of fitness advice you have ever received?

There are many, but here are two: 1. Fitness is 80% FOOD and 20% EXERCISE - You can't out-exercise a bad diet. 2. At the YMCA, "It's YOUR workout... do better than you did last time. Instructors are here to guide you and provide modifications for different ability levels."

What classes do you teach and what can members expect when they attend?

I primarily instruct cycling class over the lunch hour and occasionally sub for strength classes. Members can expect a fun, friendly, atmosphere with no pressure. You can also expect to be pushed and to get a little bit out of your comfort zone (in a good way).



YMCA DEDICATION AWARDS

Congratulations to our 55+ members that are dedicated to their health! 4 members will be recognized monthly for their frequent use of the Chippewa Falls YMCA.

These members had the most check-in's for January 2023:

1. Lynn Amundson
2. Terry Melcarek
3. Garry and Beth Sherwood
4. Tim Tozer

Please stop by the front desk to claim your prize!

How to win: Must be a YMCA member 55+ (members may only win once every 365 days, employees not eligible). Remember to swipe your card every time you workout!



HAPPY RETIREMENT DAVE!

Thanks for 28 great years at the Chippewa Falls YMCA - we will miss you and wish you well on your future adventures!

Boost Your Brain & Memory



Join us for these fun classes and learn evidence based strategies to protect your brain as you age. Sample brain healthy smoothies too!

Wednesdays
February 22 -
March 15
9:00 am to
11:00 am

Korger-Chestnut Building
 140 W. Elm Street Chippewa Falls
 To Register:

<https://chipfalls.revtrak.net/rw-community-ed/>
 or call **715-738-2675**

Cost for the program: \$10.00 per person



THE MORE YOU KNOW, THE BETTER



COMMUNITY HEALTH EDUCATIONAL SERIES DRY BRUSHING 101 - MARCH 21, 2023 CHIPPEWA FALLS YMCA

Join our Chippewa Falls YMCA Community Educational Series! Each month, the Chippewa Falls YMCA will be offering a monthly educational event to help you gain the proper tools to be STRONG in Mind, Body, & Spirit. A variety of things contribute to your overall health and the YMCA is here to help you grow stronger in all aspects!

March 21, 2023

Join Certified Yoga Instructor and Aromatherapist Carolyn Thomas to discuss dry brushing – what is it and how it can aid in lymphatic drainage, improve circulation and energize your body!

- DAYS: Third Tuesday of each month - Next Class, April 18
- TIMES: 6:30 PM
- WHERE: Chippewa Falls YMCA | Community Room
- YMCA Members: FREE | Non-Members: \$5
 - Registration required - www.ymca-cv.org/hip

QUESTIONS?

Contact Carrie Mathwig, Healthy Living Director,
 at cmathwig@ymca-cv.org or at (715) 861-2352

REGISTER HERE:



SAFE, GROUNDED, SUPPORTIVE

TRAUMA SENSITIVE YOGA CHIPPEWA FALLS YMCA YOGA STUDIO

Trauma informed yoga is designed to help trauma survivors establish presence and find a sense of grounding that can help connect mind and body in a way that can feel secure. This form of yoga may include self-regulation strategies to increase body awareness in a safe and controlled way, which can promote feelings of physical, emotional, and psychological safety and to address nervous system dysregulation, dissociation, and feelings of disconnection from the body or surroundings, which are common after experiencing trauma.

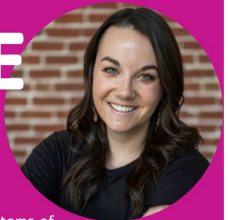
Certified Trauma Sensitive Yoga Instructor Mike Johnson will guide and support you through your practice, focusing on breathing techniques that connect the body with the breath.

WHERE: Chippewa Falls YMCA - Yoga Studio
WHEN: Wednesday, March 29 | 4:00-4:50 PM
COST: FREE for Members and Non-Members
 Registration required - minimum of 3
 Must be 14 years old or older to attend

WWW.YMCA-CV.ORG/GROUPEXERCISE



LET'S TALK MENOPAUSE



IT'S NOT A 4-LETTER WORD, LET'S TALK! CHIPPEWA FALLS YMCA

Menopause got you down? You are not alone! Did you know symptoms of menopause can kick in up to 10 years before a woman's final menstrual period? A study by AARP found 42% of women have never discussed menopause with a healthcare provider. Don't suffer in silence, there are things you can do to help your symptoms!

Join Dr. Brea from Chipota Chiropractic and learn:

- How to reduce hot flashes
- Nutrition support for hormone balances
- Lab testing to evaluate hormones
- Stress reduction to support healthy hormones

Where: Chippewa Falls YMCA - Community Room

When: Wednesday, March 29

Time: 6:30 PM

COST: Members: FREE | Non-Members: \$5

Registration required. Minimum of 5

REGISTER TODAY AT
WWW.YMCA-CV.ORG/HIP



REGISTER HERE:



continued from page 1

now you have one more to add to the list of why you should meet your daily water intake goal. A standard recommendation is the 8x8 rule (8, eight-ounce glasses/day) or check with your health care provider if they have different recommendations based on your medical history.

There you have it YMCA friends – Kidney Awareness! I wonder if they have a “color” that corresponds to this month also? Like red for heart health, pink for breast cancer, green for kidneys AND St. Patrick’s Day?? Deep thoughts with my coffee writing this morning.

Have a great month and don’t forget to check out all the awesome programming the YMCA has coming your way at the bottom of the newsletter!

Have a great month!
Kara



LIVESTRONG® at the YMCA CHIPPEWA FALLS YMCA

LIVESTRONG® at the YMCA is a free 12-week program, tailored to the specific needs of adult cancer survivors who would like to improve their quality of life before, during, and after treatment. We offer small group sessions to connect participants to other cancer survivors looking to reclaim their lives. Our certified instructors and personal trainers have undergone specialized training in the elements of cancer, rehabilitative exercise, and supportive cancer care.

WHEN: April 10-June 30, 2023
TIME: 1:00 –2:15 PM | Tuesdays & Thursdays
COST: Free for cancer survivors
LOCATION: Chippewa Falls YMCA



Criteria for participation:

- Referral from your oncologist or patient navigator
- A strong personal desire and commitment to participate in the program
- Ability to attend sessions on scheduled days
- Must be at least 18



For more information about LIVESTRONG at the YMCA, please contact Carrie Mathwig, Healthy living Director at cmathwig@ymca-cv.org

EMBRACING LIFE AFTER CANCER

CHEW ON THIS

the Y^{TMCA}

COMMUNITY HEALTH EDUCATION SERIES CHIPPEWA FALLS YMCA

Looking to clean up your plate? Join Certified Nutrition Coach and Personal Trainer, Tracey Quast, to discuss:

- Portion Size
- Healthy Snacks
- Ways to sneak more protein into your diet.

Wednesday, April 12
10:45 AM in the Yoga Studio

YMCA Members – Free
Non-Members \$5

Registration required, minimum of 5 needed to hold class.

REGISTER HERE:

A bowl of healthy food including salmon, corn, avocado, and chickpeas.

WWW.YMCA-CV.ORG/HIP



SAVE THE DATE POWER PEDALERS CLUB MEETING

APRIL 5, 10:30 AM
POOL HALLWAY
CHIPPEWA FALLS YMCA

THIS GROUP IS FREE TO THE COMMUNITY.
YOU DO NOT NEED TO BE A YMCA
MEMBER TO PARTICIPATE.



ATTEND THE MEETING TO LEARN MORE!



THE MORE YOU KNOW, THE BETTER



COMMUNITY HEALTH EDUCATIONAL SERIES MEN'S HEALTH WITH DR. DREW - APRIL 21, 2023 CHIPPEWA FALLS YMCA

Not feeling as spry as you once were? Are you dealing with brain fog, GI issues or just an all-around "blah" feeling?

Join Dr. Drew from Midwest Chiropractic Neurology to discuss a variety of men's health topics for all ages, including:

- How to support hormone (testosterone) production
- Impacts of stress on all areas of the body
- Tips to encourage a healthy gut microbiome



Where: Community Room - Chippewa YMCA

When: Friday, April 21 at 10:45 AM

YMCA Member: Free | Non-Member: \$5

Minimum of 5 needed to hold class

- Registration required - www.ymca-cv.org/hip

QUESTIONS?

Contact Carrie Mathwig, Healthy Living Director,
at cmathwig@ymca-cv.org or at (715) 861-2352

REGISTER HERE:



YOGA STUDIO

BEST OF THE CHIPPEWA VALLEY

#3 IN 2023 READER POLL

JOIN A CLASS!



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOME THE BEST GOLFER, BY PAR

INDOOR GOLF SIMULATOR CHIPPEWA FALLS YMCA

The Chippewa Falls YMCA offers a state-of-the-art Golf Room with a launch monitor (3D tracking) and simulator! The 55-inch screen and Fuberbuilt turf mat closely resemble true fairway impact. The simulator offers skill challenges to improve different aspects of your game, five simulated golf courses to play on, and practice ranges to work on ball striking.

The putting surface allows for you to practice putts up to 35 feet or to work on chipping. Take advantage of the large hitting bay to better judge ball flight and trajectory. Our state-of-the-art Mevo Plus technology tracks 16 accurate performance data parameters to help fine-tune your swing.

Benefits of our large hitting bay:

- Better visual feedback on ball flight and trajectory than with traditional simulators
- Ample vertical and horizontal space to work on short chipping accuracy
- Artificial turf surface provides room to practice putts up to 35 feet

Benefits of Mevo Plus technology:

- Tracking of 16 measures of performance data
- 3D tracking radar provides more accurate feedback
- Simulator mode to practice your skills on five golf courses
- Skills Challenges to improve different aspects of your game
- Practice range to work on consistency in ball striking

COST: Members: FREE | Non-Members: \$15 per hour with YMCA Member

HOURS: Sunday-Saturday, 7 AM - Close
Reservations can be made on our website YMCA-CV.ORG



CHIPPEWA FALLS YMCA | YMCA OF THE CHIPPEWA VALLEY