

# MEMBER NEWS



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF THE PRAIRIE, SEPTEMBER 2015

Holdrege and Lexington

[www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org)

[www.orthmanymca.org](http://www.orthmanymca.org)

MONTHLY UPDATE FOR THE DON SJOGREN COMMUNITY YMCA, HOLDREGE & ORTHMAN COMMUNITY YMCA, LEXINGTON

## MEMBER FEATURE

## BIERMAN MOVES FROM SURVIVING TO THRIVING

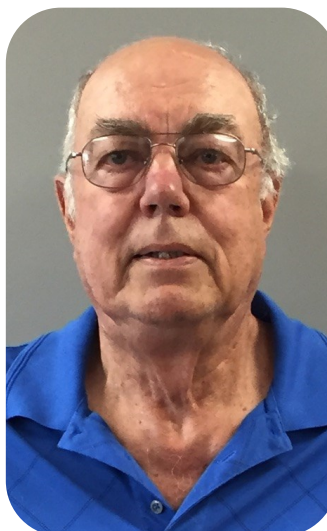
Since joining the Orthman Community YMCA last October, 77-year-old Warren Bierman has widened his social circle, amazed his doctors with his improvements against Parkinson's Disease and even shaved 10 points off his golf score.

Warren and his wife, Brenda, joined the Y when the new facility opened last fall. Previously, Warren had exercised at home, at the hospital wellness center and had physical therapy to help ward off the symptoms of the Parkinson's Disease he was diagnosed with in 2004.

"The neurologist said that exercise is very crucial," Warren said. "It's like another medication, almost."

In February, he requested help from Y personal trainer Melanie Schubert, who researched his disease and designed an exercise routine to best fit his needs. Melanie met with Warren five times and set up an exercise routine for him and showed him how to do the exercises.

She encouraged him to walk on the track and ride the bicycle for cardio benefits and then created a routine of free weightlifting and machine



Warren Bierman

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## SJOGREN DONATES \$1 MILLION TO YMCA



We are happy to announce a generous donation from long-time Y supporter Don Sjogren. He has donated \$1 million to the Holdrege branch, which will be renamed the Don Sjogren Community YMCA.

"I like kids, and there are two things that stand out in the Y in its title – youth and Christian," Sjogren said. "I realize how much kids need to be brought up in

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## YOUTH SPORTS

Register by September 1 for Fall Youth Sports in Holdrege (H) and Lexington (L). Sports include:

### Youth Flag Football:

Mondays, Grades K-6 (H)  
Tuesdays, Age 3-Grade 6 (L)

### Soccer:

Saturdays, Grades K-8 (H)

### Cheerleading:

Saturdays, Grades K-6 (H)  
Tuesdays, Age 3-Grade 6 (L)

### Volleyball:

Mondays, Grades 3-6 (L)

### Swim Team:

Must be able to swim 25 yards (H)  
Begins Sept. 8.

## YOUTH ENRICHMENT & FUN

### Lego Club (H)

Mondays, 4-4:45 p.m.  
Sept. 14-Oct. 19, Grades K-6

### Nerf Wars (H)

Sept. 19, 7-8:30 p.m., Ages 7-13

### Flick & Float (H)

Friday, Sept. 25, 6 p.m. All ages

## ADULT HEALTHY LIVING

Join us for these upcoming programs and challenges to stay active and healthy this fall:

Husker Football Challenge: Sept. 5 (L)

Fall Morning Bootcamp: Sept. 9 (L)

Cooking with Melanie: Monthly (L)

Adult Flag Football: Sept. 14 (L)

## BIERMAN THRIVING

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weightlifting, such as leg curls, the seated chest press to help with posture and the shoulder press.

Warren said the exercises that Melanie set up for him were more strenuous than his previous exercises.

"It's been very effective for me," he said. "It's strengthened my legs and strengthened my arms and chest area."

After just six weeks of Melanie's program, Warren said the neurologist noticed an immediate improvement in his movements and strength.

Warren typically exercises at the Y between 6:30 and 7:30 a.m., and he's noticed more than just physical benefits from his Y routine.

"With the Y, you also get the sociability with the other members who are there exercising," he said. "The other part of Parkinson's is if you don't get out and socialize with people, you get depression pretty easy."

He said the summer before he joined the Y, he was feeling depressed and didn't feel like doing much of anything.

Because of the Y, this summer was much more positive, and he noticed another benefit of his renewed strength and mobility.

"I've been real pleased with golfing this summer," he said. "It's probably helped about 10 strokes on 18 holes of golf."

## HOLDREGE BRANCH RENAMED

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a Christian atmosphere because they are the leaders of tomorrow. They need to have a solid foundation in their lives, and I think the Y is one place that can give that to them."

YMCA Chief Volunteer Officer Robert McCormick said Sjogren's gift will be placed in the YMCA's endowment fund to help secure a strong future for the Y.

"We are so grateful to Don for his generosity," McCormick said. "Don wants to make a difference, and he knows he can make a difference at the Y."

This gift moves the Y closer to its ultimate goal of a \$3 million endowment, McCormick said. For more information about Don and his gift to the Y, please visit our web site at [www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org) and click on the Y stories link.

## BROWN PROMOTED TO BRANCH MANAGER

Janel Brown, former youth programs and wellness director, has been promoted to associate executive director at the Don Sjogren branch.

Brown began work in her new role on August 3. She has served as youth programs and wellness manager at the YMCA of the Prairie in Holdrege since July 2013. She has led the successful after-school program and summer camps and has started new programs such as Nerf Wars, the Veteran's Day Breakfast and the Noon New Year's Eve party.

Prior to working in Holdrege, Brown worked at the YMCA of the Pikes Peak Region for 10 years overseeing youth, aquatics, youth wellness and special events before moving to Nebraska. She graduated from Adrian High School in Adrian Michigan and has a bachelor's degree in recreation and leisure services and business administration from Central Michigan University.

Brown said she is excited for "the opportunity to grow and learn while continuing to impact lives and strengthening our community."

When she's not working, Brown enjoys spending time with her husband, Kyle, and their three children, Tate, Shayne and Gunner.



## HOLDREGE BUILDING HOURS

M-Th: 5 a.m.-10 p.m.

Fri: 5 a.m.-8 p.m.

Sat: 7 a.m.-5 p.m.

Sun: 1-6 p.m.

## HOLDREGE POOL HOURS

M-Th.: 5:30-11 a.m. & 4:30-8 p.m.

Fri: 5:30-11 a.m. & 2-7:30 p.m.

Sat: 8 a.m.-4:30 p.m.

Sun: 1-5:30 p.m.

## LEXINGTON HOURS

M-Th: 5 a.m.-10 p.m.

Fri: 5 a.m.-9 p.m.

Sat: 7 a.m.-8 p.m.

Sun: 1-6 p.m.

## KIDS CAFÉ SERVES 1,428

Thanks to generous donors, Y staff and Y volunteers, kids were nurtured with healthy lunches like stir fry rice, build-your-own salad and grilled chicken this summer at the Don Sjogren YMCA Kids Café.

Y staff and volunteers served 1,428 meals during the program between June 1-July 31. The average number of meals served each day was 32 with as many as 50 kids eating on some days.

## NEW Y MOBILE APP

Download the new YMCA of the Prairie mobile app for on-the-go access to group exercise schedules, registration reminders, facility status notifications, program calendars and more. The app is divided into our two branches: Don Sjogren Community YMCA (Holdrege) and the Orthman Community YMCA (Lexington).

Download our **FREE** app through the Apple and Android app stores:

**iPhone:** <https://itunes.apple.com/us/app/ymca-of-theprairie/id1030552931?ls=1&mt=8>

**Android:** <https://play.google.com/store/apps/details?id=com.daxko.mobile.prairie>