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## **A Moment With Audrie**

Dear YMCA Family,

Summer has come to a close and it has been a busy and emotional few months for our country and our local community members. The Y and our staff team remain committed to serving over 500 families per day; not only in child care, sports, karate, and music, but in caring, safety, nurturing, and love. The families we serve, and the families who have not yet walked through our doors, matter to us. As a Y, we will remain ready and poised to be a solid resource for you.

As the business of back to school is upon us and the challenges of the world lay heavy on many, I invite you to create space for calm. Maybe take a few evening walks after dinner with a cup of tea or hot chocolate for dessert, sit on your front door step and talk with your children about their 3 best parts of the day, or maybe sit quietly on your bedroom floor and listen to your favorite music. Self-care is the best way to show love to others as well as yourself; we need to take care of one another.

Let's remember to embrace each as one community and one nation as we continue to move through these challenging times. We salute our heroes. The Y; we're here for you.

Warmly,

*Audrie*



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Corona Night with the Angels

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**Feed our kids, fuel our future.**



**Corona-Norco Family YMCA is to Receive Nourishing Neighbors  
Donations Made at Local Vons and Albertsons Stores in September**

We've been selected as a charity partner for the Albertsons Foundation and will receive donations from its annual Nourishing Neighbors campaign aimed at helping ensure every child has access to a healthy breakfast. All donations made at the following 3 stores will be used to feed LOCAL hungry kids.

**ALBERTSONS: 260 W Foothill Parkway, Corona 92882**  
**ALBERTSONS: 7070 Archibald Ave., Corona 92880**  
**VONS: 535 N. McKinley St., Corona 92879**

Young minds and bodies need a healthy breakfast to kick off their day. Eating breakfast improves alertness, concentration, mental performance and mood. We're thrilled to have been selected as the charity partner for the Albertsons Foundation and are grateful to the Foundation's Nourishing Neighbors initiative for their ongoing commitment to fighting hunger in our communities.

Nourishing Neighbors aims to fight hunger by helping keep food banks stocked, supporting meal distribution programs at schools, and supporting programs that provide food to seniors. As a program of the Albertsons Foundation, it is working to eradicate childhood hunger in America. With as many as 1 in 4 children in America at risk of hunger, the funds raised in September will be dedicated to local efforts that ensure every child has access to a healthy breakfast.

Anyone wishing to support Corona-Norco Family YMCA through this program can go to the following Vons and Albertsons Stores and make a donation to Nourishing Neighbors at checkout **September 1-30**.

**ALBERTSONS: 260 W Foothill Parkway, Corona 92882**  
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***Remember to ROUND UP AT THE REGISTER!***

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**TAKE ACTION TO**  
**IMPROVE YOUR**  
**HEART HEALTH**

**YMCA'S BLOOD PRESSURE  
SELF-MONITORING PROGRAM**  
High Blood Pressure, "The Silent Killer" is preventable. 80 Million adults have it, yet less than half have it under control. Heart disease





and stroke are two of the leading causes of death in the United States.

Differences in High Blood Pressure\*:

**By Age – Older adults** are more likely to have high blood pressure; about 65% of Americans age 60 or older have high blood pressure

**By Gender – Women** are about as likely as men to develop high blood pressure in their lifetime; however, high blood pressure affects more men than women for people younger than 45 and women more than men for people over age 65.

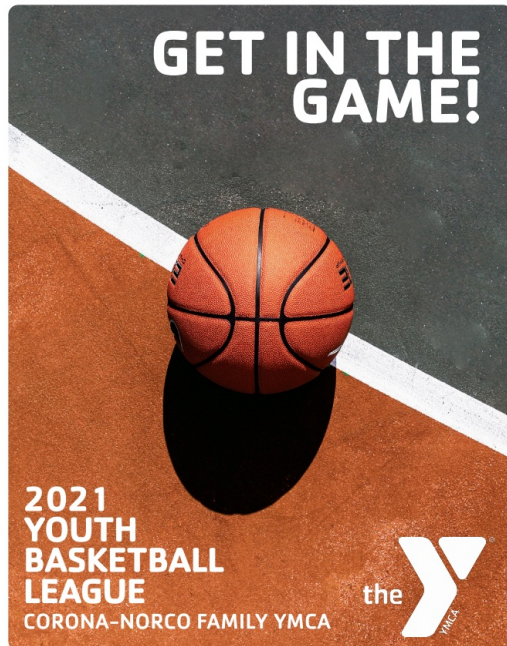
**By Race/Ethnicity – African Americans** have the highest rates among all racial/ethnic groups in the U.S. at 42% - among the highest in the world. They are followed by Whites, Hispanics, and Asians. **Hispanics** are generally the least aware they have blood pressure and least likely to be in treatment or have it under control.

\*"High Blood Pressure Facts," [Centers for Disease Control and Prevention](#), 19 Feb.2015. Web. 24 Mar. 2016.

- The YMCA's Blood Pressure Self-Monitoring (BPSM) Program is:
  - A four month commitment to communicate with a Healthy Heart Ambassador once a week
  - Participants attend monthly nutrition education seminars
  - Participants "self-monitor", or measure and track their own blood pressure at home
- The YMCA's BPSM Program is designed to help participants:
  - Reduce blood pressure
  - Better blood pressure management
  - Increase awareness of triggers that elevate blood pressure
  - Enhance knowledge to develop healthier eating habits

If you are interested in participating in our BPSM Program at the Corona-Norco Family YMCA, please contact Lori Drengson at [ldrengson@ymcacornor.org](mailto:ldrengson@ymcacornor.org) or 951-736-1415





## **2021 Fall Youth Basketball League Registration is NOW OPEN!!**

### **REGISTRATION**

- Begins: July 31, 2021
- Ends: September 21, 2021 or when divisions are full

### **RATES**

- \$130 for 8 game season (with uniform)
- \$150 for 8 game season (without uniform)

### **IMPORTANT DATES**

- Coaches Meeting: September 21st at 6:00 pm
- Parent Meeting: September 21st at 6:30pm
- Assessment Dates: September 21st at 7:00pm
- Practices Begin: Week of September 27th
- First Game: Saturday, October 2nd

### **DIVISIONS**

- Rookies: Ages 5-7 years old
- Champions: Ages 8-10 years old
- All-Stars: Ages 11-13 years old

### **PLAYER ASSESSMENTS:**

- Assessments are mandatory for all players to ensure fairness and fun. Please sign up to attend an assessment upon registration. Two options are available.
- Players who do not attend an assessment will not be placed on a team.

### **PRACTICE & GAME INFORMATION**

- Practices will run for one hour, one day a week between 6:00pm and 8:00pm at the Main Y, 1331 River Road, Corona, CA 92880
- Games will be held on Saturdays for all divisions. Times are TBD and schedules will be released at the first practice.



## **VOLUNTEER COACHES NEEDED**

- The Y is always looking for volunteer coaches to teach the children in our community the fundamentals of the game, sportsmanship, and the Y's four core character values: honesty, respect, responsibility and caring.
- All volunteer coaches must complete a volunteer packet prior to the first team meeting/practice and attend the coaches meeting.

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## **Employee Spotlight - Gabby Galvez**





I love being a wife to my hubby of 11 years and mom to 8-year-old, Matthew. Our favorite place to be is Disneyland. We enjoy camping and eating mint chip ice cream. One of my favorite pastimes is tending to my garden. My YMCA career started at the Orange County Y from 1998-2005. I started in accounts payable and worked my way up to a Financial Analyst. I then transferred to the Los Angeles Y, where I worked from 2009-2020. I began at the Downey Y as a part time Child Care Administrator and left as an Office Manager II for the Santa Anita Y. I am excited to be at the Corona-Norco Family YMCA as the Administrative & Accounting Coordinator, and ready to give my all so we can succeed.

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## **YMCA Community Center** **Vaccine Education Workshop**

[Reach Out](#), a new partner of Corona-Norco Family YMCA, led a Vaccine Education Workshop at our Teen Center. Topics included:

- Myths and Facts
- How to talk to your family and friends about the COVID-19 vaccine
- Mental Health and Self Care



We're excited about this new community partner and look forward to future presentations. We'll keep you posted!



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## **The Corona-Norco Family YMCA Fender Music School**

had their first family Showcase nights on 8/30 & 9/2!

The music students have practiced and worked hard to prepare their



music skills in the art of guitar and piano. 4 bands and over 20 piano students performed.

Instructors Adrienne (piano) and Ruben (Guitar/Band) were excited to give these amazing musicians the opportunity to show their musical talents. And their parents were excited to be able to see their children perform.

Registration now open for our next music session starting  
September 7th.

We offer Piano, Guitar, Ukulele, Drums, Band, and Voice lessons for  
ages 5 to Adults.

[Learn More Here](#)







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## **BACK TO SCHOOL!**

With all of the excitement this Back-to-School season brought, we managed to capture some of our students on their first days of school.



## River Road Park Infant Center Update

September is Back-to-School month here at the Infant Center. The colors of the month are yellow and green, and our shape square. The toddlers used paint to decorate plates. They also created bubble wrap stamps to paint school busses, while the infants used crayons to color on yellow school busses. They are also exploring all of the yellow toys in their classroom. Both classrooms are practicing saying the words "yellow and green" and are stacking with square blocks.

We have said good-bye to some of our wonderful classmates and we wish them a great experience in the two's classroom at Main Y. We have welcomed new members as well but there is always a bittersweet good-bye. We have upcoming birthdays which allow us to celebrate our "infants" to "toddlers." Congratulations to all!

All of our babies learn and experience life through their senses. While tasting, mouthing and having oral sensation through bottle feeding. This stage is about children starting to make different kinds of noises and making a lot of messes. Explorative learning and more sensory experiences give the children a greater desire to learn, causing their knowledge to grow!





## **Home Gardens** **Site Update**

In August we focused on some core values: respect, care, patience, honesty, responsibility. We celebrated these values by working together in teams making fruit kabobs and snacks, working in groups to build a single creation, and playing team games together.

We made new friends and strengthened existing relationships through these activities. Children were reminded that when they act responsibly, they are showing





respect for others. These activities have created a happier, more cohesive environment at the Home Gardens Site.



## City Park Site Update

At City Park, our children had a great time at our Carnival! They had fun playing games to win prizes, ate popcorn and snow cones, got their faces painted, and enjoyed all of the goodies our parents donated. It was so much fun! We can't wait to do it again next year!







## **Jurupa Site Market Day**

Students at the Jurupa Site earn "Y Bucks" all year long for demonstrating the Y Core Values. We have an annual Market Day where the students make items to sell and use their Y Bucks to purchase items. This year's Market Day was another success, as children had many items to choose from to spend their Bucks! They enjoy the entrepreneurial spirit and are learning how to responsibly manage finances to achieve some of their goals. It's fun AND educational!








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Thank you to [dd's Discount Store](#) for raising \$6,353 for the [FirstBook Literacy program](#). The Corona-Norco

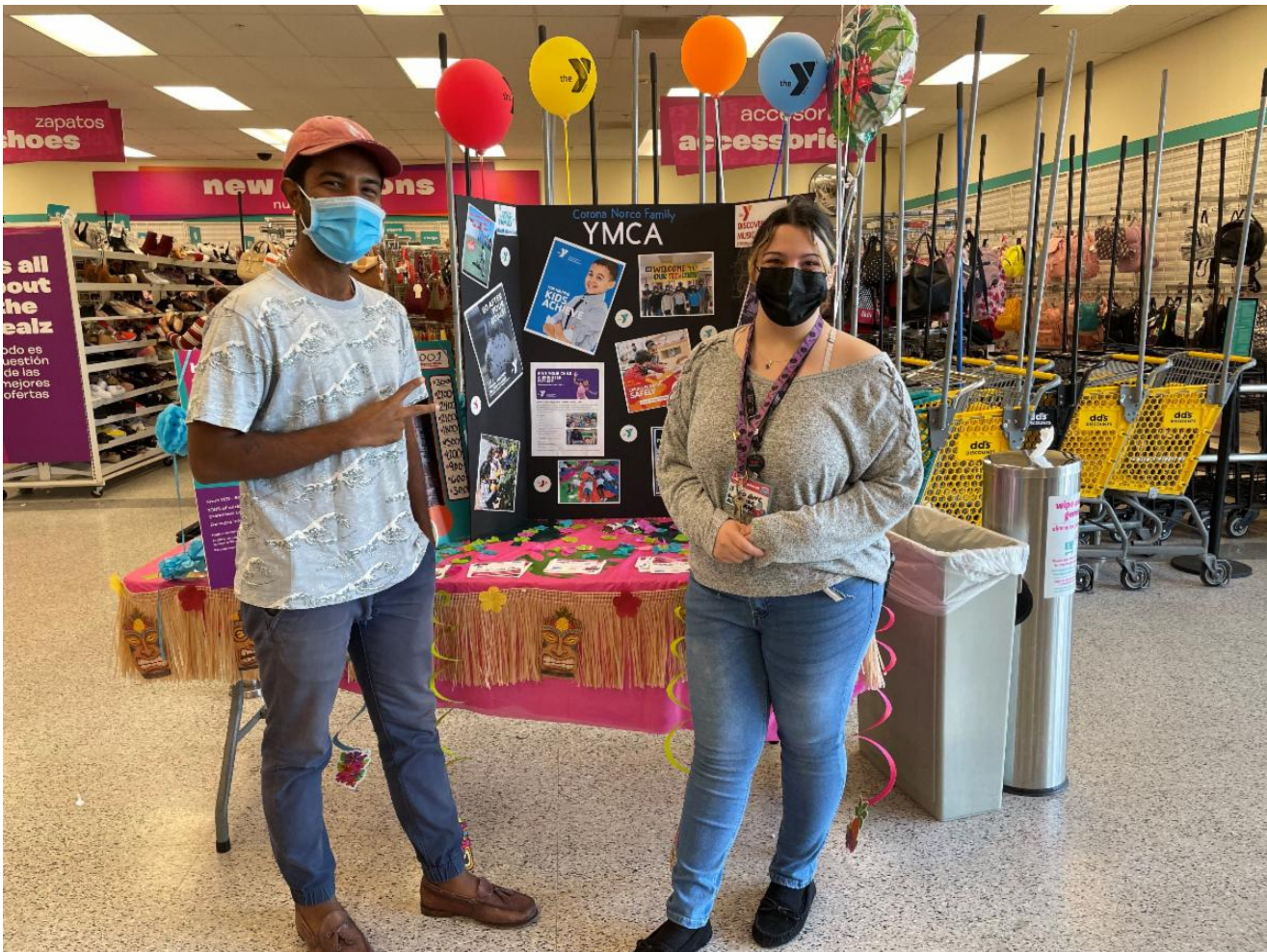
Family appreciates the outstanding efforts of the dd's Discount Store employees who fully embraced the book campaign. A special thank you to Roshan Patel from Elevated Vibrations Inc. for his \$1,000 donation.

**dd's DISCOUNTS** works to improve communities where their customers and Associates live and work through the annual **Youth Literacy Fundraiser**, a back-to-school donation drive that



collects in-store donations to support local schools and programs.

**dd's<sup>®</sup>**  
**DISCOUNTS**





# THANK YOU



[Del Real Foods](#) hosted a thank you luncheon for our Site Supervisor Staff. They presented a \$1,000 check to our YMCA from the Back to School Bundle online ordering campaign. Thanks for helping us reach our goal!







## Corona Chamber of Commerce and Angels

Our staff had a wonderful time attending the Corona Night Angels game with their fellow staff team members.

Our staff had an enjoyable time eating popcorn, hot dogs and nachos as they cheered on the Angels! Angels beat the Yankees, 6 to 4.

Thank you to all who purchased tickets and named the Corona-Norco Family YMCA as their designated organization for the fundraiser.



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## **Child Development Programs: From Infant through Teen**

The Corona-Norco Family YMCA offers nurturing and developmentally appropriate programs for children from infants through teens. Want to know more?

[Visit our website](#)