



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

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## **A Moment With Audrie**

### **What do you love? Not who, but what?**

A long time ago, I was having lunch with someone and we asked one another this question. We sat and really thought about it. We know we love our family and pizza and the beach or a great vacation. But we challenged ourselves to think a little deeper. What do you love? What brings you joy on a Monday morning, a Friday night and everything in between?

I said "Moments." I love moments. Those moments when you know you are present, still, taking it all in. When you are listening to someone share, and it hits you right in the heart. When you are watching someone dance, and can feel their joy radiating from them. When you see your child hit a homerun, and you know this moment will live in your brain forever. When you can hear the excitement as someone shares good news. When you say goodbye to someone and watch them drive away, or when you look at the snow fall from the night sky....

So during this month of love, just shy of a brand new year, I ask you, what do you love? What would you like to have more of in 2022? You can have it. Think about what you love, open your hands, and bring that in. I am forever grateful I had the lunch talk many years ago.

On behalf of our Y Board, Staff and families, I wish you a love filled month. You deserve it.

Warmly,

*Audrie*



## IN THIS ISSUE:

Healthy Heart Month · Blood Pressure Self-Monitoring  
Parents' Night Out · Spring Break Day Camps  
30th Annual Healthy Kids Day · We're Hiring!  
Youth & Government · Sports  
Employee Spotlight · Adventure Guides · Y Music Program  
Site Activities · Literacy & Wellness Event Recap

***Are you a fan?*** Stay up-to-the-minute with The Y by following us on social media!



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## **February is American Heart Month...**

a time when people can focus on their cardiovascular health.

The Division for Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke. The Division is committed to addressing barriers to health equity in communities disproportionately affected by cardiovascular disease.

### **What health conditions increase the risk of heart disease?**

High blood pressure is a major risk factor for heart disease. It is a medical condition that happens when the pressure of the blood in your arteries and other blood vessels is too high. The high pressure, if not controlled, can affect your heart and other major organs of your body, including your kidneys and brain.

High blood pressure is often called a “silent killer” because it usually has no symptoms. The only way to know whether you have high blood pressure is to measure your blood pressure. You can lower your blood pressure with lifestyle changes or with medicine to reduce your risk for heart disease and heart attack.

[READ MORE](#)

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## **The YMCA's Blood Pressure Self-Monitoring (BPSM) Program**

One in three American adults has high blood pressure – that is nearly 80 million people. Less than half have it under control. High blood pressure puts you at

risk for stroke and heart attack, two of the leading causes of death in the U.S.



In response to this critical health issue, our Blood Pressure Self-Monitoring Program offers you personalized support as you develop the habit of correctly monitoring your own blood pressure. Research shows that the process of recording blood pressure at least twice a month over a period of four months can actually lower blood pressure in many people.

How the program works:

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program.

During this time, participants will

- Self-measure their blood pressure weekly
- Attend two personalized consultations per month
- Attend monthly nutrition education seminars

The Y will provide options for participants who need a home blood pressure monitor.

Program Goals:

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

This program is partially funded through a grant from the CDC, participants will receive:

- An evidence-based program that may lower blood pressure
- Personalized support from a Healthy Heart Ambassador
- Tips for maintaining cardiovascular health
- Heart healthy nutrition education

The YMCA's BPSM Program is designed to help participants:

- Reduce blood pressure
- Improve blood pressure management
- Increase awareness of triggers that elevate blood pressure
- Enhance knowledge to develop healthier eating habits.

Join us in participating in our BPSM Program at the Corona-Norco Family YMCA. We are currently registering participants in our next class. Call or email today - Lori Drengson, call 951-736-1415 or email [LDrengson@ymcacornor.org](mailto:LDrengson@ymcacornor.org).





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## PARENTS' NIGHT OUT

Children ages 5 to 15 enjoy a night of games, arts & crafts, and sports, while parents enjoy a night to themselves!

- Friday, February 15th 6:30 to 9:30 PM
- \$15 per child
- At the Main YMCA, 1331 River Road, Corona
- Dinner will be provided for the children
- Email Ryan Serna to register: [serna@ymcacornor.org](mailto:serna@ymcacornor.org)

## Parents: You Deserve a Break!

Our first monthly Parents' Night Out is  
**Friday, February 25th**  
**from 6:30 to 9:30 PM**  
**at the Main Y: 1331 River Road in Corona.**

\$15 per child aged 5 to 15 gets them dinner & an evening of fun activities, and buys you an evening all to yourself!

Please email Ryan Serna to claim your spot:  
[serna@ymcacornor.org](mailto:serna@ymcacornor.org)

## Spring Break Day Camps

Are you wondering what your kids are going to do for an entire week off of school? Well, wonder no more!

Spring Break at the Y is going to be filled with fun activities and adventures loaded with friendship.

March 28th through April 1st  
Monday through Friday  
from 7:30 AM to 6:00 PM

Choose from either the Main Y at 1331 River Road in Corona (\$150 for the week), or Harada Elementary YMCA in Eastvale (\$140 for the week).

Snack and lunch will be served.

Contact Ryan Serna to sign up today!  
[serna@ymcacornor.org](mailto:serna@ymcacornor.org)



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## Spring Break 2022 Day Camps

**March 28th through April 1st**



Kids ages 5-12 will enjoy a week filled with games, crafts, outings, swimming and FRIENDSHIPS!

March 28-April 1, Monday through Friday @ 7:30 AM-6:00 PM  
Snack and lunch will be served

Sign up by emailing Ryan Serna: [serna@ymcacornor.org](mailto:serna@ymcacornor.org)

2 Locations to choose from:

**\$150**  
for the week

Main Y  
1331 River Road · Corona

**\$140**  
for the week

Harada Elementary Y  
12884 Oakdale St. · Eastvale

## Healthy Kids Day 2022

**Save the date: Saturday, April 30th**

A FREE community event celebrating 30 years of healthy kids at the Y!



# Save the Date!



A FREE Community Event



30 Years of Celebrating Healthy Kids



## HEALTHY KIDS DAY®

SATURDAY APRIL 30

## We Are Hiring!

Who do you know who loves to make a positive difference in people's lives? The Y is currently seeking applicants who exemplify the YMCA Core Values: caring, honesty, respect, and responsibility. We're building a strong, cohesive TEAM who care about each other and the members we serve like family.

Applicants should apply online at:  
<https://www.ymcacornor.org/careers>

The Y is a great place to work - spread the word!

Currently, we are offering the following positions:

## WE'RE HIRING!



- Site Supervisors
- Teachers
- Aides
- Substitutes
- Aquatics Coordinator
- Life Guards
- Youth Development Staff

Apply [HERE](#) Today!

## Youth & Government Virtual Conference



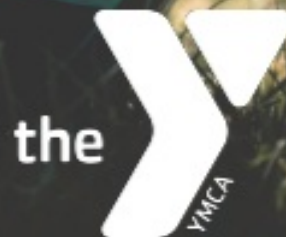
Our Youth and Government delegates participated in their second conference this month, debating new bills, listening to different delegates across the state give proposals, and voting on the candidates who are running for the next Youth Governor of California! They are hard at work preparing for the final conference at the end of February where they will present our bill that is focused on food product waste sustainability to reduce waste in landfills by offering incentives to products who have compostable packaging.





# GO AFTER YOUR GOALS!

**2022**  
**YOUTH Spring**  
**SOCCER LEAGUE**  
CORONA-NORCO FAMILY YMCA



## Youth Soccer

Our focus on youth development provides an environment that will help each child and teen develop relationships, improve self-esteem and build character. Our staff and volunteers focus on teaching the fundamentals and expanding on skills as players advance.

Registration ends Monday, March 14th

### **Important Dates:**

Parents Meeting: Monday, March 8th at 6:15 pm



Coaches Meeting: Monday, March 8th at 6:45 pm  
Practices Begin: Week of March 14th  
First Game: Thursday, March 17th  
Final Game: Friday May 6th

**Practice and Game Dates:**

Itty Bitty and Rookies practice Tuesdays and play games Thursdays  
Champions and All Stars practice Wednesdays and play games Fridays

**FEE:**

\$130 for 8-game season

\$20 for uniform (Required, can be used for future seasons)

Call 951-736-1416 or email [serna@ymcacornor.org](mailto:serna@ymcacornor.org)  
to register.

This month we wrapped up our soccer season with an end of season party. We had snacks, drinks, and certificates to reward all of our kids for all of the fun and hard work they put into this season. We look forward to our next season starting in March to be even bigger and better!



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## Employee Spotlight - Sam Albrecht



I am Sam Albrecht, and I am excited to be part of the Corona Norco Family Y! I grew up in Indiana, where I attended Indiana State University and the University of Southern Indiana for my MBA. I enjoy hiking, cycling, running, and SCUBA diving with my significant other, Jenny.

I worked for 10 years with youth in residential placement, leading wilderness outings including canoeing, backpacking, rock climbing, and ropes course events.

My Y career started as a Program Director for the YMCA of Greater Long Beach at Camp Oakes overseeing all program activities for campers. I was an Associate Executive Director at the Los Altos branch in Long Beach, and then returned to Camp Oakes as the Operations Director, overseeing programs, food service, and facilities. I learned to make a mean cheesy ham and scrambled egg muffin for 200 campers.

I returned home to Indiana for a few years and worked in Community Mental Health and Social Services field, but I missed being part of the Y. I am looking forward to expanding and building new programs here in Corona Norco!

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## Adventure Guides

The Corona Norco Family YMCA Adventure Guides has been very busy supporting our community through their



monthly service projects. January's service project helped supply the Corona Animal Shelter with towels, blankets, and needed supplies to care for the pets waiting for their owners and new fur-ever homes.

Adventure Guides Circle of Twilight is helping the Corona Norco Settlement House in February. They are collecting empty plastic water bottles, soda cans, and glass bottles to recycle for cash to donate, and bringing non-perishable food items to their meetings to help stock the shelves at Settlement House.



A few of our Adventure Guides reading to shelter animals in January for Huey's Heroes

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

Our next Music Showcase is April 28th & 29th!\*

Come witness the amazing talent Corona Norco has to offer! Registered Music School students will be sharing songs and musical pieces they've worked on diligently for weeks. You'll definitely be impressed!

\*Those wishing to participate in the showcase must be registered in one of the March 7th Session classes.

***Registration is now open for our next session which begins March 7th.***

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

Call 951-736-1415 for more information today.



# Music Instruction is Within Reach

[Learn More Here](#)

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## Celebrating 100 Days of School

Our site at Lincoln Elementary School celebrated 100 Days of School in so many fun ways. Many of the students disguised themselves as centenarians while we all played with one hundred dollar bills - play money, of course! We counted to 100 in a variety of ways using a few different objects. These kids are now pros to 100!





## River Road Park Infants Update





This month the infant/toddler program celebrated Valentine's Day by painting with cars using red and white to decorate hearts. Our theme for the month is family and friends, and being good classmates. Teachers are also talking about what they can do to help one another. Our colors for the month are red and pink, the letters are F and H, and our shape is a heart. Our kids will be dressing up and having tons of fun throughout the month. Teachers will concentrate on working with the babies to develop their fine motor skills.





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## City Park Celebrates Family and Friends

The students at City Park celebrated LOVE of family and friends with a big Valentine party. They decorated paper bags to use as Valentine mailboxes, made giant heart envelopes to collect even more Valentines, practiced the letter L (for LOVE, of course), and topped it all off with a LOVEly feast.





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## Health & Literacy and Vaccine Clinic a Success!

We celebrated the health and literacy of our community at the River Road Y on January 22nd with an event that featured reading activities, health education and free vaccines. We are so grateful for the opportunity to help keep our community healthy in mind, body and spirit!!



BOOKS  
YMCA BA

the 

# NEW YEAR NEW YOU!

## LITERACY & WELLNESS AT THE YMCA AND VACCINE CLINIC

FREE for the whole family!  
Refreshments will be served.

SATURDAY | JAN 22 | 10AM TO 2PM  
(VACCINE CLINIC: 10AM TO 6PM)  
1331 RIVER ROAD | CORONA

FITNESS  
ACTIVITIES



Visit our website

