

SEPTEMBER 2025

FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY



NEWSLETTER



Mission Moment: Quick Thinking in Action!

A huge shout-out to our YMCA RecPlex Coordinator, Lydia Fratta, for her quick thinking during a potential cardiac emergency in August!

When our Avive Connect AED alerted to a nearby incident, Lydia immediately responded and took the device to the scene, where she was met by alerted professionals from Fairfield Medical Center.

While the AED was thankfully not needed, the event was a successful real-world test of Lancaster's smart AED network, proving it can bring trained responders to the scene before emergency services arrive.

We are so proud of Lydia and grateful to Community Heart Watch and Avive for partnering to make Southeast Ohio a leader in cardiac arrest survival.

ymcalancaster.org

EMPLOYEE OF THE MONTH



Ms. Shayla is truly the heart of our preschool. Her warmth, patience, and creativity make every child feel welcome and excited to learn. She's been with us for over 5 years, and in that time she's turned each day into a fun, meaningful experience that sparks curiosity and helps our little learners grow with confidence.



Shayla Lothes

MEMBER OF THE MONTH

We are thrilled to honor Janet as our Member of the Month! A dedicated member of our YMCA family for over 50 years, Janet is an inspiring presence nearly every single day of the week. You can find her starting her week strong in Morning Splash on Mondays, Wednesdays, and Fridays, staying active in Silver Sneakers Classic at RVC, and walking the track every weekend. Her commitment is an inspiration to us all. When you see Janet, please join us in congratulating her!



Janet Warner



Community Partnership Powers Youth Adventures



A special thank you to the Fairfield County Foundation's Youth Advisory Council for their generous \$1,000 grant! These funds directly supported our youth by providing healthy snacks and funding summer camp adventures, including a fantastic trip to Spirit Day in Columbus. We are grateful for community partnerships that help our kids learn, grow, and thrive.



SILVER & STRONG OLYMPICS



Do you want to be a part of our 2025 Silver & Strong Olympics?

Several teams in the Silver and Strong Olympics are in need of an alternate/sub to step in should a team member be unavailable or incapable of doing an event.

The alternate does not need to pay to be in the event.

If you would like to be part of this exciting and fun event, contact Annie Weaver at aweaver@ymcalancaster.org

Events run September 8 through September 11





Family YMCA members now have a new benefit that matches their on-the-go lifestyles and puts healthy living at your fingertips. We are thrilled to announce YMCA360, a seamless Y experience on your phone, TV and the web.

Hundreds of on-demand exercise classes and programs for adults, seniors, kids, and families are accessible 24/7 to provide another way to engage with the Y from home. New programs and classes are added weekly so there's always something new to try.

Whether it's your home or ours, the Y and its state-of-the-art programs are ready to exceed your expectations. **LEARN MORE ON THE NEXT PAGE!**

ADAPTIVE FOOTBALL

Free Adaptive Football Program Coming to the Robert K. Fox Family YMCA

In partnership with the Southeastern Ohio Center for Independent Living (SOCIL), the YMCA is proud to host a free Adaptive Football season this fall. Open to individuals ages 8 and up with any disability, this program uses specialized sport chairs for a safe and exciting game. All equipment is provided.

When: Thursdays, 6:45 PM - 8:00 PM (Sept. 4 - Nov. 20)

Where: Martin Gym at the Family YMCA

Cost: Free to play

For more information, contact Jeff Williams with SOCIL:

jwsocil@gmail.com or 740-689-1494 ext. 205.





WHAT IS YMCA360?

- Livestream and on-demand classes taught by YMCA instructors from around the U.S.
- 2,800+ pieces of content supporting the mind, body, and spirit.
- Fitness classes, sports instructions, nutrition/cooking classes, children's book readings, and so much more!
- Earn points for staying active.*
- Redeem your points for amazing rewards!*
- Get connected by joining Challenges.*
- Your Y's Schedule at the tip of your fingers.*

DOWNLOAD THE APP TODAY



Apple iOS



You are not alone.



September is **National Suicide Prevention Month**, a time to focus on our collective well-being and spread the vital message that help is always available.

At the YMCA, we are committed to building a healthy spirit, mind, and body for all, and that includes supporting mental health in our community.

It's important to know the signs of someone who may be struggling and to feel empowered to start a conversation. Simply asking someone how they are doing and actively listening can make a significant difference.

Connection is a powerful protective factor.

If you or someone you know is in crisis or needs emotional support, please know there is free and confidential help available 24/7.

You can connect with trained counselors by calling or texting **988** anytime in the U.S.

Let's work together to create a community of support, reduce stigma, and share the message of hope, this month and every month.

- Family YMCA of Lancaster & Fairfield County



DISMISSED



Living with hemophilia B hasn't slowed Isabelle Capsel down.



Meet Isabelle—an unstoppable student, advocate, and athlete who is showing the world what's possible with determination and passion. (We were proud to name her our YMCA Youth Member of the Year!)

A 15-year-old sophomore at Logan Elm High School, Isabelle is a dedicated member and coach for the Lancaster YMCA Gymnastics Team. Her powerful story of strength and perseverance is also the focus of the newly released documentary, "Dismissed," where she shares her journey with hemophilia.

Her accomplishments were on full display at the Ohio State Fair last month. She earned first place for her Medical Safety and Science Project, rooted in her personal experience with hemophilia B. Inspired by her advocacy at Washington Days, she also took second place in the "Local Government: Call to Action" category. Her talents further earned her a People's Choice award for a marketing video and a spot on the State Fashion Board.

All of this was achieved while training in gymnastics and tennis, with her sights set on becoming a five-time regional YMCA gymnastics champion this season. Isabelle is proof that a diagnosis doesn't define your limits—it shapes your power. Our community is stronger because of voices like hers, and we are so proud to celebrate her.

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ymcalancaster.org

MONTHLY MESSAGE



Thank you to everyone who participated in August's Flippin 5K in honor of Martha Miller—congratulations to our winner, Cory Reid! Our preschool and new homeschool programs are also off to a great start.

As we look ahead, registration for the Fall 1 session (Sept 15 - Nov 1) opens for members on August 25 and for non-members on September 1. Our Gymnastics team registration opens September 1, and the new LYST swim season begins September 2.

Don't miss two of our big upcoming events. The Silver Olympics, for ages 55+, runs from September 8-11. Contact us to register a team for this four-day event of athletic and mental challenges. Also, save the date for Boo Fest at the RecPlex on October 18, which will feature an open house, food trucks, and a costume contest.

From our youngest members in preschool to our dedicated Silver Olympians, we are excited for the energy and connection the fall season brings. We are proud to be a hub for our community and look forward to seeing you at the YMCA!

- Lydia

**If you or someone you love is struggling, please know
you're not alone. Compassionate, confidential
support is available 24/7. Call or text 988 anytime.**

Adaptive Football



Adaptive football is a fun sport that can be played by everyone. We use sport chairs for safety and to make an even playing field. Open to anyone with a disability ages 8 and up. **SOCIL provides the equipment.**
Free to Play

Weekly

Starting: Thursday, September 4
Ending: Thursday, November 20
Time: 6:45pm to 8pm
Location: Martin Gym, YMCA
465 W Fair Ave
Lancaster, Ohio 43130



If you have any questions or need more information contact Jeff Williams with SOCIL by email at jwsocil@gmail.com or by phone at 740-689-1494 ext 205.

Southeastern Ohio Center for Independent Living (SOCIL)
assists people of all ages with all types of disabilities
who want to live more independently.



SAVE THE DATE!



the **Y**

BOO! FEST

OPEN HOUSE

FREE!

OCTOBER 18 2025

YMCA REC PLEX | 4:00PM-8:30PM

TRUNK OR TREAT!

FOOD TRUCKS OPEN HOUSE

COSTUME CONTEST ARTS & CRAFTS

FREE GYMNASTICS & TUMBLING CLASSES!

FACE PAINTING | NINJA COURSE

....IT'S A SPOOKY FREE FESTIVAL!

 **740-277-7373**



**1180 E. LOCUST ST
LANCASTER OHIO**