

## Y ANNIVERSARIES: FEBRUARY 2012

### One Year

Brittany Alexander, Jennifer Fain, Holly Hamilton, Nicole Koebke, Daniel Larbi, Rachel Mitchell, Ali Sanders, Phillip Strunk, Lacey Tackett

### Two Years

Joanne Haviland, Kelly Muschong

### Four Years

Jhamicah Harbut, Emily Owens

### Five Years

Mary Giurgevich, David Kincaid

### Six Years

Jean Balan, William Gill

### Eight Years

Nancy Gilinsky

### Eleven Years

William Leng

### Thirteen Years

Keith Gallagher, Dave Peterson

### Fourteen Years

Janet Wade

*Note: based on original start date with the YMCA of Central Kentucky (full- or part-time)*

## BIRTHDAYS!

### 1st

Bret Schlansky

### 2nd

Nichole Lambert

### 3rd

Cody Swords

### 4th

Sydney Janes

### 5th

Tiffany Gerth  
Jennifer Hubbard  
Charlotte Rich

### 6th

Mary Malone  
Kirk Winiarczyk

### 7th

Machelle Truax  
Kendra Weisenfeld

### 8th

Tabitha Rector

### 9th

Jordan Rogers

### 10th

Laura DeCinque  
Sarah Perkins

### 11th

Karen Alexander  
Casey Mudd

### 12th

Beth Art  
Clelland Gash  
Margaret Mays  
Elizabeth Shemo

### 13th

Amanda Bonner  
Austin Gerwe

### 14th

Timothy Lee

### 15th

Jordon Worley

### 16th

Laura Banks  
Katie Nicholson

### 17th

Aja Price  
Jason Sneed

### 18th

Holly Hamilton  
Cheryl Lewis  
Stefani Wade

### 19th

James Radin

### 20th

Gerald Reed

### 21st

Billie Mulcahy

### 22nd

Cornell Burbage  
Marcus Wilkerson

### 23rd

Sheena Hutchison

### 25th

Maryellen Hovest  
Christopher Jolly

### 27th

Courtney DeLong

### 28th

Melissa Bellew

FYI is published monthly. Please e-mail submissions to Kathy Houlihan at [khoulihan@ymcaofcentralky.org](mailto:khoulihan@ymcaofcentralky.org) or Jim Kelsey at [jkelsey@ymcaofcentralky.org](mailto:jkelsey@ymcaofcentralky.org).

## CALENDAR

- Feb. 9 Black Achievers Comedy Night (Comedy Off Broadway)  
Feb. 11 Black Achievers Winter Ball  
Feb. 17 Management Team meeting  
Feb. 20-27 High Street Silent Auction (lobby; online portion continues to March 1)  
Feb. 27 - March 3 Beaumont Silent Auction  
March 12 Tip-Off to Madness Basketball Tournament Championship (Rupp Arena)

## EMPLOYEE HEALTH TIP:

### EMOTIONAL HEALTH

Submitted by Rob Van Til

During the winter months it is easy to get depressed and stressed with the weather and inability to be outside for long periods. This not only takes an emotional toll, but a physical one as well. Feeling good about oneself is an important component to one's wellbeing. Being emotionally healthy can make it easier to build lasting relationships, help you feel good about yourself and deal with the problems of everyday life.

Exercise is proven to reduce stress levels and relieve tension brought on by negative stressors encountered throughout the day. Physical exercise releases endorphins that trigger pleasure, and that feeling of being "happy." Finding the exercise that you enjoy, and suits your personal needs is essential to maintaining emotional health. However, exercise is not the only component to emotional health.

The American Academy of Family Physicians suggests how to help improve your emotional health:

- Find healthy, appropriate ways to share your feelings.
- Don't get bogged down by the negatives of life.
- Develop a strong network of social support, develop a healthy sense of perspective and learn to accommodate change.
- Find ways to help your mind and body relax, such as meditation.
- Keep your body physically healthy with nutritious foods, regular exercise and by avoiding alcohol and drugs.

