



## WORK WITH THE Y



Now is a great time to be a lifeguard, swim instructor, camp counselor, group exercise instructor, or customer service representative.

We have an immediate need for many part-time positions for ages 15+. View open jobs at [ymcawnc.org/careers](https://ymcawnc.org/careers) – and get a free membership too!



## FIND YOUR REASON TO GIVE

**Our annual fundraising campaign is underway.**

We invite you to join us for a treasure hunt of information to learn all about the incredible programs our generous donors make possible. Visit one or all of our open house events this month:

**Black Mountain:** March 13, 9–11 a.m.

**Corpening:** March 14, 5–7 p.m.

**Asheville:** March 28, 4–6 p.m.

Scan the QR code to RSVP or email [rsvp@ymcawnc.org](mailto:rsvp@ymcawnc.org).

## FOR ALL, ALWAYS

The YMCA of Western North Carolina is a nonprofit organization committed to helping people reach their full potential through programs that build healthy spirit, mind, and body. We serve people of all ages, backgrounds, abilities, and incomes. It is our belief that no one should be turned away for their inability to pay.

Our Y-Access program offers sliding-scale fees designed to fit each individual's or family's financial situation. Funding for this program is made possible through the generous support of our donors to our annual campaign. Go to [ymcawnc.org](https://ymcawnc.org) or call (828) 251-5910 to learn more.

[ymcawnc.org](https://ymcawnc.org)  
[facebook.com/ymcawnc](https://facebook.com/ymcawnc)  
(828) 251-5910

## ADD SOME COLOR TO YOUR PLATE

**March is National Nutrition Month.**

The National Health and Medical Research Council recommends that adults eat at least five kinds of vegetables and two kinds of fruit every day. When you incorporate the full color spectrum, you'll get the most health benefits and protection against disease if you eat a

wide variety of fruits and vegetables across the full color spectrum.

Foods of similar colors generally contain similar protective compounds. Try to eat a rainbow of colorful fruits and vegetables every day to get the full range of health benefits. For example:

Red foods like tomatoes and watermelon contain lycopene, which is thought to be important for fighting prostate cancer and heart disease.

Green vegetables such as spinach and kale contain lutein and zeaxanthin, which may help protect against age-related eye disease.

Each month we distribute produce at more than 20 mobile food markets in five counties. Distributions are FREE and open to the public, no questions asked. Find this month's market schedule at [ymcawnc.org/nutrition](https://ymcawnc.org/nutrition).

It takes many hands to make this possible. An hour is all it takes to sort produce and pack or deliver food boxes. If you'd like to be a part of distributing fresh fruits and vegetables to the community, let's talk. Call 828-777-3420 or send an email to [communityhealth@ymcawnc.org](mailto:communityhealth@ymcawnc.org).



## YOU CAN PREVENT DIABETES



**According to the CDC, one-third of U.S. adults are at risk of developing diabetes and don't know it.**

Assess your risk on March 26, American Diabetes Association Alert Day. To secure your spot for a free HbA1c test, email at [communityhealth@ymcawnc.org](mailto:communityhealth@ymcawnc.org) or call 828-575-2922. Locations and times vary, and a limited number of appointments are available. Appointments are required.

Looking for support? The Y offers a research-based Diabetes Prevention Program focused on healthy eating, physical activity, and stress management to help you make lasting healthy lifestyle changes and reduce your risk of developing type 2 diabetes. The Y offers this program at no cost, in both English and Spanish. Learn more at [ymcawnc.org/diabetes](https://ymcawnc.org/diabetes).

## A BRIEF HISTORY OF WOMEN AT THE Y



Ellen Brown

**The Y serves all genders, races, ages, beliefs, and backgrounds.**

Women have been part of the Y Movement for more than a century, and we're digging deeper into their impact during National Women's History Month.

The first woman is believed to have joined a YMCA in the 1850s in Brooklyn, and there were several female Y members by the 1860s. Two decades later, Ellen Brown became the first female employee of a YMCA and the first "boys' work secretary." The night class she taught grew so rapidly it became a department of the Y.

Violet Pauline King Henry was the first black woman to become a lawyer in Canada, as well as the first black person to graduate from law school in Alberta, Canada.

In 1963, she became the community branch executive director of the Newark (NJ) YMCA and later in 1976, she was appointed executive director of the Organizational Development Group of the National Council of YMCAs, the first black woman to hold a position at that level. Henry helped open the path for women and the black community in Y history.

Locally, the Women's Auxiliary was perhaps the most significant group in the early history of our association. Its members raised funds, furnished rooms, and provided music and refreshments for meetings.

When the U.S. entered World War I in 1917, the YMCA was involved in running military canteens in the United States and France. More than 5,000 women worked in the canteen service, which eventually became the USO.

Gender barriers relaxed during and after the world wars. By 1946, women made up around 12 percent of membership nationwide. Today's number is closer to 50 percent nationwide and 53 percent locally.



Violet Pauline  
King Henry

## CHAMBER CHALLENGE 5K WITH THE YMCA AND YOU!



**Whether you're an absolute beginner or a timed race veteran, the Y can get you up and running for your next 5k.**

We're the training partner for the Asheville Area Chamber of Commerce's annual Chamber Challenge 5k, which takes place on Friday, May 3.

Starting March 19, people of all fitness levels are invited to join personal trainer Susan Ion on Tuesdays at 5:30 p.m. Training is free and open to the public, so invite your coworkers, friends, and family along. After six weeks of workouts and course runs, you'll be ready to race.

Learn more, get training tips, and sign up for the Chamber Challenge at [ashevillechamber.org/chamber](https://ashevillechamber.org/chamber).