



FYI Connections

A monthly newsletter for Tuscarawas County families.

May 2008

A community collaboration promoting wellness and fitness for children and families.

Vision

Community Environments that promote and support healthy lifestyles of children and their families.

Mission

To improve the health of children and their families through the promotion of healthy weight and fitness.

Organizations represented in FYI:

American Cancer Society
American Diabetes Association
American Red Cross
Claymont Schools
Dover City Schools
Dr. Timothy McKnight
HARCATUS Head Start
Indian Valley Schools
Kiwanis
Dr. Michelle Levitt
Nationwide Insurance
Newcomerstown Schools
New Philadelphia City Schools
Norma Johnson Center
Ohio State University Extension/4-H
Super Fitness/Thin & Healthy's
Total Solutions
Strasburg Schools
Tuscarawas-Carroll-Harrison
Educational Service Center
Tuscarawas County Board of MRDD
Tuscarawas County Dairy Farmers
Tuscarawas County Health Department
Tuscarawas County Park Department
Twin City Hospital
Union Hospital
WIC
YMCA

Sponsors:

FYI activities are funded through grants and local sponsorship.
On-going support is being provided by the Twin City Hospital Healthy

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Summer Fitness Fun Ideas

 Submitted by Shannon Tarbert, Satellite Coordinator, Twin City YMCA

Finally, Spring has sprung! And that means the countdown to Summer Vacation has begun. Do you know how your family will be spending the summer? I'd like to take this opportunity to give you a few low-cost and no-cost ideas to keep your family active during the summer months.

Low-Cost

- ♻️ Bowling is great for a rainy day.
- ♻️ Swimming at the local pool. (Maybe you're even lucky enough to have your own back yard pool!)
- ♻️ The YMCA offers many summer programs for children and adults of all ages. Go to www.tuscymca.org.

No-Cost

- ♻️ Bike ride, spend a day at the park, family fun walk, throw a Frisbee with your favorite four-legged friend, create an outdoor obstacle course, "Follow the Leader," jump rope, dodgeball, freeze tag, and even weeding the garden.

Family time is quality time no matter how you spend it. I hope you all have a safe and splendid summer. For more ideas on other activities for families and large groups, go to www.familyfunexpress.com.



Keep Parks a Priority!

 Tuscarawas County Park Department

This summer, you don't have to travel far for outdoor discoveries and scenic beauty. Recreational opportunities are waiting for you right here in Tuscarawas County!

Whether you enjoy biking, hiking, horseback riding, fishing, or kayaking, our county parks offer a wealth of resources and new places to explore. For more information about our parks and the Tuscarawas County Park Department, visit www.co.tuscarawas.oh.us/Commissioners/Parks.



Local Event Highlights

 Upcoming programs presented by FYI and its member organizations.

Community Summer Walking Program – Free sign up beginning May 1 at all county public libraries, the Tuscarawas County Health Department, Twin City YMCA, Dover YMCA, and OSU Extension office. Open to everyone ages 3 and up. Track personal walking (above usual daily activity) and earn rewards as hours of walking add up. **Sign up by June 20 to be eligible to earn a t-shirt for walking at least 30 hours by September 1.** Business/community sponsors needed to cover program costs. Call 330-339-2337 for more information.

"Make a Card that Makes a Difference" – May 1 at 7:00 p.m. at Union Hospital - Mothers, daughters, sisters, and friends are invited to prepare messages to encourage women to get their mammograms. Missy Kapper from the Scrappers Attic will assist with card making. All supplies are provided by the American Cancer Society. Program includes a short presentation on breast cancer misconceptions. Please call 330-602-0779 to register.

"Royal Tea for Mom & Me" - May 2 at 6:30 p.m. at Twin City YMCA—Reservation required (740-922-1863)

May 7 is Project ACES (All Children Exercise Simultaneously) Day – Nearly 5000 area students will participate in the "World's Largest Exercise Class." Schools participating are: Carrollton (Dellroy), Claymont (Eastport, Park, Trenton Ave. and Intermediate), Dover East, Garaway (Baltic, Dundee, Miller Avenue and Ragersville), Indian Valley (Midvale and Port Washington), Malvern, Newcomerstown East and West, New Philadelphia East and South, Strasburg, and Tusky Valley Intermediate.

15th Annual Safe Kids/Healthy Kids Day – May 18 from 1-4 p.m. at Kent State Tuscarawas – This year's theme is "Gear Up for Safety" with a focus on promoting the use of appropriate safety gear.

Babysitting Basics Course—June 9 from 8:30 a.m.-3:30 p.m., Union Hospital Reeves Auditorium—Boys and girls ages 11-14—\$20 cost for materials and lunch—Call Pam at 330-602-0779 now to register. Space is limited!

Picnics by the Pond at the Norma Johnson Center (NJC) – Bring family, friends and a picnic on Saturday evenings at 6 p.m.: June 28 – "A Night at the NJC" Owls, Frogs, and Bats; July 26 – Scavenger Hunt; August 23 – Game Night. Visit www.tusosoil.com/njc/ to learn about NJC's **extensive summer children's program** and many more upcoming events! Call 330-339-7976 for more information.

Back to School Fair at Midvale Elementary – August 14 from 9-12 – Open to IV K-2 parents and students - Community service agencies, FREE hair cuts, vision/hearing screenings, immunization record checks for kindergarten, toothbrushes/dental information, FREE book bags or school supply kits.