

## COVID-19 Update (March 21, 2020)

### SPRING CLEANING WEEK—March 23-29

**1. THANK YOU!** Thank you for your support and understanding as we all respond to the needs of our families, friends, and neighbors during these challenging times. We also want to **thank our county health officials for guiding our decisions** over the past couple of weeks—they have been the calm in our storm. Today, **we confirmed that our modified services** and added cleaning protocols have **met all health and safety expectations**, and we will be permitted to continue to offer limited access to the Y going forward.

**2. Spring Cleaning:** To put any lingering doubts to rest, we are implementing **SPRING CLEANING WEEK** at the YMCA **starting Monday, March 23**. Normally, we wait until the summer to do our annual thorough cleaning of the facility, but it seems that it is more appropriate to do it now:

- **All areas inside the Y will be closed March 23-29.** This includes our fitness centers, pool, locker rooms, gym, racquetball courts, and group exercise studios. **This will NOT affect the Red Cross Blood Drive** on Tuesday, March 24—see below.
- **The Front Desk will be staffed** 8am-6pm, Monday-Friday to answer questions and provide information. Members who would like to retrieve any personal items may do so during this time; however, you will be required to check in at the desk. **If you are not feeling well, do NOT come to the Y--**we will arrange for another way to return your items. The Y will be closed completely Saturday and Sunday, March 28 and 29.
- As we do every summer, **all areas of the Y will be thoroughly cleaned and disinfected**, including our fitness centers, locker rooms, gym, racquetball courts, group exercise rooms, preschool classrooms, child care rooms, and other meeting spaces.

**3. Reopening With Limitations:** We will reopen on March 30 with modified hours, limited services, and increased cleaning protocols, **AS GUIDED BY LOCAL HEALTH OFFICIALS**. More details about hours of operation, social distancing rules, and other modifications will be released in the coming days.

**4. Virtual Exercise Classes Continue:** The response to our online group exercise classes has been AMAZING! We will continue to offer these opportunities and will be adding more in the coming weeks. For more information, please email Jenny Rhodes at [jrhodes@mcymca.org](mailto:jrhodes@mcymca.org).

**5. Community Support Continues:** Our SPRING CLEANING week will not interrupt the essential services we've been providing:

- **American Red Cross Blood Drive: Tuesday, March 24, 9am-2pm.** For more information or to register, click here <https://www.redcrossblood.org/give.html/donation-time> or call [1-800-RED CROSS](tel:1-800-RED-CROSS). **Please note:** if you are not feeling well, do not participate, and **there will be additional infection control screening and procedures on site**. If you cannot attend this one, you can find other drives in our area at [www.redcrossblood.org](http://www.redcrossblood.org).
- **Meal Delivery:** We continue to work with Peru Schools to help provide lunches to community members in need. Please email Barb Althouse at [balthouse@mcymca.org](mailto:balthouse@mcymca.org) or call 765-472-1979 for details.

- **Transportation for Essential Needs:** We are continuing to offer Y Transit services for riders who need transportation for critical care services such as dialysis, chemotherapy, and other critical health services; for employment; for health related appointments and prescriptions; and for essential groceries or a food related program (e.g. trip to a food program site). **To schedule a ride, please call (765) 472-1979.**

**6. Addressing Your Concerns.** Over the past week, we've heard from those who are genuinely grateful that we found **a safe way** to make the YMCA at least partially accessible during this time of high stress and anxiety. For some, **exercise is critical** to their physical and mental well-being. We've also heard from those who are concerned about the safety of our staff and the greater community—thank you, **we appreciate the good will**. Please know that **all of our decisions are discussed and approved** by our county health officials—**we would not be open without their guidance and oversight**. If you have additional concerns or questions, please contact Operations Director Jenny Rhodes at [jrhodes@mcymca.org](mailto:jrhodes@mcymca.org) or Executive Director Mark Demchak at [mdemchak@mcymca.org](mailto:mdemchak@mcymca.org). We will connect with you within 24 hours.

**The easy choice** would have been for us to lock the doors and step away from all of this until the crisis has passed. **Instead**—like many others in our community—**we made the hard choice** to find a way to meet as many local needs as possible while **maintaining proper safety protocols** for our staff and the greater community. Working together with other organizations, we have achieved some amazing things already—**let's continue on together** toward a sustained **community response and recovery** in the weeks to come.

Keep praying, keep helping, and keep leading,

Mark Demchak, Executive Director  
765-472-1979; [mdemchak@mcymca.org](mailto:mdemchak@mcymca.org)

## **COVID-19 Update (March 18, 2020)**

We have made a few more changes to our available services, both at the facility and in the community. Here's what has changed:

**Additional Limitations:** We continue to offer individual activities for ages 16 or older, but we have **suspended the YMCA's Nationwide Membership program** effective today through Sunday, March 29. This means that **only those age 16 or older** and who have a **Miami County YMCA membership** or who pay for a guest pass will be allowed access to our Y.

**Added Services:** Through the creative efforts of our local staff team and national partnerships with YUSA, we have added the following services and activities:

**Expanded lap swim times:** We have significantly expanded our pool hours for lap swim and other individual aquatic workouts. Please see the updated schedule at [www.mcyymca.org](http://www.mcyymca.org).

### **Online Group Exercise Classes:**

**YMCA 360 Virtual Classes (Y Membership NOT required):** A cohort of Ys have collaborated to create an on-demand healthy living network called YMCA 360, which includes virtual programs that can be accessed anywhere. In response to the COVID-19 pandemic and recommendations for social distancing, the team behind YMCA 360 has made this programming **available for free to all Ys to share with their members and community**. The content is accessible on the **YMCA 360 YouTube Channel** at [www.YMCA360.org](http://www.YMCA360.org). The YMCA 360 team will continue to add to the content, including programs for kids and families. Email questions to Jenny Rhodes at [jrhodes@mcymca.org](mailto:jrhodes@mcymca.org).

**MOSSA Virtual Classes (For YMCA Members):** Through a special partnership with YUSA and a leader in group exercise programming, MOSSA is providing **FREE access for YMCA members to their online group exercise** platform for approximately 60 days. Y Members who are interested in accessing this platform or have other questions should email Jenny Rhodes at [jrhodes@mcymca.org](mailto:jrhodes@mcymca.org).

**Zoom Workouts:** Our own Group Exercise instructors have jumped onto the Zoom meeting platform to test out **virtual workouts for adults and youth** unique to the Miami County YMCA. If you would like to be part of the first test groups at no cost, email Jenny Rhodes at [jrhodes@mcymca.org](mailto:jrhodes@mcymca.org).

**Your Membership support allows us to STEP UP for our most in need—THANK YOU!**  
Here are some ways your YMCA is benefiting the community:

**Blood Drive:** The American Red Cross announced today that 2,700 Blood Drives have been cancelled due to COVID-19—they estimate that this will result in 87,000 less units and put a **severe strain on blood supply**. After consulting with local public health officials, we are going forward with the **Red Cross blood drive at the Miami County YMCA on next week Tuesday, March 24, 9am-2pm**. For more information or to register, click here <https://www.redcrossblood.org/give.html/donation-time> or call [1-800-RED CROSS](tel:1-800-RED-CROSS). **Please note:** if you are not feeling well, do not participate, and there will be additional infection

control screening and procedures on site. If you cannot attend this one, you can find other drives in our area at [www.redcrossblood.org](http://www.redcrossblood.org).

**Meal Delivery:** We are working with Peru Schools to help provide lunches to lower income housing areas--PCS is preparing the food as part of their drive up program, and we are using Y Transit vehicles to deliver. The service is focusing first on our most-in-need families, and PCS is using their robo-call system to communicate sites and times. Please note: we have to take some extra infection-control measures to make sure we are not compromising the overall strategy to contain COVID-19, so we are controlling the pace of this roll out to make sure we don't exceed our capacity. **In just two days, Y Transit has delivered over 240 meals to three sites.** We continue to coordinate with other providers who **together are providing over 1,000 meals per day to households throughout the county**—amazing what can be accomplished when we work together!

**Transportation for Essential Needs:** We are continuing to offer Y Transit services for riders who need transportation for the following essential needs:

- Critical care services such as dialysis, chemotherapy, and other critical health services
- Employment
- Health related appointments and prescriptions
- Essential groceries or food related program (e.g. trip to a food program site)

**To schedule a ride, please call (765) 472-1979.**

**Your Emerging Needs:** We continue to network with leaders throughout Miami County—if **you have a specific need** and are unsure how to get help, please email Jenny Rhodes at [jrhodes@mcymca.org](mailto:jrhodes@mcymca.org) or Mark Demchak at [mdemchak@mcymca.org](mailto:mdemchak@mcymca.org). **We will connect you with a community partner** who can help as quickly as possible.

**Plans for Returning to Regular Operations:** The health risk is still immediate, so by limiting our services, we are supporting the overall health strategy to reduce the chances of a spike in critical cases—**THANK YOU ALL for doing what you can to support our public health workers.** Our staff team has developed plans for a rapid return to service once the crisis has passed, including child care, youth and adult sports, swim lessons, group exercise, and all of the rest of our regular programming. In full coordination with our public health leaders, **we will add services back when it is safe to do so.** We will continue to post updates to our Facebook page and website, or you can email Jenny Rhodes at [jrhodes@mcymca.org](mailto:jrhodes@mcymca.org) with specific questions.

In the meantime, do your best to take care of those closest to you, and then, if you can, reach out and help in your neighborhood and the community at large.

Thank you all for your support,

Mark Demchak, Executive Director

765-472-1979; [mdemchak@mcymca.org](mailto:mdemchak@mcymca.org)



*The Miami County YMCA—Because it MATTERS.*

March 13, 2020

Hello everyone,

In consultation with local and state public health officials, **the YMCA will be limiting services** and activities **starting tomorrow, Saturday, March 14 through Sunday, March 29**. This action is in support of the county and statewide efforts being taken to **slow the infection rate** of COVID-19 and **avoid a rapid increase in acute cases** that would overload our health systems.

Limitation of services is determined by the reasonable expectation that participants can **maintain “social distance”** (3 feet or more) and that we can confidently **provide disinfected equipment and environments**. Limitations will include:

**1. Child Care Programs & Babysitting:** All child care programming and related activities will be suspended through Sunday, March 29. This includes preschool education, preschool child care, school age child care, and on-site babysitting services.

**2. Other Youth Programs and Events:** All other youth programs and events will be suspended or postponed through Sunday, March 29. This includes swim lessons, gymnastics, open basketball, youth center, babysitting services, and all other activities for ages 15 and younger.

**3. Youth Gym and Other Youth Activities:** **Only those age 16 years or older will be allowed access to the YMCA.** Activities will be limited to group exercise, individual work outs, and pool use (see below).

**4. Adult Sports Programs:** All adult sports leagues and open gym activities will be suspended through Sunday, March 29.

**5. Adult Exercise Programs:** Because we can adequately disinfect equipment and adults can self-manage social distance in these areas, we will continue to offer some group exercise classes, and our fitness centers and pool will be open for individual workouts. **No babysitting services will be available—members’ children age 0-15 will not be admitted to the building, even with a parent.** Please check the schedule at [www.mcymca.org](http://www.mcymca.org) for daily updates on class availability and pool hours, as these may change.

Miami County YMCA

34 E. 6<sup>th</sup> St. · Peru, IN 46970 · 765-472-1979 · [www.miamicountyY.org](http://www.miamicountyY.org)

**YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.**



*The Miami County YMCA—Because it MATTERS.*

**6. Y Transit:** Because of the cleaning protocols already in place, we **will continue to offer Y Transit services** for riders who need transportation **for the following:**

- Critical care services such as dialysis, chemotherapy, and other critical health services
- Employment
- Health related appointments and prescriptions
- Essential groceries or food related program (e.g. trip to a food program site)

**ALL other non-essential Transit services will be suspended through Sunday, March 29.**

**7. Age 60+:** Public health officials are recommending anyone age 60+ limit their interaction for the next two weeks. While we will not restrict usage of the Y for anyone 16 years old or older, we are encouraging our members 60+ to stay home.

**8. Food Program services:** Many rely on the YMCA as a site for food program services. We are working with local officials and other meal sites on a way to best continue this program without compromising the efforts to decrease infection rates. More information will be available next week.

The YMCA will continue to be guided by the experience and assessments of public health officials as similar actions are taken by schools, businesses, and other agencies throughout the county. **THIS IS AN UNPRECEDENTED health issue**, so please **show your support** for these efforts and **keep our public safety and health workers in your thoughts and prayers.**

**Please contact Mark Demchak** at [mdemchak@mcymca.org](mailto:mdemchak@mcymca.org) or 765-472-1979 with any questions or concerns. We will continue to communicate with local and state officials—as conditions change, we may need to adjust our plans. **Updates will be posted to our Facebook page and website.** In the meantime, we are encouraging you all to follow the 3 C's—**Cover** your cough, **Clean** and disinfect your hands, and **Contain** your activities and interaction.

Mark Demchak  
Executive Director

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