



MEMBER SPOTLIGHT

Boonslick Heartland YMCA

SEPTEMBER 2021

MEET DEAN



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HERE IS HIS Y STORY:

I was having trouble walking and Dr. Brownfield wanted me to get in the pool to help. My wife said our insurance would cover the cost of a YMCA membership. Christy Rehagen, PT encouraged me to be a part of the water aerobics class, Rusty Hinges, which has really helped.

**CHECK OUT THE REST OF THE
INTERVIEW ON THE NEXT PAGE!**

HOW LONG HAVE YOU BEEN PART OF THE Y FAMILY?

I've been a member for one and a half or maybe two years.

WHAT'S YOUR FAVORITE THING ABOUT THE Y?

Swimming

WHAT'S YOUR FAVORITE Y MEMORY?

I was trying to swim and I accidentally got off into the deep water when I am not the most proficient swimmer. Christy was lifeguarding and had to help me out of the deep end. I decided I had to learn to swim. This was the turning point for me.

HOW HAS THE Y HELPED YOU REACH YOUR GOALS?

After doing personal training swim lessons and encouragement from Christy, I am now able to swim safely and partake in the Rusty Hinges water aerobics class which has ultimately helped my walking and endurance.

DO YOU HAVE ANY ADVICE FOR ANYONE INTERESTED IN BECOMING INVOLVED AT THE Y?

Joining the Y is not just a selfish thing you do for yourself but by being a part of the Y you can help others help themselves.

WOULD YOU LIKE TO SHARE YOUR Y STORY?

We'd love to hear it! Reach out to our Marketing and Communications Coordinator,
Taylor at taylor@bhymca.org