AMERICAN RED CROSS MONTH

Every year since FDR, presidents have named March the American Red Cross month. The American Red Cross provides compassionate care to those in need. They provide disaster relief domestically and internationally, they help support America’s military families, they collect blood donations, they run health and safety training programs (such as First Aid/CPR), and they do humanitarian work worldwide.

The American Red Cross relies heavily on donations, and volunteers (90% of their workforce) to make things happen. If you are looking to make a difference this month, year, or even longer-term, check out some ideas below.

Ways to help the American Red Cross

- Give blood, host a blood drive, or volunteer at a blood donation site
- Teach or host a class (emergency preparedness, CPR/AED)
- Volunteer (domestic or international)
- Donate money

-For more information, visit redcross.org.
Meet Sean!
I've lived most my life in DC although I have also lived in GA, CO, MD, and NE. I first started lifeguarding when I was 15 and have been doing so on and off for the last 10 years. I'm also a lifeguard instructor, teaching a course every month. When I'm not at the pool I indulge in photography, writing short stories, devouring books and magazines, or finding out which recipe I want to try next.

Sean is currently our lifeguard who opens the pool Monday-Friday.

National Endometriosis Month

What is Endometriosis?
-Endometriosis is a condition in which the type of tissue that forms the lining of the uterus (the endometrium) is found outside of the uterus.

How does it cause problems?
-The tissue may grow and bleed just like the uterine lining during the menstrual cycle, which may cause surrounding tissue to become irritated, inflamed and swollen. The bleeding and scarring that later occurs can cause pain, heavy bleeding, or infertility.

How is endometriosis diagnosed?
-The only way to tell for sure is to have your doctor do a surgical procedure called a laparoscopy. A small amount of tissue is removed, which is called a biopsy.

How is endometriosis treated?
-It may be treated with medication, surgery, or both. If pain is the primary problem, medication is usually tried first.

What is the link with infertility?
-Almost 40% of women with infertility have endometriosis. Inflammation may damage the sperm or egg or interfere with the movement through the fallopian tubes and uterus.

If you would like more information, please visit mayoclinic.org/disease-conditions/endometriosis

Or
Acog.org, and search for endometriosis
March 16, 2016: Kick Butts Day

Kick Butts Day is a national day of activism that urges youth to stand up to Big Tobacco.

- Cigarette smoking causes 1 in 5 deaths in the U.S. each year.

- It causes more than 480,000 deaths in the U.S. each year (including second hand smoke).

- Life expectancy for smokers is at least 10 years shorter than for non-smokers.

- Cigarette smoking can lead to several different types of serious health problems including: coronary heart disease, cerebrovascular disease, diabetes mellitus, COPD, pneumonia, influenza, tuberculosis; and lung, trachea, tongue, and many other types of cancer.

*Info from cdc.gov & kickbuttsday.org*

If you or someone you know needs help to quit smoking, check out smokefree.gov.

Intramural Volleyball

Registration has begun for Intramural Volleyball! Registration runs February 29 -March 24th. Be sure to get your team registered in time! League play will be 6v6, self-officiated, and co-ed (although it is not mandatory to have a co-ed team). Games will begin the week of March 28th, and playoffs will end before exams begin.

Member Highlight

Serette Kaminski – AFT

Serette can be found sprinting up the stairs, two at a time, to squeak in a group exercise class during her lunch break. She enjoys each instructor’s unique style – right down to the music choices. She says, “Working out with Kylene, Molly and Rhonda is by far the best part of my day; I always leave feeling rejuvenated.” Serette enjoys taking walks around the city with her friends and often makes a point to take a hike if she is out of the country on a work assignment. Here she is on a day hike in Ireland.
Regular Hours of Operation

Sunday: 9:00 AM — 8:00 PM
Monday: 6:30 AM — 10:30 PM
Tuesday: 6:30 AM — 10:30 PM
Wednesday: 6:30 AM — 10:30 PM
Thursday: 6:30 AM — 10:30 PM
Friday: 6:30 AM — 8:00 PM
Saturday: 9:00 AM — 6:00 PM

Please note that the entire building closes at the given time, including the locker rooms. Please plan your work out and locker room usage accordingly.

The pool closes 15 minutes before the rest of the facility.

MARCH HOLIDAY HOURS

Spring Break

Monday, March 7-
Thursday, March 10:
6:30am-8:00pm

Friday, March 11: 6:30am-
8:00pm (regular hours re-
sume)

Easter Weekend

Friday, March 25: 6:30am-
7:00pm

Saturday, March 26:
9:00am-6:00pm

Sunday, March 27:
CLOSED

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