

YMCA JUNE MEMBER OF THE MONTH

JOHN HUMPF

Dear Kip & YMCA associates,

I do not often write letters anymore, but I felt compelled to write this one.

Honestly, when the "Y" first opened in Ashland, I was amazed that they pulled it off, and for the benefit to all of South County. The new gym equipment, and super clean facility exceeded all my expectations and now I am happy to hear plans are underway for an even larger community facility. I am fully confident that you will "getter done."

As I said, the gym is clean, and the free weights are great and the staff is the very best, and now my new friends. There are classes of many types, my favorite being yoga and the "silver sneakers class." The people of South County that are these same classes are my best friends, now.

We are truly a family who deeply cares for one another. I am grateful to have had the opportunity to meet new people. I would like to meet new members, so just look for me, John Boy.

All of that being said I would like to praise the YMCA of Ashland. I can never fully explain how they have helped me. I have lost 30 pounds, my balance is better, my depression and anxiety now are nearly a thing of the past.

The gym has helped me lower my chronic pain to nearly zero, and after many years, I no longer need or use opioids. I probably owe my life to the YMCA.

And now this is very important that I give a warm shout out to the yoga teacher, Denise Barnett. My doctor even says that I should say thank you to her. So thanks, Denise for turning into a better person. Denise is truly loved, by her yoga family. I bow down to her in respect.

And now the good part. I have been a widow, for three years. But now, thanks to getting up and going to the gym, I have found new love again. Oh wow. Life is good, once again.

Sincerely & Namaste

John Humpf

P.S. To everyone out there not a member, let me say "you're missing out." Come in and ask, where is John Boy? I would love to meet you. You're never too old to start all over again. And thank you, also to Kip Batye, our Branch Director, and friend.