

St. Luke's
YAK!
Youth Adult Konnections

WINTER 2011



Upcoming Events

St. Luke's YAK! is a healthy youth development initiative based on the Developmental Assets philosophy providing programs and services for young people that help them to be safe, healthy, and active participants in our community.

For more YAK! information:

Visit: www.stlukesonline.org/YAK

Call: (208) 727-8735 for Kelly or

(208) 727-8736 for Dan

Fax: (208) 727-8730

1450 Aviation Drive, Suite 200
Hailey, ID 83333

Meet Dan VandenHeuvel



Dan VandenHeuvel graduated from the University of Wisconsin-Madison in 2001 with degrees in Conservation Biology and English. He has worked with youth for many years, including work as a summer camp counselor, outdoor educator, 9th grade Science teacher, Boys Soccer coach at Wood River High School, and special education paraprofessional at Wood River Middle School. He is also an instructor for the Nat'l Outdoor Leadership School (NOLS). Dan has traveled extensively in South America, Europe, and Asia. He is married to Kat VandenHeuvel, Senior Program Director at the Wood River YMCA, and they have a 12-month old daughter, Seneca.

“Be the Change” Performance for Cox Communications

The Blaine County Diversity Dramatist Troupe will be performing for Cox Communications as part of the company's diversity training. A new troupe has been formed and this will be the second performance for Cox. If your organization or business is interested in having the troupe perform, please call Kelly at 727-8735.

December 9, 8:30-9:30 am
Wood River Community YMCA

Life Skills Series for Entering the “Real World”

Many students have expressed interest in learning more practical life skills. The goal is to have local professionals such as financial planners, real estate agents, nutrition specialists, and car dealers provide an interactive easy-to-follow approach to learning the “ins and outs” of making it after graduation. If you are interested in sharing information with youth at Wood River High School, please contact Kelly at 727-8735.

Once monthly for 2010-11 school year
Silver Creek High School

Healthy Choices Series “Today Affects Tomorrow”

Discussion panels are provided for WRHS and the SCHS throughout the 2010-2011 school year. The panels present information to help teens make good choices to be healthy and successful in their future and provide them the opportunity to meet professionals in the community. The covered topics include drug use, sexual activity, alcohol, and healthy relationships. The panelists include Jenny Stireman, NP-C, St. Luke's Obstetrics and Gynecology, Joy Zimmerman, RN, South Central Public Health District, Deborah Robertson, MD, emergency medicine, St. Luke's.

TBA
Wood River High School and
Silver Creek High School



Monze and Mariana getting into the picture at the Sun Valley Center for the Arts' Water exhibit.

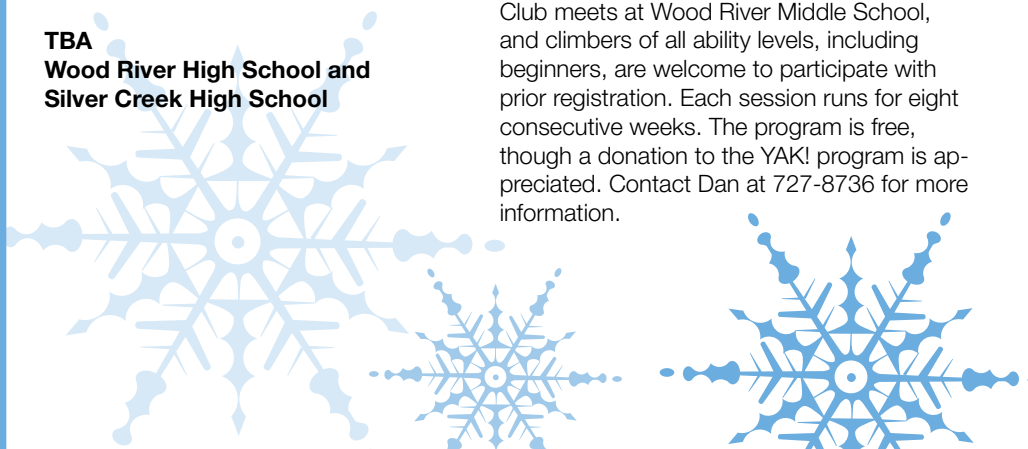
Y2Y Nights!

We're taking St. Luke's YAK! to the Wood River Community YMCA! Each Thursday evening, middle and high school youth have the opportunity to get out of the house and get active with their friends. All students are welcome to participate, and the program is free. YMCA membership is not required. Students can take the Mountain Rides Valley Route bus with YAK! or meet us at the YMCA. The bus is free with a student activity card. We will lead different activities each week, including swimming, cross training, yoga, and more. Be a part of the action, meet new people, and feel good! For more information and to register, contact Kelly at 727-9735 or Dan at 727-8736.

Every Thursday, 6:45 – 7:45pm
Wood River Community YMCA

Rockheads Climbing Club

In partnership with the Wood River Community YMCA, middle school students learn the basics of rock climbing—such as movement, knots, belay techniques, and stretching—while enjoying time with their friends. Climbing is a healthy and safe activity that promotes strength, focus, and flexibility in youth. Plus, it's fun! The Rockheads Climbing Club meets at Wood River Middle School, and climbers of all ability levels, including beginners, are welcome to participate with prior registration. Each session runs for eight consecutive weeks. The program is free, though a donation to the YAK! program is appreciated. Contact Dan at 727-8736 for more information.



Meet a BCTAC Student

Joey Altermatt



Joey is a senior at Wood River High School and has been a member of BCTAC for four years. The past few years he has been an active participant in the discussion panels in the community. He is also a recipient of the Unsung Hero award as an Outstanding Youth Mentor. Joey is in the med tech academy and wants to attend Washington University in St. Louis, MO. His favorite activities include skiing and biking with his dad.

Meet a BCTAC II Student

Braydan West



With her positive attitude and willingness to help others, Braydan West is a big part of BCTAC II's success. Braydan has cooked meals at the Souper Supper, crocheted for a cause at the Hailey Library, and participated in several other YAK! events this year. She also enjoys gymnastics and hanging out with her family, including her ten brothers and sisters. Braydan is an eighth grader at Wood River Middle School. She plans to study medicine in college and become a pediatrician. She is a student who really makes a difference in our community!

Ongoing Projects

Blaine County Teen Advisory Council (BCTAC)

BCTAC is the high school group of St. Luke's YAK! It is a fun, hardworking youth action council committed to improving and learning about the community by involving young people in community service, creating programs and services to address youth needs, and building Developmental Assets.

Tuesdays, 7-8 pm
The HUB, Community Campus
For more information, or to join BCTAC call Kelly at 727-8735

Blaine County Teen Advisory Council II (BCTAC II)

BCTAC II is a middle school youth council that works to improve both the school and outside community for young people. BCTAC II helps educate our youth about building Developmental Assets, largely by planning and implementing community service projects and learning about the community.

Mondays, 3:30-5:15pm
Wood River Middle School Library
For more information, or to join BCTAC II call Dan at 727-8736.

Travis, John, and Marco help prepare the Hunger Coalition's Hope Garden for winter.

Congressional Award

St. Luke's YAK! provides free assistance and guidance for those seeking the prestigious national Congressional Award. Sign up today at www.congressionalaward.org

Winter Volunteer Opportunities

Opportunities exist for volunteering all winter long, on a one-time or recurring basis. Organizations YAK! supports include Sun Valley Adaptive Sports, The Hunger Coalition, The Advocates, Souper Supper, Environmental Resource Center, Wood River Animal Shelter, Blaine County Recreation District, and Wood River Community YMCA.



WINTER FUN

Skiing and Snowboarding on Baldy and Dollar

Cross-Country Skiing on BCRD Trails

Snowshoeing at Galena

Snowball Fights



Youth Adult Konnections

Blaine County Teen Advisory Council



BCTAC II members cook a delicious meal for the Souper Supper at St. Charles Church.

Cover photo: BCTAC II students exploring the willows of Center Piece in Ketchum.

Contribute

Give the gift that keeps on giving. Donate to St. Luke's YAK! in someone else's name or your own!

Contribute to St. Luke's YAK!

Financial contributions: Mail a tax-deductible contribution to support our youth programs and help St. Luke's YAK! reach its goals. Both monetary and in-kind contributions are always appreciated. Make checks payable to St. Luke's Wood River Foundation and mail to:

St. Luke's Wood River Foundation
PO Box 7005
Ketchum, ID 83340

Volunteer: We have volunteer opportunities for all ages, interests, and needs. We are indebted to our volunteers for their generous contribution to the community.

Suggestions: We are always looking for new community service and outreach opportunities. Send us your ideas.

A project of St. Luke's Wood River Medical Center

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