



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEFINING OUR Y

YMCA of Kanawha Valley

100 YMCA Dr., Charleston, WV 25311

August, 2021

www.ymcaofkv.org

MEMBER AND VOLUNTEER NEWSLETTER - ISSUE 3.0



MESSAGE FROM THE PRESIDENT/CEO

Greetings from the YMCA of Kanawha Valley-

It's hard to believe that our kids will be back in school soon and that summer is coming to a close. Time sure does fly by when you are having fun!

August will be another exciting month here at the Y. After School Program Registration is open and we are excited to meet our new kiddos and welcome back those who are returning. If you are interested in enrolling your child in our After School Program please contact Lacie Stover at lstover@ymcaofkv.org.

The YMCA of Kanawha Valley's largest fundraiser of the year, the Spirit of the Valley initiative, is in full swing. The Spirit of the Valley Award recognizes an individual who exudes exemplary community service in the Kanawha Valley and across the state of West Virginia. In recognition for his superior leadership in the community and his unselfish service to fellow citizens of the Mountain State, this year's award is presented to Retired Major General James Hoyer. Funds raised will help further the mission of the YMCA of Kanawha Valley through Youth Development, Healthy Living, and Social Responsibility initiatives while also ensuring that everyone has access to vital programming regardless of income. At the YMCA, we never turn anyone away for their inability to pay. This year alone, we have seen a 60% increase in financial assistance applications. For more information about the Spirit of the Valley initiative please contact me directly at sbolyard@ymcaofkv.org. Tickets for the event are available on our website at www.ymcaofkv.org. Donations can also be made on our website. Every dollar stays local and is greatly appreciated!

At the YMCA, we are more than just a treadmill. We are a non-profit organization dedicated to youth development, healthy living, and social responsibility.

Kindest Regards,

Sarah Bolyard, President & CEO

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Email: info@ymcaofkv.org

STAFF SPOTLIGHT



Students will return to school on August 9th in Kanawha County. Finding a safe, reliable, and fun after-school experience is something that the Charleston YMCA offers. Lacie Stover, our Youth Development Director, dedicates her time to ensure that our after-school program is the best for our children and their family.

How long have you worked at the YMCA of Kanawha Valley? I have worked at the YMCA for going on 13 years. I took my first position with the YMCA at nineteen years old and have grown personally and professionally with the YMCA of Kanawha Valley. I currently am the Youth Development Director of the Charleston Family YMCA prior to this I was the Assistant Director at the Cross Lanes YMCA Child Development Center.

What do you like most about your job? I love that my work day never looks the same. I also love watching the children grow and seeing how truly important the YMCA is to them. I have had many children who have grown up and came back to work for me and nothing is more rewarding. Each one has felt such a place of “home” at the Y that they wanted to return. This always makes me so proud.

What got you interested in working with children/ in childcare? I worked a Summer position for Energy Express in a rural community in Boone County when I was 18 years old and knew it was for me. I immediately loved it.

What is the best career lesson you’ve learned so far? In management- not to immediately react. Take a few minutes, walk away, then address the

issue. In childcare- you have no idea what any child goes home to. I always strive to make each child feel important and valued in all interactions.

What would you do (for a career) if you weren’t doing this? As much as I would like to say making lots of money, I’m certain that I would still be working in a non-profit. Haha

What’s a fun fact about you people may not know? I really enjoy cooking and baking. I like to find really complex recipes in cookbooks or online and ATTEMPT to make them. I have had lots of failures but it is always fun when they turn out.

Where’s your favorite place in the world? At the beach with my toes in the sand and good book in hand.

What is your motto or personal mantra? When life shuts a door... open it again. That’s how doors work.

If you could meet anyone in the world, dead or alive, who would it be and why? Oprah! No explanation needed.

Three words to best describe you: Caring, Bubbly, Trustworthy

If you could have any superpower, what would it be? To fly

What is one food that you cannot resist? Chocolate

THE Y IN THE COMMUNITY

The YMCA of Kanawha Valley continues to be part of the community. We take our social responsibility pillar seriously. Last month, we hosted our virtual Healthy Kids Week. Our Healthy Kids Week program provided resources covering different aspects of health. On the third day of Healthy Kids Week, we launched our monthly self-care sessions. Our monthly self-care sessions will cover different topics of mental health. Taking care of your mental health is an important part of being healthy.

Upcoming Community Activities

- August 11th – Monthly Self-Care Session #2 – Join us on Facebook.
- August 5th – Last day of West Side Tennis

GET INVOLVED IN HEALTHY LIVING!



Healthy living is an essential aspect for our Y family. We encourage our staff, members, and volunteers to engage in activities that encourage a healthy lifestyle. Healthy living involves

exercise, and being mindful of what food we consume in food is essential. Check out this month's recipe below, a healthier option.

Recipe – Cheesy Meatballs Casserole (Low Carb)

Ingredients

- ✓ 2 lbs (900g) ground turkey
- ✓ 1 cup shredded mozzarella
- ✓ 1/2 cup grated or shredded parmesan
- ✓ 1 egg
- ✓ 2 teaspoons onion powder
- ✓ 2 teaspoons fresh minced garlic
- ✓ 1/2 teaspoon Italian seasoning blend
- ✓ 1/2 teaspoon fresh cracked black pepper
- ✓ 1/2 teaspoon Cayenne pepper, optional
- ✓ 1/2 teaspoon crushed red chili pepper flakes, optional
- ✓ 1 cup Marinara sauce
- ✓ 1 cup shredded cheese of your choice for topping (Mozzarella, Provolone, Monterrey Jack, Cheddar...)
- ✓ Fresh basil or parsley, for topping

Directions

1. To prepare the meatballs casserole recipe: Preheat your oven to 400°F
2. (200°C). Lightly spray a casserole dish with cooking spray.

3. Combine ground turkey, mozzarella, parmesan, egg, onion powder, garlic, Italian seasoning, Cayenne, crushed chili pepper flakes in a large salad bowl – except for the Marinara sauce, 1 cup cheese, and fresh basil that are set aside for the casserole. Use a small cookie scoop to form the meatballs all the same size and arrange the meatballs in the casserole dish.
4. Bake your meatballs casserole for 15 to 20 minutes or until fully cooked. Remove the meatballs casserole from the oven and drain the grease.
5. Top with the low carb Marinara sauce and shredded cheese and put the meatballs casserole back in the oven. Bake for an additional 5 to 10 minutes until the cheese has fully melted.
6. Serve the low carb meatballs casserole with a side salad or over zucchini noodles as pictured. Enjoy!

Recipe from eatwell101. Remember, you can always improvise.

UPCOMING CLASSES/EVENTS

- MORNING MADNESS BOOTCAMP – 3 DAYS ONLY – 8/3, 8/4, & 8/5, FROM 5:30 A.M. TO 6:30 A.M.
- LUNCH CRUNCH – MONDAYS & WEDNESDAYS, 12:15 P.M. TO 12:45 P.M. INSTRUCTOR BOBBIE SPRY.
- CHECK OUT THE GROUP FITNESS CALENDAR TO PARTICPATE IN ANY ONE OF THE 40 WEEKLY CLASSES OFFERED. FROM SPIN TO YOGA TO WATER AEROBICS, THERE IS SOMETHING FOR EVERYONE AT THE Y!

VOLUNTEER OPPORTUNITIES

Want to be part of the Y's Volunteer team?

Reach out to Portia Smith, Social Responsibility Director psmith@ymcaofkv.org, 304-340-3527 ext. 11

