



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEFINING OUR Y

YMCA of Kanawha Valley

100 YMCA Dr., Charleston, WV 25311

July, 2021

www.ymcaofkv.org

MEMBER AND VOLUNTEER NEWSLETTER - ISSUE 2.0



MESSAGE FROM THE PRESIDENT/CEO

Greetings from the YMCA of Kanawha Valley-

We hope you are enjoying your summer!

July will be a busy month here at the Y. Summer Camps are in full swing and we are excited to welcome back the City Meet to the Charleston Family Y! The City Meet is the YMCA Kraken Swim Teams's largest fundraiser for the year. If you are interested in sponsorship opportunities please contact Kaitlin Horton at khorton@ymcaofkv.org.

This summer also kicks off our Spirit of the Valley campaign. 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.

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.

Stay safe and healthy this summer!

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

In July, we will welcome back City Meet for the Greater Kanawha Valley! City Meet will be from July 14th to July 17th at the Charleston Family YMCA location. Support the YMCA Kraken Swim Team! Kaitlin Horton, our Healthy Living Director, will be spearheading the event. Learn more about Kaitlin below:

How long have you worked at the YMCA of Kanawha Valley?

Since September 2020.

What do you like most about your job? The members. They make you feel like part of the family and community here at the Y. The connection the members have here is amazing and they care so much about the facility. We as staff become an important role in their lives and the small things we do create such a positive impact for a lot of people here. It's a good feeling to be a part of such a big family.

What got you interested in aquatics? I grew up along the Kanawha River and was always interested in the water. The water has also been such a relaxing space for me. I joined the YMCA Barracuda swim team when I was a child and continued to swim for 8 years. I grew interested in anything related to a pool, lifeguarding, teaching swimming, water fitness, and competitive swimming.

What is the best career lesson you've learned so far? Try new ideas with an open mind, if they do not work, don't give up! Try again!

What would you do (for a career) if you weren't doing this? That is a tough one because I love what I do... I would probably have my own greenhouse and attach a yoga studio to it.

What's a fun fact about you people may not know? I have over 130+ houseplants!

Where's your favorite place in the world? Any greenhouse!

What is your motto or personal mantra? We can always strive to be better versions of ourselves, and continue to grow. We are never the best version of our self.



If you could meet anyone in the world, dead or alive, who would it be and why? The Dalai Lama. I personally enjoy his perspectives on life, happiness, and love. Through his teachings I have opened my heart a lot more

Three words to best describe you: Energetic, Caring, and Reliable.

If you could have any superpower, what would it be? To fly, I love to see the world from a plane's view and to travel.

What is one food that you cannot resist? Oh, Cheesecake of course! Doesn't matter what flavor.

VOLUNTEER HIGHLIGHT



Volunteers are important to the Y family. Volunteers assist with our projects that highlight our community and our community spirit. On Friday, June 18th, 2021, the Pickleball team assisted with the mulch project at the Cross Lanes YMCA Child Development Center.

Thank you for your excellent work!

THE Y IN THE COMMUNITY

The YMCA of Kanawha Valley continues to be part of the community. We take our social responsibility aspect seriously. Last month, we assisted with a food drive organized by the American Heart Association from June 7th to June 20th. We

also helped collect gently used or new tennis shoes for Union Mission during our Tennis Shoe Drive from June 19th to June 26th. The collected shoes will go to those in need. And finally, we held a Senior Lunch and Learn last week. This was the first time our Y Seniors were able to get together in well over a year. The luncheon even featured a very special senior, Maysel Rawson, who will turn 104 in September!

Upcoming Community Activities

- July 12th to 16th marks our Healthy Kids Week, look out for more information on our Facebook page.
- July 14th from 5:30 p.m. to 6 p.m. kicks off our monthly self care sessions.



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 we consume in food is also essential. Check out this month's recipe below, a healthier option.

Recipe – Chicken Fajita Burrito Bowl

Ingredients

- 2 boneless skinless chicken breast
- ¼ cup taco seasoning
- 1 tbsp olive oil
- 1 lime juiced
- 1 red onion
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 yellow bell pepper, sliced
- 2 cups brown rice, cooked
- 1 13.5oz can black beans
- 1 batch guacamole
- Sour cream
- Cilantro
- Pico de gallo

Directions

1. In a large bowl make a marinade using the taco seasoning, olive oil and lime juice. Toss chicken and vegetables in marinade and allow to marinate, covered for 1 hour.
2. Preheat oven to 375°F.
3. Spread ingredients across pan and allow to bake for 15 minutes, or until meat is cooked through. If you want to add some char to meat and veggies, broil for another 3 minutes.
4. In a bowl spread out rice and top with all desired fixings. Enjoy!
5. *Prep tip- Store all ingredients separately and build for meal prep. If making for lunch store the guacamole, sour cream, salsa and cilantro in a separate container than the rice, chicken and beans. Heat up the bowl and top with fixings!

Recipe from the Modern Proper. Remember, you can always improvise.

UPCOMING CLASSES/EVENTS

- FREE West Side Tennis lessons continues in July. **No tennis the week of July 5th to July 9th.**
- MORNING MADNESS BOOTCAMP – 3 DAYS ONLY – 7/6, 7/7, & 7/8, FROM 5:30 A.M. TO 6:30 A.M.
- CITY MEET IS BACK- JULY 14TH TO JULY 17TH AT THE CHARLESTON FAMILY YMCA LOCATION. THE POOL AND THE HOT ROD HUNDLEY GYMS WILL BE CLOSED TO ALL EXCEPT CITY MEET PARTICIPANTS. CONTACT KAITLIN HORTON BY EMAIL (KHORTON@YMCAOFKV.ORG) FOR MORE INFORMATION.

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. 1120

JOB OPPORTUNITIES

Come join our team! We are hiring for the following positions:

- Front Desk Staff
- Camp Counselors
- Lifeguards (will train)

**Apply online or visit the front desk
for an application!**

