

OCTOBER 2021 • VOL. 5

DEFINING OUR Y

YMCA OF KANAWHA VALLEY



Message from the CEO

Greetings from the YMCA of Kanawha Valley-

The air is starting to get crisp, the leaves are changing color, football is back, and pumpkin spice is everywhere. Fall has arrived my friends! We hope each of you are able to get out and enjoy everything that our incredible state has to offer this fall.

October 10th is World Mental Health Day to raise awareness of mental health issues and mobilize efforts in support of mental health. At the Y, we know that your physical health and mental health go hand in hand. Join us this month as we raise awareness around mental health.

You may have noticed that our parking lot is a little more full lately. For us, this is a sign that folks are coming back! We are happy to report that our Membership has grown every month since January 2021.

Thank you to our dedicated members for staying with us and welcome to all those that are new to our Y community!

Kindest Regards,
Sarah Bolyard, President & CEO



@ymcaofkv

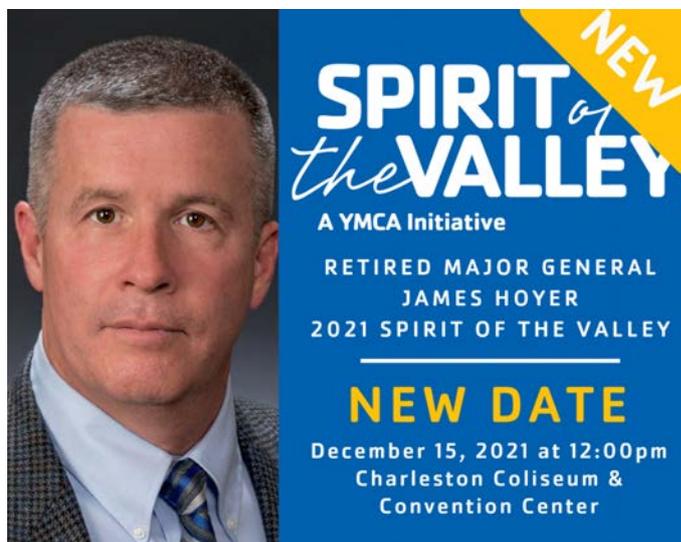
Message from the CEO

Staff Spotlight

Upcoming Events

Healthy Living

Spirit of the Valley: December 15th, 2021



STAFF SPOTLIGHT

PORTIA SMITH



Portia Smith joined the YMCA of Kanawha Valley in April as the Social Responsibility Director.

How long have you worked at the YMCA of Kanawha Valley? I started in April of this year, so about 5 months so far.

What do you like most about your job? I love that I get to work with the community, and I get to represent the Y in the communities that we serve.

What got you interested in this job? I always wanted to be in a position to help the people who need it the most.

What is the best career lesson you've learned? The best career lesson I have learned so far is that it pays to do your best.

What would you do (for a career) if you weren't doing this? Working for my own nonprofit, Angels Inspired, Inc., just being out there helping others.

What's a fun fact about you? I am a die-hard Harry Potter, X-Men, and Avengers fan.

Where's your favorite place in the world? Some may think it would be back home in the Caribbean, but it is Washington, D.C.

What is your motto or personal mantra? There is no such thing as, "this is not my job." Every job is your job. We work as a team and help each other.

If you could meet anyone in the world, dead or alive, who would it be and why? Chadwick Boseman! His story was inspiring even beyond the Black Panther. He was a true superhero!

Three words to best describe you: Compassionate, Thoughtful, Helpful

If you could have any superpower, what would it be? I wish I had Dr. Strange's power - time manipulation.

What is one food that you cannot resist? Takis

UPCOMING EVENTS

- Diversity Awareness Month
- Breast Cancer Awareness Month
- National Arts & Humanities Month
- Family Health Month
- National Disability Employment Awareness Month
- Oct. 4 National Child Health Day
- Oct.10 World Mental Health Day
- Oct. 11 Indigenous Peoples' Day
- Oct. 11 National Coming Out Day
- Oct. 12 World Arthritis Day
- Oct. 13 Monthly Self-Care Session with Presteria
- Oct. 21 National Spirit Day

HEALTHY LIVING

We encourage our members, staff, and volunteers to engage in activities that encourage a healthy lifestyle. Healthy living involves exercise and being mindful of what we put into our bodies. Check out this month's healthy recipe for Cajun Shrimp and Sausage Vegetable Skillet:



Ingredients:

- 1 pound large shrimp peeled and deveined
- 14 ounce pork or chicken sausage sliced
- 2 medium-sized zucchini sliced
- 2 medium-sized yellow squash sliced
- 1/2 bunch asparagus sliced into thirds
- 2 red bell pepper chopped into chunks
- Salt and Pepper
- 2 Tablespoons olive oil
- 2 Tablespoons Cajun Seasoning

Directions:

1. In a large bowl add the shrimp, sausage, zucchini, yellow squash, asparagus, bell pepper, and salt and pepper. Add olive oil and cajun seasoning and toss until coated.
2. Add to a large skillet and turn to medium-high. Cook for about 5-7 minutes until the shrimp is pink and the vegetables are tender.
3. Garnish with fresh parsley if desired and serve immediately.

NOW HIRING:

When you love your job, it doesn't feel like work. Working at the Y means knowing that you're positively impacting people's lives each day. We currently have openings in: Creative Care, After School Counselor/Shuttle Driver, Member Services, Lifeguards, Swim Instructors, and Aquatics Director. Apply today at <https://ymcaofkv.org/aboutus/> #ABetterUsStartsWithU



VOLUNTEERS ARE ALWAYS WELCOME AT THE Y! INTERESTED IN VOLUNTEERING? CONTACT PORTIA SMITH, SOCIAL RESPONSIBILITY DIRECTOR, AT PSMITH@YMCAOFKV.ORG QUESTIONS, COMMENTS, IDEAS: EMAIL: INFO@YMCAOFKV.ORG