

SEPTEMBER 2021 • VOL. 4

DEFINING OUR Y

YMCA OF KANAWHA VALLEY



Message from the CEO

Greetings from the YMCA of Kanawha Valley-

My son started preschool a few weeks ago and his incredible teacher said they had only three rules in their classroom. Be safe. Be kind. Try your best. Three simple rules that when followed result in what is best for the greater good. When put into broader terms, these three rules go hand in hand with the Y's five core values: caring, honesty, respect, inclusion, and responsibility.

As you all know, we have seen an influx of the dreaded "C" word again. This creates quite a bit of anxiety for the families we serve, our members, our staff, and our community. One thing we know for sure is that we are resilient. You can trust that our core values are steadfast. We will continue to care for our members and families we serve regardless if schools are open. We will always be honest about the steps that must be taken to ensure your safety. We will lead and react with respect. We will always be inclusive and welcoming to everyone and take great responsibility in the fact that you have made a financial investment in us.

Be safe. Be kind. Try your best. We will get through this unfortunate surge like we did the last 18 months - TOGETHER.

kindest Regards,
Sarah Bolyard, President & CEO



**BELONGING
BEGINS WITH US**

Welcoming Week | September 10-19

For a better us.®

Message from the CEO

Staff Spotlight

Upcoming Events

Healthy Living

Spirit of the Valley: December 15th, 2021



NEW

SPiRiT of the VALLEY

A YMCA Initiative

RETIRED MAJOR GENERAL
JAMES HOYER
2021 SPIRIT OF THE VALLEY

NEW DATE

December 15, 2021 at 12:00pm
Charleston Coliseum &
Convention Center

STAFF SPOTLIGHT

JOIN US IN WELCOMING:

BRAD GRAHAM



Brad Graham joined our Charleston Family YMCA in August! Brad and his wife have relocated to the Charleston area from Kittanning, Pa. Brad will serve as the Membership & Development Director at the Charleston Family Y.

Do you have experience working at a YMCA? Yes, about 5 years.

What do you like most about working for the YMCA? I really enjoy building relationships with the members, volunteers, and staff.

What got you interested in relocating to West Virginia? I was looking to advance my career with the Y, and this position was the perfect opportunity for me to do so.

What is the best career lesson you've learned? Let go of perfection.

What would you do (for a career) if you weren't doing this? Personal training

What's a fun fact about you? I have watched the TV show "The Office" at least 25 times, so I'm a huge Office nerd.

Where's your favorite place in the world? Savannah, GA

What is your motto or personal mantra? Work hard, be kind, and amazing things will happen.

If you could meet anyone in the world, dead or alive, who would it be and why? Abraham Lincoln. The challenges he faced were far more than I can even imagine, and his perseverance and leadership are to be greatly admired.

Three words to best describe you: Caring, Passionate, and Hard Working.

If you could have any superpower, what would it be? Time Travel

What is one food that you cannot resist? Peanuts

UPCOMING EVENTS

September 8th – Maysel's 104th birthday party in the Bill Ballingal room at noon. All are welcome! Our goal is to collect 104 birthday cards in her honor. Cards may be dropped off at the front desk.

September 8th – September is suicide prevention month. Our monthly self-care session with our friends from Prestera will focus on this topic. Follow Prestera and the Regional Youth Service Center Region 5 on Facebook to learn more about their upcoming events.

Welcoming Week – September 10th to September 19th

Citizenship Day – September 17th



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 Taco Lettuce Wraps:



Ingredients:

- 8 small iceberg or romaine lettuce leaves or 4 large, cut in half crosswise
- 1 tablespoon canola oil
- 1 pound lean ground beef
- ¼ teaspoon salt
- 5 tablespoons prepared salsa
- 1 tablespoon rice vinegar
- 1½ teaspoons ground cumin
- 1 cup diced avocado
- 1 cup julienned jicama
- ½ cup finely diced red onion

Directions:

1. Wash and dry lettuce leaves well and cut out any tough ribs

2. Heat oil in a large nonstick skillet over medium-high heat. Add ground beef, season with salt and cook, stirring often, until cooked through, 4 to 6 minutes

3. Meanwhile, whisk salsa, vinegar and cumin in a small bowl.

4. Remove the pan from the heat, add the salsa mixture and stir to combine. Serve in the lettuce leaves, topped with avocado, jicama and onion.

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 evening and weekend openings in Creative Care and Member Services. Day and evening shifts are available for lifeguards. 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**