

MARCH 2022 • VOL. 9

DEFINING OUR Y

YMCA OF KANAWHA VALLEY



Greetings from the YMCA of Kanawha Valley-

March is here and we are one month closer to ditching the winter coats. We get to officially SPRING forward on March 13th which means more time to enjoy our evenings.

We will be celebrating you, our incredible members, this month. Membership Appreciation Week kicks off on Sunday, March 13th, and will conclude on Saturday, March 19th. Keep your eyes peeled for little tokens of appreciation from all of us to each of you!

We appreciate your patience over the last several months as we have made improvements to our indoor pool. Our new HVAC system will help improve air quality in our natatorium and this spring we will also be putting on a new roof over the pool. Other exciting improvements this spring include paving YMCA drive as well as new interior signage.

We also appreciate your patience as we have transitioned away from our membership software system to a newer system which will allow us to operate more efficiently. Make sure to check out our new and improved website at www.ymcaofkv.org. Software conversions always present their fair share of challenges but we are working out the kinks as quickly as possible in an effort to not inconvenience our members.

We appreciate your continued support of our Y, our staff, our community, and our mission.

Kindest Regards,
Sarah Bolyard, President & CEO



@ymcaofkv

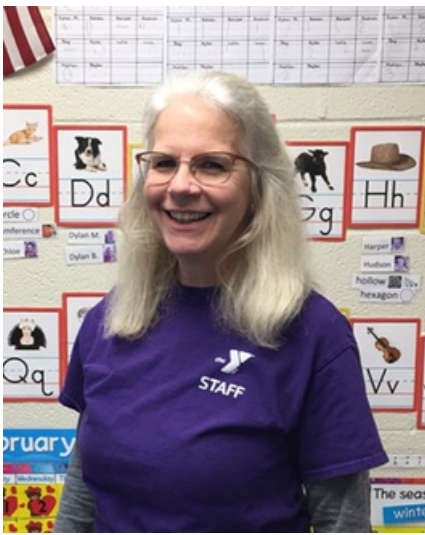
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STAFF SPOTLIGHT

GINNY JOHNSON

Ginny Johnson is the Pre-K Coordinator, Pre-K Teacher, and Funshine Camp Coordinator at our Cross Lanes YMCA Child Development Center. She oversees the Pre-K programs with Kanawha County Schools and the YMCA. Ms. Ginny is an incredible asset to our organization and plays a pivotal role in the success of each of her Pre-K students.

How long have you worked at the Cross Lanes YMCA Child Development Center? 11 years

What do you like most about your job? The challenge of meeting each child right where they are and guiding/teaching them, in a way that works for them, to be the best they can be to be successful.

What got you interested in this type of job? When I was eleven, I babysat for the first time and enjoyed it. I discovered I could play, have fun, and get paid to do it. Then in High School, I took the vocational child care training course and discovered a love for figuring out how to help children learn through play.

What is the best career lesson you've learned so far? That I, as a teacher, am the determining factor in how my class behaves, feels, learns, and works together as a class. I need to teach my expectations and behavior skills so the children are able to meet them.

What would you do (for a career) if you weren't doing this? Applied Behavior Analyst or Accountant/Bookkeeper

What's a fun fact about you? I only drink room temperature beverages, not hot or cold.

Where's your favorite place in the world? My favorite place in the whole world is wherever my husband and two daughters are. The location really isn't important to me as long as I am with them.

What is your motto or personal mantra? Always do what is right even if no one will ever know.

If you could meet anyone in the world, dead or alive, who would it be and why? This is a difficult question because there is no one I truly have a desire to meet. If I need to answer then I guess Mother Teresa or maybe Job from the Bible because they continue to praise and serve in the midst of sacrifice and suffering.

Three words to best describe you: Responsible, Serious, and Over-Thinker

If you could have any superpower, what would it be? I would like my superpower to be the ability to prevent child abuse and neglect and make certain every child feels loved and accepted.

What is one food that you cannot resist? Chocolate! All things chocolate!

UPCOMING EVENTS

- National Women's History Month
- Read Across America Day - Mar. 2
- FREE Tax Prep Services - Mar. 4
- Monthly Self Care Session - Mar. 9
- Pi Day - Mar. 14
- Membership Appreciation Week - Mar. 13 to Mar. 19
- American Diabetes Association Alert Day - Mar. 22

HEALTHY LIVING

Brrr! As we slowly transition from Winter to Spring, here is a healthy soup option to keep your body and soul warm - Chicken Fajita Soup!



Ingredients:

- 1 cup onion, diced
- 4 bell peppers, cut into bite-sized pieces (make it pretty with different colored peppers!)
- 2 garlic cloves, minced
- 6 boneless skinless chicken thighs, cut into 1" pieces
- Double recipe of Seeking Good Eat's Fajita Seasoning Recipe or Copycat Taco Seasoning
- 24 oz chicken broth
- 8 oz chunky salsa
- 2 cup sharp cheddar cheese, grated
- 1 cup heavy cream (or half and half)
- 1/2 cup sour cream (or more, if desired)
- Salt and pepper to taste
- Optional thickener: 1/2 tsp xanthan gum mixed with 1/2 tsp of olive oil

Directions:

Crockpot Instructions

1. Add onion, bell peppers, garlic, chicken thighs, broth, and fajita seasoning. Cook on low for 4 to 6 hours until chicken is done.
2. About 30 minutes before serving, bring heavy cream and sour cream to room temperature.
3. Add salsa and cheddar cheese, stirring until melted.
4. Stir in heavy cream and then sour cream.
5. Season with salt and pepper to taste. Serve and enjoy!

Instant Pot Instructions

1. Add onion, bell peppers, garlic, chicken thighs, broth, and fajita seasoning to the Instant Pot.
2. Secure lid and cook on High pressure for 4 minutes. Quick-release pressure after the cooking cycle is complete.

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 Janitorial Staff. 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**