

MAY 2022

DEFINING OUR Y

YMCA OF KANAWHA VALLEY



Mental health is part
of our physical health

For a better us.®

Greetings from the YMCA of Kanawha Valley-

Can you believe that school is almost out for the summer? This year has flown by and we are gearing up for a very exciting summer. Summer Camp enrollment at both the Charleston Family Y and the Cross Lanes YMCA Child Development Center is currently underway. Children ages 5-12 can enjoy a summer of fun, enrichment, and socialization in a safe setting at both locations. For more information please call 304-340-2537 (Charleston) or 304-776-3323 (Cross Lanes).

May is Mental Health Awareness Month and we will continue to create awareness around the importance of mental health. At the YMCA of Kanawha Valley we believe wellness is essential and achieved through a healthy spirit, mind, and body. We are committed to supporting and nurturing the mental health of our members through connection, community and collaboration. Your mental health matters to us. Here are a few suggestions to help maintain positive mental health:

- CONNECT: Talk & listen. Be there, feel connected.
- TAKE NOTICE: Remember the simple things that give you joy.
- BE ACTIVE: Do what you can, enjoy what you do.
- GIVE: Your time, your words, your presence.
- KEEP LEARNING: Embrace new experiences, see opportunity, and surprise yourself.

What you do each and every day has an impact on your mental health and the mental health of those around you. When you choose to walk through the doors at our Y, know that you are surrounded by a community who cares.

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

Kind regards,
Sarah Bolyard, President & CEO

Message from the CEO

Staff Spotlight

Kraken Korner

Healthy Living



@ymcaofkv



STAFF SPOTLIGHT

MARIJA BOGICEVIC CAMACHO



Marija is the Y's Director of Tennis. She is originally from the European country of Serbia. If you are looking for private tennis lessons or would love to enjoy tennis at the Y - check out Marija!

How long have you worked at the Charleston Family YMCA? For almost 3 years now

What do you like most about your job? Meeting new people and seeing them improve

What got you interested in this type of job? My dad got me started when I was 6

What is the best career lesson you've learned so far? Always believe and find a way to make things happen.

What would you do (for a career) if you weren't doing this? Start my own business in tennis

What's a fun fact about you? I am a horrible singer and dancer, but I would still go out there and perform :)

Where's your favorite place in the world? My home country - Belgrade, Serbia. Family is everything!

What is your motto or personal mantra? To believe in hope.

If you could meet anyone in the world, dead or alive, who would it be and why? My mom - she is my best friend, my biggest fan and my supporter.

Three words to best describe you: Dedicated, hard-working, and emotional

If you could have any superpower, what would it be? To have the power to create things just like Ginny haha

What is one food that you cannot resist? Bureu (Serbian pie with meat)

YMCA Kraken Korner



Our YMCA Kraken Family would like to shine a spotlight on Zach Groe who is a 2022 graduating senior! Zach has been a wonderful addition to our Senior group by working hard each practice while adding a little bit of fun. His positive attitude and kindness serve as a great role model for his fellow teammates. Zach will be graduating from George Washington High School with the highest honors on May 18th and will continue his academic and athletic career at Fairmont State University in the fall. Congratulations Zach! We are so proud of you!



HEALTHY LIVING

As we kick off celebrations such as Memorial Day, try a healthier side dish - Low Carb Keto Egg Salad.

Ingredients:

- 4 strips of bacon, chopped
- 6 hard-boiled eggs, chopped
- 2 tablespoons chives, chopped
- 2 tablespoons parsley, chopped
- ¼ cup red onion, diced
- ¼ cup mayonnaise
- 1 tablespoon mustard
- 1 teaspoon paprika
- Salt and pepper to taste



Directions:

- In a medium pan over low heat, cook the bacon until it's golden brown and crispy. Remove from heat and set aside.
- In a medium bowl, mix together the bacon, eggs, chives, parsley, and onion.
- In a separate bowl, mix the mayo, mustard, and paprika together.
- Add the mayo mixture to the egg mixture and combine until well coated. Season with salt and pepper.

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, Summer Camp 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**