

JUNE 2022

DEFINING OUR Y

YMCA OF KANAWHA VALLEY



Message from the CEO

Staff Spotlight

Kraken Korner

Y Blog

Healthy Living

Message from the CEO

Greetings from the YMCA of Kanawha Valley-

Summer is here at the Y! Summer Camp at both the Charleston Family Y and the Cross Lanes YMCA Child Development Center are in full swing. Our kiddos have been enjoying all that camp has to offer from crafts, games, field trips, and more.

A reminder to all members that rate changes will go into effect with the July draft. The YMCA of Kanawha Valley, like most organizations, faces uncontrollable increases in our expenses: utilities, competitive wages, fuel, contract services, and general operational costs. Your membership means a great deal to us, and we cannot strengthen the spirit of our Y community without you. As always, please remember that if you or someone you know is unable to pay membership fees, we provide financial assistance for adults, children, and families.

As a member of the YMCA, you belong to so much more than a gym. You are a part of a cause-driven community. Children learn what they can achieve, families spend quality time together, adults achieve their health and wellness goals, and members of our community build relationships that deepen their sense of belonging.

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

Kind regards,
Sarah Bolyard, President & CEO



@ymcaofkv

JUNE IS
PRIDE
MONTH

At the Y, we are celebrating
Pride Month with our LGBTQ
community, and we are
committed to being a safe,
welcoming place for all!



STAFF SPOTLIGHT

MATTHEW "MATT" DAVIS

Matthew "Matt" Davis is our Membership Coordinator. Matt was an active member of the Charleston Family YMCA, and his love for the Y community led him to join the team!



How long have you worked at the Charleston Family YMCA? My employment with the Y started a little over a year ago, in May of 2021.

What do you like most about your job? The daily interactions with my co-workers and members.

What got you interested in working at the Y? I would say the overall environment of the Y, my background in athletics and weight training, my experience working in another gym setting, and the opportunity I would have to work with the members and for an organization like the YMCA.

What is the best career lesson you've learned so far? Organization and communication are always key.

What would you do (for a career) if you weren't doing this? Good question. I recently went back to college and received a degree in IT. So, probably something in IT. I'm still working on certifications in that field.

What's a fun fact about you that many people may not know? I once lived in a place with some legit paranormal activities. Plural.

Where's your favorite place in the world? Almost everywhere. Life is short, and the world is big. It will be disappointing to have only been to a few places.

What is your motto or personal mantra? I have many. Life is not fair, and time will move on without you, have always been good reminders to let some things go and keep pushing forward.

If you could meet anyone in the world, dead or alive, who would it be and why? Someone fun from a part of the world I haven't been to, so it would be a good time while they show me around.

Three words to best describe you: I don't like it as an interview question and I don't like it here lol.

If you could have any superpower, what would it be? I am not sure, but off top of my head, that of Magneto. It's basically limitless when considering that everything basically has an electromagnetic field.

What is one food that you cannot resist? Just about any home cooked meal is hard to say no to.

YMCA Kraken Korner

School is finally out but our YMCA Kraken swimmers just keep on swimming! Practices for each of our groups will continue through the end of July. Please check our website for the updated schedule. If you have a friend who is interested in joining our team, please have them contact Andrew Meadows (ameadows@ymcaofkv.org) to schedule an appointment for an evaluation!

A giant THANK YOU to all of our YMCA Kraken families and YMCA members who supported our May Swim-a-Thon fundraiser. With everyone's help, we surpassed our goal and had a lot of fun in the process!



Y Blog

Why Is Teaching Health Important To Child Development?



Healthy bodies and minds begin with a holistic approach to education that should start in the earliest stages of adolescence. Here are some of our best practices for teaching health to your child and why it's important for their development.

Childhood Health

A child's health and well-being are influenced by several factors, including family characteristics and community dynamics. These include systems, policies, and environmental conditions in which children are born and grow up—which necessarily consists of a commitment to wellness.

Important Categories of Health

Wellness includes more than running on the treadmill and eating right. Wellness is an approach to health that invests in a comprehensive view of the body, mind, and spirit. These things can affect your child's health.

- Childhood obesity
- Healthy nutrition
- Physical activity
- Chronic disease
- Oral health
- Healthy sleep habits
- Access to screening tests for development, hearing, and vision
- Childhood trauma and adverse childhood experiences

Healthy Childhood

Children depend upon their caregivers to teach them a healthier way to live—You can help your child by doing the following:

- Be a positive role model for healthful eating
- Provide a calm, reassuring atmosphere during meal times
- Set appropriate limits on on-screen entertainment
- Involve the whole family in fun physical activities
- Help children develop and maintain a positive body image

Specific Ways to Encourage A Healthy Childhood

Here are a few more ways to help your children develop as adolescents into mature adulthood.

Be Active Together

Our best advice? Play with your children every day. Check out your local YMCA of Kanawha Valley for kid-friendly activities, sports, and community. You can also plan family activities like biking, after-dinner walks, and time at the park.

Make Mealtimes Special

As we enter into a more modern world, eating together for meals has lost some of its luster. However, eating more meals together can create a difference in your family's health, happiness, and finances.

Encourage Mindful Eating

In addition to eating together, parents and guardians should encourage mindful eating. Consider eliminating screen times and help your children focus on their food. Ask them what it feels like to be hungry, full, and overfull. Eat Breakfast It's an old adage, but remains true. The most important meal of the day is breakfast. A morning full of nutrient-dense and rich foods like fruit, vegetables, and protein is a great way to encourage health in your young children.

Ready for a Healthy Summer? Come Down to the YMCA of Kanawha Valley! Your children are in a fluid state in their life—they're growing up fast and developing every day. Help them by investing in health, wellness, and developmental mindfulness early on.

Founded in 1906, The YMCA of Kanawha Valley exists to provide a place for residents to build healthy spirits, minds, and bodies. For more information or to inquire into our various services and programs, please contact info@ymcaofkv.org or call 304.340.3527

HEALTHY LIVING

As we approach summer, a delicious and healthy snack is essential! Here is a summer recipe for Keto Fruit Pizza.

Ingredients:

Crust:

- 3 tbsp (1.5oz) cream cheese
- 1/4 cup (2 oz) butter
- 1 tsp vanilla extract
- 1/3 cup (40g) powdered monk fruit sweetener
- 1 egg
- 1 cup (110g) ground sunflower seed meal
- 1/4 tsp gluten-free baking powder

Topping:

- 1/3 cup (2.6oz) cream cheese
- 1/3 cup (80ml) heavy whipping cream
- 1/4 cup (30g) powdered monk fruit sweetener
- 1 tsp vanilla extract
- 1/2 cup fresh blackberries
- 1/3 cup fresh blueberries
- 1/4 cup fresh raspberries
- Optional Garnish - Fresh mint leaves

Directions:

- Preheat the oven to 350 degrees. Line baking sheet with parchment paper.
- In a large mixing bowl, using an electric mixer, mix together all crust ingredients until well-combined. Using a rubber spatula or palette knife, spread the mixture onto the prepared baking sheet to desired shape (a rectangle or circle will work best). Transfer pan to oven and bake until slightly golden on top, about 20-25 minutes. Allow to fully cool at room temperature after baking.
- While the crust cools, in a mixing bowl, using an electric mixer, mix together cream cheese, heavy cream, monk fruit sweetener, and vanilla extract until thickened.
- Using a rubber spatula, spread cream cheese topping atop the cooled crust. Top cream cheese with berries and fresh mint leaves.



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**