

HEAD START • EARLY HS • HOME-BASED HS • EXPECTANT MOMS' PROGRAM • EZRA MEDICAL • WIC • CIRC • SPECIAL ED • EARLY INTERVENTION • FACILITATED ENROLLMENT  
 BORO PARK (BP) • CANARSIE (C) • CROWN HEIGHTS (CH) • FLATBUSH (F) • STATEN ISLAND (SI) • WILLIAMSBURG (W)

# Yeled v'Yalda Ink

**EMPLOYEE NEWSLETTER • NOVEMBER 2008**

Staff at YvY's HR Department are excited as we begin another school year. We've been hard at work with many new initiatives including a revised Employee Handbook, YvY's very first formal staff training program, new benefits including new medical insurance options, a brand new Flexible Spending Account and a monthly New Employee Orientation Program.

In September, every YvY employee received his/her handbook with recently revised and clarified policies and procedures. We hope these policies have been able to address many of your unanswered questions. You

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Excel training class

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## *Yeled v'Yalda takes the* **PLUNGE**

### **BRAND NEW SWIM AND GYM FACILITY TO BECOME A REALITY VERY SOON...**

*Please note: the information presented here is given to YvY employees before the scheduling, membership fees, and facility usage have been fully worked out and is, therefore, subject to change.*

**B**ORO PARK RESIDENTS AND THEIR neighbors will soon (hopefully by year's end) celebrate the long awaited official opening of the swimming pool and fitness facilities at YvY's brand new Community Health Center.

With emphasis on its WIC and FE Programs, with its affiliation with EZRA, in conducting monthly health conferences, and now with the establishment of its Fitness Center, Yeled v'Yalda has truly emerged as a provider of quality health resources for the community. Researchers who assessed how exercise intervention affected four quality of life components — general health,

emotional health, pain and social well being — found that physical activity was found to benefit us in many ways. Not only does regular exercise help us to feel good, it has distinct emotional and social payoffs as well.

Incidences of depression and anxiety disorders are lower in people who regularly work up a sweat, and in social development, the sense of confidence that often



comes with physical fitness carries over into other areas. Yeled's Swim & Gym facility will play an important role in providing people of all abilities with fun and enjoyment while, at the same time, encourage them to achieve a healthy

*(continued on page 4)*

**Human Resources** (continued from page 1)

may also recall that you were asked to sign off on three acknowledgments at the end of your

handbook. We thank those of you who responded in a timely manner and we ask those of you who have not to please do so immediately.

Under the direction of Karen Kronenberg, our Director of Training and Development, we launched the very first "semester" of the YVY Staff Training Program on September 17th with a wonderful workshop called "Building on Your Strengths" facilitated by our very own Rona Miles, PsyD. The workshop was a hit and a great start to the school year. It was only the first of many classes that are scheduled to take place throughout the coming months including Excel

classes, Time and Stress Management, Communications Skills and a Managers Training Series. We encourage everyone to take advantage of these offerings.

Additionally, as you all know, due to the tremendous raise in our Blue Cross Insurance premiums, YvY's HR Department took on a huge undertaking by introducing two new medical insurance options through Oxford Health Plans to and is enrolling interested employees in these plans effective November 1st. We are also very happy to have the opportunity to offer you Medical and Dependent Care Flexible Spending Accounts for the new fiscal year. Please know that we continue to research new dental insurance options to introduce to you in the coming months.

Finally, on September 2nd, YvY held its very first New Employee Orientation program welcoming over 30 new hires with a formal program run by the HR Department covering YvY history and what we do, some key policies and procedures and benefits information. Mr. Solomon Igel spoke and welcomed our new employees to the YvY family and Sam Feferkorn presented the IT portion of the presentation. The HR Department will continue this program on a monthly basis for all new hires.

Our HR Department continues administering and completing all required paperwork needed for our new and existing employees to ensure that our personnel files are in perfect order.

Our staff is always available to all our employees for questions, requests and assistance.

As you can see, we've been busy. Please stay tuned for all the things yet to come...

*Gitty Lichtenstein*  
Director of Human Resources



"Building on Your Strengths" by Rona Miles, PsyD



New Employee Orientation, September 08

## From the Desk of...

As Chairperson of the Policy Council at Yeled v'Yalda, I sometimes feel so humbled that I didn't strive for higher education and that there are no letters, initials or title that follow my name. I do remind myself, though, that right now my family is my first priority. Therefore, when I am approached and asked, "What are you doing these days?" I smile and answer, "I am raising the next generation."

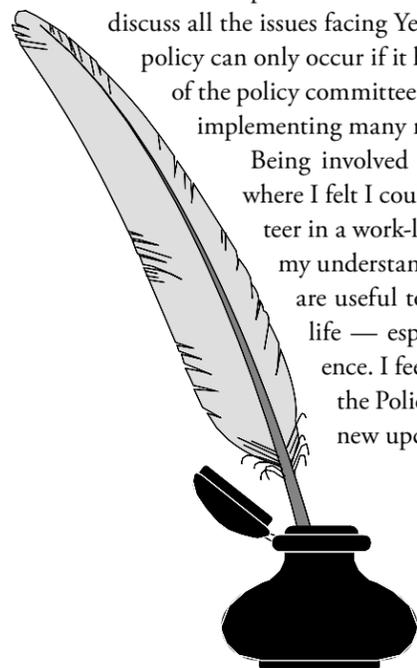
Yeled v'Yalda has been servicing hundreds of children and their families for the past 26 years. Currently, the administrative offices and many new classrooms are housed in two brand new state-of-the-art facilities. Being that Yeled v'Yalda is, to date, one of the largest Head Start providers in NY City and provides a wide range of other services, such as WIC, a medical facility and therapies, the families would be happy to know that there is no individual person making any decisions on his or her own. There is a policy committee that is comprised of several elected volunteer parents that meet monthly to discuss all the issues facing Yeled v'Yalda at that point in time. Any change in policy can only occur if it has been voted upon and approved by a majority of the policy committee. The policy committee has been instrumental in implementing many new and exciting changes at Yeled v'Yalda.

Being involved in the Policy Council at YvY has been a spot where I felt I could fill the role of "stay at home mom" and volunteer in a work-like setting at the same time. It has also enriched my understanding of shared governance and teamwork which are useful tools not only in Head Start but in every part of life — especially at home! It has been a thrilling experience. I feel privileged to have served as the chairperson for the Policy Council for the past three years and I wish the new upcoming Policy Council lots of success.

Sincerely,

*Mindy Meisner*

*Mindy Meisner*  
POLICY COUNCIL CHAIRPERSON



**Position at YvY:** Executive Director Secretary for EHS-FHS

**Years at YvY:** In January it will be one year.

**An interesting trip I took:** In Israel we spent Lag B'Omer in Meron, visited the Kosel & family in Bnei Brak. Also, went to Uman.

**Something I've published:** I have had a poem published many years back — of course all those that submitted were told that they won and they can see their published work if they purchase the book it will be published in! I did not buy the book.

**Most people don't know:** that I am a convert.

**Biggest achievement/major accomplishment:** BECOMING A JEW!

**Public speaking I've done:** I have shared my story to Judaism with Tehillim groups, at Shabbatons, etc.

**A food recipe that I'm famous for:** Southern chili — almost like a cholent. Ground beef, stewed tomatoes, pinto beans, red kidney beans, chili powder. Yum yum!

**Person who had the biggest impact on me:** Most certainly my husband.

**Favorite food:** Breaded salmon that my good friend taught me to make.

**A place I would like to visit someday:** The Aleh Center in the Negev. Aleh is Israel's largest and most advanced network of residential facilities for children with severe disabilities.

**If I won the lottery, I would:** buy a house in Israel.

**Volunteering done:** I volunteer my time babysitting my friend's children.

**What does your family consist of?** As of now, just me and my husband.

**In my free time, I...am** teaching myself to read, write and speak *Ivrit* (Hebrew).

**Pet peeve:** People "smacking" chewing gum...ugh, how annoying! I don't think that is a polite habit at all.



**Something I'm good at:** I try to be good at singing. I compose songs in my head. I have enough for a demo but need someone to put my songs to music. Anybody know of someone that can do this for chesed?

**Favorite website:** www.zahavapasternak.blogspot.com

**A habit I wish I could get rid of:** smacking gum! Ha!

**If I've learned one thing in life, it's:** Smile in the bad times. Hashem is in control.



**Position at YvY:** I am in charge of CIRC, the Community Information And Resource Center, where various sorts of information may be picked up, either on the internet or in the many books on hand

**Years at YvY:** 2 and half years.

**Prized possessions:** B"H I have a wonderful husband, 7 children (5 I gave birth to and 2 through marriage) and 3 grandchildren, KY"B.

**Relation to famous person:** I am related to Jerry Seinfeld

**An interesting trip I took:** Visiting Israel: going to Chevron (Hebron), seeing the people living there, also visiting the people in Aza.

**Musical instrument played:** none, I don't even play one badly!

**A food recipe that I'm famous for:** Not famous, but my family likes to cook.

**Person who had the biggest impact on me:** My parents, A"H.

**Favorite food:** All foods.

**A funny/fascinating/embarrassing thing that happened to me:** We arrived to a wedding of very close friends after driving for many hours and they made us come without changing from our traveling clothes, so we had some explaining to do!

**If I won the lottery, I would:** Give more *tzedakah* (charity) to those in need! The rest share with my family!!!!

**Biggest achievement/major accomplishment:** My children-seeing them get where they want to be in life, B"H.

**If I've learned one thing in life, it's:** Never look back, always look ahead!

For a chance to be featured in this column and receive a gift certificate to Eichler's, please complete the survey at [http://www.yeled.org/ArticleFiles/employees\\_november07.pdf](http://www.yeled.org/ArticleFiles/employees_november07.pdf) and fax it in to 686-2497

### Condolences

Yeled v'Yalda extends its sincere condolences to Chany Buchman upon the loss of her father, to Mr. Mordechai Roth upon the loss of his mother, and to Mrs. Sara Blumenfeld on the loss of her mother.

# TECH TALK

# why didnt i think of that?

Many computer problems have little to do with software and much to do with coincidence. This article includes the five most commonly overlooked computer-related troubleshooting procedures. Before you contact technical support, try your hand at troubleshooting using the techniques below.

## Check the System Requirements

If this simple, yet overlooked procedure was completed before trying to install or run a program, then computers worldwide would celebrate!

The system requirements are listed on the program packaging or box. Once you know the requirements, compare them to the specifications of the computer (e.g., RAM, processor, operating system, etc.). If you are unsure of any requirement, find someone who knows computers to answer your questions. The system must meet or exceed all requirements of the program. Remember that the system will use some of its resources long before you install and launch a program. Also, allow a sufficient amount of hard drive space to remain free after installing a program. The greater the free space on the hard drive, the better your system will run.

## Restart the Computer

"Last year when I bought the computer

and turned it on, everything worked fine. Now my programs barely run and all the error windows clutter up the screen. Is it time to restart?" Sometimes the obvious is difficult to see.

Computers have limited capabilities and resources. Processor speed, hard drive space, amount of RAM and other factors all affect computer performance. Increasing the demands on your computer also increases the chance that problems will occur. Imagine working day and night without rest. At some point, your body and mind will need a break—an opportunity to start refreshed. Computers need to be refreshed too. The next time your computer gets all quirky, save your work, close all programs and shut down the system. Relax for a minute or two, restart your computer and launch only the program in which the issue occurred. There's a good chance that the issue will disappear.

If the issue remains, at least you've

eliminated one possibility. Welcome to the world of troubleshooting.

## Check All Connections

Yesterday there was sound; today silence. Last night the printer printed; today, nothing. This morning the keyboard worked with each keystroke. Now, gentle taps with your favorite hammer go unanswered. How can this be?

Who knows why a connection suddenly becomes loose. Maybe it's just your turn to have a bad day. Whatever the cause, next to checking the system requirements and restarting the computer, verify that speakers, printers, keyboard, mouse and anything else attached to the computer are all properly connected.

Whenever you check connections and wires, always shut down the computer first and then unplug the main cords that supply power to the computer, monitor, power strips and all devices attached to the system. (Electricity has a funny way

of causing shocks.) With no power supplied to any of the system, trace all wires to verify that they are connected properly. If the connection appears undisturbed, disturb it. Disconnect and reconnect the connection. To avoid confusion and more problems, check only one connection at a time. When all connections have been checked, restart the system.

## Printing? No It Isn't!

The act of printing is dear to many of us. It allows us to actually hold and show-off what we have meticulously and painstakingly created. That's why we get ruffled when the printer refuses to print. Here is a list of basic printer-troubleshooting techniques that may help:

- Turn on the printer. (You'd be surprised!)
- Check the paper tray to ensure that paper is present and inserted properly. (You don't even want to know.)
- Verify that all ink cartridges are installed properly and that they contain a sufficient supply of ink. (Did you remove the tape from that new cartridge?)

- Check all connections. (See the Check All Connections section above.)
- Print a test page or use another program to see if the printer actually works.

## The ABC's of CD's and DVD's

At some time, you will place the CD into the CD-ROM drive and Presto! nothing will happen. This can occur during an installation or anytime you are prompted to insert a CD. The next time you get the urge to sail your favorite CD across the room, consider these suggestions:

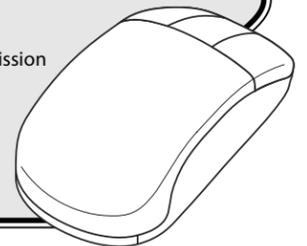
- New DVD? Verify that your computer has a DVD drive. Most DVD drives read most CD's. However, CD-ROM drives do not read DVD's.
- Be patient. After inserting the disc, give the CD-ROM or DVD drive time to startup before clicking any on-screen command.
- Check to see that you are using the correct CD/DVD. If the software includes Install and Program CD's, verify that both show the same version of the program.

- Wash the CD/DVD. Here's how to do it: 1. Place a tiny amount of nonabrasive, liquid soap on the shiny side of the CD. 2. Using your fingertips and warm water, gently rub the soap on the disc in a circular motion. 3. Rinse the CD/DVD thoroughly and dry it using a clean, soft T-shirt or lint-free towel. (Do not use paper towels.)
- Try the CD/DVD on a different system.

## It's Only a Computer!

Despite their simplicity and the Why-didn't-I-think-of-that? quality, these simple techniques resolve a high percentage of technical support requests. Try the above suggestions the next time your system decides to challenge your patience: You just might surprise yourself.

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## Change (continued from page 1)

and active lifestyle.

The facilities at the new YvY Health Center are second to none. Patrons and visitors are sure to be delighted with the ultra modern facility. The new fitness center features a 1900square foot, four-lane swimming pool; a steam room and sauna; private shower rooms; a wheelchair accessible therapy pool with a private entrance and a magnificent 40 plus station fitness gym.

Mr. Bentzion Kaminetzky, newly ap-

pointed Director of the Health facility, is delighted with the beautiful Center and pays tribute to Mr. Igel, YvY's CEO, for his vision; Mr. Schwartz, Project Manager, for his interminable efforts; and to the designers, for their awesome talent.

Even as the finishing touches and post construction cleanup take place at the Center, resumés for job opportunities are being reviewed and prospective employees, interviewed.

Generating revenue to maintain such an expensive venture will be an ongoing obligation for the Health Center. A pri-

mary focus of the new Fitness Center will be to provide a state of the art fitness experience for the public to enjoy, irrespective of their financial status, and YvY, indeed, intends to offer discounts to its staff and to low-income families. This creates a financial challenge, as no Chinese auctions and parlor meetings will be held to raise funds for the upkeep of the Center! Different ideas for collecting membership fees are being considered; among them, a proposal for utilizing a sliding scale fee which will allow access to families and individuals across a wider range of

incomes. The membership system instituted will, most likely, be administered on a six-month trial basis, after which time a review will be conducted to best determine the viability of the Center's fee structure. As is the case with all of Yeled's programs, a specially appointed committee and YvY's Governing Board will be key players in setting and approving all decisions and policies regarding operation of the facility.

Despite any bumpy beginnings which the health center will likely endure, this

(continued on page 8)

# THE ROOM THAT NEVER SLEEPS

Chairs are hastily moved away. The custodians vacuum and wash the floor. They clear off the tables and then rearrange them. The IT department sends down a tech rep to assess that all electronic connections are in order. Someone from Human Resources places informational packets including a lovely planner and pen at each seat. As soon as all is in order, the first of the participants begin to trickle in — right on time!

The conference room has lately become the busiest place at Yeled v'Yalda all across the spectrum of YvY. A public scheduling calendar is posted in Outlook® where supervisors, coordinators and employees that need a meeting space can check to see room and date availability. Upon deciding on a date and space, the appropriate party is contacted to actually reserve the space and relevant information is entered on the calendar. The maintenance and IT departments are contacted next and, if needed, refreshments are ordered. Needless to say, the copy machines at YvY are put to work at their maximum capacity.

Every employee at YvY has, at one time or another, been invited to an event in the conference room. In addition to YvY staff, this busy meeting room has been visited by local professors, doctors, lawyers, activists and even a lecturer from as far away as Israel! The Health Advisory Committee, which meets here, consists of distinguished area doctors and practitioners. The Governing Board and Policy Council meetings, which are both comprised of community members, are also conveniently held here. Wipfli LLP conducted its employee forums in our conference rooms and audits of our

fiscal departments take place here as well. Recently, even outside organizations with which YvY has an affiliation, such as Counterforce, have been invited to conduct one of their meetings within our conference rooms.

As a meeting winds down, the participants gather the handouts, the IT team

reset the audio/visual systems, custodians arrive with cleaning supplies and everyone swings into action as it all starts up again.

In the city that never sleeps, numerous deals have been struck, knowledge has been gained, and countless policies and decisions continue to be made at Yeled v'Yalda — in the room that never sleeps!



Wayne Goldberg addressing the Policy Council

## New Faces at YvY

Abramowitz, Sima R. (BP)	Asst. Teacher	Honig, Janet (BP)	Secretary
Balelli, Tzipora (C)	Teacher	Jaiman, Iris J. (SI)	Disabilities Coord.
Baras, Nechama D. (BP)	Asst. Teacher	Junik, Chana (F)	Teacher
Bender, Zissie (BP)	Asst. Teacher	Kaminetzky, Bentzion (BP)	Director of Fitness and Rehabilitation
Berkowitz, Rosalyn (BP)	Human Resources Coord.	Klinger, Hadassah (BP)	Record Clerk
Bilgoray, Devora (WIC)	Record Clerk	Knoll, Esther (BP)	Secretary
Brach, Rachel (F)	Asst. Teacher	Krieger, Nechama (BP)	Facilitator
Braun, Rebecca (BP)	Teacher	Levi, Havazeleth H. (C)	Asst. Teacher
Broda, Amelia R. (C)	Teacher	Marcovich, Chana (BP)	Teacher
Brown, Chelsea J. (SI)	Asst. Teacher	Mintz, Esther (CH)	Teacher
Eichenstein, Tamara (BP)	Asst. Teacher	Mor, Dina (BP)	Nutritionist
Eisner, Sarah (W)	Asst. Teacher	Munitz, Nechama R. (C)	Asst. Teacher
Eliav, Hilana (F)	Family Worker	Powell, Christopher (BP)	Custodian/Helper
Fischer, Adi (C)	Asst. Teacher	Rosenbaum, Gita (BP)	Teacher
Fischer, Leah A. (BP)	Director of Communications	Rosenberg, Esther P. (BP)	Record Clerk
Fishman, Chava F. (BP)	Family Worker	Roth, Esther Malka (BP)	Asst. Teacher
Gantz, Shoshana (BP)	Educational Consultant	Rubinstein, Esther (BP)	Teacher
Garelik, Rochel (BP)	Asst. Teacher	Schlossberg, Lori (BP)	Service Coord.
Garfinkel, Sarah G. (BP)	Record Clerk	Schwartz, Chana R. (BP)	Aide
Genuth, Blima (BP)	Secretary	Schwartz, Leah H. (BP)	Asst. Teacher
Green, Leah Pnina (BP)	Record Clerk	Silber, Tolze (BP)	Record Clerk
Halpern, Adele (BP)	Record Clerk	Silberman, Eva (C)	Family Worker
Herzberg, Rachel L. (BP)	Bookkeeper	Soifer, Golda (BP)	Service Coord.
Hoffert, Rose (BP)	Director of SE Monitoring	Wagschal, Henny (BP)	Teacher
		Wulliger, Shanie (F)	Asst. Teacher



Family worker meeting

# Eternal Youth

Here are some of the comments we got in response to our survey question: *“If you could pick one age and stay there for the rest of your life, which age would you pick?”*

- 18; my two years in seminary were bliss... Away from the USA, and on my OWN in freedom land, doing things my way, without peer pressure, or family's opinion...two years of studying and dreaming about the future...two years of waking up and seeing the Swiss alps out my window.
- 20; my friend and I were both single at that time and had little responsibility. I had a car of my own and I was working. We often got together in the evenings and went out. We just partied because we knew it wouldn't last forever.
- The age where my children are all married and I get to reap the rewards of my labor!
- 18; out of school, no college yet, no marriage responsibility yet—just a free bird!
- 40; not juvenile and inexperienced, not harried or disillusioned...at an age where I can enjoy friends, family, &

work...Most importantly, at this age one can relate well to people in various stages of their life.

- 28; old enough to make conscientious decisions and young enough to think that anything was possible.
- Between 35 and 45. The joy of life is when we can be involved in all types of life experiences and live life to the fullest. These years seem to include both ends of life and provide numerous life opportunities: from having children, to marrying off children, from learning continuously from your own life experiences while being at the same time already a candidate to give over some of your own experience and gained knowledge, from being full of energy, to falling from complete exhaustion due to the overestimation of no longer youthful strength, from being

passionate about life, to becoming content and more passive, from being too quick in judgment, to being more sober and not impulsive...You get the point. In any case, please check with me again when I will finish with this age gap so I can promote the next one since life is one incredible opportunity.

- 2; you can tell people what is on your mind. They are still worrying about you, feeding you, attending to all your needs, and you are an actual developed person, taking in more of the world around you!
- 12 or 13; at this age one feels on top of the world as a senior in elementary school.
- 35; you can act young when you want to and older when you want to and still feel and look great!
- 18; but with the wisdom of what I know now (at age 40).

## Proud Grandparents

Shaynee Tifenbrun (F), grandson Meyer Eliezer Gitty Lichtenstein (HR), 2 granddaughters and 1 grandson  
Mr. Igel, grandson and granddaughter  
Elkie Kuznicki (BP), grandson  
Yospo (BP), granddaughter  
Naomi Mardi (C), grandson  
Devorah Barnett (EHS), granddaughter  
Judy Friedman (BP), grandson

## Marriages

Bassie Karp's (CH) daughter  
Chana Lieberman's (BP) daughter Fayge to Moshe Fessel  
Esty Levinger (BP) to Yossi Friedman  
Rivka Kahan's (W) first grandchild  
Kreindy Myers's (ABA) son to Chanaliza Teitelbaum  
Yitty (Weisz) Fried (BP)  
Judy Friedman's (BP) granddaughter

## Engagements

Rus Bracha Wolf (BP) to Yisrael Chaim Spiegel  
Chana Tova Schreiber (BP) to Shmuel David Berkowitz  
Rozi Berkowitz (BP) to Nosson Neustadt



Suri Schwartz (BP) to Yanky Eisikovic  
Rochel Eisenbach (BP)  
Vicki Edelstein's (BP) daughter Batya to Azriel Cukier  
Mr. and Mrs. Mordechai Roth's daughter Esther to Tzvi Yona Dachowitz  
Rochel Rosen's (BP) son to Suri Ausch  
Devoiry Katz's (BP) son  
Gitty Davidowitz (BP) to Yehuda Kaff  
Leah Goldstein's (BP) son  
Toby Schonberger (BP) to Mechy Katz  
Gitty Sruulowitz's (BP) grandson

Laya Greenblatt (BP), boy  
Raizy Tessler (BP), boy  
Libby Sprei (BP), boy  
Batsheva Chopp (BP), girl  
Shaindy Barok (BP), girl  
Belated mazel tov to Hennie Thau (C), girl  
Leah Deutch (BP), girl  
Mimi Eckstein (BP), girl  
Rivky Abramowitz (BP), girl  
Devorah Leah Wasserman (BP), girl  
Nechama Abowitz (BP), girl  
Esti Hammer (BP), girl  
Russi Goldstein (BP), girl  
Suri Weissman (BP), girl  
Heather Roth (BP), daughter Shayna Leah  
Leah Cohen (BP), daughter Esther Baila

## New Baby

Chany Gombo (BP), boy  
Devoiry Globerman (BP), boy  
Tami Mor (C), boy  
Chavy Shteirman (C), boy  
Rivky Wettenstein (BP), boy  
Miriam Koth (BP), boy

## Bar Mitzvah

Gitty Bronstein's (BP) son Shmuli  
Miriam Stone's (BP) son Shloimy

# A LISTENING EAR

As Yeled v'Yalda grows, so do the needs of the organization. In an effort to become more efficient, and in direct response to recommendations from the Wipfli LLP group, a new Communications Department has been created. The purpose of this department is to facilitate communication. Communication involves the coordination between the numerous departments and facilities. YvY strives to increase the sharing of knowledge and pertinent information between

departments. Additionally, YvY is focusing on improving and maximizing its human and technological resources.



Reach out to the Communications Department if you have any work related inquiries, needs, comments or suggestions. Communications also appreciates your sharing with us successes or hurdles you encounter. Your query will be noted, researched and/or directed to the applicable department.

You can contact the Communications Department by calling Leah Fischer at ext. 2415 or via email at [lfischer@yeled.org](mailto:lfischer@yeled.org).



**Change** (continued from page 5)

facility will unquestionably become a very valued asset to the local community, who will surely enjoy it for years to come.

*Stay tuned for opening day, scheduling and fee details... We'll be sure to let you know as soon as they become available!*

*To submit comments or suggestions on this or any YvYINK topic, please feel free to email [yvyink@yeled.org](mailto:yvyink@yeled.org)*

Yeled v'Yalda Fitness Center Hours of Operation*			
Day of Week	S, T, Th	M, W, F	Sat.
6:00 am-9:30 am	Women	Men	
10:00 am-1:30 pm	Men	Women	
1:30 pm-3:30 pm			
3:30 pm-7:00 pm	Women	Men**	
7:30 pm-11:00 pm	Men	Women**	Men

\* All hours subject to change

\*\* Closed last two shifts Friday

**We'd love to hear from you!**

We would like to thank everyone for their input, encouragement, and suggestions for the newsletter. Please be advised that due to editorial content, time and/or space constraints, it is not always possible to include all submissions. At the same time, however, we would like to encourage you to continue writing us. Look for our next issue in the winter! Please e-mail your comments, suggestions, letters to the editor and news to [YvYink@yeled.org](mailto:YvYink@yeled.org) or to [rherbst@yeled.org](mailto:rherbst@yeled.org) or fax to **718.686.2497**



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