

Yeled v'Yalda Ink

EMPLOYEE NEWSLETTER • JUNE 2010

BORO PARK (BP) • CANARSIE (C) • CROWN HEIGHTS (CH) • FLATBUSH (F) • STATEN ISLAND (SI) • WILLIAMSBURG (W)

What's New at HR?

Yeled v'Yalda was commended for a wonderful Head Start and Early Head Start program in the preliminary outcome of the Federal On-site monitoring review which took place this past April. Good vibes were felt across all the sites because the staff truly felt supported by the agency when they immediately showed their appreciation to their staff as a result of this great review. The Human Resources Dept takes great pride in the hard work and dedication of all our YvY employees.

Our staff continues to grow with the expansion of our Federal Head Start and Early Head Start programs. Many new faces have been hired to join the YvY workforce. With the completion of all the necessary personnel requirements and the proper new hire orientations, we are confident that the new employees will also quickly

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Yeled v'Yalda Reaches Out with "Project REACH"

BY: HINDY ROSS, MSED, PROGRAM COORDINATOR, PROJECT REACH

After months of preparation, research, and training, Project REACH Head Start Program for Medically Fragile Children is finally underway! With a fabulous staff, carefully planned structure, and an abundance of supplies and materials, we are proud to report the launch of a pioneer program which is already helping children and families in need, and is sure to make quite an impression on the world of preschool education.

Background

Project REACH is the brainchild of YvY's CEO, Mr. Solomon Igel, who is constantly striving to serve the needs of our community. This year, Mr. Igel has, once again, employed his creativity and innovation to revolutionize the field of preschool education with this unique Head Start program. Upon conception of this idea, the American Cancer Soci-

ety, Chai Lifeline, and several New York hospitals were brought in as partners for their advice and endorsement. In the summer of 2009, Mr. Igel and Mr. Wayne Goldberg, Director of Federal Head Start, submitted a proposal to the federal government to service children with chronic medical illness through a "special design" Head Start option. Rec-

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From the Desk of...

The desk of Hindy Teitelbaum is a busy one this spring. It is at the forefront of one of the fastest growing programs at Yeled v'Yalda. As Deputy Director of Home-Based Services at Yeled v'Yalda, I lead an Early Head Start program that won a federal grant this past fall to expand services by 85%. By September 2010, the home-based program in Borough Park will be servicing

double the number of families serviced in April — bringing the total number of children enrolled to 132.

Some history first. Early Head Start's Home-Based program is in its 12th year of life at Yeled. Over the years, it has grown to be a most valuable service to our community. Home-Based services are delivered to families by a team of very competent home-visitors who pay weekly visits to families and work together with mothers and babies to promote healthy child development in the home. Another value added is that parents along with their infants and toddlers in this program have the opportunity to attend group socializations at Yeled v'Yalda twice a month where they have the opportunity to spend time with each other in an engaging group activity or outing. Socializations in the pipeline include music and movement activities, guest lectures and mommy and me activities to promote cognitive and physical development according to the newest research.

When Congress passed the American Recovery and Reinvestment Act (a.k.a. the Stimulus Plan), they allocated funds for 55,000 new Early Head Start slots

across the country. Luckily, Yeled has been granted 100 of them! With this expansion award, Mr. Igel's vision of a new and enhanced Home-Based program started to take form. A new facility located at 1326 38th Street was leased to house this program, and the preparations began in the fall for an upgraded home-based program.

In January of this year, I left my previous position in Head Start and moved to Early Head Start. It has been a very exciting journey for me personally, and for all of our Home-Based personnel, as our program grows to accommodate 60 additional families and 11 new staff members within a span of six months.

I am especially grateful to the program coordinators, Simi Schlafrig and Rachel Kenigsberg for their involvement in this expansion initiative. Kudos to all our veteran home visitors and family workers, who have been the catalysts for expansion by virtue of their tremendous success in servicing families in the community in the past.

Sincerely,



Hindy Teitelbaum

Deputy Director, Home-Based Program

HR (continued from page 1)

become devoted and loyal members of our YvY family.

As the year is drawing to a close, we are busy planning and preparing for next year with new ideas of further enhancing our HR Department by continuously updating agency information, introducing a new and revised handbook to our YvY staff and planning an agency wide sponsored event for all sites and administrative staff. Additionally, we are planning and coordinating exciting employee trainings geared towards specific management and employee development needs.

Our first rate team is always available to you and open to new ideas and suggestions. Please feel free to contact us anytime.

Leah Blochx 2463

Leah Fischerx 2415

Tzivie Herberx 2412

Karen Kronenbergx 2413

Roizy Schweidx 2416

We look forward to another successful year and wish all of you a happy and healthy summer.



Gitty Lichtenstein, MS
Director of Human Resources
(718) 686-2422

Cream of the Crop

Here are some of the comments we got in response to our survey question:

If you and a YvY co-worker were to start a new project together, who would your partner be and why?

- I would only pick Chaya Kagan because the project would be done before we got the go ahead to start! and easy going to work with. I think our strengths would complement each other.
- I would pick Karen Kronenberg; she is conscientious, capable and bright but mostly her smiling disposition puts me in a good mood.
- I work with so many wonderful and capable people at YvY that I don't think it is fair to choose just one. One colleague is very organized, another makes quick decisions, one is a pleasure to work with and to hold discussions.
- I would love to start a project with Ora Goldstein. She is both creative and responsible in her work and pleasant

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Zooming In On...

ROCHIE WULLIGER

Job at YvY: I work in the Facilitated Enrollment dept., splitting my time between data entry and Facilitated Enroller

How long at YvY: 10 months

Celebrity I'm related to: Yisroel Wulliger, the singer, is my uncle!

Interesting trip I once took: My family drove up to Niagara Falls. We drove through the night.

Musical Instrument I play: I play the flute a bit (Mary had a little lamb...)

A game I'm good at: I'm good at ball — I was best in sports at camp...

Favorite food recipe: My mother's brownies

Public speaking done: I put on a comedy in front of my grade which consisted of 150 girls.

I'd like to visit one day: Venice

Something I'm very good at: Organizing

Favorite food: Any types of cookies or cake

I volunteer for: Manhattan Developmental Center

Major accomplishment: When I graduate college with my degree in dietetics (Registered Dietician) that will probably be my greatest accomplishment so far!

My family consists of: My parents, 3 sisters and 2 brothers

What I do in my free time: shop, relax

Pet peeve: when people don't get to the point

Favorite website: Only Simchas.com

Habit I wish I could get rid of: binge eating – noshing out of the closet

Languages I speak: I speak English, Hebrew and a bit of Yiddish. I learned Russian in school — I could actually recite the "Ma Nishtana" in Russian!

If I've learned one thing in life, it's: It's not what you get what counts, rather what you give.



RELLY WIESELTHIER

Job at YvY: SEIT Provider at the YvY 667 E. Pkwy Head Start Site — I love my job ♥

How long at YvY: 2 years

Prized Possessions: My 3 children are my greatest gifts

Interesting trip I once took: My friend gave me a tour of the Old City of Jerusalem complete with historical information of the sites

Musical Instrument I play: I play the guitar

Been published? I've had some articles and humorous anecdotes published in Horizons Magazine.

A game I'm good at: I'm a pretty mean Boggle and anagram player

Favorite food recipe: I make a very authentic-tasting mock meat loaf.

I'd like to visit one day: Spain; I'd like to see vestiges of Spanish Jewish life in the golden age.

Something I'm very good at: I'm a good listener and good at relating to others.

Favorite food: Black and white cookies are my weak spot.

Embarrassing thing that happened to me: I wore a sweater backwards one day when I taught high school!

I volunteer for: Toshia/Eitzah (Mentoring program)

Major accomplishment: Learning to be forgiving and accepting of myself and others.

My family consists of: 3 children, daughter-in-law, and grandson

What I do in my free time: I read; take walks in green parks or oceanside; spend time with friends.

Pet peeve: when people talk loudly on cell phones or honk horns at night

Favorite store/website: Eichler's Judaica, Aish.com

Habit I wish I could get rid of: clearing my plate!

Languages I speak: English, Yiddish, Hebrew and I get by with some Hungarian and French

If I've learned one thing in life, it's: Give it your best, then leave the rest to the One Above!



Survey (continued from page 2)

- sions with; another gives input in a very wise way where you think it was your very own idea...
- Just wanted to let you know that if I would choose a partner to work with it would be Devoiry Globerman. When

I deal with her now she is very understanding and never critical. She is relaxed and yet very efficient.

- Certainly I would want Mr. Schwartz to be my property manager.
- Janie Friedman; we could tackle anything together. The only reason we're

not sisters is cause our moms couldn't handle it.

- I wouldn't mind working with someone like Shlima who is so smart, efficient and professional and at the same time she's not afraid to wear an Indian head-dress when the occasion calls for it!



REACH (continued from page 1)

ognizing the genius of this innovative plan, the feds enthusiastically awarded YvY a grant to pilot Project REACH. Specifically, the grant designated seventy-two slots to service cross-cultural children ages three to five, with a wide range of medical impairments.

What Is Project REACH?

Project REACH stands for: Rethinking Education And Child Healing, which is precisely our mission! The goal of Project REACH is to “bring the classroom to the child” for those children who are too ill to attend school consistently. These children have a variety of genetic, congenital, or chronic illness, such as cancer, seizure disorders, spina bifida, and congenital heart defects. The concept of a Head Start program for medically fragile children is based on the idea that just because a child’s health is compromised, does not mean his/her education should be compromised as well. Why should illness be a roadblock

to a child’s educational and emotional development?

To this end, our Head Start model has been designed to send Home Instructors to each child’s home or treating hospital. Each of our talented and devoted staff has undergone extensive in-house training in all aspects of educating this special population. We are well stocked with materials, resources, books and educational games, all chosen with care and concern for the special needs of our medically fragile children. Our program is also unique in that we utilize much of the curriculum and structure of a typical preschool setting, yet individualize services for each child according to his/her medical needs and restrictions.

In addition to the educational curriculum, our mission at Project REACH is to provide all of the services of a typical home based program, with some specialized services for our unique population, including: Hearing and Vision Screenings provided by our on-staff nurse, Disabilities Coordination — for children who qualify for special education or related services, including all of YvY’s programs and therapies, Medical and Mental Health Referrals — for children and families who seek outside resources, Access to all YvY Services such as WIC,

Facilitated Enrollment, Ezra Medical Center and Dental offices, the YvY Fitness Center, etc., Mental Health Support — to children and families in need of advice or intervention, Parent Workshops — specifically addressing the interests and needs of families dealing with chronic illness, Various Head Start Benefits — such as the Cool Culture Membership Card, and Group Socializations — an exciting way for parents and their children to get to know one another, and bond with each other for support.

Meet the Staff

Trained as a school psychologist, I never dreamed I would find myself directing a Head Start program but, low and behold, here I am! After working for the Department of Education in the public school system and as a Chai Lifeline employee for many years, I was thrilled to join YvY as the program coordinator of Project REACH. Being able to combine my professional background in child psychology together with my passion for working with medically fragile children is a rare opportunity which I was glad to accept. I am honored to be working in such a dynamic and reputable organization alongside such gifted professionals, and hope to REACH new heights with our program!

Our Educational Director and Disabilities Coordinator, **Miriam Hersh, MSE**, is a long standing member of the YvY family. For many years she has served as an enthusiastic and professional Special Education teacher, therapist, and college professor. Miriam often describes teaching children as “an art and a science,” and she exemplifies this in her work. Miriam brings creativity, experience, and insight to Project REACH’s curriculum as well as to the overall management of our program. She is an invaluable leader to our Home Instructors, and ensures the highest standard of quality education for our children.

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Condolences

Yeled v'Yalda extends its sincere condolences to Hindy Briskman and Sury Fisch upon the loss of their father, and to Mr. Igel and family upon the loss of their wife and mother.

REACH (continued from page 4)

Tova Bollag, LSW, serves as our program's social service specialist, a pivotal aspect of dealing with illness in children. Tova joins Project REACH with many years of experience working as a social worker in Chai Lifeline, and currently works as a mental health consultant in Shulamith School for Girls. In dealing with pediatric illness, we are highly cognizant of the importance of addressing social-emotional health. As such, Tova works to support our staff, parents, and siblings in this area, and also works therapeutically with the children themselves, to learn to cope with the emotional impact of illness. Tova's warmth and expertise in dealing with this population are exceptional, and we are fortunate to have her as part of our team.

Project REACH is privileged to have **Dr. Edwin Simpser**, Executive Vice President and Chief Medical Officer of St. Mary's Hospital and Healthcare System for Children, serving as our medical consultant and advisor. Originally trained as a pediatric gastroenterologist, Dr. Simpser

brings with him over 30 years of specialty pediatric experience, as well as volunteer community work with Chai Lifeline and other nonprofit organizations. Dr. Simpser has an extensive background working with medically fragile children, and runs a unique inpatient and outpatient facility for very compromised children as well as those with serious feeding issues. Dr. Simpser is a true visionary who combines his medical expertise with compassion, care, and a great sense of humor.

Under the guidance of Dr. Simpser, Project REACH is privileged to have our very own nurse, **Nechama Kaplan, RN**, on staff. Nechama joins us after several years of working with the Visiting Nurse Service of America, and she comes with the perfect combined experience of a dual background in both preschool education and nursing. In light of the unique medical nature of our program, Nechama plays the critical role of educating the staff regarding all medical implications of each child's condition, and acts as the liaison between Project REACH families, doctors, and staff, as needed.

to Gitty's innate organizational and interpersonal skills, Project REACH is off to a smooth start. Gitty also has a background as a business manager for many years, which certainly comes in handy as she skillfully runs our office and all the many tasks involved. Gitty is the main liaison between our staff and the families we service. She truly has her "finger on the pulse" of Project REACH.

Looking Ahead

With an upbeat approach, and a strong feeling of unity, we have opened enrollment and enthusiastically begun to service children. Together, we aspire to meet the needs of our medically fragile children and their families, and bring the joy of the Yeled v'Yalda Head Start experience to the lives of many. We look forward to continued success as we teach and "REACH" this special Head Start population. We'd be happy to answer your questions and hear your ideas about Project REACH! Please feel free to call us anytime at (718) 514-8657.

Wishing all of our colleagues at YvY a happy, healthy, and safe summer 2010!
All the best, Hindy Ross

At the core of our administrative staff is our family worker, **Gitty Knoll**. Thanks



Fitness Center Staff participates in a yearly in-service CPR training



	MEN'S HOURS	WOMEN'S HOURS
S	3:00 pm – 12:00 am	8:00 am – 2:30 pm
M	6:30 am – 10:00 am 9:30 pm – 12:00 am	11 am – 2:30 pm 5:00 pm – 9:00 pm
Tu/Th	5:00 pm – 12:00 am	6:30 am – 2:30 pm
W	6:30 am – 10:00 am	11:00 am – 2:30 pm 5:00 pm – 11:30 pm
F	6:30 am – 10:00 am	10:30 am – 1:00 pm

Pool closes 30 minutes before the shift ends.
All patrons must exit the YvY Fitness Center by closing time.

Engagement

Sara Elky Blau (BP) to Yonasan Binyomin Goldstein
 Hindy Fedowitz (WIC) to Ari Dorfberger
 Rachie Berezin (BP) to Dovid Schreiber
 Shaindy Rosenberg (BP)
 Esther Hindy Stern (BP)
 Etie Teigman's (C) son to Chavie Max Faye Seewald's (C) son Shalom to Etie Lewis
 Hadassa Szimonowitz (BP) to Yakov Yisroel Rose
 Patricia Maresca's (SI) daughter Christine
 Tzivi Mandel (BP)
 Devora Meyer's (BP) daughter Rachel Kenigsberg's (BP) son Chaya Minda Bronowitz (BP) to Ashi Itzkowitz

Wedding

Rochel Rosen's (BP) son to Chanie Bochner
 Zeesy Weiss (BP)
 Nechama Fried's (BP) of her son Mendy to Chany Kibudi
 Yael (Buchwald) Estersohn (BP)
 Chevie (Fried) Becker (BP)
 Alana (Schreiber) Abuhav (BP)
 Brocha Devorah (Weiss) Fligman (BP)
 Ora Goldstein's (BP) two daughters
 Naomi Auerbach's niece
 Rose Ziselman's (SI) son Alex



Elizabeth DeLaCruz's (SI) daughter Cynthia
 Henny (Preisler) Klein (BP)
 Miriam Baras's (BP) daughter Ruchy (Rosenberg) Jacob (BP)
 Simi Schlafrig's (BP) daughter Chana Esty and granddaughter Gitty Rosenberg
 Malka Cinner's (BP) granddaughter Avrohom and Gitty Lichtenstien's (BP) son Hilly to Faigy Schondorf
 Judy Friedman's (BP) grandchild Suri Kleinman's (W) son
 Mrs. Pollak's (W) granddaughter Bayla Andruiser's (W) son
 Mr. and Mrs. Ganz's (W) daughter

Baby Boy

Sara Leah Gugenheim (BP)
 Elky Brecher (BP)
 Malky Petrikowski (BP)
 Suri Braun (BP)
 Ruchie Schonberger (BP)
 Machli Gross (BP)
 Leah Margules (BP)

Raiza Zyskind (BP)
 Raizy Tessler (BP)
 Ruchy Wassermann (BP)
 Chaya Itty Ringel (BP)
 Elisheva Appel (BP)
 Miriam Weissman (BP)
 Zehava Pasternak (BP)
 Hindy Briskman (BP)
 Chaya Ruchel Rubin (BP)
 Mr. Shlome Lebowitz (BP)
 Faigy Chaskelson (BP)
 Rivky Wettenstein (BP)
 Chany Steinmetz (Goldberger) (W)

Baby Girl

Henny (Krasnianski) Kohn (BP)
 Nechama Kugielsky (BP)
 Chaya Rivka Guttman (BP)
 Hindy Dembitzer (WIC)|
 Toby Katz (BP)
 Shanie Loriner (BP)
 Toby Katz (BP)
 Rivkie Abramovitz: (BP)
 Ruchy Reinhold (BP)
 Mr. Leibel Weinstock (BP)

Devoiry Lewin (BP)
 Hilda Valentin (SI)
 Tzivi Breiger (BP)

Proud Grandparents

Mrs. Landa (W), grandson
 Chana Lieberman (BP), two granddaughters and grandson
 Malya Dinerman (BP), 2 granddaughters
 Tzurty Green (BP), granddaughter Hendy
 Susan Cizma (WIC), new grandson
 Rabbi Chaim and Esther Szanzer (BP), grandson
 Veronica Hynes (SI), grandson
 Etie Teigman (C), grandson
 Leah Lehman (BP), grandson
 Gitty Sruulowitz (BP), grandson and granddaughter
 Yospy (BP), grandson & granddaughter
 Rivky Steinberg, grandchild

Bar Mitzvah

Mrs. Shoshana Speigel (BP), grandson
 Henny Fried's (C) son
 Tzipi Guzi's (C) son
 Gitty Zalmanowitz's (BP) son
 Malka Cinner's (BP) grandson
 Henny Thau's (C) son; Mazel Tov to grandparents Mr. & Mrs. Lichtenstein upon the Bar Mitzvah of two grandsons

Degree Earned

Hilda Valentin (SI) completed her Masters Degree and received permanent certification.
 Madeline O'Donohue's (SI) daughter Lauren earned a B.S, Ed. degree.
 Smyrna Casadao's (SI) daughter, Melody, graduated college with a Bachelors in Forensic Psychology.
 Rose Ziselman's (SI) son Michael earned an MBA degree.
 Laura Rivelli's (SI) son Bryan is graduating high school and beginning college in the Fall.

Communion

Jessica Fallon's son (SI) Brandon

NEW FACES AT YVY

Ruchama Bergstrom	(BP)	<i>Secretary</i>	Dana Mallory Kellman	(BP)	<i>Secretary</i>
Leah Bloch	(BP)	<i>Secretary</i>	Gloria Knoll	(BP)	<i>Family Worker</i>
Gayle Bollag	(BP)	<i>Social Service Coordinator</i>	Sorah Esther Kohn	(BP)	<i>Secretary</i>
Leah Buchinger	(FC)	<i>Lifeguard</i>	Teresa Fulop Lefkovist	(BP)	<i>Home Visitor</i>
Jess M. Buchsbaum	(BP)	<i>Home Visitor</i>	Alexander Mandel	(FC)	<i>Trainer</i>
Rachel Cohen	(FC)	<i>Trainer</i>	Joseph Z. Mendelovitz	(BP)	<i>I. T. Assistant</i>
Golda L. Dicker	(BP)	<i>Home Visitor</i>	Yosef Myski	(FC)	<i>Lifeguard</i>
Fitzgerald Earle	(C)	<i>Custodian/Helper</i>	Cirel Neumann	(BP)	<i>Home Visitor</i>
Faigy Gold	(W)	<i>Secretary</i>	Aleja Almonte Noesi	(SI)	<i>Assistant Teacher</i>
Hadassah Shaindel Gold	(BP)	<i>Record Clerk</i>	Irina Pyatetsky	(BP)	<i>Service Coordinator</i>
Batya Goldberger	(BP)	<i>Disabilities Coord.</i>	Shandle Ringel	(BP)	<i>Health Aide</i>
Arlene Goldish	(BP)	<i>Nutritionist</i>	Scott E. Rosenberg	(BP)	<i>Nutritionist</i>
Brocha Goldman	(BP)	<i>Assistant Teacher</i>	Yeshaya Rosner	(FC)	<i>Lifeguard</i>
Joel Isaac Gottehrer	(FC)	<i>Trainer</i>	Faigy Sabel	(FC)	<i>Lifeguard</i>
Alice Pessie Greenfield	(BP)	<i>Home Visitor</i>	Sara Shlomtzi Schapiro	(BP)	<i>Home Visitor</i>
Miriam Leah Hersh	(BP)	<i>Education Director</i>	Judit Staub	(BP)	<i>Assistant Teacher</i>
Alana Kagan	(BP)	<i>Family Worker</i>	Rachel Wasserman	(BP)	<i>Assistant Teacher</i>
Chavie Kahan	(BP)	<i>Record Clerk</i>	Henry Weber	(FC)	<i>Trainer</i>
Nechama Kaplan	(BP)	<i>Nurse</i>	Shaindel Weissman	(BP)	<i>Home Visitor</i>
Aviva Katz	(BP)	<i>Secretary</i>	Miriam Zenwirth	(BP)	<i>Home Visitor</i>

iPad: Do I want it? Do I need it?

When you finally think you've got a handle (or at least a feeble grasp) on all the latest technology, along comes some new hyped up "must have" item to make your head spin. I already have a digital camera, laptop, iPod, and a very trusty cell phone that also serves as my calendar, phone book, alarm clock, and text messenger. Which of these will the iPad replace? Is it just another gadget that I'll need to constantly recharge and run

million of in less than 60 days?

What sets the iPad aside from all other gadgets is the amazing amount of great ideas and features compacted into something so thin (1/2 an inch) and light weight (1.5 lbs) and therefore, easy to carry around. The high-resolution 9.7 inch (measured diagonally) display is remarkably crisp and vivid and features an extremely precise and responsive touch screen. The iPad automatically locates available Wi-Fi networks, and gets up to 10 hours of battery life on a single charge.

Based on the iPhone operating system, the iPad is perfect for web browsing (Safari browser only) including checking your email or the news, playing games, watching movies, or viewing photos (one at a time though, iPad is not good at multitasking). And it is a great book reader, too. Lev Grossman, Time magazine journalist, predicts that the iPad will "fold, mutilate and spindle the Kindle"! There is no mouse or keyboard; tap on the screen to select, swipe at the displayed page as if you were turning a book page or access the digitized keyboard to type directly on the screen. You can hold the iPad in landscape or portrait orientation and there is a convenient rotation lock switch. Apple™ offers almost 200,000 applications for download in every possible cat-

egory: games, lifestyle, social networking, education and dozens more, many of them free. In addition, all of this comes to you at lightning fast speed. On ZDNET.com, a technology news website, Joel Evans writes, "I thought that my iPhone 3GS was fast, but it doesn't hold a candle to the iPad."

So while your PC/monitor will sit on your office desk, and your laptop will get shlepped to a conference, it may well be the iPad that becomes the first whole-house computer. Envision it being shared (or fought over) by all family members, passed around from room to room (hidden under pillows past bedtime), being taken in the car and to doctor visits. Love it or hate it — here comes a new piece of technology that may charge into your life much like the cell phone did. It's not so hard to imagine the day when therapists replace their Palms with iPad.

While it's a magnificent device for absorbing, manipulating and enjoying its diverse content, it doesn't do much in the way of creativity and ingenuity on the part of the user. Most significantly, it is not a phone nor does it have a built in camera. Also, I will still need my computer to do any serious work, typing, presentation creation or spreadsheet formulations.

I have, therefore, come to the very mature decision that I most certainly do not NEED an iPad. Speaking about mature, though, I do have a birthday coming up soon....

back home for when I absentmindedly leave it on my kitchen counter?

Tech aficionados and computer geeks around the world have been eagerly anticipating the release of the brand new Apple™ iPad for months. So for those of us who have not yet jumped on the bandwagon, what exactly is this wondrous iPad that Apple has sold 2



SMART SNACKING

by Dina Lipkind MS, RD, CDN Director of Nutrition Services,
and Liz Roth, Eat Well Play Hard Intern

After your morning breakfast, when is the next time you eat something? If your answer is sometime in the late afternoon, you're probably not eating frequently enough. Waiting long periods between meals can lower your blood sugar, decreasing your energy and increasing feelings of fatigue. A great way to combat the familiar mid-morning or afternoon slump is to start snacking! Small, nutritious snacks in between your main meals can keep you alert at the office and feeling energized throughout the day. In addition, a small snack can prevent you from overeating at your next meal.

Healthy snacks are low in fat, sugar, and salt and high in complex carbs, protein, fiber, vitamins, minerals, and other essential nutrients. Think: fruit, nuts, whole grains, and low-fat dairy products (see the box at right for some fabulous snack ideas!). Portioning out your snacks in advance is very

important — a handful of almonds is a great idea, but leaving an open bag by your desk may be a recipe for disaster.

Whether you're at the office or out with your kids, take a pre-portioned snack with you to munch on for when you start feeling hungry. Keeping a small bag of grapes by your desk or a low-fat yogurt in the refrigerator are easy ways to make sure a healthy snack is always nearby when your tummy starts to rumble. Bringing your own healthy snacks also helps curb the urge to grab a candy bar or bag of chips from the vending machine — these snacks may satisfy you in the short term, but won't provide you with the sustained energy that you desire or nutrients that your body needs. So, next time you're shopping the aisles of the grocery store, remember to plan in advance for some smart snacks!

SMART SNACKS

- Fresh fruit (grapes, berries, apple, banana, plum, etc.)
- Dried fruit (raisins, apricots, cranberries, etc.)
- Nuts and seeds (almonds, walnuts, sunflower and pumpkin seeds, etc.)
- Trail mix (mix and match your favorite fruits, nuts, and seeds!)
- Low-fat dairy products (yogurt, yogurt shake, string cheese, sliced cheese)
- Whole grain granola bars
- Whole grain pretzels
- Air-popped popcorn



SMART SNACK COMBOS

- Baby carrots or celery with hummus or low-fat dip
- Whole grain crackers with peanut butter or low-fat cheese
- Fat-free vanilla pudding or cottage cheese with fresh fruit
- Low-fat yogurt sprinkled with granola
- Instant oatmeal made with fat-free milk
- Fruit smoothie
- Apple or banana with peanut butter



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 fall! Please e-mail your comments, suggestions, letters to the editor and news to YvYInk@yeled.org or to rherbst@yeled.org or fax to 718.686.2497



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