

LET'S DO LUNCH!

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



“Use 3 adjectives to describe your lunch break at YVY”

“Quick, Short, Unsatisfying”

“Necessary, Productive, Expensive”

“What lunch break?, Dietetic, Shmooze time”

“Wonderful - when fattening, *Delicious* - when it's free (i.e. meetings), *OK* - when I have to pay for dietetic”

“Non-existent, Welcome, Overdue”

“Mountain of work”

“*Quick, Guilt-laden* (I usually buy lunch and I know I should try to bring), *Delicious* (Brooklyn's kosher pickings are far better than Passaic's)”

“Non-existent, On the computer, Leftovers”

“Naim, Café OK, Milk & Money, Hello Ostrovitzky!”

FASCINATING FACTS

So... How old are you? Or better yet, how old are your workmates? Can you guess the average age of Yeled V'Yalda employees?

	Here's the breakdown!
Average age 34.3	12 employees ages 18 & 19
Median age 30	362 employees ages 20 – 30
	171 employees ages 30 – 40
	95 employees ages 40 – 50
	100 employees ages 50 – 60
	25 employees ages 60+

Data collected June 2004

From the Desk of

It is with much excitement and enthusiasm that we began the new school year. Yeled V'Yalda was awarded a contract with the Department of Education of the City of New York to provide counseling and speech services to children in Williamsburg, Crown Heights, Boro Park, and Flatbush. Many children in these communities are benefiting from the high quality therapy services being provided.

Just before the summer, the Department of Education came to review our Related Services Program. They commended us for running an exemplary Special Education Program. They also praised

our state of the art technology which gives us the ability to provide information in a clear manner with our palm pilot program.

Our Early Intervention program is continually growing and expanding. We recently had an EI review and are proud to share that the review team was extremely pleased with our program operations. Children's records, observation of therapy and communication with staff and parents were all very positive.

Our program is strong and impressive due to the phenomenal staff we have at Yeled

V'Yalda. We are very proud of our therapists who are highly skilled and are dedicated to improving the lives of so many children.

We truly appreciate the mutual collaboration that takes place between our Head Start staff, teachers and therapists to best meet the needs of each child.

We look forward to a positive year with much success!!

Mina Sputz
Disabilities Program Coordinator

WELLNESS SCENE

by Janie Friedman, RN

Recognizing Stress (part II)

We are all familiar with the word “stress”. Stress is when you are worried about getting laid off your job, or worried about having enough money to pay your bills, or worried about your mother when the doctor says she may need an operation. In fact, to most of us, stress is synonymous with worry. If it is something that makes you worry, then it is stress.

Your body, however, has a much broader definition of stress. TO YOUR BODY, STRESS IS SYNONYMOUS WITH CHANGE. Anything that causes a change in your life causes stress. It doesn't matter if it is a “good” change, or a “bad” change, they are both stress. When you find your dream apartment and get ready to move, that is stress. If you break your leg, that is stress. Good or bad, if it is a CHANGE in your life, it is stress as far as your body is concerned.

Even IMAGINED CHANGE is stress. (Imagining changes is what we call “worrying”.) If you fear that you will not have enough money to pay your rent, that is stress. If you worry that you may get fired, that is stress. If you think that you may receive a promotion at work, that is also stress (even though this would be a good change).

Anything that causes CHANGE IN YOUR DAILY ROUTINE is stressful and anything that causes CHANGE IN YOUR BODY HEALTH is stressful.

In the next issue we will look at several types of stress – ones that are so commonplace that you might not even realize that they are stressful...

STAFF DEVELOPMENT

• Nechama Stolzenberg and Gitty Berger will be attending WIC Association conference in Rochester NY this month. • Ruchama Fishelis, new WIC nutritionist recently attended WIC training in Albany.

UPCOMING SEMINARS

• Step Back and Let Them Soar: Using Therapy to Guide children Towards Classroom Independence
Instructor: Kreindi Myers, M.S./Director ABA Program 11/22/04

• Incorporating Play into the Therapy Session: Hands-on Techniques for Enhancing a Child's Emotional Development

Instructors: Rona Miles, Psy.D., and Malkie Silverstein, M.S. Ed 12/21/04

• The Complete Assessment: Beyond the Numbers / How to Analyze and Interpret Results

Language Therapy: Step-By-Step A Hierarchical Guide to Teaching Language Skills

Instructor: Martha Frimer Cheslow, M.S. CCC/SLP 1/17/05

For further info about these seminars, please contact Vicki Edelstein, BA, Professional Staff Workshop Coordinator 718-686-3700 ext. 532



In a sign of the maturity of the agency, YVY has just experienced its first teacher retirements. Mrs. Helen Soloff, who has been with YVY for eighteen years, and Mrs. Edith Lieberman, who has been with YVY for sixteen years, retired as of this September. In a farewell article addressed to her colleagues, Mrs. Soloff expressed some of the principles she has used to guide her teaching career. We will miss both of these veteran teachers and wish them well in their retirement.



Best Wishes to Sara Leah Greenspan who served as Disabilities Coordinator for Yeled V'Yalda. Sara Leah relocated to Philadelphia in August. We will miss her and wish her well on her move.

YVY CELEBRATIONS



Upon the birth of a baby Boy:

Ruchy Reifer (BP), **Itta Hartman** (ABA), **Garey Ellis** (BP), **Bruchie Poll** (BP), **Chana Tilly Engel** (BP), **Shterna S. Paris** (F), **Chana Heller** (F)

Upon the birth of a baby Girl:

Leah Grinblat (ABA), **Rachel Pattashnik** (C), **Chaya Pfeiffer** (BP), **Shoshona Segal** (BP)

Upon the birth of Twins!

Ari Brand (BP) twin girls, **Ruchie Indig** (BP) twin boys



Proud new grandparents!

Simi Shlafrig (BP), **Janie Friedman** (BP), **Ita Grinblatt** (W), **Chaya Kagan** (BP), **Devora Barnett** (BP), **Chana Brecher** (BP)



Tzurty Green (BP) upon the engagement of her daughter Rivky
Devory Katz (BP) upon the engagement of her daughter
Rochel Rosen (BP) upon the engagement of her daughter Chavy
Mindy Friedman (BP) upon her engagement to Meir Goddinger

Blimie Eckstien (BP) upon her marriage to Zishe Salzcer

Shira Polansky (BP) upon her marriage to Sholom Emmert



Tzippy Lowinger (C) upon her upcoming marriage to Dovi Iwaniski

Yospy (BP) upon her son's upcoming marriage

Miriam Berger (BP) upon her son's wedding

Judy Friedman (BP) upon the marriage of her grandson, son of **Rabbi**

Aaron Friedman (BP)

Elkie Kuzniki (BP) upon the upcoming marriage of her daughter Mimi

Ella Weiser (W) upon the upcoming wedding of her daughter Frimie

Leah Leiman (BP) upon the marriage of her daughter Rivka



Bashy Teitelbaum (BP/W) upon the Bar Mitzvah of her son Shia Chaim

Hindy Halberstam (W) upon the Bar Mitzvah of her son Baruch



Congratulations To:

Elizabeth De La Cruz (SI) earned an infant/toddler CDA license

Hilda Valentin (SI) earned an infant/toddler CDA license

Denise Willard (SI) earned an infant/toddler CDA license

Laura Rivell (SI) earned a preschool CDA license

EZRA Celebrations

Mazel Tov to:

Shoshanna Friedman new baby girl

Basya Ungar new baby girl

Ilana Gelfond upon her marriage

Yeled V'Yalda extends its sincerest condolences to **Gitty Zigelman** and her family upon the loss of their dear mother.

TECH TALK

Here is a tip that might make e-mailing attachments a bit easier.

Usually, when you want to create an e-mail with an attachment, you'd start with the e-mail in Outlook and then add the attachment. But there is another, perhaps easier, way to do it.

To create an attachment via drag-and-drop in Outlook:

- Open the folder containing the file you want to attach to the e-mail.

- Make sure your *Inbox* is open in Outlook.

- Grab the file from the folder (or desktop) with your mouse and drop it into the top section of your open *Inbox*.

Microsoft Outlook automatically starts a new e-mail message with the file attached.

This works with multiple files as well.



SHOP TALK

According to the scientists who study how the brain works, it has been shown that children learn earlier and learn more than we once thought possible. From birth through age 5, children are developing the language, thinking, physical, emotional and social skills that they will need for the rest of their lives. There are many activities that are designed to help you prepare your child to learn and develop. Many of these activities are simple and can easily be made part of your daily routine. As you do the activities, remember that repetition is especially important for very young children. Children enjoy and learn from doing the same activity over and over.

Find activities that interest your child:

If you pick an activity that is too hard, your child may get discouraged.

If it's too easy, he may get bored. If your child seems interested in an activity, try it again at some other time. Often children's interests change as they grow. Try to give your toddler or preschooler a choice of an activity so that he learns to think for himself.

Make it fun!

As you and your child do an activity be enthusiastic and avoid lecturing to her about what she is learning and how important it is. If your child enjoys the activity her excitement for learning will increase.

Activity: **SHOP TILL YOU DROP**

Shopping for groceries is just one of many daily routines that you can use to help your child learn. Shopping is especially good for teaching your child new words and for introducing him to new people and places.

WHAT TO DO:

-At the grocery store put your child in the grocery cart so that he faces you. Take your time as you walk up and down the aisles.

-Let your child feel the items that you buy. A cold carton of milk, for example or the skin of an orange. Talk to your child about the items: "The skin of the orange is rough and bumpy, can you feel it?"

-Be sure to name the objects that you see on shelves and talk about what you are seeing and doing: "First, we are going to buy some cereal, see it's in a big red and yellow box. Listen to the great noise it makes when I shake the box. Can you shake the box?"

-Leave for home before your child gets tired or grumpy.

-As a parent, you can help your child want to learn in a way no one else can. That desire to learn is a key to your child's later success.

Contributed by: *Batya Moskowitz*
EI Supervisor

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 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 January!* Please e-mail your comments, suggestions & news to: rherbst@yeled.org (please put "newsletter" in the subject line) or fax to: (718) 871-2100

NEW FACES - YVY

- Michla Andrusier (C) Assistant Teacher
- Fariba Attar (C) Assistant Teacher
- Nechama Boxer (F) Teacher
- Fayge Crystal (BP) Secretary
- Malya Dinerman (BP) Service Coordinator
- Rachel Ellenberg (BP) Eval. Coordinator
- Mazal Fayziyev (C) Assistant Teacher
- Ruchama Fishelis (BP) Nutritionist
- Sury Fogiel (W) Teacher
- Erika Fried (C) Teacher
- David Friedman (BP) Bookkeeping
- Julia Friedman (BP) Bus Matron
- Mindy Friedman (BP) Teacher
- Raizy Friedman (BP) Teacher
- Henny Ganz (W) Assistant Teacher
- Berkis Garcia (SI) Family Worker
- Ora Goldstein (BP) Health Aid Advocate
- Russy Goldstein (BP) Quality Assurance, SPED
- Rachel Grossman (C) Family Worker
- Malky Grunfeld (BP) Administrative Staff
- Chana Gurevitz (BP) Assistant Teacher
- Ruchie Herzog (W) Teacher
- Leah Hirth (BP) Deputy Pgm Supervisor, SPED
- Melissa Jablonsky (BP) Admin. Assistant
- Ana Jain (SI) Assistant Teacher
- Ruth Jean (C) Cook Helper
- Hindy Klein (BP) Record Clerk
- Devorah Konstam (BP) Assistant Teacher
- Stacy Lefkowitz (SI) Teacher
- Shlima Levenshteyn (BP) Placement Officer
- Hindy Levy (BP) HSFIS Consultant
- Malky Lieman (W) Teacher
- Tzippy Lowinger (C) Teacher
- Sarah B. Lozado (SI) Home Visitor
- Fraydi Orzel (C) Assistant Teacher
- Esti Portowicz (C) Teacher
- Rosalyn Pruzansky (C) Teacher
- Chana Ringel (BP) Service Coordinator
- Rivka Rosenberg (F) Assistant Teacher
- Miryam Scher (W) Teacher
- Judy Schlanger (BP) Service Coordinator
- Chumy Simpson (BP) CPSE Coordinator
- Devoira Smilowitz (W) Record Clerk
- Rachel Spritzer (BP) Family Worker
- Surie Sternhell (BP) Assistant Teacher
- Shevy Weinreich (C) Family Worker
- Eileen Yona (C) Teacher

WELCOME TO ALL NEW THERAPISTS!

Gitty Bronstein (BP) MSW, MSED changed responsibilities and is currently serving as Head Start Disabilities Coordinator.

Bashie Teitelbaum (BP/W) is now also serving as Ed Dir. at We Care-Williamsburg

NEW FACES - EZRA MEDICAL

- Harold Stern - Dentist
- Jennifer Henle, MD - Pediatrician
- Debra Adler - Billing Manager
- Stacey Friedman - Ophthalmologist



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

Our new Human Resources Department has been the center of much hustle and bustle the past few months. We have interviewed many prospective candidates for employment. We have met with new employees all over Yeled V'Yalda for various positions in all the different Head Start sites, WIC, Special Education and Early Intervention therapists, administrative and receptionists. We have tried to set up an efficient system for all new Yeled V'Yalda staff combining Human Resources, Bookkeeping and Benefits. With your help and timely assistance we hope our new system will run as smoothly as possible and will make Yeled V'Yalda's new employees' transition pleasant and easy.

We have had the opportunity to work hand in hand with many department heads, education directors and managerial staff, whose assistance and input we greatly appreciate. With all of us working together, we will soon achieve our goal to centralize all HR information, thus allowing our Department to be ready and available for all employee information and needs.

We thank all of you who contributed to our staff newsletter and look forward to future cooperation and unity throughout our ever-growing Yeled V'Yalda family.

Gitty Lichtenstein
Director of Human Resources

Ezrvie Marder
Asst. to Director of HR

IN THE SPOTLIGHT

Our *In The Spotlight* feature sheds light on different departments or events at YVY. In this issue, we take a look at YVY's brand new Therapy Center.

A SITE TO BEHOLD!

As one enters the new Therapy Center at the corner of 39th Street and 14th Avenue, the aura of calm and professionalism surrounds you. This brand new building encompasses a state of the art Occupational and Physical Therapy room, a model Play/Therapy room, as well as individual therapy rooms to help address the needs of each child. Speech therapy is also offered at the center with speech therapists servicing children in a well equipped therapy room set aside exclusively for speech therapy.



View of one of the fully equipped therapy rooms at YVY's brand new Therapy Center

**↓ DIRECT DEPOSIT ↓
IS ON THE WAY!**

We hope our new Direct Deposit program will be implemented at the beginning of the new year 2005. Representatives from Citibank will be coming to Yeled V'Yalda sites to explain and inform you about this new exciting project. Stay tuned for further notification of when a Citibank agent will be coming to visit you!

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Contributed by: *Kreindi Myers, Dir. ABA*