

Yeled v'Yalda Ink

EMPLOYEE NEWSLETTER • SPRING 2006

Another year has passed for Yeled v'Yalda's Human Resource Department; a year filled with many new challenges and added responsibilities. A strong sense of commitment and devotion to Yeled v'Yalda and good communication with our loyal and hardworking staff has resonated throughout all the YvY departments.

Working hand in hand with our fellow employees helps all Human Resources functions run smoothly. As memos and letters are distributed from the HR Dept., please take the time to read them carefully and to respond immediately since communication and teamwork is the key to a successful working environment. We thank our co-workers who have cooperated with us so that all required HR tasks are completed as quickly and efficiently as possible.

We thank all of you who responded to our personnel questionnaire, and in a future YvY Ink issue we will, once again, give you the opportunity to participate. We congratulate Rivka Afriat the winner of our raffle drawing (see page 5).



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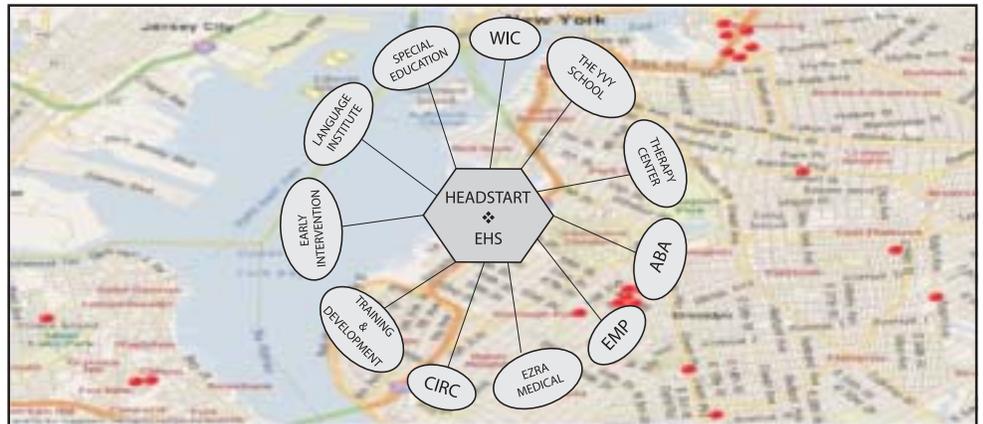
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IN THE SPOTLIGHT

Our *In The Spotlight* feature sheds light on different departments or events at YvY. In this issue, we continue to take a look at the origins and growth of the various departments of Yeled v'Yalda that resulted as an outgrowth of Head Start.

The ABC's of YvY



Much to my chagrin, my initial attempt to schedule a YvY Ink interview with Mr. Igel quickly fell flat. My cheery request for some time to come up and have a chat was quickly rebuffed. In hindsight, I suppose I should have taken into account that a Monday morning might not be the ideal time for a CEO of a mega organization to chitchat about topics that have been written up and reviewed time and again. The daily mounting pressures of running such a large multi-faceted organization must, at times, be overwhelming. But evidently Mr. Igel is on top of things and a few days later, as he passed my desk, he remembered my request and invited me up to his office to shmooze.

I mention to Mr. Igel the feeling of bewilderment I experienced when I was a new employee at YvY, and I came across unfamiliar acronyms for various YvY departments and divisions. Not wanting to remain in the dark, I found myself constantly badgering coworkers for enlightenment. YvY is not just

Head Start (HS) any more. Thus, Mr. Igel continues our conversation from where we ended YvY Ink's last issue when we discussed the humble beginnings of the organization.

How did Head Start, a center-based program primarily for 3-5 year olds, evolve into WIC and EZRA Medical? What, if any, is its connection to the EMP (Expectant Mom's Program) or SpEd (Special Education) Program? Mr. Igel sits forward in his chair and literally becomes animated as he reminisces about the early phenomenal expansion and outgrowth of HS - as he once knew it.

In the early days, Mr. Igel begins to relate, in keeping with the HS performance standards that require 10% of students to be special needs, teachers encountered tremendous difficulty in coordinating care for the children. Outside agencies had to be called in to evaluate the child and a mutually convenient meeting time had to be established. A suitable

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Many employees were observed enjoying the use of our newly installed ATM machine. In addition, employees have attested to the practicality of Direct Deposit. If you would like to take advantage of this convenient service, please contact HR.

There has been a noticeable increase in the number of employees who come to our Dept.; whether in need of a "listening ear", with issues about their job, possible employment changes, or with compliments and general remarks. This indicates to us the high level of trust that the employees place in us. We feel privileged to be available to all of you and we will always try our best to help and accommodate you in any way possible.

As summer fast approaches and plans and vacations are being scheduled, please remember to complete the new Vacation Request Form. Everyone is required to complete this form, have it signed by their supervisor and then authorized and approved by the HR Dept.

The HR Department at Yeled v'Yalda continues to provide services and solutions in recruitment, employment, compensation, benefits, employee relations, policy development and interpretation, training and development. Our work in these areas aligns with our early childhood center goals, to help Yeled v'Yalda make sound and strategic decisions about human resources while ensuring that people are treated with dignity and respect. We remain available at all times, for all employees. Thank you for helping us enjoy another productive year at our HR Dept. We are looking forward to continued unity throughout our Yeled v'Yalda family.

Have a happy and healthy summer.

Gitty Lichtenstein
Director of Human Resources

Tivie Marder
Asst. to Director of HR



GREAT NEWS!

YvY's IT team introduces a new way for staff members to easily interact with one another. Although this is still a work in progress, check out www.yeled.org/yvblog. Please post any ideas you think of as to how we can maximize use of this new and exciting networking tool. If you have any forum topics you would like to suggest, please feel free to share them with us.

From the Desk of

Yeled v'Yalda takes pride in the continuous dedication to the education of children with disabilities. Therefore, it is with great excitement that we announce the opening of The Yeled v'Yalda's School for children with special needs. For years, we have envisioned a new advanced program to add to our current curriculum. Finally, after years of planning and eager expectation, we are ready to launch The Yeled v'Yalda School where we will service 5-12 year olds with Autistic Spectrum Disorder and similar disabilities. The program will house two classes servicing children of different chronological and developmental ages. As Yeled v'Yalda moves into its new spacious quarters on 38th Street, The Yeled v'Yalda School will be housed there.

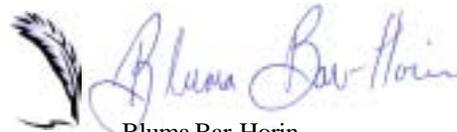
Our program will be utilizing the principles of Applied Behavior Analysis (ABA) in combination with Sensory Integration Therapy. In addition, we will be providing a full range of services including speech and language therapy, cognitive and social skills training and occupational therapy. Our professionally trained staff is committed to individualizing the program to address the needs of each individual while maintaining high standards of service.

We are pleased to have contracted with Suzanne Letso, MA BCBA, to assist us in this new venture. Mrs. Letso is the co-founder and chief executive officer of the Connecticut Center for Child Development (CCCD) and its subsidiary the Institute for Educational Planning (IEP). Mrs. Letso is a board certified behavior analyst that provides consultative services to assist new educational programs for individuals with disabilities.

We are privileged to have our very own Kreindi Myers as the administrator of the new school. Kreindi has extensive experience in supervising various programs for Yeled v'Yalda including the EIBI program which provides ABA services for children birth to 5 years of age. Her leadership abilities coupled with her excellent organizational skills will be an asset to our program.

We are also fortunate to have Julia Harper OTR/L, director of Therapeeds Inc. and a nationally known lecturer, as our OT consultant.

The Yeled v'Yalda family is very excited about this new program. It is our hope that through the use of the best available teaching techniques and the participation of our devoted staff, we will enable the children of The Yeled v'Yalda School to reach ever higher levels of achievement.



Bluma Bar-Horin
School Coordinator

Zooming In On... Chana King

Name: Chana King

Job at YvY: I am Director of Development. I write grants for government, foundation and corporate funding for Yeled v'Yalda.

How long at YvY: 1½ years



Family: My husband and I have 3 boys.

Relation to famous person: My husband is a great-great grandson of the Baal Shem Tov. *(ed. note - the Rabbi who founded Chassidic Judaism was called the Baal Shem Tov, or Master of the Good Name)*

Favorite food: Pizza

Most people don't know: I haven't had any frum (Torah observant) family for 3 generations...

Interesting trip: I lived in Japan as an exchange student during college. The Japanese family I lived with owned a pastry shop, and the mother taught English. I attended a Japanese University in Nagoya.

Been published? As a graduate student, I was published several times – one publication was "Map and Track: State Initiatives for Young Children and Families".

Volunteering done: I donate my hair (!) to Chai Lifeline. I let it grow for about 2 years, then cut it so they can make wigs for kids with cancer.

Game/Sport Expert: I have lots of childhood sports trophies for softball, soccer...

Biggest impact on me: My mom – When I was a child she took in orphans and neglected children.

Would like to visit someday: the town in Russia where my family is from

If I won the lottery, I would: donate most of it to childrens' charities

Biggest achievement: becoming a Baalas Teshuva

Special Talent: I write poetry.

If I've learned one thing in life, it's: You can learn something from everyone you meet.

Zooming In On... Devorah Gerber

Name: Devorah Gerber

Job at YvY: Occupational Therapist (14th Avenue Center & El Home based)

How long at YvY: 2 years

Family: I have 2 sisters and 1 younger brother



Favorite food: Peanut butter frozen yogurt with cookie dough topping! Yummm!!

Most people don't know: I'm older than I look; people often mistake me for a teenager.

Volunteering done: I run an annual toy drive for hospitalized children in Israel called "Miles of Smiles". I also am a mentor for "Partners in Torah".

Public Speaking: I was featured on Channel 9 UPN news in summer 2005. They did a story on me regarding the toy drives I do.

Would like to visit someday: Grand Canyon

If I won the lottery, I would: open a local clinic to loan out medical supplies...build my own ice rink...buy real estate in Israel....

What I do for fun: figure skating – I skate 3 times a week and take lessons with a coach.

Pet Peeve: pessimistic attitudes

Favorite Store: Double Play (BP) – being a pediatric OT, I love buying new toys!

I regret not: learning to swim & riding a bike

If I've learned one thing in life, it's: You don't know what you could accomplish until you try. Invest some time and effort to accomplish a goal -It's worth it!

For participating in this issue's Zooming In..., Chana and Devorah will receive a gift certificate at Eichler's Judaica Bookstore!



Call x534 to receive your gift.

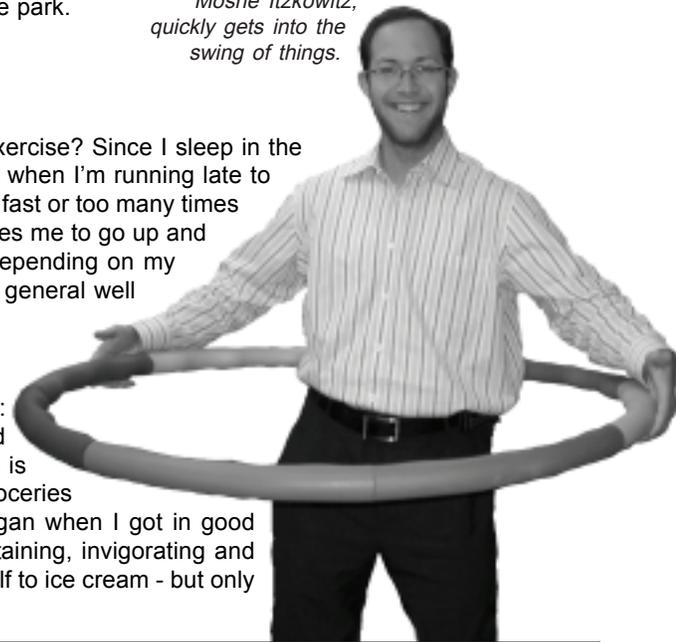
BREAKING A SWEAT

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

What do you do for exercise or to promote your general well-being?

- Yoga And Knitting
- I used to be lazy going from floor to floor-and would ask co-workers for favors when they're going up/down. Lately I've decided that it makes great exercise to use the steps- and I try using them as often as possible (and reciprocating favors to my co-workers).
- I walk to and from work (40 minute walk).
- I walk to the babysitter, to work, and later back home – that's the only exercise I manage to do!
- Since our rooms don't have any windows, I have taken nice scenic photographs and enlarged them. I then made curtains out of construction paper and hung up my 'window' on the wall. I can now look outside at cows grazing or at the mountains and feel 'refreshed'.
- For my general well-being, I like to sleep. For exercise, I get out of bed.
- A group of ambitious YvY employees have started using a weighted sports hula hoop on a daily basis – stay on the look-out for trim waistlines!!
- Yoga, tennis in free time.
- I rollerblade with my baby in the park.

*The IT team's newest member,
Moshe Itzkowitz,
quickly gets into the
swing of things.*



• I take the train or car to work, I sit in a chair all day - how am I suppose to exercise? Since I sleep in the basement I get to do a lot of running up and down. (Especially in the morning when I'm running late to work.) If I left something downstairs, there I go again, up and down. If I do it too fast or too many times I get out of breath or my feet begin to hurt. I try to keep a record how fast it takes me to go up and down the steps. It could take me between 5-10 seconds to go up or down, depending on my mood. The quicker I do it, the happier I get because I know I'm promoting my general well being and doing my daily exercise.

• I limit ice cream to three portions a day....just joking; this is what I really do: I joined a ladies gym and began with the treadmill and some light weights. I had a couple of sessions with a personal trainer to make sure I do it right. This is supposed to help prevent osteoporosis. It also helps when I have to carry my groceries all over Brooklyn. Then I started Pilates and step classes. The fun really began when I got in good enough shape to participate in kickboxing classes. All this exercising is entertaining, invigorating and addictive, but my true passion is really swimming! And then yes, I do treat myself to ice cream - but only sometimes.

IN THE SPOTLIGHT

Cont'd from page 1

therapist had to be found and a schedule written up that would accommodate the center's, the teacher's, and the therapist's conflicting schedules. Unexpected cancellations wreaked havoc for all and prolonged delays in service caused the children to suffer the consequences.

We decided, Mr. Igel relates, that YvY would procure its own license to provide Special Ed services for these children. I discern a touch of pride in his voice as he tells me this and I sense that this was a most significant step for the program that like an eagle spreading its wings, would set YvY on a course of rapid succession of growth and expansion. A natural outgrowth of Head Start was Early Head Start

(EHS ages 0-3) since YvY could not deny services to the siblings of Head Start children. Center-Based EHS would service children age 2-3, while Home-Based EHS would service the homebound and the very young (from birth). The Early Intervention (EI) program, as well, developed out of the need to provide special needs services to these young children; siblings and friends of the Head Start clientele. The Expectant Moms Program (EMP) was formed to provide HS/EHS moms with resources and exercise opportunities which, in turn, bestows them and their babies a *head start* to good health. Most recently topics of interest to young parents, such as **Infant Massage**, **Postpartum Depression**, **Obesity** and **Father Involvement** have come

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IN THE SPOTLIGHT

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to the forefront and are being explored and tackled by YvY's multi-talented staff.

As the HS and EHS student body rapidly expanded (to nearly 2000 children today), YvY sought to make all Health and Human Service requirements very accessible to its parents. In order to satisfy the medical requirements, EZRA Medical center was set up; to fulfill the nutrition requirements, WIC came into formation. In following the course of YvY's seeking to self serve its population, an Applied Behavioral Analysis Program (ABA) and a **Therapy Center**, was soon set up. YvY's Community Information and Resource Center (CIRC) was organized to serve as a central headquarters where HS parents and the general public could research all parenting and early childhood issues via the internet or by browsing its resourceful library. Mr. Igel hands me a wad of documents that detail yet another YvY project of which he is immensely proud. A **Research Institute**, concentrating on resolving Yiddish language issues on a national level, has been organized for the benefit of the predominantly bilingual HS clientele. YvY's latest venture, is the **YvY school** (see 'from the desk of' column).

'When you're finished changing, you're finished'. This adage, attributed to Benjamin Franklin, constitutes Mr. Igel's day-to-day and year-to-year go-getting attitude. He extends considerable efforts to cope with the deluge of information needed to keep pace with the rapid and turbulent changes affecting daily work practices. New technologies have changed the rules for keeping up, but at the same time Mr. Igel concedes, they also simplify the task. The old model depended largely on paper formats, while the new one relies on electronic publishing and distribution. A recent example of cutting edge technology in use at YvY is the way a document required quarterly by the Administration for Children Services (ACS) is processed. Previously, ACS would send us the request by mail, more recently by fax, and most recently via email. YvY would phone or fax the Family Worker at each center requesting the information and a lot of tedious shuffling of papers, writing by hand, and photocopying was executed to fulfill the ACS request. Nowadays, all the information which is entered daily at each site by the Family Workers can, with the touch of a button, be retrieved and printed from the HSFIS database at the main office. The much heralded launching of YvY's website, www.yeled.org, has YvY firmly entrenched in this everchanging era.

As I observe Mr. Igel's ease in maneuvering through his emails, deleting and printing various communications, it is obvious that he has attained a creditable level of hi-tech comfort. This is something Mr. Igel aspires for all YvY employees. Looking toward the future, as he is wont to do, Mr. Igel mentions a massive **Training and Development** initiative that is in the works... and so it goes - and now you know!

All departments of YvY HS, in addition to carrying on with its day-to-day high quality provision of services for the children, are now concentrating on preparing for a Federal Review in the summer. But the sun will continue to shine and as heard through the grapevine (shhh), YvY looks forward to a momentous 25th anniversary celebration come fall. Stay tuned!!

ALWAYS A WINNER AT YvY!

On Lag B'Omer morning, administrative staff at YvY's 37th St.



location joined Gitty and Tzivie for the much awaited drawing celebrating our new column "Zooming in". To the delight of all those gathered, the winner was EI Service Coordinator, Rivka Afriat, who was on hand to accept her prize, a \$50 dinner voucher at Avenue J's Garden of Eat-in. *Bon Appetit!*

STAFF DEVELOPMENT

- ****Hindy Halberstam, Rochel Koenigsberg, Ita Grinblat** attended the *Partners for a Healthy Family* training, Orlando, FL in February
- ****Svetlana Tenenbaum** attended a training at the NYS Regional Office on April 24
- ****Yitty Ungar, Devora Mayer, Rochel Turkeltaub, Esty Knoll** attended a *Birth to Three* Training, Baltimore, MD May 16-18
- ****Ahuva Traube** will be attending a training in the NYC Board of Elections on May 24
- ****Yitty Ungar**, Home Visitor, will be attending the *Partners for a Healthy Family* training, Wrightsville Beach, NC June 5-9
- **All **EHS Staff Members** will participate in *The Infant and Parent Development and Early Intervention Program* at the Bank Street College Infancy Institute June 20-22

UPCOMING WORKSHOPS

Yeled v'Yalda is offering an *ABA Training Course* to any of our therapists who wish to be trained in the ABA field.

There will be a 2-day workshop given on Tuesday, June 6, 2006 and Tuesday, September 5, 2006. Therapists must attend both days of the workshop. A fee of \$300 must accompany registration. This amount will be refunded if the therapist takes an ABA case from our agency.

For more information or to register, please contact Vicki at ext. 532.

ATTENTION ALL SEIT THERAPISTS:

If you are servicing any CPSE child for SEIT, and you think his/her family could benefit from a Home Visitor who would work with the parents on enhancing their role in the child's education, please call:

(917) 405-5826.

Note: The child cannot be currently enrolled in any Head Start program.



In case you missed it, we are reprinting below a very informative article, authored by our very own Kreindi Myers ABA Director, that was featured in the Jewish Press, Special Education Supplement.



Negative Behaviors – Can We Change Them?

A plethora of material has been written about addressing the needs of children whose behaviors impact negatively on their daily lives. There is no magic pill or herb that we can give to transform these behaviors. We can, however, step back, take a qualitative and quantitative look, and try to correct specific behaviors.

How often have we heard a parent say, “Shloimi is impossible! He is terrible.” Yet when we want to know exactly what he does and when he does it, the parent cannot really say. This article will attempt to help parents and teachers work on changing negative behaviors one behavior at a time. To do this, we need to identify a specific behavior that we would like to change.

A behavior, by definition, is an action – anything a person says or does. Behaviors can be observable or non-observable. For example, you can observe a child sitting, but you cannot observe him listening. When we try to change behaviors, it is best if we target an observable behavior. We can work to reduce a behavior [for example to have Shloimi learn not to hit when upset] or work to increase a behavior [for example to have Shloimi learn to wait patiently]. The simplest way to change a behavior is to introduce a “replacement behavior,” teaching the child that instead of doing action A he can do action B, and then reinforcing him immediately only when he replaces his negative action with a positive one.

Sounds good, right? Now let’s see how we can realistically do this. After careful observation over several days, we know that when Shloimi asks for something and does not get it immediately, he will push his peer or sibling in response. We also know that Shloimi loves gummy



bears, something we do not generally have in our home. Here is what we do. Sit Shloimi down and say, “Shloimi, if you ask for something that you do not get, and instead of pushing you say, “I want that,” I will give you a gummy bear.” Then you try to set things up so you are right near him, prompting him to use words instead of pushing. Here is the tricky part. As soon as Shloimi says, “I want that,” he gets not just the gummy bear, but your praise telling him clearly that you are so proud of his SAYING what he wants. If he pushes, regardless of how much he yells or tantrums, he does not get the gummy bear. There is no second chance. It is an exchange program – use words and get the prize.

Simple – right? It may be simple to set up, but not so simple to follow through. Enforcement however is the key. Once your child understands that with this particular behavior there is absolutely no leeway, even children with some degree of impulsivity or hyperactivity will generally respond. Studies have shown that this system works when you target one behavior at a time.

Older children also need instant reinforcement when dealing with their challenging behaviors. “If you get up on time for a month I’ll buy you a bike,” is too abstract. One mom whose child had been begging for a bike but refused to get up in the morning, went out and bought a package of colored spoke covers used to decorate the wheels of a bike. There were eighteen covers in the package. She told her son that each day he got up on time, he would get a spoke. When he got the whole package, she would get him a bike. He could ride it to school any day he woke up on time. However, she would only wake him twice. No amount of complaining got him a spoke on a day he did not get up. Within two months he had the bike and she had a child who got up on time.

Creativity coupled with patience can bring about amazing results. Keep in mind that without consistency this will NOT work. Refusing to give in when the child does not display the required positive behavior is not negative behavior on the parent’s part. It is one way that, we, as parents, mold and guide our children to be the best that they can be.

Mazel Tov!

Mazel Tov!

Upon the birth of a baby boy:

Nechama Abowitz (BP), **Faigy Bar-Horin** (BP), **Chaya Sara Hahn** (W), **Chaya Malka Lang** (BP) upon the birth of a new baby brother **Menachem Manis**, **Goldy Monheit** (BP), **Chayala Pfeiffer** (BP), **Malky Pshemish** (BP), **Malky Roth** (BP), **Miri Schwartz** (BP), **Rivky Spira** (BP) upon the birth of her son **Mechy**, **Gitty Steinmetz** (BP) upon the birth of her son **Zevi**



Upon the birth of a baby girl:

Gitty Berger (BP), **Gitty Bronstein** (BP) upon the birth of her daughter **Bina**, **Leah Cohen** (BP), **Sara Leah Gugenheim** (BP), **Mirel Itzkowitz** (BP), **Chaya Blimie Ostreicher** (BP), **Leah Sporn** (BP), **Faigy Segelbaum**(W), **Chana Ruchy Wachsman** (BP) upon the birth of her daughter **Yocheved Rifka**

Proud new grandparents!

Malya Dinerman (BP) has a new granddaughter, **Janie Friedman** (BP), **Hindy Halberstam** (W) new granddaughter, **Rochel Kenigsberg** (BP) became a Savta for the first time. The baby's name is **Yehoshua Heshel**, born in Eretz Yisroel to parents **Eliyahu** and **Chaya Kenigsberg**, **Raizel Landa** (W) new grandson, **Gitty Lichtenstien** (BP) has a new grandson, **Maureen Martinez** (SI) on the birth of her grandson **Caden Joseph Martinez**. Caden was born prematurely at 3 1/2 lbs. on March 25 but is now at home at a whopping 5 lbs. Welcome to the world **Caden!**, **Chana Rivkin** (BP), **Rochel Rosen** (BP) has 2 new grandsons, **Rabbi & Mrs. Esther Szanzer** have two new grandsons, **Aviva Weiss** (BP) became a grandmother - she had a grandson, **Yospy** (BP) has a new granddaughter and twin grandsons, **Ella Weiser** (W) new grandson



Marriages!

Hindy (Klein) Briskman (BP)

Malka Brody upon the marriage of her son

Yudit (Fasten) Lemmer (BP) Mazel Tov to **Mrs. Aggie Lemmer** (BP)

Nina (Barnett) Simons (C) Mazel Tov to **Devorah Barnett** (BP)



Bar Mitzvahs!

Sara Rivka Backman (BP) upon the Bar Mitzvah of her grandson **Sruly**

Malya Dinerman (BP) upon the Bar Mitzvah of her son **Levi**

Nechama Fried (BP) upon the Bar Mitzvah of her son **Nussi**

Chaya Kagan (BP) upon the Bar Mitzvah of her grandsons **Simcha Binem Hausmann & Simcha B. Garfinkel**

Breindy Leizeron (BP) upon the Bar Mitzvah of her son **Avraham Abba**

Engagements!

Goldie Amsel (BP) to **Yehuda Leib Osina**

Sarah Rivka Backman's son (BP) **Aharon Dovid** to **Chava Cohen**

Ita Grinblat (W) upon the engagement of her son

Malky Grunfeld (BP) to **Moishe Geiger**

Moshe Itzkowitz (BP) to **Nechama Spira**

Dena Kinarek (F) engaged to **Chaim Kasten**

Miriam Levovitz's daughter (BP) **Chana Baila** to **Yehuda Orlansky**

Blimi Moster (BP) to **Menachem Feig**

Shoshi Schapiro's daughter (BP) **Pere'le** is engaged to **Motty Schiff**

Simi Schlafrig's daughter (BP) **Roizy** to **Yisroel Borenstein**

Ari Unger (BP) to **Chana Leah Streicher**

EZRA Celebrations

Mazel Tov to **Dr. Mark Jacknin** on the birth of his son!

Yeled v'Yalda extends its sincerest condolences to **Judy Gartner** and her family upon the loss of her dear father.

Chaya G. Gugenheim (BP) Home Visitor
Moshe Itzkowitz (BP) IT Assistant
Vitty Knopfler (BP) Secretary
Chana Landa (C) Family Worker
Yudit Lemmer (BP) Secretary
Ella Loeffler (BP) Record Clerk
Sarah Machlis (WIC) Record Clerk
Chani Mardi (WIC) Record Clerk
Penina Margulies (BP) Secretary
Sharon Rudolph (BP) Quality Assurance
Eva Silberman (BP) Family Worker
Yaakov Schorr (BP) Bus Driver
Malka Sternberg (C) Asst. Teacher
Faiga Raizy Tessler (ABA) Secretary
Faygie Thau (BP) Secretary
Goldie Zupnick (W) Family Worker

NEW FACES - EZRA MEDICAL

Shani Freedman - Medical Biller
Judith Shimon - Patient Care Liaison
Adina Keren - Receptionist
Dina Sorias - Receptionist

LETTER TO THE EDITOR

I wanted to comment on the "Start Small, Dream Big" article in the last issue.

You see, back in 1985, I was a Head Start kid at 12 Franklin (Belz). I clearly remember Naomi Auerbach from that era. Naomi used to come into the classroom on a steady basis, she would read to us, talk to us, etc. As I moved up the ladder, from nursery to kdg. and up, Naomi was always there. Even more so, when I graduated HS and moved into grade school, Naomi was still there at the site. She always greeted me by name, with a smile asking how I am... In 1990, I switched schools and went on to Viener BY- 563 Bedford Ave. I was in a new, strange and unfamiliar setting. I was quite anxious, not knowing anyone there... But just a few days into the school year- there was Naomi in all her glory! I'll never forget how comforting it was to see her there! And of course it was with a smile, she asked me how I am, how I'm adjusting-she cared. I recall thinking- hey, she must be a very important person, and it felt so good to know her! As I grew up, all throughout elementary school and high school, Naomi was there almost every month, visiting the site, with a smile and a hello.

When I graduated HS, I got my first job-here at YvY, and of course- there's Naomi! Again, the familiar face in an unfamiliar place! And now it's almost every week, on Friday, that I see the all-familiar smile and the "Hello, how are you..." It's amazing- the one person who I've seen every year since I'm three years old that's not related to me- is our all-time favorite Naomi! ...So even though we have come a long way from our humble beginnings, it's good to know that some things just won't change!

submitted by Esti Knoll (EHS)

Hi-tech Freebies!

In the following article, we talk about some of the best free software you can find on the web. These are the real deal; no hobbled half-products or demos that work only for 30 days. Best of all, it has no adware or spyware... so read on and enjoy the freebies!

PDF Creator: This printer driver lets you create Adobe Acrobat files from any application, just by selecting Print from within the application and choosing PDF creator as your printer. It also has many more features.

CCleaner: Over time, your computer gets filled up with old browser files, cookies, and other temp files. CCleaner will do a good job finding it and taking out the garbage.

LogMeIn: LogMeIn simplifies checking your home computer from the road. Leave your home computer connected to the web, sign on to a web page and the remote access service shows your PC's screen in the browser.

OpenOffice.org: Though it's a full-fledged Microsoft Office-Compatible word processor, spreadsheet, presentation package, OpenOffice.org won't cost you a dime. It's solid enough and compatible with office docs, so much that you may never need to invest in a Microsoft Office suite again.

Steganos LockNote: Need to keep a secret? LockNote is a simple notepad program with strong encryption. You can set a password and once you close the file you won't be able to see the text without entering the password.

FolderSync: USB keys are great for transferring files around, but how do you ensure that you have the most recent version of the files? Easy: you use FolderSync to sync files between any two folders.

eFax: If you don't mind having your fax number in an area code other than your own, eFax could be better than the big fax machine that sits on your desk. You can send and receive faxes free of charge and view or print them via the service's eFax Messenger software.

Starting with the next issue of YvYInk, I will be answering your tech-related questions. Send an e-mail with your question to aungar@yeled.org and be automatically entered in a drawing for an IPOD! Please submit only general computer technology queries -not questions about YvY's network.

**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 the fall!* Please e-mail your comments, suggestions, letters to the editor and news to: yvink@yeled.org or to rherbst@yeled.org or fax to: (718) 871-2100