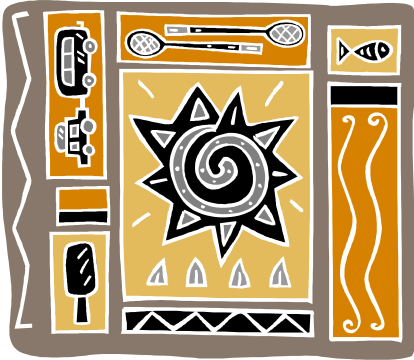


A monthly  
newsletter from  
South Sound YMCA  
Child Care

# Y-Care Family

*Helping kids have fun and parents have peace of mind*

June 2010



"Y-Care is so awesome that I can't even believe that it is real! We get to do a lot of art projects and other fun stuff."

Kelsie, age 6  
Pioneer, Olympia

## **\*May Site Highlight\*** **Littlerock Y-Care**

Littlerock Y-Care simply wouldn't be what it is today without the great work of Site Director, Tashona Bird. In addition to her dynamic, upbeat presence and leadership, Tashona has done a wonderful job of incorporating the new curriculum into her program as well as building strong relationships with the children, families, and school staff over the course of the school year. The following excerpt from a parent letter says it all:

*"...the service that Tashona Bird provides at Littlerock is extremely impressive and I would recommend her services to any parent. Tashona goes the extra mile to provide a safe and enjoyable site for our children... (My child) does not have to go to Y-Care everyday as his (family member) could sometimes pick him up, BUT (he) chooses to go each and every day because he really likes TBird and the way she runs the program. I believe if there is an award out there for Site Directors, she should receive a special award. Thank you for having such a wonderful Site Director, and thank you, TBird, for going that extra mile as a leader and Site Director."*

Wow! Way to go, Tashona! Thank you for a great year!



## **Meet New Program Director, Joey Velazquez!** **Best Wishes to Shannon Sullins!**



Please welcome Joey Velazquez to the position of Program Director. Joey, a former Y-Care kid himself, has worked for the South Sound YMCA off and on for the past ten years. Having started out a Group Leader at Black Lake Elementary, and later on moving up to Site Director at Horizons Elementary, where he directed for a number of years, Joey has extensive experience working with school-age kids and is very familiar with Y-Care programs. We are excited to have Joey join the Child Care management team! Joey will be replacing Program Director, Shannon Sullins, who for personal/family reasons has chosen to return to the position of Site Director in September. For the past three years Shannon has done a tremendous job leading programs in Tenino,

Lacey, and Yelm. We thank her for her continued service to the South Sound YMCA, and send her our best wishes for a great future!

## Summertime Safety Tips for the Whole Family!

### ⇒ Be a safe swimmer

Is it time to start learning how to swim or to take a refresher course of swimming lessons?

### ⇒ Keep hydrated

Washington may not have the hottest summers ever, but drinking WATER is important the planet over!

### ⇒ Wear a life jacket

Analogous to wearing a seat belt while driving, a life jacket is a life savor for swimmer, non-swimmers, and all other water-goers alike.

### ⇒ Wear sunscreen and sunglasses

Don't be deceived by overcast skies! Fight the UV rays, and protect yourself by applying sunscreen and sporting your favorite sunglasses.

### ⇒ Wear proper shoes

Flip-flops, while comfy and cute, don't always provide the support we need for outdoor recreation. Wear supportive shoes that protect your feet from injury.

### ⇒ Apply insect repellent

If you're going to be in the Washington backwoods anytime soon, you'll want to arm yourself against the pesky buggers with insect repellent!

### ⇒ Backyard pool/trampoline safety

Pools and trampolines, while favorite summertime toys— generation after generation— are major safety hazards if damaged or misused. Check your manuals, and ensure that your pool or trampoline is in proper shape and being used correctly.

*Have fun and play safe this summer!*

"I can't stand how good it (Y-Care) is! I love it! I love it!" ~Per, age 5, Pioneer (Olympia)

## Upcoming Y-Events

June 12-20 Briggs Close-Down Week

June 20 Father's Day

June 21 Summer begins!

## Registration for Summer Y-Camp is OPEN!

For more information on Y-Care, call the **Child Care Office** at (360) 705-2642, or visit our website at:

[www.southsoundymca.org](http://www.southsoundymca.org)



Find us on  
**Facebook**



## Healthy Lifestyles

### Easy Raspberry Lemonade

#### Ingredients:

- 1 (12 oz.) can frozen raspberry lemonade concentrate
- 1 (12 oz.) can lemon or lime-flavored carbonated soda
- 3 cups water
- 3/4 teaspoon lime juice
- 1 cup crushed ice
- 1 cup raspberries (garnish)
- Mint leaves (garnish)

#### Directions:

Combine all ingredients except soda in large punch bowl. Gently stir. Add soda last. Pour into glasses. Garnish with fresh raspberries and mint leaves. Enjoy!

