



Haverstraw Center News

Volume 3, Issue 1

March 2013

Village of Haverstraw/Haverstraw Center

Rockland County Celebrates Counselor Recognition

Special points of interest:

- HAVERSTRAW CENTER offers many programs free of charge (See schedule)
- COUNSELING for help with: alcohol, tobacco and other drug use, family problems, boyfriends/girlfriends, school
- RECREATION and homework help
- FAMILY ACTIVITIES

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Thursday, February 7, 2013 the Haverstraw Center counselors enjoyed a special time set aside just for them and their peers at the fifth annual Counselor Recognition Event. This year the festivities moved to Nyack Hospital and the lovely Krutz Auditorium where the room was festively decorated for Valentine's Day. The large gathering had a reunion feel for many as they reconnected with former CASAC classmates or instructors. Many working in the field were in attendance for this ceremony which was opened with words from the co-chairs of the planning committee Ruthie Bowles of Rockland Council on Alcoholism and Other Drug Dependencies, Inc. and the Center's own and very special Marion E. Breland.

the Nyack Hospital Recovery Center and the Haverstraw Center and was delicious as well as presented beautifully. Andrea Campbell of Nyack Hospital Recovery Center gave a moving speech of her road to being an alcohol and substance abuse counselor receiving a round of applause for her finally becoming a CASAC (Credentialed Alcohol and Substance Abuse Counselor). Certificates were presented to all counselors in attendance. It was a delightful afternoon. Thank you to the

Recovery, Teri Aliotta and Andrea Campbell: Nyack Hospital Recovery Center, Daytop, Good Samaritan T-5, Mental Health Association and Open Arms, Inc.

If you are interested in serving on the committee please contact Marion Breland at 845.429.5731.



The blessing was offered by Christine Sutter of Russell E, Blaisdell ATC in a meditative way that Ms. Sutter is known for. Lunch was provided by



Planning Committee and Sponsors: Marion E. Breland: Haverstraw Center, Ruthie Bowles: RCADD, Charlene Ranieri: Russell E. Blaisdell ATC, Barbara Tabala: Lexington Center for





Unity in the Community

Unity in the Community will take place from Monday, March 25th through Wednesday, March 27th from 11:00 AM to 6:00 PM. Offered to youth in grades 3—8, Unity participants enjoy workshops, lunch and fun activities. On Monday, the ending activity will involve community service. On Tuesday, the entire community is invited to attend the Town Hall Meeting at 4:30 PM with a panel of guests to have a dialogue about the dangers of alcohol and substance use. Posters will be on display that were created for the “Only 2 Will Do” campaign (see story on this page). Wednesday, the youth will enjoy a trip to the movies. All activities are supported by donations from Haverstraw Collaborative agencies and organizations.

Begun in 2003, Unity in the Community was established to offer youth a safe, warm place with positive activities to participate in over the mid-winter recess. Because of the change in the school calendar, Unity is now offered during the spring recess.

For additional information or to make a donation, contact Tanya Soto at 845.429.5731 ext. 17.

MONTHLY YOUTH CELEBRATION/WE CARE/ONLY 2 WILL DO

Because of the annual “we care” event at Union Restaurant on Monday, Tuesday and Wednesday, February 25, 26 and 27, the Monthly Youth Celebration will take place on Tuesday, March 19th. This event includes recognition of those youth who have been “Caught Being Good” at the Haverstraw Center as well as birthdays celebrated in the current month. Frankie Vazquez and Pete Fata prepare delicious food for the youth to enjoy. Youth volunteers help to serve and clean up. Open Arms usually sends volunteers to help set up.

Every monthly youth celebration also acknowledges those youth who were caught being good at the Center. Each time a youth is nominated for “Caught Being Good”, his/her name is placed in the hat for a drawing of prizes. Most months the prizes are \$10.00 gift certificates to McDonald’s in hopes that the youth will make healthy choices when they redeem their prize. Sometimes the prize is a donation from a local business and some months the Town of Haverstraw makes a generous donation of tickets to one of their Youth Board sponsored trips.

“WE CARE”

Paulo Feteira and Chef Jose David Martinez graciously serve the community free meals at their delightful restaurant on New Main Street in the Village of Haverstraw. Begun in 2008, when the economy crashed, the restaurant began this event as a way of giving back to those in the community in need. Volunteers from all over serve the delicious food buffet style, with waiters filling glasses and whisking away the dishes while conversing with the diners. The Haverstraw Center youth have been working on their table manners, and enjoyed being able to show off their new skills. They look forward to this event every year and are very grateful for the generosity of Union Restaurant and its contributing vendors.

Dan McWeeney, a young man who was employed at the restaurant and was to manage Union’s new restaurant “Unoodles” tragically passed away recently. He was honored at this year’s event and remembered as an outstanding role model who had a zest for life and for serving others. He is sorely missed.

C.A.N.D.L.E.

(Community Awareness Network for a Drug-free Life & Environment, Inc.) is conducting a contest in various locations in the county to promote the initiative, “Only 2 Will Do.” CANDLE launched this innovative program to support the goal of reducing the amount of underage drinking that is taking place in our community. Groups of youth with their advisor will be visiting local retailers of alcohol products to ask for their voluntary participation in the project by requesting two forms of identification from customers who appear to be under 30 years of age. By prominently displaying stickers in their stores, retailers will be putting underage customers on notice that they will be asked for two forms of identification before they can purchase alcohol products. Youth will be designing these stickers in hopes of seeing their artwork prominently displayed in the local bodegas. All participants will be recognized for their artwork and prizes will be awarded to the top three winners.



1 BILLION RISING STRIKE/DANCE/RISE at the Palisades Center Mall

Center staff members, Tim Sanders and Jeanmarie Zubko took Haverstraw Center youth to the Palisades Center Mall to participate in the “Rockland Rising” event coordinated by the CENTER for Safety and Change (formerly known as Rockland Family Shelter). The youth were part of a “Flash Mob” dance to raise awareness and help end violence against women.

Through workshops led by counselors at the Haverstraw

Center as well as dance instruction choreographed by Myrna Packer, the youth became familiar with the cause in a profound and meaningful way. To participate with people around the world, made this 15th anniversary of Eve Ensler’s V-Day a day the youth will never forget. Participating with at least 500 other advocates on Valentine’s Day at the mall, the youth expressed gratitude for being able to get the

message out in unity with 203 other countries who also organized flash mob dances to end violence against women and girls around the world.





RECIPE for EASY SHEPHERD'S PIE

- 1 POUND GROUND BEEF
 - 2 CUPS HOT MASHED POTATOES
 - 4 OZ CREAM CHEESE, CUBED
 - 1 CUP SHREDDED CHEDDAR CHEESE, DIVIDED
 - 2 CLOVES GARLIC, MINCED
 - 4 CUPS FROZEN MIXED VEGETABLES, (peas, carrots, corn, green beans), THAWED
 - 1 CUP BEEF GRAVY
- ◆ Mix potatoes, cream cheese, 1/2 cup shredded cheddar cheese and garlic until blended.
 - ◆ Combine meat, vegetables and gravy.
 - ◆ Spoon into a 9-inch square baking dish.
 - ◆ Cover with potato mixture and remaining shredded cheddar cheese.
 - ◆ Bake 20 minutes or until heated through.

NOTE: Save 70 calories and 9g fat, including 5g of saturated fat, per serving by preparing with extra-lean ground beef,

neufchatel cheese and 2% milk shredded cheddar cheese.

<http://www.kraftrecipes.com/recipes/easy-shepherds-pie-108691.aspx>



5 Servings of fruits and vegetables	2 Hours or less of screen time	1 Hour or more of exercise	0 Sugar sweetened beverages
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Get Active | **E**at Healthy | **T**ake Action

The Healthy Weight Collaborative continues to encourage healthy lifestyle changes and encourages community members to eat healthy, join the walking club, watch less television and cut out the sugary beverages.

HAVERSTRAW COLLABORATIVE HIGHLIGHTS

The Haverstraw Collaborative consists of agencies who meet the first Wednesday of every month from 12:00 noon until 2:00 PM to discuss issues and ideas that affect the North Rockland Community and the Village of Haverstraw in particular. The Haverstraw Collaborative was founded in 2001 for the purpose of all community-based organizations serving the children, youth, elders, adults and families of Haverstraw to meet monthly in a spirit of non-partisanship and cooperation which is reflected in the Mission Statement.

Hudson River HealthCare presented on the Healthy Weight Collaborative which began with a grant from the National Initiative for Children's Healthcare Quality to address the obesity epidemic focusing on the Haverstraw Community. The February agenda also included an inspirational reading, a discussion about Unity in the Community and reports from the Collaborative Sub-committees on Immigration Advocacy, Drug Prevention, Food & Nutrition, Parental Involvement and Teen Pregnancy.

At the conclusion of the meeting, agencies circulated

flyers and/or information about upcoming events.

The next meeting is scheduled for the first Wednesday of the month, March 6, 2013 from 12:00 noon until 2:00 PM.

Please call 845.429.5731 x 10 to confirm your attendance.

TAKE NOTE:

The Senior/Senior Prom Committee meeting will meet at the Haverstraw Center on March 13, 2013 at 12:00 noon. Bring a bag lunch.

VOLUNTEER OF THE MONTH: JENNIFER

Jennifer Jiminez has been helping staff member Peggy Koval every Monday, with the Girl Scout Program. Jennifer, once a Girl Scout herself encourages the girls to continue to live by the Girl Scout Promise and Law. Jennifer came to Peggy's rescue because of the large number of girls who participate, but you can also find her helping with the other afterschool programs. Thank you Jennifer for being a positive role model and a wonderful assistant!!



DRUG MARKET INTERVENTION UPDATE

Please stay connected to us on Facebook! (keyword: Haverstraw DMI)



WELCOME BACK to our awesome custodian, MIGUEL!! THANK YOU for all of the hard work that you do! We certainly missed you!!!!



Village of Haverstraw/Haverstraw Center



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The Haverstraw Center Mission Statement

The Haverstraw Center serves all residents of the Village of Haverstraw by providing and hosting high-quality, comprehensive services for youth, families, adults and elders, promoting the health, safety, and well-being of community residents of all ages, and raising the quality of life for all people of our diverse community in a spirit of non-partisanship and cooperation.

Save the Date

**Lady Warren
Co. #5
ZUMBATHON
March 21**



We're on the WEB!
http://www.voh-ny.com/dept_youth.htm

March Special Events and Notable Days

- 3/1 Employee Appreciation Day
- 3/6 Haverstraw Collaborative NOON
- 3/6 FREE HIV Testing 2—5 PM
- 3/10 Daylight Savings Time Begins
- 3/10 Rockland County YOUTHFEST 11—4
- 3/10 Middle Name Pride Day
- 3/11 Johnny Appleseed Day
- 3/12 Girl Scouts Day
- 3/14 National Pi Day (the value of Pi is 3.14)
- 3/15 FREE HIV Testing 2—5 PM
- 3/15 Ides of March
- 3/17 St. Patrick's Day
- 3/20 Spring Begins
- 3/21 ZUMBATHON
- 3/24 Palm Sunday
- 3/25 Passover
- 3/25 Unity in the Community/Community Service
- 3/26 Unity in the Community/Town Hall Meeting
- 3/27 Unity in the Community/Movie Day
- 3/30 Take a Walk in the Park Day
- 3/30 I am in Control Day
- 3/31 Easter

Did you know? March was named for the Roman god "Mars"

MARCH CELEBRATES:

- National Nutrition Month
- Irish American Month
- Music in Our Schools Month
- Social Workers Month
- National Women's History Month



Haverstraw Center Schedule/MARCH

Schedule Subject to Change

Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
Computer Room	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—6:00 PM	
Game Room	3:00 PM—6:00 PM	3:00 PM—6:00 PM	3:00 PM—6:00 PM	3:00 PM—6:00 PM	3:00 PM—6:00 PM	
Multi-purpose Room	Homework Help 2nd—6th grade 3:00 PM—6:00 PM Back to Basics 7:00 PM—9:30 PM	Homework Help 2nd—6th grade 3:00 PM—6:00 PM Hip Hop Dance 6:00PM-8:00PM	Homework Help 2nd—6th grade 3:00 PM—7:00 PM 35 & Over Basketball 8:00 PM—10:00 PM	Homework Help 2nd—6th grade 3:00 PM—6:00 PM	Homework Help 2nd—6th grade 3:00 PM—6:00 PM	
Gymnasium	St. Agatha Fitness 9-10AM; 12-2 PM Senior Dancing 2:00PM-3:00PM Open Gym 3:00 PM—6:00 PM Adult Basketball 8:00 PM—10:00 PM	St. Agatha Fitness 9-10AM; 12-2 PM Youth Basketball 3:00 PM—6:00 PM JUMP 6:00 PM—7:30 PM St. Peter's CYO 7:30PM-9:00PM	St. Agatha Fitness 9-10AM; 12-2 PM Open Gym 3:00 PM—7:00 PM 35 & Over Basketball 8:00 PM—10:00 PM	Open Gym 3:00 PM—4:00 PM YOGA 4:00 PM—5:00 PM RPCC Support 6:00PM-8:00PM Adult Basketball 8:00 PM—10:00 PM	St. Agatha Fitness 9-10AM; 12-2 PM Open Gym 3:00 PM—9:00 PM NR Travel Soccer 8:30 PM—10:00 PM	SATURDAY Sharp Shooting Academy Co-ed Middle School Youth 9:00 AM—11:00 AM Steve's Basketball 11:30 AM— 1:30 PM SUNDAY HPAL Basketball 8:00 AM—7:00 PM Jason's Basketball 7:00 PM—8:30 PM
Conference Room	Homework Help 9th—12th grade 3:00 PM—5:00 PM	Homework Help 9th—12th grade 3:00 PM—5:00 PM Clinical Staff Meeting 12:00 noon—2:00 PM	Homework Help 9th—12th grade 3:00 PM—5:00 PM	Homework Help 9th—12th grade 3:00 PM—5:30 PM Staff Meeting 12:00 noon—2:00 PM	Homework Help 9th—12th grade 3:00 PM—5:30 PM	
Group Room	Girl Scouts 3:30PM-4:45PM (Girls ages 8—15) Self Expressions 5:30 PM—6:30 PM	Girls Club 3:30PM—5:00 PM Grades 4, 5, & 6	Girls Club 3:30PM-5:00PM Grades 7 & 8 Project S.H.I.F.T. 6:00PM—8:00PM	Teen Advisory (9th— 12th grade) 3:00 PM—4:00 PM Teen Group (9th—12th grade) 4:00 PM—5:00 PM Self Expressions 5:30 PM—6:30 PM		
Art Room	Homework Help 7th and 8th grade 3:00 PM—5:00 PM	RILC 10:00AM—2:00PM Homework Help 7th and 8th grade 3:00 PM—5:00 PM	RILC 10:00AM—2:00PM Homework Help 7th and 8th grade 3:00 PM—5:00 PM	Homework Help 7th and 8th grade 3:00 PM—5:00 PM	Homework Help 7th and 8th grade 3:00 PM—5:00 PM	
Kitchen			RCDOH Health Insurance Assistance 2:00 PM—5:00 PM			
Counseling Room	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	
Other			Smoker's Aftercare	Butts Out		