

**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, boy-friends/girlfriends, school
- RECREATION and homework help
- FAMILY ACTIVITIES

**Inside this issue:**

Holiday Party	2
NYS OASAS	2
Gambling Workshop	
Pictures	2
Healthy Eating	3
Haverstraw Collaborative	3
Drug Market Intervention	3
More Pictures	3
Haverstraw Center Schedule	4
Mission Statement	4

# Haverstraw Center News

Volume 1, Issue 1

January 2014

## Village of Haverstraw/Haverstraw Center

### HAPPY NEW YEAR!! The Year in Review at the Haverstraw Center

- JANUARY: VAASA family BBQ and Talent Show
- FEBRUARY: Counselor Recognition at Nyack Hospital, Flash Mob Dance at the Palisades Mall to raise awareness about Violence Against Women, Project SHIFT adds Anger Management Class
- MARCH: YOUTHFEST at RCC, Girl Scouts ice skating at Bear Mountain, UNITY IN THE COMMUNITY, Town Hall Meeting
- APRIL: Strengthening Families Program; 5th Season for Community Garden began, Marion Breland celebrates 40 years at Reachout
- MAY: First Annual Senior, Senior Prom, Yoga classes, Visit Haverstraw Place
- JUNE: End of year
- JULY: Summer Camp began, Teen Summer Club, RILC Classes with "Vegg" Sullivan
- AUGUST: Salesians/Gospel Roads volunteer at the Center; mural completed; Sewing Camp
- SEPTEMBER: Hunger Awareness Campaign Luncheon, Strengthening Families Program, Creating Healthy Places Grant ribbon cutting for the new playground
- OCTOBER: Domestic Violence Awareness, Harvest Celebration at CCSR, Craft Fair, Halloween Party, Lteracy Volunteers of RC/WC begin citizenship and ESOL classes
- NOVEMBER: County Clerk offers Citizenship workshop, Beach Body classes begin, Health Fair, Thanksgiving Luncheon
- DECEMBER: Holidays in Haverstraw /Supper with Santa, Holiday Dinner and SNOW!, HPAL



### NEW YEAR'S RESOLUTIONS *In 2014 I will...*

A resolution is simply an annual goal people make when they want to improve some area of their life. For a grown up it may be smoking, weight loss or relationship changes. For youth it may be to keep your room clean, make the team, or improve your grades in school. Some of the "New Year's Resolutions" from the Haverstraw

Center youth are:

- Help to end the violence
- Lose weight
- Make my bed every morning
- Go to church
- Be kind to my brother

- Help my mom more
- Exercise
- Finish all of my homework
- Do better in school
- Apply to college
- Work at the Center
- Volunteer more



**Haverstraw Center Holiday Party/I'M Dreaming of a White Christmas**

The Haverstraw Center hosted its annual holiday party on Tuesday, December 17th with a gym filled with presents, excited youth and their families and delicious hot food donated by community members. Melissa Almenas provided the music, the Sparta family donated a live, perfectly shaped tree and the Center youth danced, laughed and colored while they



waited for Santa to arrive. They also enjoyed cups of steaming hot chocolate from the hot cocoa station! The presents, donated primarily by *Toys for Tots* were wrapped and presented to those youth who pre-registered with Nikki Merriman. Nikki has been coordinating this event for many years and was grateful to staff member Tanya Soto for her assistance.

The community also was very involved in the festivities, volunteering to cook, wrap presents, set up the gym, serve the food or help with the clean up. Served buffet

style, the youth were treated to ham, turkey, stuffing, macaroni and cheese—always a hit thanks to Manny Mavrosakis, mashed potatoes, sweet potato casserole, rice and beans, mixed vegetables, and cake for dessert.

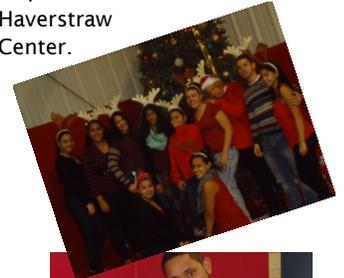
Other volunteers included Mayor Kohut, Marina Gutierrez, Ebony Jones, Denise Hogan, Judy Rosenthal, Gerri Zabusky, Catholic Community Services of Rockland, Noel Rappaport, Jenny Norfleet, Sarah Kantor, Gloria Harrison, Toni Jones, John Beamon, Jessica Oms-Mendez, Nelly Ariza, Theresa Alderson, April Cobb, Luz Viellard, Doretha Samuels, Terence Watson, Tameka Ashby, Barbara Welch, Aida Vazquez, Prentiss Breland, Beverly Swift, and parents from the Haverstraw Center. The many volunteers from Open Arms must also be recognized for their continued assistance throughout the year.

At the conclusion of the feast, Nikki Merriman and her choir of youth entertained with familiar Christmas Carols and interpretive dance under the direction of Naté Harris.

A delicious cake was served



and all went home with full bellies and warm memories of a special time at the Haverstraw Center.



**SAVE THE DATE!**

**STRENGTHENING FAMILIES PROGRAM**

This 6-week program will provide you with the tools that will put you and your family on the path towards making your dreams come true.



**FREE! FREE! FREE! FREE!**

- Dinner with your family
- Babysitting for younger siblings
- Parent/Guardian sessions
- Youth sessions
- Information on communication, peer pressure, expectations, clearer rules

**Haverstraw Center  
50 West Broad Street  
Behind the Knights of Columbus**

**FREE!**  
For youth ages 10-14 and their family

Thursdays  
2/27/2014—  
4/3/2014  
6:00 PM—8:30 PM

To register, call:  
845.429.5731

**PROBLEM GAMBLING**

Director Marion Breland, Assistant Director Peter Fata and Administrative Assistant Peggy Koval attended a very worthwhile workshop on problem gambling. Presented by the NYS Office of Alcoholism and Substance Abuse Services (OASAS) at the office of the Rockland Council of Alcohol and other Drug Dependencies (RCADD) in Nanuet, the workshop focused on providing NYS Prevention Provider Training.

In an effort to get the word out about this focus of addiction, the Center will be running workshops and information sessions for the community. In April, information will be disseminated at the Town Hall meeting as part of the Center's Unity in the Community activities. Please refer to future issues of this newsletter for exact time and day.

Problem Gambling may not seem like a problem in the beginning when a few scratch

off cards are purchased, or an innocent game of Bingo is played in hopes of winning the big one! But for those with addictive personalities, the search for that big break could preclude any normal activities.

The Haverstraw Center staff will also present this information to the senior centers as well as offer a brief presentation at a future Village of Haverstraw Board of Trustees meeting.



### Healthy Eating Tips for the New Year

1. Eat more fruits and vegetables: they contain a vast range of health giving vitamins, minerals and antioxidants. Try them in soups, sauces, salads, smoothies and desserts.
2. Decrease saturated fat intake: buy leaner cuts of meat, trim any visible fat and avoid high fat dairy products.
3. Decrease trans-fat intake: these are chemically altered fats found in fast food and mass food productions such as pre-packaged cakes and cookies.
4. Increase unsaturated fat intake: this will decrease the levels of harmful cholesterol in the bloodstream.
5. Increase omega-3 intake: to protect your heart, lubricate your joints and may help to maintain good mental health.
6. Increase your fluid intake: aim for eight glasses per day.
7. Eat breakfast every day: but avoid having a fried, sugary or meat-heavy breakfast.
8. Go whole grain: they contain more nutrients due to inclusion of bran and germ.
9. Watch your salt intake: too much salt can lead to high blood pressure; salt is found hidden in snacks and processed foods such as canned soups.
10. Increase intake of fiber: by eating more fruit, vegetables, legumes and whole grains.

<http://www.realbuzz.com/articles/top-10-ways-to-improve-your-diet-in-2013-gb-en/>

### 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.

The December agenda included an inspirational read-

ing of holiday thoughts. A delicious holiday meal was offered buffet style and introduction of the 38 attendees was made. Marion Breland, director of the Haverstraw Center and chair of this Collaborative, welcomed guest speaker Gerri Zabusky, LMSW, ACSW, Director of RSVP. This program sponsored by RCC matches retired seniors with those who need services. The Independence Project was also introduced. Call 845.356.6818 x 15 for additional information or to volunteer.

Christina Duncan , RCDOH gave an informative update regarding the Affordable Care Act.

New business included thoughts on Unity in the Community and scheduling the Collaborative Retreat. Updates by the sub-committees were offered.

At the conclusion of the meeting, agencies circulated flyers and/or information about upcoming events.

The next meeting is scheduled for the second Wednesday of the New Year, January 8, 2014 from 12:00 noon until 2:00 PM. (Please note that the Center will be closed on January 1, 2014 our normal meeting day.)

Please call 845.429.5731 x 32 to confirm your attendance.

### DRUG MARKET INTERVENTION UPDATE

We hope everyone enjoyed a happy and healthy holiday season. We are pleased that we were able to invite all families involved to our Holiday Party last month and provided a number of families with food packages and gifts for their children.

We continue to provide services for five individuals including referrals to substance abuse treatment, mental health services, housing, and social services.

We look forward to hosting community meetings throughout the year to hear your concerns and to create greater community partnerships.

If you have any ideas you'd like to share, please contact us at [dmi@vohny.com](mailto:dmi@vohny.com) and please like our Facebook page (keyword: Haverstraw DMI)!

### MORE PICTURES FROM THE HOLIDAY PARTY...



#### Looking ahead:

- VAASA Training sponsored by C.A.N.D.L.E.
  - Unity in the Community Moved to Spring Recess Week
  - Senior/Senior Prom May 2, 2014
- Watch for details in upcoming newsletter

# Village of Haverstraw/Haverstraw Center



50 West Broad Street  
Haverstraw, NY 10927

Phone: 845.429.5731  
Fax: 845.429.5796  
E-mail: [CommunityCenter@VoHny.com](mailto:CommunityCenter@VoHny.com)



## 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

**TEEN NIGHT**  
**1/17/2014**  
**6-11 PM**  
**9-12 grade only**

We're on the WEB!  
[http://www.voh-ny.com/dept\\_youth.htm](http://www.voh-ny.com/dept_youth.htm)

### January Special Events and Notable Days

- 1/1 New Year's Day *CENTER CLOSED*
- 1/8 Haverstraw Collaborative NOON
- 1/8 FREE HIV Testing
- 1/13 Make Your Dream Come True Day
- 1/13 VAASA Training
- 1/17 FREE HIV Testing
- 1/18 Winnie the Pooh Day
- 1/18 Day of Caring Fire Prevention
- 1/19 National Popcorn Day
- 1/20 Martin Luther King Jr. Birthday/*CENTER CLOSED*
- 1/21 National Hugging Day
- 1/24 Compliment Day
- 1/25 Opposite Day
- 1/28 Fun at Work Day
- 1/31 Backward Day



### JANUARY CELEBRATES:

- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month



## Haverstraw Center Schedule/January

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—7:00 PM	Homework Help 3:00 PM—7:00 PM	Homework Help 3:00 PM—7:00 PM	Homework Help 3:00 PM—6:00 PM	
Game Room	3:00 PM—6:00 PM	3:00 PM—7:00 PM	3:00 PM—7:00 PM	3:00 PM—7:00 PM	3:00 PM—6:00 PM	
Multi-purpose Room	Homework Help 3:00 PM—6:00 PM Back to Basics 7:00 PM—9:30 PM	Homework Help 3:00 PM—6:00 PM Beach Body 6:30 PM—8:00 PM	Homework Help 3:00 PM—6:00 PM Literacy Zone 6:30PM—9:30PM	Homework Help 3:00 PM—6:00 PM Family Connections 6:00 PM—8:00 PM	Homework Help 3:00 PM—6:00 PM Boys' Council 4:30 PM—5:30 PM Beach Body 6:30PM-8:00PM	<b>SATURDAY</b> Literacy Volunteers 10 AM—1:00 PM
Gymnasium	Youth Basketball 3:00 PM—6:00 PM Adult Basketball 7:00 PM—10:00 PM	St. Agatha Fitness 9:30 AM—10:45 AM; 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 9:30 AM -10:45 AM College Basketball 12 - 2 PM Youth Basketball 3:00 PM—6:00 PM NR Soccer 6:00 PM—7:30 PM 35 & Over Basketball 8:00 PM—10:00 PM	St. Agatha Fitness 9:30 AM -10:45 AM; 12-2 PM Youth Basketball 3:00 PM—6:00 PM Adult Basketball 7:00 PM—9:00 PM	St. Agatha Fitness 9:30 AM-10:45 AM College Basketball 12—2 PM Youth Basketball 3:00 PM—7:00 PM St. Peter's CYO 7:00 PM—9:00 PM	<b>SATURDAY</b> Sharp Shooting Academy Co-ed Middle School Youth 9:00 AM—1:00 PM Steve's Basketball 1:30 PM—3:30 PM NR Soccer 3:30 PM—5:00 PM <b>SUNDAY</b> HPAL Basketball 8:00 AM—7:00 PM Jason's Basketball 7:00 PM—8:30 PM
Conference Room		Clinical Staff Meeting 12:00 noon—2:00 PM	RCDOH Health Insurance Assistance 3:00 PM—6:00 PM (By appointment)	Staff Meeting 12:00 noon—2:00 PM		
Group Room	Girl Scouts 3:30 PM-4:45 PM (Girls ages 8—15) Project SHIFT: Anger Management 5:00 PM—6:30 PM Literacy Zone 6:30 PM—9:30 PM	Girls Club 3:30PM—5:00 PM Grades 4, 5, & 6 Project SHIFT 5:00 PM—7:00 PM	Girls Club 3:30PM-5:00PM Grades 7 & 8 Boys' Life Skills 3:15 PM—4:45 PM Project SHIFT 6:00PM—8:00PM	High School Teen Group 2:30 PM—4:00 PM		
Art Room	Art with George 3:30 PM—5:30 PM	Art with George 3:30 PM—5:30 PM	Art with George 3:30 PM—5:30 PM	It's In The Bag 4:00 PM—6:00 PM		
Kitchen			(1st Wednesday ) RCDOH HIV Testing FREE! 2:00 PM—5:00 PM			
Counseling Room	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	
Other		Smoker's Aftercare	HS Extension Life Skills 11:00 AM	Butts Out/Open Arms		