



TWIN RIVERS YMCA CONNECTIONS

Bringing us together... from a safe distance.

April 29, 2020

trymca.org

SMART GOAL SETTING DURING A PANDEMIC

During uncertain times where daily life is so different and social distancing has become normal, it can be difficult to stay on the path to your goals. "SMART goals" can be used in any area of your life where you would like to accomplish something.

SMART stands for:

Specific Measurable Attainable Realistic Timely

This goal setting technique is proven to help people achieve their goals more often than people who don't have a plan. Later this week, we will send a template and a video to help you learn how to map out SMART goals to help you with your personal success during (and after) the pandemic.

Stay tuned to your member email for more information about SMART Goals from Twin Rivers YMCA & New River YMCA Staff member, Olivia Guppy, CPT.



THANK YOU FOR YOUR SUPPORT!

Without support from our members like you, we wouldn't be able to keep responding to community needs.

"Each day, the American Red Cross employees and volunteers work to ensure blood and platelet donations continue to be collected, processed and distributed for patients in need, even in a crisis. Our blood drive sponsors and community partners like the Twin Rivers YMCA have played a critical role in continuing to host weekly drives to meet the essential needs during this time. They are heroes, and we are grateful for all they do to help save lives."

-Kristin, American Red Cross

HOMEMADE PASTA

Days when you have a little extra time on your hands are ideal for perfecting your homemade pasta skills! Homemade pasta is very simple, but can be a time investment. Member Debbie Hunter tried her hand at pasta last week, and the results speak for themselves! It turned out great!

FRESH EGG PASTA from Eataly.com

Ingredients:

3 cups (400 grams) unbleached all-purpose flour or Type 00 flour
4 large eggs

Directions:

1. Form a ball. On a marble or wooden work surface, pile the flour into a mound. Make a well in the center of the mound. In a small bowl, beat the egg with a fork until blended, and then pour them in the well. Continue beating the egg mixture with the fork, gradually drawing in flour from the sides of the well until the egg has been absorbed by the flour. If needed, wet your hands under the faucet and continue to work the dough. Once the dough has formed, clean your hands and the work surface.
2. Knead and knead (and knead). Clean off your work surface, first by scraping with a bench scraper, then by wiping down with a damp cloth or sponge. Lightly flour the work surface again. Knead the dough: press the heel of one hand deep into the ball, keeping your fingers high, then press down on the dough while pushing it firmly away from you. The dough will stretch and roll under your hand like a large shell. Turn the dough over, then press into the dough, first the knuckles of one hand, then with the other; do this about ten times with the knuckles of each hand. Then repeat the stretching and knuckling process, using more flour if needed to prevent sticking, until the dough is smooth and silky, for about 10 to 20 minutes. (Note: the weather, age of your flour, size of your eggs, and numerous other factors can influence the dough's texture. If the dough is dry and crumbly, sprinkle with a bit of lukewarm water until it becomes pliable. If too wet, add flour, about a tablespoon at a time, until you can handle it well.) Roll the dough into a smooth ball.
3. Rest. Place the dough in a small bowl and cover with plastic wrap. Let the dough rest for at least 30 minutes at room temperature or up to overnight in the fridge – this is an extremely important step, so don't skip it!
4. Roll. Shape the dough into a rough circle. Lightly flour the clean work surface. With a rolling pin, begin rolling the dough as you would a pastry crust, starting in the center and rolling away from you to the outer edge. Turn the dough a quarter-turn, and repeat, working your way around. Scatter a small amount of flour on the dough whenever it starts to stick to the surface or the rolling pin. Press out and away from you with the rolling pin, continuing to turn the dough between rolls, until the sheet of dough is 1/8 inch thin. Italian tradition dictates that the sheet of dough be transparent enough to read a newspaper beneath it (since this isn't very sanitary, do the same with your hand – you should be able to see it behind the sheet of dough).
5. Shape. From ravioli to taglioni, there are hundreds of shapes of fresh pasta. For a simple hand-cut tagliatelle, gently roll the sheet of dough around the rolling pin, and slip it off onto a clean, lightly-floured work surface. Cut the roll of dough into strips the desired width, then gently lift them in the air and drop on a dishtowel, separated. Repeat with the remaining sheets of dough.
6. Cook. Fresh egg pasta cooks quickly (think: 1 to 2 minutes). As soon as it rises to the surface of the heavily-salted cooking water, it is likely ready. A taste test will show if it is ready.
7. Serve. Every pasta variety and shape pairs uniquely with various sauces. Tagliatelle's ribbons are delicious with a heavier sauce featuring meat or seasonal vegetables.



APRIL IS CHILD ABUSE PREVENTION MONTH

Just as COVID-19 can be prevented by hand-washing and social distancing, child sexual abuse can be prevented by learning the facts, talking about it, and minimizing opportunity. Here are a couple of ways to minimize the risk of abuse in your family:

- Be open about your family's body safety rules; this helps kids recognize healthy boundaries and know they can talk to you about anything. With adults, this can often be a deterrent to inappropriate behavior.

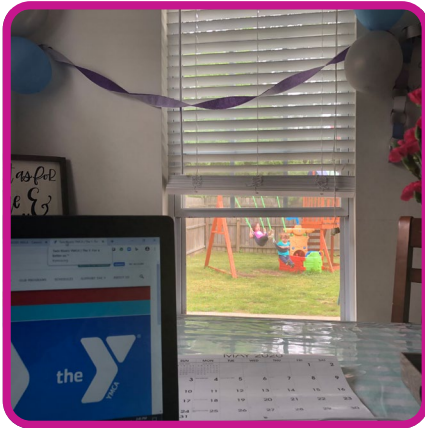
- Be clear with both your sitter and your kids about the family rules so that everyone understands the expectations and knows how to speak up if they aren't met.

[Check out this list of virtual Child Abuse Prevention Month activities](#) from preventchildabusenc.org. Anyone can help raise awareness for effective child abuse prevention strategies - from home!



Twin Rivers YMCA Family Services Staff show their support for Child Abuse Prevention by wearing blue.

BEHIND THE SCENES



Marissa Zinni, Volunteer & Special Events Director, keeps an eye on her kids while working from home.

GREEN THUMB



Member Camille Rust has been getting her exercise in by doing yard work - and it's paid off!

FAMILY PHOTOS



Rusty & Oliver, who live with Associate Financial Development Director, Erin Langley, are adjusting to life with her at home.

COMMUNITY SUPPORT

Many community-granting organizations are answering the call to help nonprofits. Wells Fargo has generously awarded \$5,000 to Twin Rivers YMCA and \$5,000 to New River YMCA in support of General Operations/COVID-19 Relief. We are thankful for great organizations like Wells Fargo who provide this much needed support.

The Wells Fargo logo, featuring the words "WELLS" and "FARGO" in a bold, yellow, serif font, stacked vertically on a red rectangular background.

WORDS OF ENCOURAGEMENT

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."

– Dale Carnegie

FAVORITE BIBLE VERSE

Kira Parker, Health & Wellness Director

Ephesians 3:20

"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us."



WE WANT TO HEAR FROM OUR MEMBERS!

What have you and your family been up to? Have you started a new hobby or tried a new recipe? Learned a new skill or built a healthy habit? Maybe you have a favorite physical activity or family game!

Let us know! Email Amy at awalsh@trymca.org and you may end up in a future Connections newsletter!