



# NEWSLETTER



Middle School After School celebrating the New Year and creating vision boards for 2023 last year!

## January Joy at A House on Beekman!

As we step into the new year, A House on Beekman is buzzing with excitement and anticipation for the month ahead. Join us in embracing the spirit of January with a range of engaging activities for you and your family. From winter-themed craft workshops and cozy storytime sessions to fun indoor games and creative projects, there's something to spark joy in every member of your household. Let's make the most of this fresh start and create precious memories together.

### Fact of The Day



Fact of the Day: Did you know that January is named after Janus, the Roman god of beginnings and transitions? Janus is often depicted with two faces—one looking to the past and the other to the future. It is fitting that January, the first month of the year, is named after this god, as it symbolizes a time of reflection, new beginnings, and the opportunity to set goals for the year ahead. So, as we embrace January, let's channel our inner Janus and embark on this new chapter with hope, determination, and a sense of possibility.

#### January Health Tip:

##### Nourish with Seasonal Foods

During the winter months, make the most of the seasonal produce available to nourish your body with wholesome foods. Incorporate a variety of fruits and vegetables like citrus fruits, leafy greens, root vegetables, and cruciferous vegetables into your meals. These foods are rich in essential vitamins, minerals, and antioxidants, which can help boost your immune system and support overall health.

*"Your present circumstances don't determine where you can go; they merely determine where you start." - Nido Qubein*

## Meet The Team...

### Skyler Kennamer



Skyler's sidekick and beloved therapy dog Norman

Meet Skyler Kennamer, an integral member of the A House on Beekman (AHOB) family for the past two years. Originally joining AHOB as part of her occupational therapy (OT) capstone in the spring of 2021, Skyler's love for the South Bronx community drew her back to the organization full time after she graduated from OT school in August 2021.

Skyler plays a crucial role in supporting all of AHOB's programs, fostering meaningful engagement, and contributing to youth development across various age groups. She finds immense joy in helping kids reach their goals and addressing the barriers that impact their emotional, social, and physical needs.

But did you know that outside of her professional life, Skyler has a hidden talent? She comes from a family with a blueberry farm and has a passion for baking delicious blueberry pies.

Skyler's favorite movie, "Stepmom," and her childhood admiration for the character Maria from "The Sound of Music" reveal her love for strong, warm, and adventurous individuals who bring people together through music and storytelling.

In her free time, Skyler enjoys classic oldies having grown up on Marvin Gaye, Sam Cooke and James Taylor, but she is also a proud "Swiftie." When it comes to her dream travel destinations, she dreams of exploring the beauty of Norway or Japan.

Skyler lives by the mottos, "There is no 'right time,' there is just time and what you choose to do with it. 'Go the extra mile, it's never crowded.'"

If Skyler could have any superpower, it would be teleportation. Living far away from friends and family, she envisions using this ability to bridge distances effortlessly and explore places close to her heart.

Professionally, Skyler aspires to be fluent in American Sign Language (ASL) and integrate it into her OT career and daily living. Her dedication and passion make Skyler an invaluable asset to AHOB, contributing to the organization's mission of creating a positive impact on the South Bronx community.

Skyler Kennamer's commitment to the A House on Beekman community shines through her dedication to youth development and engagement. We are grateful to have Skyler as part of our team, enriching the lives of the children in the South Bronx with her warmth, expertise, and genuine care.



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## Program Highlights



**The Babies - 2 Program** has been buzzing with festive excitement and developmental activities. The classroom has been filled with laughter and joy as our class Elf brought a touch of magic, spreading holiday cheer. Additionally, our young learners have reveled in the holiday spirit by actively participating in decorating a Christmas tree just outside the classroom, creating heartwarming memories that will last a lifetime. **Paola Matutue - Program Coordinator**

**The Preschool Program** buzzed with festive learning and community engagement. The Geneva School of Manhattan paid their annual visit, reading to our children and joining them in play. Additionally, our Parent Engagement session featured a crucial Fire Safety Course hosted by the FDNY, providing essential knowledge for the safety of our preschool community. December has been a month of connection, education, and joy at A House on Beekman. **Frances Nieves - Program Director**



**The Primary Program** recently had a blast with "Cooking with The Grinch," adding a touch of whimsy to the kitchen. Meanwhile, our 4th and 5th graders explored "The Lemonade Wars" in their book club and decided to set up their own hot chocolate stand outside, bringing the entrepreneurial spirit to life. It's been a month filled with creativity, joy, and hands-on learning at A House on Beekman! We also had a visit from Earle Street Baptist Church, who graciously hosted a Winter Camp for our students during Winter Break! **Amber Howell - Program Director**

**The Community Engagement Program** brought joy to all as we hosted our annual His Toy Store event in collaboration with Hope for New York. Families from across our programs came together for a festive day filled with cookie decorating and delicious treats, generously provided by the Youth Group at Redeemer Church. It was a heartwarming celebration that truly embodied the spirit of community and generosity. A special thanks to all of our volunteers and to Hitland Studios for capturing all of these wonderful memories! **Stephany Polanco - Community Engagement Coordinator**

### Message From our Executive Director..

Happy new year to everyone! I hope all of you had an enjoyable and restful holiday season. Here at AHOB we are back in full swing and excited to kick off all of our programs this week. Thank you for being a vital part of our community and we look forward to seeing everyone soon!

Tracy Thornton - Tracy@AHouseonBeekman.org

### Upcoming Events !

- January 12th, 2024 - Professional Development - 1/2 day for all programs
- January 13th, 2024 - No Saturday Program
- January 15th, 2024 - Martin Luther King Jr Day - No program
- January 19th, 2024 - DOE Professional Development