



*Embracing All the Possibilities®*

# 2023 Planner







**January  
Foster Care**



**February  
Wellness**



**March  
Life Skills**



**April  
Horticulture**



**May  
Education**



**June  
Volunteering**



**July  
Internships**



**August  
Counseling**



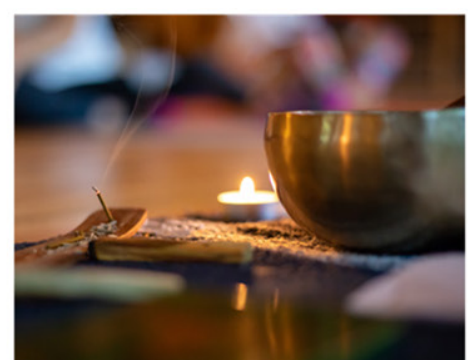
**September  
YCS Foundation**



**October  
Nurse Home  
Visitation**



**November  
Mentoring**



**December  
Mindfulness**





*Dedicated to the memory of Mr. Herbert Ouida, YCS Trustee  
December 19, 1941 to December 8, 2022*

*An ardent advocate for the children of YCS and a beloved member of the YCS family for more than 20 years, Herb truly understood the challenges that the children faced and worked tirelessly on their behalf. He will be dearly missed.*

*Herb, from the bottom of our hearts, thank you.*

*Photo: Herb Ouida and his wife Andrea.*

# January

| SUN            | MON | TUE | WED | THU | FRI | SAT |
|----------------|-----|-----|-----|-----|-----|-----|
| 1              | 2   | 3   | 4   | 5   | 6   | 7   |
| New Year's Day |     |     |     |     |     |     |
| 8              | 9   | 10  | 11  | 12  | 13  | 14  |
| 15             | 16  | 17  | 18  | 19  | 20  | 21  |
| MLK Jr. Day    |     |     |     |     |     |     |
| 22             | 23  | 24  | 25  | 26  | 27  | 28  |
| 29             | 30  | 31  |     |     |     |     |



*"I feel like I am my foster mom's real daughter. She always shows me love, supports me and cares for me. I am like a baby bird and she is teaching me how to fly so I can be independent and loved. Since I moved into my mom's home, I got my first job as a camp counselor and started taking college prep classes. We have fun together just talking, watching movies or shopping. My mom always tells me that I am special and perfect just as I am. I think she is right." ~ Grace, 19.*

*Ms. Teresa Johnson*

**To learn more about welcoming a waiting child or teen into your home by becoming a YCS Specialized Foster Parent, please call 1-877-482-4453 and speak to one of our recruiters.**





# February

| SUN | MON                   | TUE                   | WED | THU | FRI | SAT |
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|     |                       |                       | 1   | 2   | 3   | 4   |
| 5   | 6                     | 7                     | 8   | 9   | 10  | 11  |
| 12  | 13                    | 14                    | 15  | 16  | 17  | 18  |
| 19  | 20                    | Valentine's Day<br>21 | 22  | 23  | 24  | 25  |
| 26  | Presidents' Day<br>27 | 28                    |     |     |     |     |



*"Students at George Washington School look forward to weekly yoga sessions, where they move their bodies and soothe their minds. Through a combination of positive affirmations, challenging postures, and mindful breathing, students are guided to experience peace and happiness within, and encouraged to take that loving-kindness with them out into the world."*

*~ Caitlyn Yerves, YCS AVP of Wellness*

YCS teams are working together to develop sustainable wellness activities in 2023 for program participants and employees that include mindfulness, pet therapy, music, and art. To learn more about ways you can help YCS' efforts to develop this initiative, please contact Caitlyn at [caitlyn.yerves@ycs.org](mailto:caitlyn.yerves@ycs.org).





# March

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Daylight  
Saving Time

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St. Patrick's Day

First Day  
of Spring

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Ramadan





*"When I first arrived at Buffalo House all the staff was very nice - especially Miss Charlotte." She always makes me laugh but she also keeps me focused and on task. Miss Charlotte is teaching me how to cook and I like making dinner for all the other girls in the house. Cooking is a lot of fun. I get extremely happy when everyone likes my food. The summer cookout was the bomb and I love all the holiday parties YCS has for us." ~ Bethsaida, 22*

*Like all homes, our Sawtelle residences need to often replace worn bedding and household items. To make an in-kind or monetary donation for new bedding, towels, dinnerware and other new home furnishings, please contact Cathy Tronlone at 201-678-1312 or email [ctronlone2@ycs.org](mailto:ctronlone2@ycs.org)*

# April

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April Fools' Day

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Passover

Good Friday

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Easter

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Earth Day

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***"I learned a lot about gardening. We dug holes for the plants and watered them almost every day. It was so much fun because we got to talk about a lot of things while we were working in the garden. It was like a separate therapy." ~ Briana, 14***

***The YCS Green Thumb Project at the YCS Holley Center is one of many gardens planted in the spring at YCS homes. Gardening reduces participants stress and boosts mental and emotional wellbeing. The gardens also reward everyone with healthy produce for all to enjoy.***



# May

| SUN                               | MON                         | TUE | WED | THU | FRI                                | SAT |
|-----------------------------------|-----------------------------|-----|-----|-----|------------------------------------|-----|
|                                   | 1                           | 2   | 3   | 4   | 5                                  | 6   |
| 7                                 | 8                           | 9   | 10  | 11  | 12<br><small>Cinco de Mayo</small> | 13  |
| 14                                | 15                          | 16  | 17  | 18  | 19                                 | 20  |
| 21<br><small>Mother's Day</small> | 22                          | 23  | 24  | 25  | 26                                 | 27  |
| 28                                | 29                          | 30  | 31  |     |                                    |     |
|                                   | <small>Memorial Day</small> |     |     |     |                                    |     |





***“The Board of Trustees of the Human Needs Food Pantry loves partnering with the Sawtelle school every year on our annual appeal mailing to address food insecurity in Essex County. The students help us stuff over 4,000 envelopes. We love giving the students a meaningful project and a chance to learn life skills that they could use in an office setting in the future. It’s a win-win for both organizations!” ~ Christina Cotton, HNFP Vice President***

*The Sawtelle Learning Center works closely with local organizations to give students opportunities to engage and give back to the community. To find out how you can become a partner, visit [ycs.org/ways-to-give](https://www.ycs.org/ways-to-give).*



# June

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Father's Day

Juneteenth

First Day  
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*"The Children's Place is a Giving Place! We are honored to partner with the YCS Foundation. We do this through the 'ArtPal' program. This interactive and creative exchange between TCP interns and the children leads to YCS Field Day, where the interns meet and spend time with their 'ArtPal.' We love seeing how happy the children and interns are to meet their pals, participate in outdoor games, and make happy memories that last a lifetime!"*

*~ Gillian Newman*

*Learning & Development Coordinator | The Children's Place, Inc.*

*To learn more about individual, group and corporate volunteer opportunities, please visit [ycs.org/ways-to-give](https://ycs.org/ways-to-give) or contact Cathy Tronlone at [ctronlone2@ycs.org](mailto:ctronlone2@ycs.org).*



# July

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Independence  
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***"Interning at YCS is everything I could ask for and more. My experience as a clinical intern at YCS Sayre House has impacted me in ways that I never thought I'd feel before, and it made me realize how much I enjoy working in a clinical setting. I was hesitant about counseling adolescents and not sure I would like it or have the patience. However, I have enjoyed every moment of supporting the youth and would not change this experience for the world."*** ~ Riley Tuffy, Monmouth University MSW Intern

***Center of photo***

***To find out more about all undergraduate and post graduate internships at YCS, please visit [ycs.org](http://ycs.org) or contact Laurie Levin at [llevin@ycs.org](mailto:llevin@ycs.org).***



# August

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# Hope Starts He



"I was introduced to YCS School Base by my teacher who saw that I was struggling. The pressure of being a student was adding up and I had no one to talk to. The counselors at School Base are always there for me when I need to talk and they give me the motivation to stay on track."

~ Mark, sophomore

YCS School Based Youth Services is a comprehensive program for students at Eastside High School, in Paterson. The "Base" as it is affectionately known by students offers confidential individual and family counseling, health education, employment counseling, family life counseling, recreational/ social activities and much more.



*Embracing All the Possibilities®*

# September

| SUN        | MON | TUE | WED | THU | FRI | SAT |
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| 17         | 18  | 19  | 20  | 21  | 22  | 23  |
| 24         | 25  | 26  | 27  | 28  | 29  | 30  |
| Yom Kippur |     |     |     |     |     |     |

Labor Day

Rosh Hashana

YCS Charity  
Golf Classic

First Day  
of Autumn





***"I'm honored to say I'm one of an amazing group of dedicated individuals involved organizing the YCS annual golf outing for over 20 years now. The event's success is credited to the hundreds of supporting golfers and sponsor companies whose generosity and commitment to YCS directly impacts the lives of the children and families we support."***  
***~ Charles DiPietro, YCS Foundation Trustee, Golf Committee Chair***

***Save the date: the 21st Annual YCS Charity Golf Classic will be on September 18 at the Edgewood Country Club. To find out how you can become a sponsor or attend our next year's golf outing, please message [golf@ycs.org](mailto:golf@ycs.org).***



# October

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| 22  | 23  | 24        | 25  | 26  | 27  | 28  |
| 29  | 30  | 31        |     |     |     |     |
|     |     | Halloween |     |     |     |     |





***"I hope every first-time mom has the opportunity to access the Nurse Family Partnership program. It is great help. The nurses help you with even the smallest problems you may have. You are able to feel relaxed and know you are doing the right thing for your child and have someone there to support you. It's a great feeling. Lorena, my nurse, has been everything to me." ~ Uriely DeLeon***  
**Photo: Uriely Delon with her son Jhenssen  
and Nurse Home Visitor Lorena Gutierrez**

**Our NFP team is always in need of diapers, baby wipes shampoo, soap, lotions, diaper bags, and new clothing (newborn to 3T) to bring to new mothers on their home visits. To make an in-kind or monetary donation, please call 201-678-1312 or e mail [FDN@YCS.org](mailto:FDN@YCS.org)**

# November

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Daylight Saving  
Time End

Election Day

Veterans Day

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Thanksgiving

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*"Being a mentor is very rewarding. It brings me joy to see how happy my mentee is when I arrive at the residence. Mentors are important because we give the children the time and the freedom just to be themselves without judgment or demands. Sometimes when I visit my mentee we just (as the children say) 'vibe out' and listen to music. It is that one special hour each week that we share together." ~ Anitra Frayer*

*For more information on how you can become a mentor,  
please contact Cathy Tronlone at [ctronlone@ycs.org](mailto:ctronlone@ycs.org).*





# December

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Hannukkah

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Christmas

Kwanzaa

New Year's Eve





***“During our weekly spiritual mindfulness sessions, a youth who had been having a particularly rough day quickly walked in the room and sat right next to me. I could see she was upset, but when we rang the bell and began our opening meditation, I could feel her begin to relax. By the end of our meeting, she found the peace she needed to continue her day.” ~ YCS Chaplain Dr. William Waller***

*To support this spiritual mindfulness initiative at our group homes, please visit [ycs.org/ways-to-give](https://ycs.org/ways-to-give)*



25 East Salem St. 3rd FL  
Hackensack, NJ 07601



*Our mission is to partner  
with at-risk children who  
have special needs and  
adults with developmental  
disabilities to build happier,  
healthier, more hopeful lives  
within their families and  
communities.*

[ycs.org](http://ycs.org) | [info@ycs.org](mailto:info@ycs.org) | 201-678-1312



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