



Weekly Bulletin



Just as physical exercise is a well-known and well-accepted means to improve health for anyone, regardless of age or background, so can the brain be put 'into shape' for optimal learning."

- Naveen Jain

Upcoming Events

- Sat. July 18 – [Mandela Day](#)
- Thurs., July 30 – Regular Board Meeting
- Fri., July 31 – System Administrator Appreciation Day
- Tues., Aug. 11 – Last Day of Cooperative Summer School
- Fri., Aug. 14 – Last Day of ESY
- Thurs., Aug. 20 – Regular Board Meeting
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Follow this [link to the BOCES Calendar of Events](#)

In this Issue

Upcoming Events	1
A Message from Mike	1
Technology Tip of the Week	2
Connecting with a Colleague	2
SANE.....	3

A Message from Mike

We have had a great start to our extended school year programs. Many folks I've spoken with have commented on how smoothly things have gone so far. Cooperative Summer School is up and running with 1780 students registered for summer courses.

I want to thank everyone on the Foreman Center Campus for your patience as our parking lots and roadways are being resurfaced. Like any construction project, the short term inconvenience is worth the improvements on the other end. Trying to remember where I parked has gotten even more challenging than it normally is. But there is a silver lining here. It's forcing me to have to think about where I parked, and thinking is good exercise for my brain. And we know that exercising your brain is one of the best ways to ward off many degenerative diseases of the brain like dementia. The excerpt below is from a post on the website [Everyday Health](#) about how to exercise your brain.

Experts recommend sticking to brain training that involves real-world activities. Exercises to strengthen brain function should offer novelty and challenge. "Almost any silly suggestion can work," says David Eagleman, PhD, neuroscientist and assistant professor at Baylor College of Medicine in Houston, Texas. "Drive home via a different route; brush your teeth with your opposite hand. [The brain works through associations](#) [which is why it's easier to memorize lyrics to a song than it is to try and remember the same words without music], so the more senses you involve the better."

So maybe even after the parking lots are done, I'll keep parking in a different area every day. What are you doing to exercise your brain? If I see you wandering around in the parking lot lost, I'll know.

- Mike Doughty, Deputy Superintendent

Technology Tip of the Week

Thanks to Diane Smith for the following tech tip:

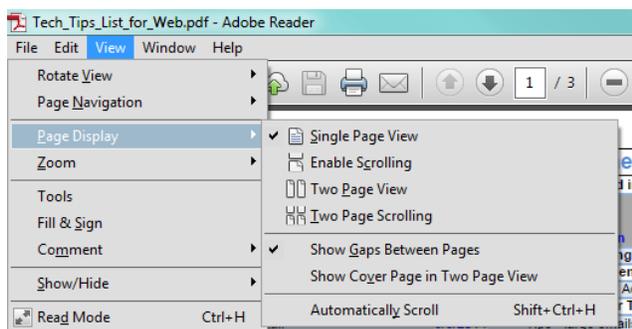
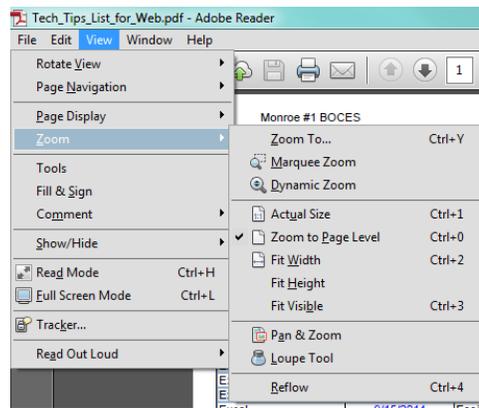
Zooming in on Adobe Acrobat Files

When viewing Acrobat files (.pdf), you can control how it appears on the screen to make it easier to read.

Changing the **Zoom** will make it easier to read. (I like the "Fit Width" (**Ctrl 2**) magnification.) To change the Zoom, select **View Zoom Fit Width**.

Ctrl 0 will take you back to Full Page view.

To see 2 pages at once select **View Page Display...Two Page View**.



Connecting with a Colleague

Each week, a staff member will be selected to complete a brief questionnaire to help us get to know him or her. This week we are connecting with **Tawanda Johnson**.

- **What are your primary responsibilities?** Basic clerical duties – phones, copying, processing applications (approx. 1,000 yearly), and entering and maintaining the data associated with those applications.
- **How long have you worked for BOCES?** I just celebrated my 26th year on July 6. My appointment in 1989 was to cover the office for a 2 week period (this is the longest 2 weeks I've ever encountered and it's been good). lol
- **What is your favorite part of your job?** What I like most is to see the accomplishments of the students who have benefited from an Urban-Suburban experience.
- **What do you enjoy doing in your free time?** Spending time with my husband (Elton), daily visits, weekly shopping trips and watching the Yankees with my mom, and working with my church choir and youth department. I also enjoy spoiling my two nieces; Gianni and Samari, and their brother JaKobi who are the loves of my life.
- **What is one thing you would like people to know about you?** I have three children; Foster, Robbie, and Nikkara and one grandson; Jaiden.



SANE (Sometimes Acronyms Need Explaining)

NIFL – National Institute for Literacy

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For more information, contact one of our Civil Rights Compliance Officers: Nancy Carr, 585-249-7010, Nancy_carr@boces.monroe.edu; James Colt, 585-383-2298, James_colt@boces.monroe.edu; Dennis Glaser, 585-383-2232, Dennis_glaser@boces.monroe.edu