

ywca SAN GABRIEL VALLEY

our voice



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SENIOR SERVICES
YWCA Intervale
24-Hour Message Line:
(626) 214-9465

DOMESTIC VIOLENCE
YWCA WINGS
24-Hour Help Line:
(626) 967-0658

eliminating racism empowering women

January 2011

Happy New Year!

OUR MISSION • *To eliminate racism, empower women, and promote peace, justice, freedom and dignity for all.*

**38TH ANNUAL TENNIS
CLASSIC FUNDRAISER
MAY 6, 2011
CLAREMONT CLUB**

This tennis fundraiser supports the WINGS Domestic Violence Program. Registration materials for tennis players will be available soon.

If you'd like to be a sponsor for the event or to donate a silent auction item, the forms can be downloaded on the YWCA SGV website at www.ywcasgv.org.

For more information, contact the Chair, Ann Baker, at annbaker@cox.net or (858) 481-1011.



EXECUTIVE DIRECTOR LISA BRABO **Stalking Awareness Month**

January is National Stalking Awareness Month, a time to focus on a crime that affects 3.4 million victims a year. This year's theme – "Stalking: Know It. Name It. Stop It." challenges the nation to fight this dangerous crime by learning more about it.

In one of five cases, stalkers use weapons to harm or threaten victims, and stalking is one of the significant risk factors for homicide of women in abusive relationships.

For more information, go online to the Stalking Resource Center through the National Center for Victims of Crime at www.stalkingawarenessmonth.org. ■



Arcadia EMT Volunteers to Deliver Meals to Seniors

Cecilia Yang dreams of caring for the elderly as a geriatric physician, but for now, she is helping senior citizens by volunteering every Monday delivering Meals on Wheels in Arcadia.

The 24-year old Baldwin Park native says she was so gratified during the time she cared for her 95-year old grandmother, who had Alzheimer's, that she set her sights on becoming a doctor specializing in older patients. While Cecilia is awaiting admission to medical school, she is working full-time as an emergency medical technician and gaining valuable field experience.

"On my time off, I've always felt that I wanted to contribute to society – to help people in need," she says. Cecilia says she's volunteered for a number of causes, including teaching children how to garden at the Roots and Shoots Garden in the LA County Arboretum and taking people's blood sugars and counseling them about type II diabetes at health clinics with her pre-med sorority.

But Cecilia says she especially enjoys talking to her Meals on Wheels clients and just checking on their well-being. "I am always surprised at how much meaning I find in helping senior citizens in need," she says. "They deserve to be recognized for who they are and what they've contributed to society."

Cecilia says she believes she will always find a way to volunteer in the community, because when she doesn't, something has been missing in her life.

For information about how to volunteer with Meals on Wheels, contact Don Herring at dherring@ywcasgv.org. ■

**“HONORING VISION
AND VOICE”
Women of Achievement
Awards
May 19, 2011
Diamond Bar Center**

This event features inspiring speakers and women of achievement honorees.

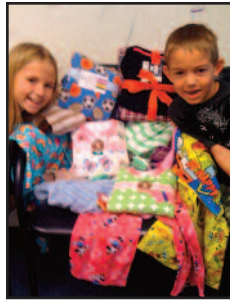
Sponsor information can be downloaded on the YWCA SGV website at www.ywcasgv.org. Registration materials will be available soon.

For more information, contact Lisa Brabo at info@ywcasgv.org or (626)-214-9442.

YWCA SGV New Video!
View it on YouTube at www.youtube.com (search YWCA SGV).



Visit our **facebook** page and become a fan of the YWCA SGV!



**Glendora Third Graders
Donate Pajamas to WINGS**

Domestic violence is not a topic that most young children understand, but even children as young as 6 or 7 can understand how difficult it must be to have to leave your home without even being able to take basic items with you. With that in mind, 27 third graders from Mrs. Pasillas' class at Sutherland Elementary School in Glendora spearheaded a school-wide pajama collection of 100 pairs of new pajamas to women and children housed at the YWCA SGV's domestic violence shelter.

"The children could understand how important it would be to have your own pajamas if you were to feel safe and comfortable," says Jennifer Root, principal of Sutherland. "This was part of our effort to open children's eyes to what is beyond their own world. Since Glendora is a middle class city, many of our children are not aware of the needs of others and how they can make a difference."

Jennifer, a member of the Glendora Soroptimist Club, connected Mrs. Pasillas' class with the WINGS project, after she participated in the collection of 150 pairs of pajamas through the club's annual drive for the WINGS domestic violence program.

The YWCA SGV's domestic violence shelter is the second largest in Los Angeles County. In addition to temporary housing, case management, support groups, legal assistance and other services are also provided for victims of domestic violence by the WINGS program. More than 3,000 women and their children received such services last year from the YWCA SGV.



**YWCA SGV Wants to Friend You
and Tweet About Our Work**

- Twitter: http://twitter.com/ywca_sgv
- Facebook: <http://facebook.com/ywcasgv>
- YouTube: <http://youtube.com/ywcasgv>
- Blog: <http://blog.ywcasgv.org>

To reach a wider audience of people and organizations interested in the mission of the YWCA SGV, the organization is ramping up its online presence on social media sites such as Twitter, Facebook, and YouTube. Linda Gabriel, a social networking expert and avid blogger, has been working for the past three months to increase followers and friends as a way to spread the message about services offered and to promote the work of the organization.

"Social media is also a great way to build relationships with like-minded groups," says Linda. "For example, I've been tweeting about AARP and they've acknowledged my help in sharing their message about older Americans. When the YWCA has something we want to promote about our senior meals program, we can ask their help too."

According to Linda, social networking is a fast-growing avenue being used by non-profits to reach their stakeholders. "We cannot only inform people who have never heard about our organization, but also strengthen relationships with

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YWCA SGV Programs

Services for Domestic Violence

Victims: Shelter and support services so that adults and children can be safe, healthy, and lead violence-free lives.
24-Hour Helpline 626-967-0658

Teen Education Program: Presentations in schools about healthy relationships to prevent teen dating violence and provide assistance to teens in need.

Services for Seniors: Nutritious meals and care management so that elders can live in their own homes with independence and quality of life.
24-Hour Message Line 626-214-9465

Leadership Development Opportunities for women, girls and older adults

If you'd like to help the YWCA SGV save money and communicate more efficiently with you, please sign up (via one of the three options below) for our free email newsletter.

Sign up instantly at

www.ywcasgv.org

Email us at info@ywcasgv.org

Give us a call at (626) 214-9440

people who are already familiar with us," she notes. "For example, when we have our annual tennis tournament, we could post photos and videos on Facebook that would enable participants to share the experience with their friends and colleagues anywhere in the world."

In the YWCA SGV Twitter stream (twitter.com/ywca_sgv) Linda recently tweeted quotes from Martin Luther King, Jr. around the national holiday celebrated in his name. "People started following us because they're interested in what Dr. King has to say, and this becomes an opportunity for us to share with them the YWCA's mission to eliminate racism and empower women and girls," says Linda.

"We have almost unlimited opportunities with social networks and blogs to touch people in so many different ways."

Please follow us on Twitter and Facebook! ■

YWCA Increases Private Funding

Ameritec



GEORGE HOAG FAMILY FOUNDATION FOR SENIOR SERVICES

With increasing needs and decreasing resources, organizations like the YWCA SGV have increasingly turned to private funders to help maintain services.

In December alone, the YWCA SGV received \$20,000 in private grants: two grants of \$5,000 each from In & Out Burger and Ameritec for the WINGS domestic violence program, and \$10,000 from George Hoag Family Foundation for Senior Services.

"The way that private sources have come to the rescue for many nonprofits is heartening," says Lisa Brabo, executive director of the YWCA SGV. "Thanks to private funders supplementing government contracts, we've been able to continue to provide a full range of services to domestic violence victims, senior citizens, and youth." ■