

# ywca SAN GABRIEL VALLEY

# our voice



943 No. Grand Ave.  
Covina, CA 91724  
(626) 960-2995  
www.ywcasgv.org

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

## July 2011

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

### New Abuse Hotline Aimed at Senior Citizens

A new senior legal hotline for senior citizens who are victims of domestic violence is now available in California. Funded by a federal grant, the service provides assistance to victims of physical, emotional or sexual abuse.

Advice is also offered for those who experience neglect or stalking. Aimed at individuals over 60 years of age, the toll-free line is staffed Monday-Friday from 9-noon and 1-4 p.m. Referrals to local resources and information about how to stop the abuse are provided to callers at 1-800-222-1753. This number is not a crisis hotline and emergency calls should go to 911.

### Elder Abuse Prevention Toolkit Now available in English, Spanish, and Mandarin Chinese!

Download your copy from

[www.ywcasgv.org](http://www.ywcasgv.org)

English, Spanish, Mandarin Chinese

Funded by a generous grant from the YWCA of the Mid-Peninsula Donor Advised Fund.



### EXECUTIVE DIRECTOR LISA BRABO Annual Meeting July 27

Consider joining us for the YWCA SGV annual meeting being held on July 27 at 6pm. We'll be reviewing the agency 2010-11 activities, including the provision of financial and service reports. We'll also be looking ahead to the new 2011-12 fiscal year by discussing agency priorities and goals, and we will install the new officers of the Board of Directors.

The meeting will be held at our office at 943 N. Grand Avenue, Covina, CA 91724. If you would like to attend, please RSVP to Victoria Ung at 626-960-2995, ext. 101 or [victoriaung@ywcasgv.org](mailto:victoriaung@ywcasgv.org). We would love to see you! ■



### Lucy Muñoz Juggles Family, Teaching, Photography

Lucy Munoz says she sees herself primarily as a wife, mother, and teacher, but also yearns to express her creative self with the arts. That's why she has developed a side business in photography, specializing in individual and family portraits. The Walnut resident recently completed portraits of the Women of Achievement who were recognized by the YWCA SGV in May and photographed the event on May 19. The event photos are posted on Lucy's blog at <http://blog.lucymunozphotography.com>. They are the second post from the top. You can purchase the photos by contacting Lucy at 909-544-0905 or [glmunoz00@yahoo.com](mailto:glmunoz00@yahoo.com).

"I wanted to show these amazing women in the best possible light," says Lucy. "They all have such inspiring stories—and I wanted my pictures to express that." As a self-taught photographer, Lucy has also begun to shoot weddings and other events.

Lucy earned her bachelor's in psychology at Loyola Marymount and master's in education from Azusa Pacific University. She also holds a master's in clinical counseling from Cal State Fullerton. The mother of two, Giselle, 5 and Aiden, 3, Lucy manages to juggle her photography, family life, and full-time teaching at Traweek Middle School in Covina, where she teaches sixth grade math/science and theater arts.

To contact Lucy, you can call her 909-544-0905 or see her website at [www.lucymunozphotography.com](http://www.lucymunozphotography.com). ■

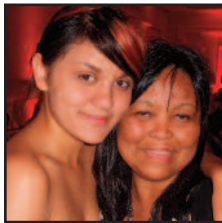


## Kaiser Permanente Healthy Teens Grant

Kaiser Permanente, Baldwin Park Medical Center, awarded the YWCA SGV a \$7500 grant for the Healthy Relationships for Teens program, which provides education to teens to prevent and stop relationship violence. This is a critical need, as forty percent of girls age 14-17 say someone their age has been hit by a boyfriend. A 2009 study (Liz Claiborne Inc. and Family Violence Prevention Fund) found one-third of teens reported physical or sexual abuse or threats from dating partners.

The Healthy Teens program goal is to educate at-risk teens aged 13-19, and young mothers up to age 24 about relationship violence in order to prevent intimate partner violence and assist those already experiencing violent relationships.

In the last year, the YWCA SGV conducted educational presentations for over 2,000 teens. These are most often held in school classrooms and focus on helping teens recognize the difference between healthy and abusive relationships, warning signs, and characteristic behaviors of victims and perpetrators. Also emphasized are how to avoid abusive relationships as well as get help if a teen is already experiencing abuse. ■



## Suzette Peterson Models Volunteerism for Daughter

Suzette Peterson recalls going with her parents to deliver Thanksgiving dinner to disadvantaged families when she was just five years old. Now, she is passing along those lessons of volunteerism and giving back to the community to her own 16-year old daughter, Sarah.

A single mother and entrepreneur, Suzette is president of AP Computer Learning Time, a company she started in 1999 to allow her to spend more time with Sarah and to do volunteer work. Prior to that Suzette had been in the information technology field for 19 years, including stints with Atlantic Richfield Co. and SSC Medical Billing Software. Currently, her company provides websites for over 200 businesses, and offers computer classes at elementary schools and senior centers.

But Suzette's real passion is helping those who are less fortunate. She and Sarah volunteer regularly for the Ronald McDonald House, East San Gabriel Valley Coalition for the Homeless, Make A Senior Smile, and other non-profit organizations. Suzette has also volunteered at the Women of Achievement Awards annual luncheon for the YWCA and is contracted to develop and maintain the YWCA SGV's website.

"I feel so fortunate to have a business that allows me the time and flexibility to do volunteer work," says Suzette. "I want to give back to the community that has given me so much." Raised in East Los Angeles, she says her humble background helps her appreciate the blessings she has today. "My hope is that my daughter will embrace service commitment and eventually model for her children what my parents modeled for me."

To contact Suzette, visit [www.computerlearningtime.com](http://www.computerlearningtime.com). ■

## Three New Private Grants for Senior Services

YWCA SGV has been awarded nearly \$25,000 in private grants recently for Senior Service Programs.

The largest grant, from Walmart, and through the Meals on Wheels Association of America, will allow the YWCA SGV to purchase a new delivery vehicle. The grant of \$18,592 will pay for 90 percent of the cost of the new vehicle, with the balance coming from private individual donations.

The Boeing Employees Fund contributed \$3,000 to help pay for meals delivered to seniors and other homebound individuals. And the Covina Rotary Club contributed \$2,000 for senior needs.

The YWCA SGV's "fee for service" Meals on Wheels program serves 17,200 meals a year to homebound elderly and disabled people in the Eastern San Gabriel Valley. The Walmart grant allows the YWCA SGV to add an additional delivery route, increasing total meals served to 20,500 a year. The new vehicle will also allow a savings due to increased fuel efficiency and reduction in repair bills.



## YWCA SGV New Video!

View it on YouTube at  
[www.youtube.com](http://www.youtube.com)  
(search YWCA SGV).

Visit our [facebook](#) page and  
become a fan of the YWCA SGV!



## 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](http://www.ywcasgv.org)

Email us at [info@ywcasgv.org](mailto:info@ywcasgv.org)

Give us a call at (626) 214-9440

The YWCA SGV also operates a "grant funded" home delivered meals program (funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended). This program serves over 180,000 meals annually throughout most of Eastern Los Angeles County.

According to census figures released in 2011, poverty has increased the most among Americans aged 65 and up. Both the recession and public funding cuts have left them without a safety net. According to the Elder Index, nearly half a million seniors living alone in California don't have enough income to pay for basic needs, including food. Greater Los Angeles County reported 55% of elders living alone with incomes below the Elder Index who are economically insecure or poor.

Food insecurity correlates strongly with poverty. Seniors experiencing food insecurity are significantly more likely to have lower intakes of energy and vitamins; are more likely to be stressed and in poor or fair health; and are more likely to have limitations in their activities of daily living. These factors place them at high risk of life-threatening or chronic illnesses, abuse and forced or premature institutionalization. ■



### Mary W. Su 2011 Woman of Achievement

Mary W. Su's enthusiasm, extraordinary energy, and dynamic leadership skills have consistently improved the quality of life in the City of Walnut during the past 20 years. As a first-generation Taiwanese immigrant, she is a role model for Asian-American women. She has visibly increased the integration of Asian-American women into the civic life of Walnut, the San Gabriel Valley, and Los Angeles County.

She is founder and president of the Chinese-American Parents Association (CAPA) of Walnut Valley Unified School District. CAPA facilitates communication between Chinese immigrant parents and school administrators and has contributed over \$250,000 for instructional support.

Su is the first Asian female to be elected to Walnut's City Council. She was elected in 2006 and re-elected in 2010, serving a term as Mayor in 2009. She continues to serve as a Councilmember, setting a high standard for community services. She has organized numerous public safety and multi-cultural activities, sponsored job fairs, established a passport service in Walnut, and balanced the budget without any layoffs. During her term as Mayor, *Money* magazine named Walnut "the most livable small city in California."

Su currently serves as president of the Chinese-American Elected Officials in the Los Angeles region, which works to increase the participation of Chinese Americans in the political process.

Also, she has served as president of the Chinese-American Association of Walnut, a board member of the Mt. San Antonio College Foundation, and a top fundraiser for Walnut's American Cancer Society Relay for Life.

When Su assumes the leadership of an organization, financial contributions to the organization increase, membership grows, and service to its constituents expands. She has broken several "glass ceilings," raised hundreds of thousands of dollars for education, and inspired scores of other Asian-American women to pursue their dreams. In all that she accomplishes, she maintains a reputation for honesty, integrity, and poise. ■