

# 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

## January 2013

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

### 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 Services:

1) Healthy Relationships Education Program for Teens to prevent teen dating violence and provide assistance for those already experiencing violence.

2) Respect for All Anti-Bullying Project that uses award-winning films and discussions to reduce prejudice and bullying.

**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**

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**EXECUTIVE DIRECTOR LISA BRABO**

### Nominations for Women of Achievement Awards due February 6, 2013

The Newtown, Connecticut tragedy raised awareness across the nation of the everyday heroes working within our education systems. The YWCA San Gabriel Valley is proud to announce that the 2013 Women of Achievement Awards event will honor women in the field of education.

Please consider nominating an extraordinary women who works, or volunteers, in the field of education. Nominations are due February 6, 2013. Nomination forms can be downloaded from our website at [www.ywcasgv.org](http://www.ywcasgv.org).

Honorees will be guests of the YWCA San Gabriel Valley at the Women of Achievement Awards dinner Tuesday evening, May 21, 2013, at the Pavilion in the Industry Hills Expo Center, 16200 Temple Avenue, City of Industry. The honorees are selected by a diverse panel of professionals.



### New Rental Assistance Program Helps DV Families

Homeless domestic violence survivors and their children who need help to get back into their own housing now have a new source of help, thanks to a **First 5 LA** grant to the YWCA SGV.

The grant offers cash assistance for rental deposits and partial payment of rent for six to 24 months for qualifying families.

To qualify, the family must be homeless due to domestic violence abuse, stalking or sexual assault, have a child under the age of six, plus meet other requirements. A phone interview can determine eligibility and assistance can start within a few weeks.

The program covers move-in costs, including furniture, the first month's rent, and the security deposit, except for \$200 paid by the client.

"The program is designed to gradually decrease the amount of rental assistance, as the family gets on its own feet and becomes fully self-sufficient," says Walter

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## Healthy Life Employment and Economic Supports Program for People Age 50+

### 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

**Imagine  
a World**  
without  
*Violence*



eliminating racism  
empowering women

**ywca**  
SAN GABRIEL VALLEY

Solorzano, housing program coordinator. "During the time rent assistance is received, the family is encouraged to put money aside in a savings account for future needs."

According to Solorzano, the YWCA SGV will also provide supportive services, including linkages to services, for needs such as licensed childcare, employment, income assistance, health care, counseling, education, transportation, school supplies, prenatal care, etc.

"The goal is to help families establish a strong foundation and start saving towards their dreams for the future," Solorzano adds. "We want to help struggling families end the cycle of abuse by assisting them with services and a permanent and safe home in a supportive community."

The YWCA SGV's domestic violence program, WINGS, serves 3,000 survivors and family members each year, including about 250 individuals (about 100 families) who utilize the WINGS emergency shelter.

For information, contact Solorzano at cell: (626) 733-1834, office: (626) 960-2995 ex 134 or e-mail address: [waltersolorzano@ywcasgv.org](mailto:waltersolorzano@ywcasgv.org)



### Senior Services Consultant Knows Need First-Hand

When Sheila Gutierrez's elderly mother was having trouble preparing her own meals, her concerned daughter was able to get nutritious and low-cost home-delivered meals for her through the YWCA's Meals on Wheels program.

That was several years ago, and since then, her mother has passed away. However, Gutierrez now has a new relationship with the YWCA SGV. She serves as the part-time mental health consultant for senior services and the domestic violence programs.

As a long-time Glendora resident with 25 years of experience as a marriage and family therapist, Gutierrez advises case managers and interns on how to best help clients who may need mental health counseling or medication. After consulting case files, she recommends services to address depression, anxiety, or other more serious conditions.

"Our clients may suffer emotional problems, due to financial strain, physical ailments, stress, or other issues in their lives," says Gutierrez. "Our goal is to connect them with agencies that can help so they can stay in their homes as long as possible."

A recipient of the YWCA's Women of Achievement Award in 2009, the San Pedro native is active in the Glendora Rotary Club, where she has led a program that provides prescription eyeglasses to children in Tijuana.

She has three grown children, seven grandchildren and has been married to husband, Roger, for 46 years.

"I'm proud to be part of a program that provides help to people in our community who need it," says Gutierrez. "It's comforting to know that anyone can pick up a phone and find help from the YWCA. It worked for my mother and I know it's working for hundreds of others."



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## Senior Centers Honored

Los Angeles County Distinguished Site Award Recipients,  
December 5, 2012 • L to R:

Donna Fraize, RD, Consulting Nutrition Services

Angelica Recio, Covina Joslyn Senior Center

Alba Rivera, Unified Nutrimeals Caterer

Corneitha Kirk, Los Angeles County Community & Senior Services

Alice Jaffe-Gross, La Verne Senior Center



The Covina Joslyn Senior Center and the La Verne Senior Center were among seven out of more than 100 senior nutrition sites in Los Angeles County to be recognized recently as “Distinguished Sites.”

The award is presented annually by the county to senior nutrition sites that exhibit excellence in hospitality, ambience, meal enhancements, quality, service and programming. The YWCA SGV operates 31 senior nutrition sites in East Los Angeles, and the San Gabriel and Pomona Valleys.

“These two sites captivate seniors with good food, friendly hospitality, and warm, cozy atmosphere,” says Don

Herring, Senior Services Director. “By providing high quality nutrition and socialization, the YWCA SGV’s program meets the needs of seniors.”

For information, contact Don Herring at 626-214-9466 or [donherring@ywcasgv.org](mailto:donherring@ywcasgv.org).

## Heather's Success Story

*The following was written by a young woman who sought help from the YWCA SGV's WINGS domestic violence program.*



woman who would allow anyone in my life to put me down. So the battle would begin and I would end up sleeping on the floor, bruised all over, wearing ripped up clothes and crying. In the morning he would either act like it never happened or apologize repeatedly.

I am a survivor of domestic violence. I never thought that would be part of my story. I am a high school graduate, grew up in a nice neighborhood and was even on the dean’s list in college.

I was married and had four beautiful children. I was hired at every job I applied for, and was always able to provide a home for myself and for my family. That is until alcoholism turned my husband from Dr. Jekyll to Mr. Hyde.

In the morning he would serve me breakfast in bed, but by the evening, I was “worthless.” In the beginning, I made the mistake of confiding in him, telling him all my secrets, which he would later throw in my face in the cruelest manner.

When he began these tirades, I would throw the mud right back at him. I never considered myself the type of

This confused me and made it terribly difficult for me to find the courage to leave. When I finally found the courage, I went with my little boy to the YWCA WINGS shelter.

We were scared and didn’t know what to expect. We were shown to a room, given clean linen, a basket full of toiletries and a brand new pair of pajamas for each of us. We bathed and slept peacefully for the first time in two years.

I was surprised to see so many women like me. The counselor helped me see that abuse is wrong and I have rights. I am currently working with a housing advocate there who is preparing me for the next step in this process, which for me is transitional living.

I feel that I have already accomplished a great deal and will be ready soon to take back my life.

**ADOPT A FAMILY** • If you would like to help provide for a domestic violence survivor family, please contact Ana Interiano at 626-214-9451 or [anai@ywcasgv.org](mailto:anai@ywcasgv.org).