

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

May 2012

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

**Women of Achievement
in the Armed Forces:
Honoring
Courage and Commitment**

**June 21, 2012
5pm Reception
6:30pm Awards Program
Industry Hills Expo Center**

Join us in honoring seven women who have or are serving in the military and two organizations assisting veterans and military families. For a copy of the registration brochure or to purchase tickets, go to www.ywcasgv.org or call 626-214-9442.



EXECUTIVE DIRECTOR LISA BRABO **May is Older American's Month**

The theme for Older Americans Month 2012, *Never Too Old to Play*, encourages older Americans to stay engaged, active and involved in their own lives and in their communities. This month's celebrations will recognize the value that older persons continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month — a proud tradition that shows our nation's commitment to celebrating the contributions and achievements of older Americans.



Glendora Senior Nominated for County's Older American Award

Warren Walter of Glendora was among the most committed senior volunteers in Los Angeles County who were feted at the annual Older Americans Recognition Day event May 23 at the Dorothy Chandler Pavilion in Los Angeles.

Warren was nominated by the YWCA SGV for his 14 years of service delivering Meals on Wheels to homebound residents of Glendora. At 78, he is a senior on the go, volunteering not only on his own route each week, but frequently pinch-hitting for others' routes.

The retired mortgage banker says he first started delivering meals as a way of giving back. "I really enjoy seeing the people who need these meals, and I know that they are grateful for the service," he says. "I've been so fortunate in my life, this is a way for me to return some of that good fortune."

"Warren is such a faithful volunteer – he makes his meal delivery routes a priority and never misses his shift," says Don Herring, Senior Services Director at the YWCA SGV. "He is a model volunteer because he takes community service seriously. We could not provide Meals on Wheels to hundreds of seniors and others who can't leave their homes without volunteers like Warren," he adds.

According to the U.S. government, about one-third of Americans today are over the age of 50, and in the next 25 years, the number of Americans over 65 is expected to double. Each year, Los Angeles County celebrates the contributions of older Americans and recognizes their invaluable service to their local communities. A recent report commissioned by the county about older Americans shows that more than one in four say they

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Take a look at these great new videos from the YWCA SGV

1. Youth leaders interviewed about the YWCA SGV Respect for All anti-bullying project.
www.youtube.com/watch?v=3VQS9dqkZA4
2. Lisa Brabo interviewed on NBC's Non-Stop News, hosted by Colleen Williams, about the new Health Life Employment and Economic Supports Program
www.youtube.com/watch?v=RwV0sLbn50M

View YWCA SGV's New Video on YouTube at www.youtube.com (search YWCA SGV)

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

are unable to prepare their own meals and require help such as Meals on Wheels. To view the report, *LA County Seniors Count!*, go to:

<http://css.lacounty.gov/Data/Sites/1/documentlibrary/AAA/css-nar-080501.pdf>



College Interns Benefit From Hands-On Training

When Michelle Appleby started her 16-week internship at the YWCA SGV, she had book knowledge but very little experience working with domestic abuse victims and their families. But by the time she completed her internship earlier this month, the Azusa Pacific University senior had 400 hours of hand-on client-facing training under her belt.

Every semester, the YWCA's WINGS domestic violence program provides social work students with opportunities to work side-by-side with seasoned professionals. Michelle and other interns complete rotations in case management, on the domestic violence helpline, locating transitional housing, and helping clients petition court for restraining orders to keep away abusers.

"I learned so much about how to deal with clients and especially enjoyed working with the kids program at the shelter," says Michelle. "The children in the afterschool program have been through so much, and yet they are resilient. They inspire me," she adds.

A San Diego native, Michelle says she plans to return home after graduation and will try to get a job working with domestic violence victims.

"Our interns are a great asset to our program," says Ana Interiano, assistant director of the WINGS program. "They allow us to provide additional services to our clients, and at the same time, we are helping them get experience in their chosen field. Our staff gives them guidance and direction—and then they are able to spread their own wings and fly."



Former Police Detective Reinvents Self as Event Planner

After 16 years in law enforcement, Sheriff's Detective Susan Higgins was forced to retire early following an injury. That's when she decided to turn a passion for event planning into a business. Today, she is owner of Star Struck Event and Party Planning.

This year, she is working with the YWCA SGV to organize the Women of Achievement Awards dinner, set for June 21 at the Pavilion in the Industry Hills Expo Center.

"I feel honored to be working on this awards event because my mentor, Linda Healy, former captain of the Industry Sheriff's Station, was a recipient of the Women of Achievement Award in the mid '90s," says Susan.

"Ever since, I've been inspired by the many honorees who have sacrificed and given so much to others. Although I work a lot of celebrity awards shows in Hollywood, this is my Oscars. These women are true examples of people we should honor for their commitment to their communities and this year, to our country, as we honor women in the military."

Susan has helped organize the fashion show for the WINGS Tennis Tournament and plans events for other non-profits, such as the Leroy Haynes Boys Home and Steven's Hope for Children.

She is also active as an ambassador in two Chambers of Commerce: Upland and Rancho Cucamonga. She lives in Upland with her daughter, Madisen.

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 & 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

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

Email us at info@ywcasgv.org

Give us a call at (626) 214-9440



Women in Armed Forces To be Honored by YWCA

The YWCA San Gabriel Valley is proud to announce seven extraordinary women who have served, or are serving, in the U.S. Armed Forces as honorees for the 2012 *Women of Achievement in the Armed Forces: Honoring Courage and Commitment* awards event.

In addition, two nonprofit organizations serving military families will also be honored.

Honorees will be guests of the YWCA San Gabriel Valley (YWCA SGV) at the Women of Achievement Awards presentation on Thursday evening, June 21 at the Pavilion in the Industry Hills Expo Center.

The honorees are Debra Anderson, U.S. Air Force; Raquel Ippoliti, U.S. Army; Maya Bisso, U.S. Army; Katie Roberts, California State Military Reserve; Ila DeLuca, U.S. Coast Guard; Christina Zamora, U.S. Navy; and Luz Garcia, U.S. Army.

The two organizations receiving awards are Cory's Kitchen and Operation Homefront.

Women serve throughout the world in all branches of the U.S. Armed Forces. They represent over 14 percent of the active duty force, 17 percent of the National Guard and Reserve Forces, and 20 percent of new military recruits. Women veterans represent 7.5 percent of the total U.S. veteran population.

The Women of Achievement award presentation will begin at 6:30pm, preceded by a reception at 5pm. Purchase tickets online at:

<https://co.clickandpledge.com/advanced/default.aspx?wid=33508>



Sarah Ludwick Event in Covina Benefits WINGS and MOW

Domestic violence victims and seniors who need home-delivered meals were beneficiaries of a fundraising brunch and reception in March at the Covina Center for the Performing Arts. The event, sponsored by the center and The Gas Company, honored Sarah Ludwick, a long-time community volunteer and philanthropist from Glendora.

More than 100 people attended the event, which also featured live performances by the cast of *Hairspray* and the Charter Oak High School Chorale. The venue was the 99-seat Covina Center, which also has banquet facilities and in-house catering.

"This was a fun-filled event that honored an amazing community leader, who is a role model for all women," says Retha Champion, executive director of the center. "It was a wonderful way to introduce lots of new people to our center, and of course, we raised almost \$16,000 for the WINGS program and Meals on Wheels."

Sarah Ludwick, who earned her master's degree in child development, has long overseen the Ludwick Family Foundation, chaired the YWCA SGV's Women of Achievement event, and served on the board of directors of Foothill Presbyterian Hospital, the Fairplex's Child Development Center board and the Career and Technical Education Center.

Sarah has served as president of the University Educational Trust at Cal Poly Pomona and is on the board of directors of the university's Partners in Education Program. She and her husband, Art, received honorary doctorate degrees in 2010 from the university in recognition of their contributions, including the Rain Bird Rainforest Learning Center on campus.

The emergency care pavilion at Foothill Presbyterian Hospital in Glendora, their hometown, bears their name, and they were the driving force in preserving a historic home from destruction and turning it into a senior center named in honor of Sarah's parents. ■