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

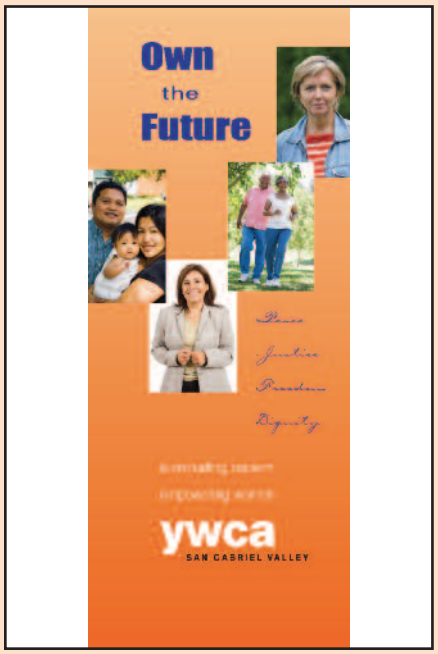
May 2013

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

REGISTER NOW

Go to *www.ywcasgv.org* for more information on the following event.

May 21, 2013
Women of Achievement in the Field of Education
Pavilion at the Industry Hills Expo Center



EXECUTIVE DIRECTOR LISA BRABO

Join the Fun

This Tuesday, May 21, is the annual **Women of Achievement** event in which eleven women and two organizations will be honored for their exceptional contributions in the Field of Education. Fun and inspirational, this 29th annual event starts at 5pm with a reception and silent auction. Dinner is served at 6pm and the awards program is at 7pm. It will be held in the Industry Hills Expo Center. Download the invitation and/or order tickets online at *www.ywcasgv.org*.

MANY THANKS TO THE FOLLOWING COMMUNITY SPONSORS!

Diamond Sponsors:....Industry Manufacturer's Council; Southern California Edison

Emerald Sponsors:.....L.A. County Supervisor Don Knabe; The Grace Group

Ruby Sponsor:.....Pacific Western Bank

Sapphire Sponsors:.....Longo Toyota Scion Lexus; Pomona Valley Hospital Medical Center; Seahorse Projective Equipment Cases; Soroptimist International of Azusa-Glendora

Amethyst Sponsors: ...In-N-Out Burger; Suburban Water Systems: Langlois Fancy Frozen Foods; Unified Nutrimeals; Dochterman Insurance Services; Target Marketing and Communications

Contributor: .....Tennant Foundation

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

Donate Your Car to
MEALSONWHEELS
1-888-669-5271

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

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

Safe Routes to School Project: A partnership with Healthy Azusa and the City of Azusa

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

UNLEASH THE POWER OF AGE
OLDER AMERICANS MONTH 2013

OLDER AMERICANS MONTH 2013
Unleash the Power of Age!

Every year since 1963, May has been the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions and achievements. It is a proud tradition that shows our nation's commitment to honor the value that elders continue to contribute to our communities.

This year's Older Americans Month theme—"Unleash the Power of Age!"—emphasizes the important role of older adults. This month, communities across the nation will recognize older Americans as productive, active, and influential members of society.

Older Americans Month celebrations will acknowledge the value that older adults continue to bring to our communities by making an effort to applaud recent achievements of local elders and inviting them to share the activities they do to unleash the power of age.

"While the YWCA SGV provides services, support, and resources to older adults year-round, Older Americans Month is a special opportunity to highlight contributions of those 55 years and older," said Don Herring, senior services director of the YWCA SGV. "We want to acknowledge how older Americans are helping to make our society better through their inspiring examples and leadership.

YWCA SGV encourages you to take part in the celebrations by sharing your Older Americans Month resolutions. Post what you will do this May to unleash the power of age on the AoA Facebook page, and follow up by sharing a picture or story about the experience later in the year. *www.facebook.com/AoA.gov?ref=ts&fref=ts*

Contact the YWCA SGV or *www.eldercare.gov* or call (800) 677-1116 to find ongoing opportunities to celebrate and support older Americans.

Volunteers Keep Dining Site Running Like a Clock

"Little" Chao Quyen started coming to the Langley Senior Center in Monterey Park almost ten years ago for dance classes in the evenings. When she retired, she started volunteering in the dining room during weekdays, checking seniors in when they came in for their hot lunches. *Continued on next page*

YWCA SGV Welcomes Jennifer Root to the Board of Directors

As a teacher, principal and now a school district administrator in Covina-Valley Unified School District, Jennifer Root has seen how difficult it is for children and their mothers to escape domestic violence. As a community volunteer, she has found ways to help families by collecting pajamas for the YWCA SGV's domestic violence program.

"I met Lisa Brabo and Ana Interiano of the YWCA when I was president of Soroptimists-- and I was impressed with their passion for helping others," said Root. "After we collected 150 pairs of pajamas for the WINGS shelter, I asked what else I could do." After rallying her school to also collect pajamas and donate proceeds of a cupcake fundraiser to WINGS, Root wanted to get involved even more.

She recently joined the Board of Directors of the YWCA SGV and now lends her expertise as an educator and community leader to help set the direction of the organization. "We are fortunate to have the benefit of Jennifer's experience, enthusiasm and energy," said Lisa Brabo, executive director of the YWCA SGV.

Root is a former board member in the Azusa Glendora Soroptimists and serves as an officer for the local region of the Association of California School Administrators. She serves as president of the Kappa Alpha Theta Foothill Alumnae Chapter and finance advisor for the Chapman University Chapter of Kappa Alpha Theta.

A native of Glendora, Root lives in La Verne with her husband, Scott, who is a special education teacher in Covina-Valley Unified School District, and their 11-year-old son Turner and two dogs, Hershey and Rue.

Now, eight years later, Quyen, 58, is still volunteering—and she says she's so busy with community service she no longer has time for dance classes. "I don't feel it's a sacrifice--it makes me happy to be helping others," she said. "Since I speak Chinese, I can help with translating and answering questions," she added.

Quyen's attitude typifies the outlook of her fellow volunteers at this center, where many of the seniors are of Chinese descent. The Langley Senior Center is one of three dining sites where a Chinese and America lunch option is offered Monday through Friday.

According to the Langley dining director, Grace Lee, there is no way she could serve two complete Asian and American menus to 140 seniors every weekday without her volunteer crew.

Among the most dedicated are Anna Salazar, 82, of East Los Angeles, who has been a volunteer at Langley for 33 years and Olivia Guerrero, 83, of Monterey Park, who has volunteered for more than 15 years.

"I don't have much money, but I have many friends, so I feel rich," said Guerrero. She calls the Langley center her "second home."

"We have only two staff people and nine volunteers," Lee noted. "We can only do what we do because of our dedicated volunteers—they are invaluable."

According to Lee, both the Chinese and American menus are nutritionally balanced and include a healthy portion of fresh fruit and vegetables. But beyond ensuring that seniors are well fed, the dining centers serve another purpose—camaraderie.

Young Dong Ming, 76, who worked in the Chinese restaurant industry most of his life, said he comes not just to eat but to have fun and find fellowship. The Monterey Park resident has been coming daily to the center for ten years, and regularly gives a ride to friends who come to enjoy each other's company.

"The food is good and we can choose between Eastern or Western meals," he said. "But the real reason I come is to talk and meet new people. That's the best part."

Last year, the YWCA SGV provided meals for more than 13,000 seniors living in Eastern Los Angeles County. More than 267,000 meals were served in 32 senior dining centers and an additional 188,000 meals were delivered to homebound seniors and others.

For information about volunteering at one of the 32 YWCA SGV dining centers or for Meals on Wheels, contact Don Herring at donherring@ywcasgv.org. ■

Seniors Get Help With Job Readiness, Career Training

Carol Haynes has only had two jobs her whole adult life. She worked for Montgomery Ward for 21 years and Foothill Presbyterian Hospital for eleven more. So it was difficult when she found herself unemployed in her 50's.

"I realized I wanted to have more control over my own career, so I changed my line of work to financial adviser and now I am self-employed," she said.

Hayne's career shift came, in part, through her participation in the employment support program being offered by the YWCA SGV and Women at Work, a Pasadena-based non-profit that provides employment assistance.

Made possible through a $200,000 two-year grant from AARP Foundation, the program, now just over halfway through, has helped over 300 men and women over the age of 50 to acquire new job skills and become work-ready.

Now in its second year, the program is shifting into high gear with the expansion of workshops, classes, and "job clubs" where participants network with one another each week.

Among the aspects of these weekly meetings participants say they value most are opportunities to share their feelings and inspire one another.

"I was devastated when I lost my job," recalled Desiree Romero. "I had been there 29 years and I felt paralyzed. Talking to others in the same situation has really helped me to get through the grieving process and to move on to help myself."

"Many of the participants are fighting against the stigma of older workers while they themselves are feeling doubtful about their abilities," said Stella Zarate, program coordinator. "By talking with people just like themselves, they are able to come to understand that they do have advantages—such as experience and stability—that make them employable."

Stella Zarate, Perla Bernal, Chris Rutledge

AARP Foundation is closely monitoring the YWCA SGV program, as it could become a model for other locations in the future. "This is one of ten pilot programs we are funding throughout the country," said Chris Rutledge, program manager for AARP Foundation. "We intend to analyze the best practices of these programs and see how they can be replicated widely."

In addition to English speakers, the program caters to Spanish speakers with their own job club. "In the Latino community, we often see a different set of concerns, such as how to find a job if they don't speak English or if they're undocumented," said Zarate. "There are additional issues also for people who are disabled or who have been out of the job market for many years."

By offering a resource handbook, the program provides information on income supports and benefits such as Medi-Cal and Food Banks to assist those who are in need. There is also education on financial literacy available, in addition to workshops on how to develop a resume, interview for a job, and training on the latest computer software programs.

"The most important thing for our job seekers is to make sure they are work-ready—emotionally, physically, and mentally," said Perla Bernal, Women at Work, a job developer for the program. "We assist our clients in all of these ways and then they have to do the rest."

For information, contact:

Stella Zarate at *stellazarate@ywcasgv.org*

Perla Bernal at *pbernal@womenatwork.org*