

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 2012

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

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

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

Take a look at these 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



EXECUTIVE DIRECTOR LISA BRABO

Local Sponsors Make Women of Achievement Event Possible

The June 21st "Women of Achievement in the Armed Forces: Honoring Courage and Commitment" event recognized Ila M. DeLuca, Katie Roberts, Debra Anderson, Luz Garcia, Maya Bisso, Cristina Zamora, Raquel Ippoliti, for their service to our country along with Operation Homefront and Cory's Kitchen for their service to military families and veterans.

This recognition was made possible by the following sponsors:

Diamond Sponsors: Industry Manufacturer's Council • Southern California Edison •
Emerald Sponsors: LA County Supervisor Don Knabe • Majestic Realty Company
Ruby Sponsors: MillerCoors • Pacific Western Bank • Southern California Gas Company • Unical Aviation Inc. **Sapphire Sponsors:** BAE Systems—Electronic Solutions • Dochterman Insurance Services, Inc. • In & Out Burger • La Rue Brewer • Longo Toyota-Scion-Lexus • Pomona Valley Hospital Medical Center Soroptimist International Azusa-Glendora
Amethyst Sponsors: Foothill Transit • Pat Serio • Langlois Fancy Frozen Foods • Suburban Water Systems • Unified Nutrimeals **Contributor:** City National Bank



Naval Officer Advocates for Military Families

When Navy Lt. Commander Kim Mitchell talks about Bob Woodward's term, the "epidemic of disconnection" between the American public and the military, she speaks from first-hand experience.

Adopted as a baby from Vietnam by a career Air Force technical sergeant and his wife, she has herself served the U.S. Navy overseas and stateside for more than 17 years. Her last assignment prior to departing the naval service was as deputy director for the Office of Warrior and Family Support working for the Office of the Chairman of the Joint Chiefs of Staff in Washington, D.C.

In a keynote address at the YWCA SGV's Women of Achievement in the Military award event in June, Kim spoke of the challenges of men and women in uniform as well as their families.

"The public doesn't understand our challenges or what it's like to deploy into a combat environment for months at a time... you can't talk about us without including our families," she says "Our families endure the same challenges and they serve with us."

Kim believes that to be successful after returning from deployment, veterans and their families need community support from local organizations such as Easter Seals, which provides help with employment, education and health care.

Continued on next page

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



"An estimated 18 veterans commit suicide every day," she notes. "The percentage of unemployment and homelessness among veterans is higher than the national averages."

Kim says her greatest challenge was to figure out how to use her education and position to help make a difference. Leaving her hometown in Wisconsin to attend the US Naval Academy in Maryland, she received a bachelor of science degree in ocean engineering, and then earned a master's in organizational management from George Washington University in Washington, D.C.

She says she chose a military career because she admired the discipline and routine and wanted a chance to see the world.

"I would certainly advise other women to consider the military. The opportunities for women are increasing and women are afforded the chance to serve in many different communities," she says. "The chance to see the world, meet people who have changed our lives and to have a positive impact on our future is what the military has to offer anyone who makes the decision to serve."

Safe Within Our Wings: The Campaign to Complete Renovations at the WINGS Domestic Violence Shelter

Donors Kick-off Public Campaign to Raise Remaining \$230,000.



The public portion of the campaign for the renovation of the WINGS Domestic Violence Shelter, which is in high gear and driving toward the finish line of \$760,000, kicked-off during the June Women of Achievement Event. \$4,000 was raised on the spot from donors responding to the need for a renovated and more effective shelter for victims of domestic violence and their children.

70% of the Phase One campaign goal of \$760,000 has been reached through generous donations by the Ahmanson Foundation (\$100,000), the Ludwick Foundation (\$100,000), and City of

Covina redevelopment funds (\$330,000). Since building the WINGS Domestic Violence Shelter in 1988, 4,500 women and children have fled to the WINGS Shelter. Domestic violence occurs every day in the San Gabriel Valley and WINGS Domestic Violence services are available to respond 24 hours a day, seven days a week. After 24 years of extensive usage by an average of 20 women and children a day, renovations to the WINGS Shelter will add three additional bedrooms; upgrade heating and electrical systems; and create improvements in the children's indoor and outdoor play areas.

The YWCA of San Gabriel Valley asks for your tax-deductible donation to our Campaign to raise the final \$230,000. To make a donation, go to the YWCA SGV website at www.ywcasgv.org. Donations can be made online or by downloading a donation form and mailing it to our office. Or contact us at (626) 214-9442.



Bilingual Promotoras Help Identify Mental Health Issues

To provide early identification of mental health issues in senior citizens in the underserved Latino community, the YWCA SGV has launched a new educational program using the promotoras model.

The promotoras model utilizes bilingual case managers who already have standing and respect within their communities to overcome cultural and linguistic barriers to reaching the target population.

Continued on next page



Upland Photographer Gives Back to Children, Animals

After Kimberly Saxelby spent two years recovering from a head-on car collision when she was five months pregnant, she was ready to change her life.

The former teen model had worked in the car service industry for a decade, but decided she wanted to become a professional photographer. She enrolled in classes at the Covina Tri-Community School of Photography and took her camera with her everywhere.

Now, 14 years later, she has been owner of True Emotions Photography, a business in Upland for ten years.

Kimberly was the photographer for the YWCA SGV's Women of Achievement awards this year, taking pictures of the honorees beforehand as well as at the event.

"I have a passion for photography, and I was sure I wanted to do this full-time," she recalls. "It was scary to start something new—but I realized that you may not get a second chance in life."

Kimberly's mother died of cancer when she was 9, and her father is a cancer survivor. "My sister is also battling breast cancer, so I am keenly aware of how precious our health and our lives are," she says.

As a single mother of Jayvn, 10, Kimberly has a soft spot for children, especially those with life-threatening conditions.

She does pro bono work for organizations such as Steven's Hope for Children, an Upland group that assists families of children with serious illnesses.

She also loves animals and is vice president of a pet rescue organization. She can be reached through her website: www.trueemotions.com

By presenting the program as addressing "stress reduction," rather than "mental health," the YWCA SGV hopes to reduce the cultural stigma associated with mental health issues among the Latino population.

A *Stress Reduction Toolkit* in English and Spanish has been developed that includes educational materials for outreach staff and volunteers, an assessment tool for evaluating risk for stress and depression, a care plan that addresses relevant risk factors and provides tools for building protective factors, and referrals for supportive services. The kit can be downloaded at www.ywcasgv.org and will be distributed by YWCA SGV and its 60+ collaborative partners.

The kit is designed to provide a structured framework for preventing and addressing risk factors facing the target population and will empower elders with the information they need for skill building of protective factors such as building good relationships with peers and caring family members, increasing social supports, increasing life skills, developing coping skills, reducing immigrant-specific stress, and building problem solving skills.

"From working with this target population for over 20 years, we know that the risk factors for mental health issues include being homebound, conflicting cultural values, chronic illness and/or poor health, caregiving, bereavement, abuse/victimization, untreated depression and much more," says Don Herring, Senior Services Director.

Seniors may struggle to meet basic needs, such as food, housing, transportation, and household safety, for themselves and their families," he adds. "Many of our clients are unable to read or write in English, which is hugely stressful when receiving an official document or phone call not in Spanish."

The YWCA SGV has worked with underserved, low-income Latino seniors since 1986 by offering nutritious meals, urgent case management, assistance with activities of daily living, and in-home support services to prevent abuse, neglect, and forced institutionalization.

For more information about other senior services, log on to www.ywcasgv.org

Homophobic Teasing in the Bully-Sexual Violence Pathway



If a child bullies others, would he be more likely to be sexually violent later? That's the question being tested in new studies by the National Sexual Violence Resource Center.

Because bullying is triggered by the need for control and dominance, experts postulate that aggression shaped in early adolescence could escalate to sexual harassment or even more serious behavior. In the study sample, boys and girls admitted to bullying behavior at a similar rate; however more boys reported making sexual comments and homophobic teasing than girls.

"The current waves of this study confirm a strong association between bullying perpetration and subsequent sexual harassment perpetration for both boys and girls. It also confirms that homophobic teasing is associated with co-occurring bullying perpetration and later sexual harassment perpetration.

The theory being tested, known as the Bully-Sexual Violence Pathway Theory, does not suggest that all youth who engage in bullying behaviors will engage in sexually harassing behaviors. However, what it does suggest is that bullying behavior and homophobic teasing, if not resolved or redirected, may escalate in nature.

The YWCA SGV's Respect for All program is aimed at stemming bullying behavior in middle schoolers. For more information, visit the YWCA SGV website at www.ywcasgv.org.

For information on NSVRC studies, visit:

www.nsvrc.org/publications/articles/bully-sexual-violence-pathway-early-adolescence

For federal government articles on this topic, visit

www.cdc.gov/ViolencePrevention/pdf/ASAP_-_BullyingSV-a.pdf ■