

ywca SAN GABRIEL VALLEY

our voice



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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

August 2013

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

Sept 19, 2013 at 7:00 pm
Showing of



A Documentary on Rape in the U.S. Military

The Covina Woman's Club Domestic Violence Action Coalition is hosting a screening of the Oscar nominated documentary, *The Invisible War* on September 19th at 7pm at the Covina Woman's Club, 128 S. San Jose, Covina, CA 91723. There is no charge to attend, however, the content is graphic and is not appropriate for small children.

The film investigates the epidemic of rape within the U.S. military and discusses the extent of the problem. Today, a female soldier in combat zones is more likely to be raped by a fellow soldier than killed by enemy fire. Twenty percent of all active-duty female service women are sexually assaulted. ■



EXECUTIVE DIRECTOR LISA BRABO

The YWCA San Gabriel Valley just completed its 2012-13 fiscal year. We provided life-saving and life-changing assistance to over 14,000 people. In this newsletter you will see several articles detailing some of the assistance provided. We are very thankful for your support, the people in the communities we serve. And we are equally thankful for the 350 volunteers who help provide the services so badly needed. It is also volunteers who oversee our operations and help ensure we stay on track in fulfilling our mission. These people are our board of directors, board committees, and board of advisors. You all make this agency the effective community resource that it is. Thank you!



Vera Drino Named Volunteer of the Year

Vera Drino has been named the YWCA SGV's Volunteer of the Year for 2013. A long-time Covina resident, she has been a faithful volunteer of the Meals on Wheels program for a decade.

After she took early retirement from her position as coordinator of human resources for Mt. San Antonio College, Vera said she wanted to find something to fill her time and to help others too. She found the perfect "second career" as an office assistant for the home meal delivery program, then run by the Red Cross.

When the YWCA SGV took over the meal service a few years ago, Vera continued on in her volunteer work, and she says she doesn't plan to quit anytime soon.

"What people don't realize is that you get a lot more than you give when you volunteer for this type of work," she said.

"I have a 95-year-old mother who is still able to cook her own meals and live independently, but it's nice to know that there are programs like Meals on Wheels that can help her if she ever needs it," said Vera.

Vera also volunteers as a docent at the Pacific Asia Museum in Pasadena and

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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

is a member of TLC Quilters in Covina who donate approximately 100 quilts per year for the YWCA WINGS domestic violence survivors.

Vera's compassion for others seems to have influenced her two adult daughters. Laura is an attorney who represents children affected by domestic violence and Andrea is a pet therapy volunteer at a convalescent home.

"The feeling you get when you are helping others is such a gift," she said. "If you're not volunteering, you're missing out on something good."



Shelter, Supportive Services, Restraining Orders, and Rental Assistance 2012-13 Services for Victims of Domestic Violence

The goals of the YWCA SGV WINGS Domestic Violence Program are to provide immediate safety for victims and their children, increase their knowledge about domestic violence and available resources, assist them as they make changes in their lives, and assist them in the healing process.

Community-wide, we strive to reduce the incidence of abuse and domestic violence homicides, as well as increase survivor safety and quality of life.

Services provided in 2012-13 are as follows:

24-Hour Helpline

- 1,591 calls received

Shelter

- 7,869 bed nights

Emergency Shelter (up to 45 days)

76 adults and 156 children

Transitional Shelter (up to 6 months)

16 adults and 41 children

Community Service Center

- 252 adults received care management, counseling, education and advocacy
- 748 counseling sessions were provided - 384 of these sessions were for adults and 364 of the sessions were for children.

Legal Assistance

- 192 litigants were assisted in obtaining Temporary Restraining Orders

Rental Assistance for Permanent Housing

- 25 families received an integrated package of housing location, rental assistance (financial help with rent over a period of six months to a year), care management and supportive services designed to promote long-term self-reliance and financial independence as they leave abuse relationships and relocate in the community.

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Meals, Care Management, Telephone Reassurance 2012-13 Services for Older Persons



YWCA SGV Intervale Senior Services Program provided over a half-million meals to seniors in the last year. Just less than half (43%) were home-delivered. The rest were served at 32 dining sites in East Los

Angeles and the San Gabriel Valley. A list of the dining sites can be downloaded at www.ywcasgv.org/senior_dining_locations.pdf.

The meals provide needed nutrition so that older persons can stay as healthy as possible. Many seniors are also provided with more in-depth help so that they can continue living independently in their own homes. 2,899 seniors received this

critical “care management” in the last year. Frail older persons also receive telephone reassurance calls on a regular basis to provide an opportunity for conversation and to make sure they are okay. Over 6,000 of these calls were made. A detailed list of services provided in fiscal year 2012-13 follows:

Meals Delivered to the Home

- Hot Meals: 66,286 or 265 meals daily
- Frozen Meals: 156,018 or 427 meals daily
- Meals Served at Dining Sites
- Asian Style Meals: 36,846
- American Style Meals: 262,666
- Average: 1,198 meals daily

Care Management

- Clients Served: 2,899
- Hours Provided: 10,375

Telephone Reassurance

Calls: 6,361

Dating Violence Prevention 2012-13 Services for Teens



The YWCA SGV Healthy Relationships For Teens program goals are to educate at-risk teens aged 13-19, young mothers up to age 24, and community members

about teen dating violence in order to prevent intimate part-

ner violence and assist those already experiencing violent relationships.

In 2012-13, prevention presentations were conducted at more than 40 schools and participating organizations for more than 2,000 youth. In post-tests after the presentations, 98.9% of participants reported that they know how to recognize the warning signs of abuse; 96% reported that they know where to get help if they or a friend need assistance; and 98% reported that they better understand what a healthy relationship is.

Bullying Prevention 2012-13 Services for Teens



The YWCA SGV Respect For All program goal is to prevent bullying through education and intervention. In 2012-13, over 1,000 students and teachers were trained in the curriculum and supported in implementing it. In Potrero

Elementary School in El Monte, where the Respect For All program curriculum has been implemented since 2009-10, the school suspensions have dropped from 84 in 2009-10 to only 12 in 2012-13.

The Respect For All curriculum utilizes a Four-Square Relational Model that outlines the dynamics of bullying in the four changing roles (engaging in bullying behavior, targets, bystanders, and allies). By supporting participants in moving from bystander to ally, it shifts the power from the person engaged in bullying behavior to the ally, and thus, the bully can no longer gain the power, control, and intimidation he or she is seeking. Harassment is halted through intervention and ally building of both adults and students.

As well, a “zero indifference” policy rather than “zero tolerance” policy is adopted by participating schools. This policy requires that staff respond to all known instances of bullying and harassment. Response does not mean resorting to harsh punishment such as expulsion or other severe disciplinary measures, but rather taking the behavior seriously and letting the students know that it is wrong and inappropriate. ■