

# ywca SAN GABRIEL VALLEY

# our voice



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Covina, CA 91724  
(626) 960-2995  
www.ywcasgv.org.

SENIOR SERVICES  
YWCA Intervale  
24-Hour Message Line:  
(626) 214-8465

DOMESTIC VIOLENCE  
YWCA WINGS  
24-Hour Help Line:  
(626) 987-0858

## eliminating racism empowering women

## September 2009

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

**DRIVERS NEEDED** • Volunteer drivers are needed to deliver meals to homebound senior citizens. Contact Blanca at [blancagonzales@ywcasgv.org](mailto:blancagonzales@ywcasgv.org) or (626) 214-9465. If you can help.

**SUPPLIES NEEDED** • The families in our domestic violence shelter desperately need new, unused kids' and women's sleepwear (pajamas, nightgowns, sweats, slippers, etc.) Contact Silvia at [slopez@ywcasgv.org](mailto:slopez@ywcasgv.org) or (626) 858-5279 if you can help!

## COMING EVENTS

### National Hispanic Heritage Month September 15-October 15

Celebrates the anniversaries of independence for seven Latin American countries—Chile, Costa Rica, El Salvador, Guatemala, Honduras, Mexico, and Nicaragua. The term Hispanic refers to Spanish-speaking people in the U.S. of any race.

### Empowering Women Who Want Financial Health & Wealth October 17-December 5

This course presented by UCLA Extension teaches women to take control of their financial future. For more info, contact Kenia Davalos at [keniadavalos@yahoo.com](mailto:keniadavalos@yahoo.com) or (626) 421-4438.

### Advancing Justice Conference: Asian Americans and Pacific Islanders Building New Foundations for Civil Rights October 29-30

YWCA SGV is a co-sponsor of this conference, which will address a broad range of issues facing the Asian American and Pacific Islander community. For more info, visit [www.advancingjustice.org](http://www.advancingjustice.org) or call the Asian Pacific American Legal Center of Southern California at (213) 977-7595.

FROM LISA BRABO, EXECUTIVE DIRECTOR

## Providing Services in Tough Times



It's hard to believe it's been nearly nine months since I came aboard as executive director of the YWCA San Gabriel Valley. The economic crisis has made it quite a time. The question I continually ask myself is, "What could we, what should we be doing to support community residents when resources are so tight and so many are experiencing hardship?" I'd be interested to hear your thoughts on the subject. Thus far, we've been focusing our efforts on:

Substantially increasing our fundraising, so that we can continue to provide needed services. We are working double time to identify funding opportunities and develop local partnerships that strengthen the services that can be provided, strengthen our community infrastructure, and increase our community capacity.

Providing the best services that we can. We are doing this by ensuring that we have excellent content expertise and community collaborations, are culturally and linguistically competent in meeting the needs of the diverse populations in this area, and by focusing on the quality of interaction with each and every person.

Ensuring we have quality people who are part of this agency. Our dedicated staff members and committed volunteers make this possible. Two of these amazing people are highlighted in this newsletter.

We are fortunate to be part of the San Gabriel and Pomona Valley communities, weathering this economic storm together, and doing all that we can to support one another.

## VOLUNTEER PROFILE



### Keeping Meals On Wheels Rolling

Dick Deniston has always had a heart for community service and a mind for computers and electronics. So when he retired after 20 years as head of biomedical electronics at Huntington Memorial Hospital in Pasadena, he decided to use his expertise to help others.

For five years, Dick has helped keep the Meals on Wheels program running smoothly. He is one of dozens of loyal volunteers who make up the hub of the program delivering 2,000 meals a month to homebound senior citizens in Covina, Duarte, Glendora, and West Covina.

Nearly every Monday through Thursday morning, Dick goes to the Covina Meals on Wheels office to maintain and update the computerized system that routes, schedules, and coordinates the efforts of 120 volunteer drivers who deliver a hot noontime meal and an evening snack each weekday to 90 homes.

"Dick has made himself indispensable when it comes to understanding and operating the software programs," says Don Herring, director of YWCA Senior Services. "He makes sure our operations run as smoothly as a well-oiled engine."

At 76, Dick takes time to take care of himself too, going for his daily walk before he goes into the Meals on Wheels office. "I like keeping busy—and enjoy doing work that I know is worthwhile," he says. "I especially enjoy interacting with the wonderful volunteer drivers who deliver the meals every day. It makes me feel good to contribute, and I'll keep doing it as long as I can," he says.

more on back



## STAFF PROFILE

### Achieving Her American Dream

There are more than 11 million naturalized U.S. citizens and last year, Silvia Lopez, the YWCA's Domestic Violence Services manager, finally decided to join their ranks 43 years after moving to California from Tijuana. Since immigrating at age 12, Silvia has always maintained strong familial and cultural ties to Mexico, and says she long felt conflicted about whether she was more Mexican or American.

"I'm comfortable now because I am a dual citizen, so I am both Mexican and American," she says. For nearly two decades, Silvia has dedicated her life to helping victims of domestic violence, first as an advocate and now overseeing operations of the 28-bed shelter.

She says she has often called on her personal experience as an immigrant to help her understand the isolation, fear, and confusion often felt by women who seek help at the shelter.

"Even though I didn't come from an abusive home myself, I know what it's like to feel all alone and not know where to turn," Silvia recalls. "When I see how courageously our clients work to overcome what sometimes seem insurmountable obstacles, I am inspired and strengthened," she says.

Silvia's clients and colleagues say it's her consistency and rootedness that make her an effective advocate for abused women. "She is an extremely compassionate, patient, and stable person who can handle any kind of crisis," says Edie Norris, director of Domestic Violence Services.

Later this month, as the nation celebrates Latino Heritage Month (September 15-October 15), Silvia says she will proudly acknowledge both her Mexican and American roots. She says she will mark Mexican Independence Day on September 16 with her very American family, including three grown sons and six grandchildren.

## YWCA-SGV at a Glance

Here's a brief overview of our programs today:

■ **With a \$4 million annual budget, we have been able to provide continuity of service to 10,000 local residents** by leveraging the capacity of 70 staff members with the efforts of almost 400 volunteers.

■ **Our core programs, Intervale Senior Services and the WINGS (Women In Need Growing Strong) Domestic Violence Program,** are recognized as among the most efficiently-run and effective programs of their kind.

■ **As our society continues to age, the need for senior services grows each year; today, we assist about 5,000 low-income older adults annually** through case management, outreach, education and counseling, nutrition through shared dining and home-delivered meals, and other supportive services that reduce homelessness or forced institutionalization, hunger, isolation, self-neglect and elder abuse. Each

weekday, we deliver 600 meals, totaling 150,000 hot and cold meals annually. In addition, we serve 900 meals each weekday or 225,000 annually in group dining settings.

■ **To empower victims of domestic abuse, WINGS, the second largest DV center in Los Angeles County and the only one in Gabriel Valley, serves more than 5,000 women and dependent children annually.** The program operates a 24-hour Help Line, which responds to 1,500 calls per year, a 28-bed, 45-day shelter program, and provides comprehensive community support services, public education and legal assistance.

■ **To break the cycle of violence among young people, our Teen Education Program** provides workshops on healthy relationship, signs of abuse, dating violence, and power and control.

## WHAT WOMEN WANT

A NATIONAL SURVEY OF PRIORITIES AND CONCERNS

A Summary of Major Findings



### What do women want?

Please go to the YWCA USA website, [www.ywca.org](http://www.ywca.org), to see the results of the YWCA's national survey of women's priorities and concerns.

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 [maryannborer@www.ywcasgv.org](mailto:maryannborer@www.ywcasgv.org)

Give us a call at (626) 214-9440