

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

September 2012

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

Join the YWCA SGV at September 20 Mega Mixer

Five chambers of commerce from throughout the San Gabriel Valley will be participating in a Mega Mixer at Inland Community Bank in Duarte to help members network. And the YWCA SGV along with Foothill Family Services will receive some of the proceeds. The annual event is scheduled for 5:30 to 7:30pm Thursday, September 20 at the ICB branch on the corner of Highland and Huntington. Donation is \$10 for chamber members and \$15 for prospective members.

The participating chambers are Irwindale, Duarte, Covina, Monrovia and Azusa. This event is open to the public. For information and reservations, visit www.chamberorganizer.com/Calendar/moreinfo.php?eventid=85371

“This is a wonderful opportunity for people to find out how much they and their business or organization can benefit from being part of a chamber

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EXECUTIVE DIRECTOR LISA BRABO

Please Vote!

Please vote in the November 6 election. Why is it important? Because voting determines the direction of the country on issues important to you, your family, and your community.

WHO VOTES?

- The population of voting age citizens in 2008 was 206 million; however only 71% reported they had registered to vote.
- Women outnumbered men in voting: 66%- women; 62%-men.
- Young women between ages 18-29 numbered 22 million of those eligible to vote. However, those 18 to 24 had the lowest voting rate: 49%
- Voter turnout by race/ethnicity in the 2008 election: Caucasian- 66%, African-American- 65%, Asian- American- 49%, Latino- 49%.

Every vote matters – please vote!

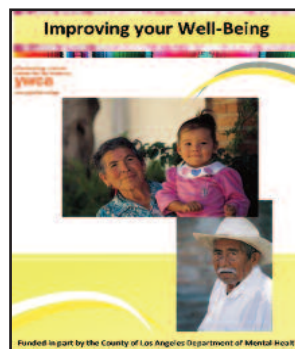
In California, you must register to vote by October 22nd.

Download the voter registration form at

www.ywcasgv.org/pdfs/voter_registration.pdf

To check if you are registered to vote, go to:

www.sos.ca.gov/elections/registration-status/



Stress Reduction Toolkit for Latino Seniors

A *Stress Reduction Toolkit* in English and Spanish has been developed for Latino seniors by staff of the YWCA Intervale Senior Services Program.

The kit is designed to provide a structured framework for preventing and addressing mental health risk factors. It empowers elders with the information they need for 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.

Download the English Kit at www.ywcasgv.org/pdfs/stress_english.pdf

Download the Spanish kit at www.ywcasgv.org/pdfs/stress_spanish.pdf

of commerce,” said Nathan Kirschenbaum, ICB vice president-regional relationship manager. “We are here to help each other.”

Nathan is the 2012 YWCA SGV Volunteer of the Year, and serves on the Finance Committee and the Community Advisory Committee.

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



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)

VAWA

YWCA Joins Law Enforcement Groups in Support of Legislation

The Violence Against Women Act (VAWA), first signed into law in 1994, is up for renewal again this fall in Congress. The YWCA is joining numerous groups, including law enforcement agencies across the country to ask legislators to renew funding for this program. Please join us in this effort! For help in contacting your legislators about this, go to <http://4vawa.org/>

“Violence against women is a national crisis that affects every American and directly impacts every police and sheriff’s department, prosecutor’s office, and court in the country. One in four women is a victim of domestic violence and three women are murdered by their abusers every day,” said Ana Interiano, Assistant Director of the YWCA WINGS Domestic Violence Program.

She also noted that 15.5 million children are exposed to domestic violence, which increases their risk for behavioral and health problems and of becoming abusers or victims themselves. Nationwide, 1.3 million women are sexually assaulted each year.

The annual cost to businesses for lost work productivity because of domestic violence is estimated to be up to \$13 billion per year, and the additional fiscal impact of domestic violence on this country is estimated to be \$5.8 billion (National Center for Injury Prevention and Control and Bureau of National Affairs).

The law provides a comprehensive approach to end violence against all individuals by bringing together the survivors, law enforcement, health care professionals, victim advocates, and service providers. VAWA gives financial support to the agencies that help survivors, and it has proven to be a good investment:

- States have passed more than 600 laws to combat domestic violence, sexual assault, and stalking, and all states have passed laws making stalking a crime
- Domestic violence reporting has increased by 51%
- The number of women killed by an intimate partner has decreased by 34%
- In one day, domestic violence programs across the country provided services to 70,648 victims, answered 23,522 hotline calls, and educated 30,134 professionals and community members in prevention and education trainings
- VAWA funded programs have saved \$12.6 billion in the act’s first six years alone, according to a 2003 report by the Center for Disease Control and Prevention.



Cupcake Camp to Benefit WINGS Program

Love cupcakes? Here’s your chance to indulge your love of baking and/or eating cupcakes while helping the YWCA SGV’s WINGS domestic violence program.

The Azusa-Glendora Soroptimists are hosting their second Cupcake Camp SGV 1-5pm on Sunday, October 14 at Glendora High School’s Event Center.

The WINGS domestic violence shelter is one of three local shelters that will benefit from the proceeds. The others are Project Sister and Stepping Stones for Women.

Cupcake Camp is a fundraising event that has caught on worldwide. Professional bakers, amateurs and kids participate in separate baking contests then donate their

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

cupcakes to people who buy tasting tickets (6 cupcakes for \$10).

Last year, the event drew 500 people. Request baking applications online at cupcakecampiisgv@yahoo.com and get updates on vendors and bakers as they sign up for this year's contest at www.cupcakecampsgv.wordpress.com.

"We are delighted to be presenting an encore to our highly successful Cupcake Camp last year," said Elaine Heisinger, president of the Azusa-Glendora Soroptimists. "When everyone has a great time and great organizations benefit, everyone wins."



YWCA USA Educates Voters for 2012 Elections

The YWCA USA offers a comprehensive 2012 voter resource website, www.ywcavote.org, to help educate all voters, especially women and people of color, about the key issues and candidates in this upcoming election.

YWCAvote.org provides detailed information, including downloadable guides, on issues key to this election, voter registration, candidate and election information, and opportunities for people become active participants.

How to vote:

- New voters must be at least 18 by voting day, be a US citizen, be a resident of your state, have no felony convictions and not be judged mentally incompetent.
- New voters can get a registration form. It's easy. To get one online for your state visit www.ywcavote.org or go to a library, post office, or government office and pick one up.
- New voters must register by early October (Oct. 22 in CA; Oct. 8 in HI and AZ.; Oct. 9 in NM and TX).
- Study the issues before you vote. You can read about them in the ballot pamphlets or you can find them also on www.ywcavote.org.
- Vote on election day! — November 6, 2012 — at your local polling place or request a mail-in ballot.

Why is it important to vote?

- Voting determines the direction of the country on issues important to women and families, such as health, education, violence against women, child care, jobs and reproductive choice.
- Voting affects the lives of the YWCA's main constituents – women and people of color.
- Voting will affect the next Supreme Court replacements.
- Each vote makes a difference. In the past a handful of votes per precinct changed the course of the election. ■