

# 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) 214-9465

DOMESTIC VIOLENCE  
YWCA WINGS  
24-Hour Help Line:  
(626) 967-0658

## eliminating racism empowering women

## December 2010

# Happy Holidays

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

**NOMINATIONS DUE  
JANUARY 19, 2011 FOR  
WOMEN OF ACHIEVEMENT**

The YWCA San Gabriel Valley is seeking nominations of women who have achieved extraordinary success in their field of work, study or volunteer service. Honorees are selected by a diverse panel of professionals, and will be the guests of the YWCA San Gabriel Valley (YWCA SGV) at the Women of Achievement Awards Luncheon on Thursday, May 19, 2011 at the Diamond Bar Center. **Nominations are due January 19, 2011.** Nomination forms can be downloaded at [www.ywcasgv.org](http://www.ywcasgv.org) or call (626-960-2995) to have one mailed to you.

### SENIOR SERVICES HOLIDAY DONATIONS NEEDS

- Electric blankets (Full size)
- Thick blankets or throws
- Robes ( one-size-fits-all or if by size, the larger the better)



**EXECUTIVE DIRECTOR LISA BRABO**  
**Happy Holidays**

On behalf of the Board of Directors and staff of the YWCA San Gabriel Valley, I'd like to wish you and yours a happy holiday and wonderful new year! May this new year be all that you hope and dream. ■



### El Monte Potrero School Pilots Bullying Curriculum

Students at an El Monte middle school are learning how bullying and put-downs of fellow students can have strong consequences. Four cases of teen suicides linked to severe bullying (including cyber-bullying) were noted in the media this year.

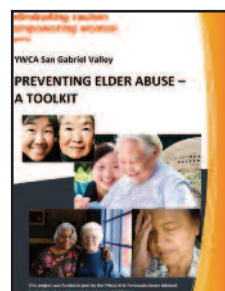
To address this growing and increasingly deadly issue, the YWCA SGV has expanded its youth education to include prejudice and bullying prevention. The Potrero School project started with training of an internal project team that conducted a community needs assessment in El Monte. The team then developed and implemented educator training workshops for teachers of grades 6-8 at the school.

Presentation of a video, *Let's Get Real* will be followed by a family forum for parents and guardians of the students. Then a youth leadership club will be formed to carry on anti-discrimination activities throughout the school year.

Funded by the state Department of Public Health and administered by the YWCA SGV, the "Respect for All" program aims to create a safe, hate-free environment by giving youth and adults who guide them the tools to talk openly about prejudice prevention.

Nearly one-half of teachers surveyed reported that they witnessed bullying or slurs directed at one student or another several times a day. Teachers also report that they are unable to address the issue in a formal way because they lacked time and tools to do so.

For information, contact Donna Distelrath (626) 214-9444 or [donnad@ywcasgv.org](mailto:donnad@ywcasgv.org). ■



### Elder Abuse Prevention Toolkit Available to Public

A "Toolkit for Preventing Elder Abuse," now available online at [www.ywcasgv.org](http://www.ywcasgv.org), is designed to increase public awareness of this growing problem. Written and published by the YWCA SGV with a grant from the YWCA of the Mid-Peninsula Donor Advised Fund, the booklet details the signs of elder abuse, in-

*continued on next page*

- Toothpaste, mouth wash, Gold Bond Powder, (any size container is fine)
  - Slippers (unisex, larger sizes are better)
  - Scarf and beanie sets
  - Larger size knit gloves with fingers
  - Sweaters (larger is better)
  - Jackets (larger is better)
- If you would like to donate, contact Don Herring, Director, Senior Services Program 626-960-2995 X 128 [donherring@ywcasgv.org](mailto:donherring@ywcasgv.org)

### HOLIDAY NEEDS FOR WINGS DOMESTIC VIOLENCE SHELTER

- Socks (all sizes)
- Underwear (all sizes)
- Sports Bras (all sizes)
- Face Cream
- Body Lotion
- African American Hair Products
- Vaseline
- Shampoo & Conditioner
- Hair Brushes
- Hair Clips
- Foot Powder
- Rubber Flip Flops
- Sweats (all sizes)
- Playground Balls
- Children's Puzzles
- Board Games
- Pots & Pans
- Plastic Drinking Cups
- Crock Pot
- Twin Size Blankets
- Twin Size Comforters
- George Foreman Grill
- Children's Booster Seats
- Car Seats
- Strollers
- Diapers
- Baby Wipes
- Propane BBQ (good condition)
- Shirts for Teen Boys
- Target Gift Cards
- Stater Brothers Gift Cards
- Subway Gift Cards
- Mc Donalds Gift Cards

If you would like to donate or adopt a family, contact Ana Interiano, Assistant Director, WINGS 626-214-9451 [anai@ywcasgv.org](mailto:anai@ywcasgv.org)

cluding physical, psychological and financial.

Now available in English, the publication will soon be available in Spanish and Chinese as well.

YWCA SGV provides case management services as well as daily meals (home-delivered and at senior nutrition sites) to over 6,000 senior citizens each year. According to national statistics, there were 461,000 investigations of elder abuse in 2004, compared to 396,000 in 2000.

"With the poor economy, we have seen incidents of elder abuse increase, as families and caregivers experience more emotional and financial stress," says Don Herring, YWCA SGV Senior Services Director. "We need the public's help in identifying possible situations of abuse so that they can be stopped."

For more information, contact Blanca at (626) 214-9465.



### YWCA Director Elected to New Homeless Council

Lisa Brabo, executive director of the YWCA SGV, has been elected to the governing board of the San Gabriel Valley Housing and Homeless Coordinating Council. Developed earlier this year by the San Gabriel Valley Council of Governments, the coordinating council was created to leverage resources among community and faith-based organizations in collaboration with local government to address homelessness. See their website at [www.sgvhhcc.org](http://www.sgvhhcc.org) for more information.

Recently named Executive Director of the Coordinating Council, Scott Chamberlain is leading the effort to increase services and permanent housing to homeless people, especially families with children.

The group's goal is to develop and implement a regional homeless services strategy. Its mission is to "serve as a unifying voice to maximize resources and build capacity to prevent and end homelessness in the San Gabriel Valley."

There are an estimated 5,000 homeless in the San Gabriel Valley, including about 800 families, however, there are only 1,224 beds in emergency or transitional/permanent shelters for the homeless in this area.

According to Scott, the chronically homeless make up only about one-third of the homeless population. "The vast majority of people who are homeless today are those who have lost jobs, foreclosed on their homes, suffered domestic abuse or experienced some other traumatic incident," says Scott. "Our goal is to put these people back on their feet by providing employment connections, social services, and longer term housing."

There are a total of 16 members on the coordinating council's governing board, including representatives from homeless groups, food banks, and houses of faith, social services, and non-profits. ■



### Duarte City Council Awards Senior Center

Pictured (left to right) are Don Herring, YWCA SGV Senior Services Director; Peggy Diamond, Duarte Senior Center Director; and Tzeitel Paras-Caracci, Mayor, City of Duarte.

At its December 14, 2010 council meeting, the Duarte City Council recognized the Duarte Senior Center for its recent designation as a Distinguished Senior Dining Center. These designations are determined annually by the Los Angeles County Area Agency on Aging, and the Duarte Senior Center was one of only 16 centers in the County to receive such a distinction this year. The staff and volunteers of the dining centers were judged on center ambiance, customer service, activities and programs, menu variety and center management, as well as food safety and sanitation. ■

## YWCA SGV New Video!

View it on YouTube at  
[www.youtube.com](http://www.youtube.com)  
(search YWCA SGV).



Visit our [facebook](#) page and become a fan of the YWCA SGV!

## 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 Program:** Presentations in schools about healthy relationships to prevent teen dating violence and provide assistance to teens in need.

**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**

**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](http://www.ywcasgv.org)

Email us at [info@ywcasgv.org](mailto:info@ywcasgv.org)  
Give us a call at (626) 214-9440

## Woman of Achievement Honoree 2010

### Kathleen "Kitty" Garvey



**K**athleen Garvey—Kitty to all who know her—is the co-founder and chief financial officer of Crestwood Communities, Inc., a builder of high-quality single family homes. Beyond her success as an entrepreneur and business woman, Kitty tirelessly supports numerous civic and charitable organizations.

Kitty and her corporation donate time and resources to support HomeAid Inland Empire, a non-profit agency that builds shelters for the temporarily homeless. She has served as Benefits Chairperson for Mary's Mercy Center and Veronica's Home of Mercy I and II, all supported by HomeAid. Mercy I provides long-term transitional housing to adult pregnant women and their children, as an alternative to domestic violence, abortion, substance abuse and/or homelessness. Her corporation was a major donor and oversaw construction of Mercy II, a new 80-bed shelter that provides housing, education, and counseling to help families achieve self-sufficiency.

As a board member of the Glendora Public Library Friends Foundation, Kitty spearheaded the gala library event, *Night on the Plaza*. During the past 10 years, it has raised over \$1 million to support the library's education and literacy outreach efforts. These include the adult literacy program *Glendora READS*, teen parent and literacy education at Arrow High School, expectant parent literacy education at Foothill Presbyterian Hospital, and Summer Reading Clubs for all ages.

Reaching beyond U.S. boundaries, Kitty has worked with her church to establish a new mission school for children in Nicaragua. Also, she has helped provide shelter, food and education to families in Mexico and the Philippines.

Kitty generously applies her time, intelligence, and enthusiasm toward building a brighter future for others. ■



## Woman of Achievement Honoree 2010

### Helen Otto

**W**hen Helen Otto moved to Glendora in 1953, it was a small city of a few thousand people. She spent the rest of her life founding and volunteering with numerous clubs and charitable organizations to build and strengthen the community she loved. Helen was known by all as someone willing to make the extra effort to support health care, education, and human services.

As a founding member of Foothill Presbyterian Hospital Auxiliary, Helen helped raise \$25,000 for the initial hospital's building fund. She dedicated over 1,300 hours to the hospital, serving with the Auxiliary, the Foothill Foundation board, and always assisting with the annual Home Tour. She was a charter member of Hope Lutheran Church and School and the Glendora Kiwanianes, affiliated with Kiwanis International. Recognizing her decades of service, Kiwanis International gave her the George Hixon and Legion of Honor Awards.

Owner of a travel agency, her business and hobby was traveling—to 114 countries and on more than 40 cruises. She formed a group of traveling partners who called themselves the Sexy Seniors. Helen graciously hosted exchange students from Azusa Pacific University and, as a member of Glendora's Sister City Association, welcomed adults from Merida, Mexico.

A model leader in the community, her years of service included the League of Women Voters, Altrusa Club International, Glendora-Azusa Soroptimists, Glendora Dance Club, San Gabriel Valley Symphony Auxiliary, Native Daughters of the Golden West, St. Lucy's Mother's Club, and Girl Scouts.

Although a major stroke left her wheelchair bound in 1999, Helen did not surrender to illness. She continued to attend meetings, often waiting hours for transportation and then cruising up hills and down driveways in her electric chair.

We honor Helen Otto posthumously as an exemplary volunteer and symbol of passion, commitment, and pluck. ■