

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

November 2010

Happy Thanksgiving

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

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)
- 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



EXECUTIVE DIRECTOR LISA BRABO Edie Norris Mourned

Edith "Edie" Norris, who was director of YWCA SGV's Domestic Violence Program, is being mourned by colleagues and friends. She passed away recently after a brief illness. She was a valued member of our organization and our community, and will be missed by many.

As a career nonprofit manager and counselor, Edie is remembered for her compassion and commitment to raising awareness about domestic violence. Before coming to the San Gabriel Valley, she served three years as executive director of the YWCA Central Orange County, and ten years in the same capacity at the YWCA in Van Wert, Ohio. Edie also was employed by the Girls Scouts, Red Cross, DOVES of Big Bear Valley and YWCA of Lima Ohio. She loved antiques and retreating to her home in the mountains. We miss you, Edie! ■

Senior Nutrition Sites Lauded

Six senior dining centers operated by the YWCA SGV were recognized recently by the County of Los Angeles Area Agency on Aging as Distinguished Sites. The six sites honored were Baldwin Park Senior Center, Basset Park Senior Center, Duarte Senior Center, La Puente Senior Center, Steinmetz Park Senior Center in Hacienda Heights, and Walnut Senior Center. There are over 100 senior dining centers in Los Angeles County and a total of only 16 senior centers received the award.



At a countywide annual awards and training meeting last month in West Covina, the County Area Agency on Aging commended the YWCA SGV dining centers for "taking the time and care to ensure that lunch is more than just a meal." The staff and volunteers of these dining centers were judged on center ambiance, customer service, activities and programs, menu variety and center management, as well as food safety and sanitation. The YWCA SGV provides meals each week day at 22 senior dining centers across the San Gabriel Valley. ■

Nominations Open 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.



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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
ana@ywcasgv.org

Nominations are due January 19, 2011. Nomination forms can be downloaded from our website www.ywcasgv.org, or call to have one mailed to you (626-960-2995).

The eligibility requirements for nominees are:

1. Reside, work, or have made significant contributions to the San Gabriel and/or Pomona Valley.
2. Be 18 years or older.
3. Have achieved extraordinary success in their field of work, study or volunteer service and exemplifies the mission of the YWCA.
4. Be available to attend the Women of Achievement (WOA) luncheon on May 19, 2011 and be available to attend the Honoree Reception/Photo Shoot the week of February 17, 2011.



Domestic Violence Grant to Fund Teen Educator

The Verizon Wireless Hopeline Program has awarded the YWCA SGV a \$10,000 grant toward funding a domestic violence educator in the Healthy Relationships for

Teens Program. By providing presentations and working one on one, the program addresses the growing epidemic of teen domestic violence by educating teenagers and young mothers.

The program provides presentations in Los Angeles County schools and local organizations, reaching approximately 1,000 young people annually. Tailored, interactive presentations can be one to four hours long and are conducted in English or Spanish depending on the need of the school or group. Topics include *Defining a Healthy Relationship*, *Signs of Abuse*, *Dating Violence*, and *Power and Control*. The curriculum includes a quiz, group discussion, Q&A, and various handouts that link youth in need to services.

For more than 40 years, YWCA SGV's domestic violence programs, including a 24-hour hotline and the second-largest emergency shelter in the county, have reach over 5,000 people annually. ■

Senior Services Receives Glendora Church Grant

Glendora Church Homes, a non-profit organization affiliated with the Glendora Episcopal Church has awarded a \$7,500 grant to YWCA SGV's Senior Services Program.

"Since one out of five residents of Glendora are senior citizens, we are grateful to receive this grant so we can serve people in this city," said Don Herring, YWCA SGV senior services director. "By delivering nutritious, low-cost meals, we are enabling more seniors to remain in their homes longer."

During fiscal year 2010-11, the YWCA SGV projects that its Meals on Wheels program will deliver to 65 Glendora residents a total of 7,440 noontime meals and evening snacks.

In addition to Glendora Church Homes, other community partners include the City of Glendora CDBG program, the Glendora La Fetra Center for Seniors and over 30 individual volunteers in the Glendora area.

YWCA SGV's Senior Services Program also provides urgent case management for low-income elders who are in crisis or at high risk for illness, injury or harm. Case Managers link seniors with needed safety net services including affordable medical care, meal delivery, abuse prevention, in-home supportive services, homemaking-housekeeping, personal care, respite services, transportation, education, information and referrals.

"We teach seniors and caregivers to navigate care systems, and gain access to com-



YWCA SGV New Video!

View it on YouTube at
www.youtube.com
(search 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

Email us at info@ywcasgv.org

Give us a call at (626) 214-9440



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

community-based, multicultural health and social services," said Mr. Herring.

Each of the Senior Services Program's six case managers are bilingual or multi-lingual (English, Spanish, Mandarin, Cantonese and Vietnamese). ■

Woman of Achievement Honoree 2010 Susan Wang



With a degree in computer information systems, Susan Wang was hired by the non-profit organization AARP in 1989. Today, she is AARP's Systems Administration Manager. Outside of work, Susan volunteers her expertise to mentor AARP's only all-Chinese speaking chapter and has helped it grow to 500 members. Assisting seniors, women, and the disabled is her passion.

After receiving a Master's Degree in Gerontology, she earned a real estate license and became a Senior Real Estate Specialist through the National Association of Realtors. Knowing that their home is the biggest asset of many seniors, Susan became well-informed about senior housing issues. She is a popular speaker at senior centers in the San Gabriel Valley, addressing such topics as "To Move or Not to Move—Seniors' Housing Choices and Alternatives," "Everything You Need to Know About Assisted Living," and "How to Age-in-Place." Recently, she helped the City of Lakewood sponsor its first Senior Housing Summit.

Susan has been vice president of the Educational Foundation of American Association of University Women, raising scholarship funds to help women continue their studies after college. She has served on the board of Cal State Polytechnic University in Pomona and has helped the Alumni Association raise scholarship funds. Dedicated to helping the physically and mentally challenged, she has served on the board of the Eden Foundation for People with Disabilities.

Well-educated and versatile, Susan uses her knowledge and leadership skills to support and strengthen the people in her community. ■

Woman of Achievement Honoree 2010 Gwen Lamcombe



Her goal is to prevent crimes in the future by establishing trust and building relationships with youth today. Gwen Lacombe began her career with the Glendora Police Department in 1989. She soon recognized her preference for positive interactions with people and for proactive crime prevention.

In 1996 she became a DARE (Drug Abuse and Resistance Education) officer in Glendora and Charter Oak Unified School Districts, establishing a bond of trust with fifth grade students. Scared and troubled youth often sought out Officer Lacombe for help.

In 2005 she became a School Resource Officer for Glendora Unified, where her influence expanded as an educator, counselor, and advisor to students during their critical teen years. At Glendora High, Gwen established the Anti-Violence Club, which has a mission of preventing violence on campus and promoting tolerance. Under her guidance, students talk regularly about stereotypes, limiting reactive behavior, and the many forms violence takes—from words to physical aggression. She arranged for club members to attend an anti-violence conference.

In the classroom, Gwen teaches drug prevention, traffic safety, and the rights and responsibilities of 18-year-olds in our society. She is also a longtime mentor and recruiter for Police Explorers. For students, Officer Lamcombe is a trusted counselor, a persuasive advocate of tolerance, and a powerful role model of a woman in a job traditionally held by men. ■