

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 2010

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

Tickets are on Sale Now For Domestic Violence Gospel Stage Play "SAVE US!"

September 18, 2010

The Haugh Performing Art Center
1000 W. Foothill Blvd., Glendora, CA.
See the article on page 2 or for more
information call: 951-656-1400

CAR RAFFLE EXTENDED TO NOVEMBER 1, 2010



Win a 2010 Nissan Altima Valued At Over \$30,000!

\$20/ticket or 3 for \$40

Order tickets online www.ywcasgv.org
or call 626 214-9442

All proceeds benefit YWCA San Gabriel Valley's programs for victims of domestic violence, senior citizens, and teens.

If you have already purchased tickets we will contact you to give you more details.



EXECUTIVE DIRECTOR LISA BRABO

Elderly Suicide Rates Seen Rising Dramatically

This week is National Suicide Prevention week, and advocates of geriatric mental health are forecasting that, as the population ages, the number of older persons suffering from mental illness will double over the next 25 years. Among that population, the rate of suicide is 50% higher than any other age group (Geriatric Mental Alliance of New York City).

Depression is the single most common risk factor for suicide among the elderly. Other risk factors include chronic conditions, isolation, substance abuse, family discord, and access to firearms. The YWCA SGV Senior Services care management program can help address some of these issues, and provide linkages with mental health services as needed. Call (626)-214-9465 for assistance. ■



Football Rivals Team Up to Benefit WINGS

When cross-town high school football rivals Glendora and Charter Oak faced off at their season opener earlier this month, there was a new spirit of camaraderie in the air. In a game where there is usually only one victor, both teams knew they were already winners, even before setting foot on the field.

Earlier, the four dozen players and cheerleaders from each school had teamed up to raise \$4,646 for the YWCA's WINGS program. For four hours on a Saturday afternoon, they donned their uniforms and stood on busy street corners to collect donations from passers by for the domestic violence shelter and counseling programs provided by the YWCA-SGV.

"We used the Firefighters Assoc. fundraising program for MDA as a model, and asked people to drop a dollar in our helmets," says Greg Vaniman, the Glendora High football coach who conceived the fundraising idea. "We had teams of twelve, with players and cheerleaders from both schools on each team."

According to Greg, the students' enthusiasm won over many donors, some who gave as much as \$50 to the cause. In one day, they raised nearly \$3,000. Then each school's booster club caught the fever, and donated more than \$1500.

Glendora defensive lineman Justin Adema recalls the day's events. "It was fun, I enjoyed spending time with my teammates and the guys from Charter Oak. The best part it was all for a great cause."

Based on the success of this effort, Greg says they are likely to make this an annual fundraising drive. ■

YWCA SGV New Video!

View it on YouTube at
www.youtube.com
(search YWCA SGV).

Temporary Energy Assistance Available through 9-21-10 THE GAS COMPANY

Income-qualified families can receive a one-time grant of up to \$1,500 to pay off past due utility bills and avoid shut-offs. The Temporary Energy Assistance for Families (TEAF) program, which will make up to \$10 million in funds available to qualifying customers through September 21, 2010, is administered by The Salvation Army under the auspices of the California Department of Social Services. Customers can apply for grants by visiting a Salvation Army office, or by contacting The Salvation Army toll-free at 1-800-933-9677. Funds are available on a first-come, first-served basis, until they are no longer available.

Federal stimulus money funds 80 percent of the TEAF program, with a requirement that the remaining 20 percent of funding comes from non-federal money. To further assist low-income customers, The Gas Company sought and secured California Public Utilities Commission approval to leverage existing assistance program dollars, which will help fund the remaining 20 percent needed for the TEAF program.

Senior Home-Delivered Meals

Funded by **Bank of America** 

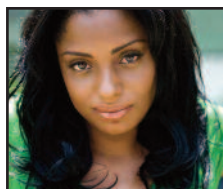
More low-income senior citizens in the San Gabriel Valley who depend on home-delivered meals will be able to continue to receive them, thanks to a recent \$7,500 grant from the Meals on Wheels Association of America (MOWAA) and the Bank of America Foundation.

The funds will pay for 1,500 meals, which were threatened with cuts because of the poor economic climate. This financial help is desperately needed as many Meals on Wheels programs across the country are having trouble meeting increased demand for meal services during this economic downturn.

Over the past year, many Meals On Wheels programs were forced to change or reduce their services, but the Bank of America Charitable Foundation has come forward to help restore those meals. The foundation has provided a \$500,000 grant to MOWAA, half of which is helping Meals On Wheels programs across the U.S. bring back meal services that were cut.

"As an increasing number of seniors and families are experiencing hardship, we are proud to partner with the YWCA SGV to help put meals on the table in homes across our community," says, Bank of America's Cathy Paredes, who has helped organize local bank employees to help deliver meals.

Late last year MOWAA released a groundbreaking study revealing that six million seniors in America face the threat of hunger. The report, entitled *Senior Hunger in the United States: Differences across States and Rural and Urban Areas*, found that the number of seniors facing the threat of hunger jumped an astonishing 20% in just one year. The Bank of America Charitable Foundation/MOWAA Emergent Meal Grant Program is intended to help combat this major problem and bring more meals to our hungry seniors. ■



Local Gospel Play September 18th Brings Domestic Violence to Light

A new gospel play by local actor and TV producer MeLeah Robinson will focus on how one courageous woman recovers from domestic violence. The YWCA SGV will be on hand opening night next month to provide information and referrals for abused women.

"*Save Us!*, is a story of redemption and hope," says MeLeah, who wrote, produced and directs the production. "I want children and young adults to understand that it's never too late – there is always hope in God."

The play tells the heart-wrenching story of a mother trying to make it on the streets while raising her children. Not knowing where to turn, she ultimately finds her way and finds redemption.

Save Us! opens at 7 p.m. September 18th at the Haugh Performing Arts Center on the Citrus College campus in Glendora. Local actors, singers, and other talented community members will be featured.

The production is part of a larger effort by MeLeah and her From the Heart Productions company to help underserved children and youth through the performing arts. For information, visit <http://fromtheheartproductionsonline.com> or call MeLeah Robinson at (909)656-1400.

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
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Woman of Achievement Honoree 2010 Susan Kane, PhD

As a scientist, educator, and community leader, Dr. Susan Kane understands the power of knowledge, and she opens the doors of opportunity to give others access to education.

A biologist and professor at Beckman Research Institute of City of Hope, Susan investigates drug resistance in cancer cells, with the goal of developing better drugs to treat cancer. She joined City of Hope in 1990 and by 2001 was named chair of the Department of Molecular Medicine, becoming the first woman to lead a research department at the facility. She is a respected member of the national and international scientific community, frequently publishing and serving on committees and grant review panels.

Susan combines her love of science with a passion for educational equality for women and minorities. As co-director of the California State University, Los Angeles – City of Hope Cancer Collaborative, she encourages the participation of more minority students and minority faculty in cancer research, especially as it relates to cancer disparities in minority populations. She also mentors students and postdoctoral trainees in her lab.

As further testament to Susan's belief in education, she was a board member of Pasadena Unified School District and is an organizer of Science Day for Middle School Girls. During Science Day where 150-200 girls from Pasadena schools participate each year in workshops and hands-on science. Susan also serves on the boards of Young & Healthy, a non-profit organization that connects uninsured children with dedicated health care professionals, and the Oak Crest Institute of Science, another non-profit that provides biomedical research experiences to community college students and others wanting to gain access to cutting-edge bench science.

Dr. Susan Kane is an influential role model who uses her intelligence and education to overcome major health challenges, assist uninsured children, and create educational opportunities for girls, women and minorities. ■



Woman of Achievement Honoree 2010 Patricia Serio

Patricia Serio is clearly a successful business owner. In 1973 Pat and her husband started Serco Mold, Inc., then a small plastics manufacturing business that also sold tools for the molding industry. In 1985 the couple divorced, and Pat took over the business, buying out her former partner.

By 1995, the corporate offices had grown to four buildings. Under the skilled guidance of Pat, the company has expanded in Covina and added a plant in Arizona, totaling over 50,000 square feet of high-tech manufacturing facilities. "Men didn't believe I had done it on my own," says Pat, "and as I look back I realize I did have a lot of help. At critical junctions, there has always been an 'Angel on my shoulder.'"

Pat blends a keen business sense with a fierce loyalty and generosity to her employees. The result is an operationally efficient, profitable and healthy company

Beyond that, Pat is generously dedicated to serving a broader community. For more than 40 years she has given generously of her time, her talents, and her treasure to support the efforts at Covenant House, an agency that provides food and shelter for thousands of California's homeless and runaway youths.

In addition to serving on the Covenant House Board and numerous committees, Pat takes time to interact with these young people and delights in funding their annual trip to Disneyland. In 2009 she was honored at their Gala, but her real honor is putting joy in the lives of the kids.

Pat is acutely sensitive to the boundaries imposed on women in the workplace. If you ask her about it, she will simply tell you, "It is all about your vision and belief in yourself." Pat Serio is a living testimony to all women that boundaries are nothing more than stair steps. ■