

# 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

## March 2010

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

Download our new brochures at

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

- YWCA San Gabriel Valley
- WINGS Domestic Violence Program

Visit our **facebook** page and become a fan of the YWCA SGV!



## COMING EVENTS

### Stand Against Racism and YWCA SGV Open House

**April 30, 2010** See article on page 2.

Register online at [www.ywcasgv.org](http://www.ywcasgv.org)

### 37th Annual Tennis Classic Fundraiser May 7, 2010

This fundraiser supports the Domestic Violence Program. Contact the Chair, Ann Baker, at [annbaker@cox.net](mailto:annbaker@cox.net) or (858) 481-1011 for more details.

Please go to our website ([www.ywcasgv.org](http://www.ywcasgv.org)) for sponsor information, registration forms and online registration.

**May is  
Older Americans Month**



### EXECUTIVE DIRECTOR LISA BRABO

### WOMEN MAKING HISTORY

So many of the trail-blazing women who came before us did not see themselves as heroes. They didn't know that by opening the proverbial door before them, generation after generation would then be able to step forward to the next threshold, and the next threshold, and the next. This month, this Women's History Month, take a moment to appreciate the women around you – these seemingly ordinary women who are opening their proverbial doors, and making history with each turn of the knob. ■



### LOCAL MAYORS HELP RAISE AWARENESS OF SENIOR HUNGER

Local mayors from Covina, West Covina, Duarte, and Glendora are being invited to help raise awareness of senior hunger this month by participating in Mayors for Meals. Part of the national March for Meals campaign, Mayors for Meals is designed to educate the public about the need for supporting programs such as Meals on Wheels, which help ensure seniors get adequate nutrition daily.

"Making sure our seniors get proper nutrition is an important job," says Don Herring, director of senior services. "This campaign helps remind us that there are literally thousands of seniors in our cities locally who are not able to fend for themselves and the wonderful volunteers who deliver Meals on Wheels can be a lifesaver for them."

On March 10, dozens of local Meals on Wheels volunteers and the mayors will be recognized at a breakfast ceremony at Intercommunity Hospital in Covina. Every weekday, YWCA SGV volunteers deliver 100 meals to home-bound individuals, regardless of income. Meals are also delivered by paid staff to indigent residents in other cities, such as Pasadena and Alhambra through a government-funded program.

Meals on Wheels drivers, such as Richard Allen, say they volunteer because they want to give back to the community. "I really feel that it's my turn to help someone, and I get a good feeling from being needed," says the retired meatcutter. He juggles his volunteer work with a second career as an insurance agent.

For information about how to volunteer for Meals on Wheels or if you know a senior who needs meals or other assistance, call the YWCA Senior information line at (626) 214-9465. ■

*Continued on next page*

## **“Life and Leadership in a Diverse and Changing World” Conference and Women of Achievement Awards Luncheon**

**June 17, 2010**

To be held at Cal Poly Pomona, Bronco Student Center. Please go to our website ([www.ywcasgv.org](http://www.ywcasgv.org)) for conference overview sponsorship information and online registration.

## **Power of Positive Thinking Topic of Women’s Leadership Conference**



As the corporate diversity affairs specialist for Nordstrom, Inc., Colleen Fukui-Sketchley is a living testament to the power of positive thinking. The Seattle native will discuss how the right attitude could make the difference between failure and success. The closing speaker for the YWCA SGV’s Women’s Life and Leadership Conference June 17 at Cal Poly Pomona, Colleen will also talk about how Nordstrom develops corporate initiatives to increase diversity and improve customer service among its workforce, through community outreach and contributions.

Colleen is a working mother who is active on community boards, including serving as chair of the Center for Asian Pacific American Women, president-elect of the University of Washington Alumni Association, and a member of the Friends of the Educational Opportunity Programs (EOP) for the University of Washington’s Office of Minority Affairs and the Washington State Business Leadership Network.

She has been with Nordstrom since graduating with a BA in speech communi-

*Continued on next page*



## **Students to Lead the Stand Against Racism Locally**

Students from San Gabriel and Pomona Valley are among the leaders in the national Stand Against Racism campaign, sponsored by YWCAs across the U.S. Locally, the YWCA SGV is working with Diamond Bar High School’s student body organization and other student-run clubs to invite parents and community leaders to campus on April 30, the day designated to help eliminate racism and celebrate diversity.

“We have a very diverse student body, and many of our students have family members who are immigrants from other countries,” said Robin Rocco, student activities director. “We’re inviting those family members to come and speak about their experiences, whether it’s crossing the border from Mexico or coming to California as a student from China. The idea is that we can all learn from the varied experiences of our parents and others who have endured racism and other types of oppression to make it possible for us to be here today.”

Dozens of high schools, colleges and universities, as well as businesses and community organizations locally, have been invited to participate in whatever way is most meaningful for them. Last year, 31,000 people took the pledge against racism in campaigns led by YWCAs in New Jersey and other eastern states. This year, the campaign is going national, and aims to expand to more than 100,000 participating sites. For more information or to register your organization, visit [www.standagainstracism.org](http://www.standagainstracism.org). ■



## **ADVISORY COUNCIL PROFILE Ann Baker Chairs Tennis Classic for 37th Year**

If one had to select a single word to describe Ann Baker, it might be “persevering.” When many others might have turned in the towel long ago, she is still one of the top fundraisers for the YWCA SGV. She’s been a volunteer in the YWCA-SGV for more than five decades, and this year marks the 37th year as chair of the YWCA WINGS Tennis Classic - with the biggest part of the proceeds benefiting the WINGS Domestic Violence program.

Since she founded the event, Ann estimates the annual charity function has netted \$2.5 million to help support the YWCA’s local domestic violence shelter and counseling program. This year’s event, set for May 7 at the Claremont Club in Claremont, is expected to raise another \$50,000, with 200 men and women playing in a round robin format and 100 sponsors contributing auction items or cash.

“My late-husband always said I was a one-trick pony,” says Ann. “I’ve been doing this for so many years because I love tennis, which is the perfect vehicle to raise money for women’s programs.” She says that knowing the proceeds of the event have made a contribution to helping domestic violence victims also keeps her going. The 78-year old grandmother of five has continued chairing the Tennis Classic for the YWCA SGV even after she retired with her husband in 1995 to Solano Beach, near San Diego.

Ann says she could not do what she does without the help of a great team of 12 to 15 committee volunteers – many of whom have been involved for more than 25 years. Event co-chair Meredith Flanagan has been on board for 32 years. While there is an astounding number of women who have played in the classic for decades, Ann says she also

*Continued on next page*

cations from the University of Washington in 1994.

Also featured at the conference will be the Women of Achievement Awards Luncheon, which honors local women who have made significant contributions to their community or profession. The opening keynote speech will be given by noted psychologist and author Ana Nogaes, who will speak on "Latina Power." Workshop sessions will feature topics such as "Being a Leader in a Diverse World," "From Stress to Success" and "Making Change Through Political and Community Involvement."

For registration and information, visit [www.ywcasgv.org](http://www.ywcasgv.org) or call 626-214-9442.

### **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**

encourages the participation of the younger generation of women, including her own daughter and her tennis-playing friends.

Major long-time sponsors include Grand Printing, Karen Crisci of Magnolia, Industry Manufacturing Council and the Claremont Club.

The WINGS Tennis Classic has had an impressive history, reaching its zenith from 1986 to 1994, when celebrity host and actor Robert Wagner helped draw as many as 400 participants and as much as \$189,000 in annual revenues. Over the years, Ann notes that many celebrities, such as Dionne Warwick, Rich Little, John Forsythe, Terry Bradshaw and tennis greats Jimmy Connor, Evonne Goolagong, Tracy Austin and Chris Evert have also brought notoriety to the event.

No longer a celebrity event, this year's classic continues with round robin tennis and will feature exhibition matches by ranked junior players, a fashion show, music by Clark Atterbury, a silent and live auction, and a luncheon for participants and friends of the YWCA SGV. To register to be a sponsor or participant, visit [www.ywcasgv.org](http://www.ywcasgv.org) or contact Ann at [annbaker@cox.net](mailto:annbaker@cox.net) or (858) 481-1011.

Throughout her career, Miki says she has seen how non-profit organizations can make a huge difference in communities, and considers her life's work to be a part of making that difference. ■

**eliminating racism  
empowering women**

**YWCA Founders Remembered  
During Women's History Month**

**D**uring March, Women's History Month, we look back at some of the remarkably visionary women who launched the YWCA San Gabriel Valley and also at those who have helped grow and sustain the organization for the last 75 years.

Los Angeles was a boomtown, but the San Gabriel Valley was still a rural, agricultural outpost when a group of 30 dedicated women founded the YWCA here in 1935. Anticipating growth from the new roads and freeways that would soon be built, they had the vision of serving a diverse population, particularly of immigrants, attracted to the area's rich agricultural lands. By the end of World War II, the valley and its surrounding suburbs had indeed experienced a huge population boom, and two more YWCAs, La Verne and Foothills in Glendora were organized then.

From the later 1940's through the 1960's, the YWCA San Gabriel Valley offered a wide variety of classes and programs to help women enrich their lives and the lives of their families. Program offerings included swimming classes, teen clubs, Spanish conversation clubs, a thrift shop, a career clinic for high school students, conferences on racism, child care and services for the poor.

In the 1970's, the face and economics of the San Gabriel Valley and all of Southern California was changing rapidly. A large influx of Chinese, Vietnamese, and Mexican residents and increase in businesses and housing were increasingly urbanizing the area. As a member of the world's largest multi-cultural organization, the YWCA San Gabriel Valley was quickly able to respond by partnering with other local organizations to help immigrant communities learn English, acclimate to American society, and gain job skills.

Also in the 1970's the growing number of women in the workforce created a need for more child care, so the YWCA developed programs that focused on child development and teaching interpersonal relationships in a multi-cultural community.

The 1980's and 1990's saw an expansion of YWCA services to meet the needs of senior citizens and women experiencing violence at home. The original rape crisis hotline established by volunteers in the 70's was quickly expanded to meet the desperate needs of women suffering domestic abuse. Today, WINGS Domestic Violence Shelter and Outreach

## HOW YOU CAN HELP THE YWCA SGV

**Request a Presentation** - Learn about the issues facing community residents and the help available through the YWCA SGV.

**Intern or Volunteer** - We provide field-work opportunities for interns and volunteer jobs for community residents.

**Make a Cash Contribution** - This can be done via cash, check, credit card, online ([www.ywcasgv.org](http://www.ywcasgv.org), "donate" button) or a matching gift via an employer.

**Leave a Bequest in Your Will** - This can take many forms, including a specific dollar amount, a percentage of your estate, or a gift of stocks or other securities.

**Give an In-Kind Gift of Products or Services** - Donating specific needed items helps the YWCA SGV reduce operating costs and gives you a tax credit for market value.

is the second largest domestic violence shelter in Los Angeles County, serving more than 9,000 women and children annually. It is one of the few facilities in the county that accepts teenage boys up to age 18 with their mothers into the shelter environment.

The YWCA serves 1,500 hot meals to seniors daily, thanks to a dedicated pool of volunteers who deliver the meals to the homebound and others who help serve groups of seniors at 20 nutrition sites. ■



## Making Smart Choices Helps Seniors Avoid Food Insecurity

Recent studies have shown that more than five million senior citizens—**R**one in nine older Americans—experienced some form of food insecurity, about half from malnutrition. Of these, about 2.5 million were at risk of hunger, and about 750,000 suffered from hunger due to financial constraints.

Unexpectedly, researchers say hunger cuts across the income spectrum. For example, more than half of all seniors who are at-risk of hunger have incomes above the poverty line. Likewise, senior hunger is evident in all demographic groups. More than two out of three seniors at risk of hunger are white.

Home delivered programs, such as Meals on Wheels, operated by the YWCA SGV locally, can help ensure that seniors, regardless of income, have a nutritionally balanced meal daily. Here are some easy-to-follow guidelines from the Meals on Wheels of America Association on creating a meal that will help seniors (and everyone else too) maintain their health:

- **Focus on good carbs.** Opt for whole grain nutrition (brown rice, whole wheat bread, rolled oats, barley, millet), not refined "white" products, such as white bread, white rice, or products made with white flour.
- **Raw equals roughage!** Aim to eat at least one daily serving of your fruits and vegetables raw. This not only preserves their nutritional value, it's an easy way to eliminate constipation. Raw fruits and veggies are loaded with fiber, vitamins, minerals, and enzymes to aid digestion. Plus, there's no preparation involved. If you have difficulty biting or chewing, cut your apple or carrot into bite-sized pieces. Or try a green salad with grated zucchini.
- **Steaming is the best way to cook vegetables;** it preserves nutrients. Light sautéing is next. Boiling leeches nutrients—but you can use the leftover cooking water as soup stock!
- **Go lean on protein.** Fish, poultry, eggs, beans, peas, nuts and tofu all count as protein, so it's easy to vary your healthy protein choices. Try skinless turkey or chicken, or fish, baked, broiled, grilled, steamed or poached, and you'll savor the flavor while adding healthy, low-fat, low cholesterol nutrition to your diet. Go easy on red meats, which contain saturated fat, and on salty meats such as bacon or ham.
- **Bone up on calcium.** All dairy products are not created equal. Milk, cheese and yogurt retain their calcium content; cream cheese, cream and butter do not. As part of a healthy senior diet, choose fat-free or low fat dairy products. If you're lactose-intolerant, consider lactose-free and lower-lactose products, such as hard cheeses and yogurt. Or, a calcium supplement might be a better way for you to meet your calcium requirement.
- **Choose first-rate fats.** Get your "good" fats from oils such as olive oil and sunflower oil, avocados and avocado oil, nuts and seeds.
- **Keep it moist.** In addition to drinking enough water each day, aim to consume foods with a high water content. Staying properly hydrated flushes toxins from your body, relieves constipation, helps keep your joints flexible and your mind clear. High water content foods include melons, grapes, cucumbers, onions, apples, cabbage, and, of course, soup! ■