

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

November 2011

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



HOLIDAY WISH LISTS YWCA San Gabriel Valley

INTERVALE

Senior Services Program New Items Only, Please

- 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)

Wish Lists continued on next page



EXECUTIVE DIRECTOR LISA BRABO

Thank You!

In this Thanksgiving month, we are thankful for you. You are our supporters, volunteers, clients, board of directors, vendors, donors and staff. We are grateful to you for such an expansive and diverse family. You are awesome!



CLIENT SPOTLIGHT

Home Visit Brings Help to Needy Senior

The following is a composite client profile developed to showcase how the YWCA SGV's Senior Services program provides much-needed help to older persons.)

Ella, a 69-year-old San Gabriel Valley resident, contacted the YWCA SGV when she faced the threat of eviction. She was living alone in a mobile home without assistance and could no longer manage the yard work required to keep up her property's trees.

The manager of Ella's mobile home park had given her two weeks to trim the branches of a tree that had been growing from her property onto a neighbor's property and threatened her with eviction if she failed to do so. Ella was panicked because she couldn't afford to hire anyone to trim the tree and couldn't do the work herself.

The YWCA SGV's case manager responded to her urgent call with a same-day home visit. Within two days, the case manager had found a landscaper to clear the tree branches at no charge, so eviction was no longer a threat to Ella.

But the home visit revealed that Ella had other problems. She suffered from chronic severe pain in her knee, osteoporosis, hypertension and mild depression.

Her physical impairments made it nearly impossible for her to shop for food or perform housework. She frequently experienced nausea when she tried to walk short distances.

To help Ella stay in her home, YWCA SGV provided a home health aide to shop and cook for her, as well as to keep her on her medication. She also has home delivered meals on weekdays and her case manager checks in with her periodically.

Today, Ella's depression is gone and her health has improved greatly. She is able to continue to live in her own home with the assistance of the YWCA SGV. ■

WINGS
Domestic Violence Program
New Items Only, Please

- African American hair products
- Baby Bottles
- Baby Wipes
- Barbies
- Board Games: *Trouble, Catch Phrase, Mancala, Connect Four, Pictionary*
- Body Lotion and/or Body Wash
- Burger King gift cards
- Children's meal booster seats
- Craft items
(face paint, yarn, art paper etc.)
- Diapers
- Face Cream
- Family DVD's (no rated R's)
- Foot Powder
- Grocery Gift Cards
- Hair Brushes
- Hair Clips
- High Chairs (including one's that attach to the chair)
- Infant Care Products
- Infant Toys
- Kid DVD's
- McDonald's Gift Cards
- Pillows
- Playground Balls
- Propane BBQ
- Rubber Flip Flops
- Shampoo & Conditioner
(not trial size)
- Shirts for Teen Boys
- Socks (all sizes)
- Sports Bras (all sizes)
- Stater Brothers Gift Cards
- Strollers
- Subway Gift Cards
- Sweats (all sizes)
- Target Gift Cards
- Toaster Oven
- Towels (bath, hand towels)
- Twin Size blankets
- Twin Size comforters
- Underwear (all sizes)
- Vaseline

Wish Lists continued on next page



DOMESTIC VIOLENCE PROFILE

Ending the Cycle and Beginning Anew

The following is a composite profile of a domestic violence victim who has changed her life, thanks to the YWCA SGV's services.

Patricia was a victim of emotional, verbal, and physical abuse for five years. She had left her partner three times before entering the YWCA SGV's shelter program.

During her stay in the program, she participated in individual and group counseling, developed a plan of action, and consistently met with her case manager, housing and legal advocate. She learned about the dynamics of abuse and how to identify a potentially dangerous situation. She received legal assistance and was granted a restraining order by the court to keep her abuser from harming her again.

After her emergency shelter stay of 45 days, she entered the transitional stage housing program, where she gained confidence by also enrolling in ESL classes and applying for jobs.

The good news is that she was just hired by a local business and continues taking ESL classes in hopes of one day enrolling in nursing school. ■



Paul Avila Offers Seniors Insurance Advice

As an expert on Medicare and private insurance options for senior citizens, Paul Avila has helped hundreds of individuals get the maximum benefits to which they are entitled. During the last two years, he has also been sharing his expertise with the YWCA SGV as a member of its Advisory Board. (The Advisory Board is made up of community leaders who provide specialized knowledge to assist the Board of Directors in its decision-making.)

"I've seen too many older women who were barely able to survive in their retirement because they could not claim all the benefits earned by their deceased spouses," says Paul. "I help them navigate the system and figure out how they can improve their lives."

Paul also serves in a similar advisory capacity to the Queen of the Valley Hospital Senior Services and on the small business advisory committee of the AQMD. He volunteers at his church, St. Louise Catholic Church in Covina, and is a member of the American Legion. Paul (a Vietnam-era veteran), also serves on the GI Forum. He lives in Covina and maintains an office in West Covina. ■



YWCA Expands Domestic Violence Services

The poor economy and scarcity of living-wage jobs is driving more people to the YWCA's domestic violence and senior citizens' programs, prompting the agency to broaden its services to meet the increasing demand.

Women at Work is now providing employment assistance at the YWCA offices, and the length of stay for the domestic violence shelter has been extended from 45 days to six months, providing women and their families a longer transitional period to obtain permanent housing and jobs.

"It's become increasingly difficult for our clients to find long-term solutions to their housing and job issues," says Lisa Brabo, executive director of the YWCA

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Wish Lists on Amazon.com

Purchase and ship wish list items directly from Amazon.com! The links are below.

Link for WINGS:

<http://amzn.com/w/9BRHRZ82UTJJ>

Link for Intervale:

<http://amzn.com/w/ZDGTXYK70Y4S>

Adopt A Family

If you would like to purchase presents for a domestic violence survivor family for the holidays, please contact Ana Interiano at 626-214-9451 or anai@ywcasgv.org.

Winners of Apps Against Abuse Challenge

The White House "Apps Against Abuse" technology challenge called for software innovators to harness the power of mobile technology to help prevent dating violence and abuse by keeping young adults connected to trusted friends and providing easy access to important resources for help including local police and abuse hotlines. The two winners, *Circle of 6* and *On Watch*, will be available for free public download beginning early 2-12. Descriptions are below.

Circle of 6 - This iPhone app makes it quick and easy to reach your circle of supporters and let them know where you are and what you need. It takes two touches to get help. The app uses text messaging to contact your circle, uses GPS to locate you when needed, connects to reputable domestic violence organizations, and asks contacts to take a pledge on Facebook to stop violence before it happens.

On Watch - This is an iPhone app that lets you transmit critical information by phone, email, text, and social media to your support network. You can check in with friends, call 911 or campus police with two touches of a button, set countdown timers that send messages and GPS information automatically if events or activities don't go according to plan, and connect to sexual assault, dating violence and domestic abuse hotlines.

SGV. "Our goal is to provide survivors with all the support they need to get back on their feet, a process that often takes months, not weeks."

To accommodate more residents for the longer period, the YWCA SGV is planning to add three new bedrooms, which expands the shelter's capacity to eleven families at a time. "We are still fundraising to renovate the shelter to add on," says Lisa. Thanks to the generosity of funders, more than \$500,000 has already been raised toward the \$730,000 needed to complete the addition and related renovations. Current funders are the City of Covina Redevelopment Agency (\$330,000), the Ahmanson Foundation (\$100,000) and the Ludwick Foundation (\$100,000). ■



Apps for Aging in Place

"Independent living," or "aging in place" essentially mean the same thing: staying in your own home as long as you're able, as opposed to moving to a healthcare environment. A growing number of downloadable software applications ("apps") can be used by those who are living independently or by caregivers as a means to remotely keep in touch, monitor and, if need be, assist those in need. Some examples are below. *Source: AARP Bulletin*

Instant Heart Rate - (iPhone, iPod touch, iPad, Android; free). Place your finger over the LED camera, and in ten seconds you'll know how fast your heart is beating — no external hardware needed. Because your skin is translucent, it's able to watch your blood pulsing. The upgraded version (99 cents for Apple, \$2.99 for Android) allows you to customize an exercise routine and track your progress, and includes a target heart-rate zone calculator.

HeyTell (for iPhone, iPod touch, iPad, Android; free). Stiff fingers? Not a problem. This voice-based tool that lets you send, receive and record texts and calls with the touch of a single button. It not only instantly connects you to friends and family vocally, but also shows everyone's location, in case you need to find each other (different privacy levels can block the information if you prefer). And messages also can be saved and exported to Facebook and email.

For Caregivers – iCam - If a loved one has a computer with a webcam, the iCam app (\$4.99; for iPhone, iPad or iPod touch) allows you to monitor multiple live video feeds over Wi-Fi or cellular connectivity. With the person's consent, you can check in, visually, to ensure he or she is doing well. You can also record and play back events, if need be, and set up the app to notify you when motion is detected (the free iCamSource PC or Mac software is required). For instance, you might place a webcam by the medicine cabinet or fridge (or both) so you'll know when a loved one is taking his or her pills or eating a meal.

For Caregivers - Tell My Geo - Iconosys's Tell My Geo is a smartphone application that can find or track, for instance, an Alzheimer's patient. The cared-for's smartphone can be set to send regular location updates (using GPS technology) to a loved one's smartphone. Plus, the app has large emergency buttons to press, such as "Where Am I?" "Send Location" and "Call For Help." This app (available in English or Spanish for Android devices) is free to download, but costs \$9.95 per month for the monitoring. Registered users are mailed adhesive decals to place on the phone with information for emergency medical professionals. Tell My

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Geo also contains medical information, sort of like a digital med-alert bracelet, including medical conditions, allergies, blood type, and doctor and emergency contact info.

BuddyGuard (iPhone, iPod touch, iPad, BlackBerry; free). Formerly called PlerTs, this personal protection device has monitoring, detection and warning capabilities. The accelerometer senses increased G-forces generated during a car accident and will automatically call for help. You can even enter a distress PIN to send an emergency alert. And every three seconds, the app records audio, snaps photos and notes your GPS coordinates, all of which make it handy to have along if you're traveling or in an unfamiliar area.

2011 WOMAN OF ACHIEVEMENT

Dolores Grammatikas

For Dolores Grammatikas, the public library is not just a building that houses books. She believes that at its best, the public library serves its community as the "people's university." She has dedicated her career and volunteerism to that concept.

For her, the public library inspires enthusiasm for knowledge by providing worthwhile reading and free, accessible information. It sets the stage for a more thoughtful, conscientious citizenry.

Grammatikas is a graduate of Rutgers library school. During her career at Covina Public Library, she worked in Reference Services and as Children's Librarian. She took a special interest in helping children explore the complexities of their world, with the firm belief that children who are nurtured through attention and education become more socially responsible adults.

Upon retiring, she has continued to promote library services in the community by joining the Covina Friends of the Library. She has played an integral role in the preparation and promotion of the bi-annual book sale, helping to raise funds that support the library's educational programs.



Grammatikas' contributions clearly demonstrate her conviction that thriving public libraries serve the greater cause of nourishing and sustaining our First Amendment values—respect, freedom, peace, and dignity for all.



Detective Diana Larriva

Det. Diana Larriva has served with the Baldwin Park Detective Bureau, working the Sex Crimes / Crimes against Children Unit since 2006. Every day she assists victims of abuse—those children who have been battered, sexually abused, or even killed by the people they trusted to care for them.

Victims are numerous and the flow of new victims is a non-stop daily reality. Still, she manages her daunting caseload with a keen intellect, empathy, unflappable grace, and humor. And she works tirelessly to arrest and prosecute the perpetrators of this violence.

Det. Larriva serves as a member of the Los Angeles County Internet Crimes against Children Taskforce. It is the FBI's response to the growing number of children and teens victimized by internet predators. As a taskforce member, she has played a key role in stopping online predators from gaining access to children. She is also a member of the Baldwin Park Crisis Negotiating Team that responds with the SWAT Team to situations involving hostages, barricaded suspects, and suicides.

She is a "partner" in the Baldwin Park Boot Camp PRIDE program, which joins law enforcement officers and other professionals with at-risk youth. PRIDE identifies problems relating to juvenile delinquency and provides these youth with positive role models as an alternative to the negative influences of gang cultures and criminals.

Despite her demanding schedule, Det. Larriva coordinates and plans numerous city events that promote education, training, and resources for victims of child molestation and domestic violence.

Det. Larriva is a compassionate leader and advocate, who is driven to make her community safe for children. L. A. County Deputy District Attorney Patrick Cannon describes her as someone who "confronts and battles the evil that finds its way to her desk on a daily basis, working zealously and tirelessly for the victims of these heinous crimes, while managing to treat defendants with respect."

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

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

View YWCA SGV's New Video on YouTube at www.youtube.com (search YWCA SGV).

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