

YWCA San Gabriel Valley

eliminating racism • empowering women

HOW WE HELP



The Problem:

Great grandmother Josie, lost her husband last year. Now her income is half what it was. Little money, loneliness, and worsening arthritis have dampened her appetite and her ability to shop and cook. Her health is declining rapidly.

Help We Provide:

A case manager can visit Josie, talk with her, and set up help for her. This can be meals delivered to her home or transportation to a senior center for activities, lunchtime meals and friendship with other seniors. It can be help with utility bills, housekeeping, applying for needed supportive services, and many other types of help.

The YWCA San Gabriel Valley provides equal access to services, regardless of sex, gender, race, color, ancestry, national origin, citizenship, marital status, sexual orientation, pregnancy or childbirth, age, medical condition, physical or mental disability, limited English proficiency, or any other classification protected under local, state or federal law.

SIGNS OF ELDER ABUSE



Elder abuse is an act by any person causing or risking harm to an older person.

Physical Signs:

Unexplained injuries, unkempt dirty, untreated medical conditions

Behavioral Signs: Withdrawn, fearful, feelings of humiliation, sudden mood changes

Financial Signs: Not enough money to pay bills, lack of knowledge of finances

Neglect: Bedsores, poor hygiene, sudden weight loss

If you suspect abuse or know of someone who may be experiencing abuse, we can help – call us at

1.800.321.1612.

The reporting person is protected from both criminal and civil liability.

If it is an emergency, call 911.

HOW YOU CAN HELP

Request a Presentation – Learn about the issues facing community residents and the help available.

Intern or Volunteer – This includes fieldwork opportunities for interns and volunteer positions like delivering meals or helping at group dining centers.

Make a Cash Contribution – This can be done via cash, check, credit card, on-line (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 items helps the YWCA reduce operating costs and gives you a tax credit for market value.

For information, please contact the YWCA San Gabriel Valley at 626.960.2995 or info@ywcasgv.org.

Thank you for your support!



Intervale Senior Services

HELPLINE 626.214.9465

ywca

SAN GABRIEL VALLEY

943 North Grand Avenue, Covina, CA 91724

626.960.2995 • Fax 626.814.0447

www.ywcasgv.org • info@ywcasgv.org

Tax ID #95-1641967

eliminating racism
empowering women

empowering seniors for quality of life

Senior Services

We provide custom-tailored services that enable older persons to live in their own homes with independence and dignity.

Services are provided in the San Gabriel and Pomona Valleys. "Linkages" Case Management is offered throughout Los Angeles County - District 5. Call 626.214.9465 for more info.

YWCA San Gabriel Valley

Founded in 1935, the YWCA San Gabriel Valley, an independent 501(c)(3) non-profit, works at the individual and community levels to provide women, girls, seniors, and their families with the help they need to manage the critical issues in their lives.

We achieve this through our multi-lingual and multi-cultural community education and service programs for older persons, domestic violence victims, and teens.

Urgent Case Management and Supportive Services

For many seniors, case management and supportive services can mean the difference between independent living or convalescent care.

Urgent case management and supportive services can quickly stabilize living conditions and provide needed help so clients can live in their own homes with dignity and independence for as long as possible.

Case managers do this by conducting an in-home assessment, developing a care plan, then coordinating and monitoring services for the individual.

Case managers can arrange:

In-home services like homemaking, housekeeping and caregiving; transportation; Medicare/medical services; bill payment; meals; vision and hearing services
Plus many more services!

Our services, provided at no charge, are supported through grants and contracts from cities, counties, the state and federal government; business; private foundations; event fundraisers; and through contributions by community residents.

Senior services are funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended, or the Los Angeles County Department of Public Social Services.

Telephone Reassurance

Telephone reassurance is provided through phone calls to homebound older persons.

The calls are a consistent point of contact, friendship, reassurance, and a source for information about programs and services.

Meals Delivered to the Home

The Home Delivered Meals Program provides healthy meals to homebound older persons.

The meals can be hot lunches that are delivered each weekday, or can be frozen meals that are delivered in a package of seven once per week.

Group Dining Meals

Delicious and nutritious Senior Café lunches are offered at 21 locations:

Alhambra Joslyn Adult Center
Altadena Senior Center
Baldwin Park Senior Center
Bassett Park Senior Center
Covina Joslyn Senior Center
Duarte Senior Center
Glendora La Fetra Center for Seniors
Hacienda Heights - Steinmetz Park
La Puente Senior Center
La Verne Senior Center
Monterey Park - Langley Center
Pasadena Christian Church
Pasadena - Jackie Robinson Center
Pasadena Senior Center
Pasadena - Villa Parke Community Center
San Dimas Senior Center
San Gabriel Senior Center
Sierra Madre Senior Center
Temple City - Live Oak Park Community Center
Valleydale Park - Azusa Unincorporated
Walnut Senior Center

Please call 626.214.9465 for directions and menus.

