



2009-2010 YWCA of Glendale Board of Directors

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A LETTER FROM THE NEW BOARD PRESIDENT OF THE YWCA OF GLENDALE



Valerie J. Merritt, Esq.
Board President

July is a time of transition and new beginnings at the YWCA. We elect new officers, lose some members of the Board who have completed their terms, and add new members to the Board. It is also the start of a new fiscal year.

I'd like to start with a thank you to those Board members who are leaving us after contributing greatly to the success of our organization. **Toni Beck Espinoza** has completed six years on our Board and three years as our Treasurer and chair of our Finance Committee. The YWCA has benefitted greatly from her expertise and her judgment. We will miss Toni. **Yerado Abrahamian** is completing her term on the Board, which included a challenging year as head of the Personnel committee during a time of internal assessment and reorganization, which is difficult for any organization. As a result of her talents and hard work, the YWCA staff renewed its commitments to the organization's mission and programs. We thank her. Thank you to **Brooke Moore**, our past President and long-time Board Member who has brought us years of enthusiasm and vision and just plain hard work. **Dawn Lindsay** had to cut short her time on the Board as she is the interim President of the Glendale Community College.

Carol Ann Burton has just completed two years as President of the YWCA. She has served countless hours as our public face and behind-the-scenes worker for the good of the YWCA. We cannot begin to adequately thank her for all that she has done. We are fortunate that she is staying for another three-year term on the Board and continuing to contribute her knowledge and perspective.

The new officers of the YWCA are **Valerie J. Merritt**, President, **Liza Boubari** and **Kim Milstien**, Vice Presidents, **Harriett Rector**, Secretary, and **Eliza Hazarian**, Treasurer. Each of these persons is well-qualified for the jobs she will perform, and we are looking forward to their team of leadership.

In addition to the officers, the following persons are continuing their Board service from last year into the coming year: **Edgar Ambarchyan**, **Dr. Ilena Blicker** (Parliamentarian), **Marilyn Gunnell**, **Phyllis Harb**, **Mona Marcos**, **Adrin Nazarian**, and **Lauren Tapp**. We welcome their continuing service and contributions. Finally, I want to welcome and introduce two new members of the Board: **Kristen Solomon** and **Pamela Taylor**.

TAKE BACK THE NIGHT

By Dr. Carol Ann Burton

At the Take Back the Night Rally and March on April 17th, 2009, survivors of domestic violence shared their poetry in their own language and voice. One client created a quilt that told the story of her ordeal. Another client is an artist who shared her talents by making portraits of the attendees. The children shared their art by writing their stories on T-shirts that were hung on clotheslines around the exterior and throughout the Regency ballroom. The aim of this event is to shatter the silence surrounding sexual violence, domestic violence, rape, and hate crimes, thus empowering our survivors by publicly speaking up against violence through creative mediums such as art, poetry, music, and open storytelling.

Camille Levee of Glendale Healthy Kids and Liza Boubari spoke about their own stories and the difficulties of helping women in abusive relationships. Afterward, the group picked up placards and walked from the YWCA down Glendale Avenue to Parker Plaza at City Hall. They were treated to a self-defense lesson given by Nelson Nio, a former YWCA board member. They circled back to the YWCA where they were treated to drinks and snacks.

Take Back the Night was organized by the Domestic Violence Project staff with the support of the board and in collaboration with the Commission on the Status of Women. The YWCA was additionally supported by NCL, Inc.- Glendale Chapter who provided the delicious treats and joined in on the march. This event was a great way to highlight that April was Sexual Assault Awareness Month.



YWCA Board Members at the Legacy Luncheon: (L-R) Lauren Tapp, Dr. Ilena Blicher, Marilyn Gunnell, Dr Carol Ann Burton; Phyllis Harb and Dr. Dawn Lindsay

Another Success Story

By Raquel Ortiz
Case Manager
DV Service Center

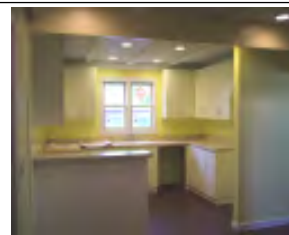


One of our clients has been a survivor since she was born. She was born to a mother who was physically abusive to her and a father who abandoned them both. After many years of neglect and abuse from her mother this client's father came back for her. She thought she would be loved and cared for by him, but he dropped her off to any of his family who had room for her. So throughout her life she was shoved from house to house, receiving no love and was always being told she was a burden to them. When she was old enough, at 16, she met a man whom she married to get out of her situation. This man was very abusive during their marriage but she had two daughters from the relationship.

One day she just had enough and decided that she did not want to live her life like this any more. She made a plan to leave although she was scared because she had no one except her two baby girls. She sought information and discovered the YWCA of Glendale's DV programs. She left her abuser and went to our shelter. From the moment she left she felt empowered. She was free and discovered she could do what she wanted. She went through the system and eventually got her housing issues secured. This was about 7 years ago. Today she is raising her daughters in a violence free environment, and she is pursuing her dream career of being a hair stylist and is graduating this summer. Her daughters are doing well and are emotionally healthy. She is very happy because she has accomplished her goal of being a self supporting career woman. She has shown her daughters that you don't have to stay in a Domestic Violence relationship and that abuse and love don't go together. You can have love without pain.



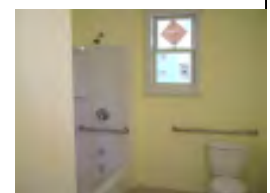
New Washroom



New Kitchen



New stairway



New bathroom

Sunrise Village completed renovation

A Fiscal Year End Message From The Executive Director



Richard Burrell

Summer is here and we are finishing up the end of our fiscal year as of June 30.

By way of highlights for the year, we completed the 2 ½ year and \$250,000 renovation of our emergency shelter; completed renovation of our GYM; secured approximately \$100,000 of funding for a new mobile mammography machine for EncorePlus which will allow us to further expand our county wide outreach; completed our third consecutive year of excess revenue over expenses; had our 12th annual Legacy Luncheon in recognition of five outstanding women in the community and had a 2nd annual Harley Davidson ride to raise funds for our programs.

This was an exciting year for our two mission driven programs, Domestic Violence and Encore Plus. As can be noted in the program stats report on following pages, we provided help to over 3,200 low income clients and their children in our Domestic Violence program and over 7,500 Mammograms to uninsured and low income women in 2008. This was done with less than 30 full time employees. We have an outstanding and dedicated group of employees and volunteers that provide help and guidance for these clients. I am very fortunate in getting to work with such a professional group.

Our newly elected President, Valerie Merritt, covers in her article our current board members and slate of officers for the 2009/10 year. The 2008/9 board set a high benchmark as a result of their fantastic efforts. The staff salutes and thanks them for their tremendous support for the YWCA of Glendale for the past year. Our Board of Di-

rectors are community volunteers that contribute many hours of their time each year in guiding the Agency.

We have many opportunities for the coming year. The economy has impacted everyone and we are no exception. We need your support even more this year as we are faced with reduced government funding for our programs and diminishing availability of foundation and corporate funding. We have trimmed our operating cost, but there is a limit on how far we can go if we want to continue our same level of services since over 76% of our total budget must go to salaries and benefits for our staff.

For every dollar of funding and your contributions that we receive, we are delivering over 78 cents of service directly to the clients. These are desperately needed services that increase in need during difficult financial periods.

Please consider making a donation to assist us in continuing our programs at the same level as last year. You can help us do that by going to our website, www.glendaleywca.org and making a donation.

We have been serving the needs of the Glendale, Burbank, Pasadena and surrounding communities for over 83 years because of your generous support of our programs and social services. This was recently recognized by the Los Angeles District Attorney's Office by their presentation of an award to the YWCA of Glendale for our outstanding contributions to the needs of women suffering from Domestic Violence.

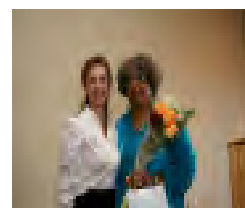
We thank you for your past and future support.

Richard

12th Annual Legacy



Dr. Carol Burton, Past President and Board Member



Liza Boubari, Vice President and chairperson with Shirlee Smith, Mistress of Ceremonies



A SPECIAL VOLUNTEER

By Pamela Mrazek, MFT
Clinical Supervisor
YWCA Domestic Violence Service Center

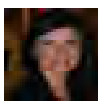
Michael Blomsterberg, Certified Life Coach, began volunteering at the YWCA in December of 2008 by facilitating life coaching groups for the clients of the Domestic Violence Service Center. With his easy going and comedic persona, he has helped some of the most emotionally damaged and hardest shelled women heal and grow in their self-awareness and insight into their lives.

Michael's speaking incorporates motivational self-esteem, self-awareness and personal integrity. He has a sharp acumen for seeing beyond how people portray themselves. With one client who had been stuck emotionally for years, he helped her recognize her tendency to be invested in her own suffering and how she could, if she chose to, change that dynamic to help herself better her own life.

Michael does not give advice or offer solutions. His gift as a facilitator is his ability to get women to open up to both their peers and more importantly, themselves. By providing a safe, open and honest environment, Michael has helped many of the YWCA's clients move forward emotionally and behaviorally. We are grateful for his generous efforts and contribution to our agency.

ENCOREplus

By Nelan Boghorian
Director—ENCOREplus Program



ENCORE plus is continuously fighting to help find a cure for breast cancer. We are participating in the Avon Walk on September 12-13 and the Relay For Life in Glendale on October 17-18. Please Join us and let's make a difference together...

The American Cancer Society's most recent estimates for breast cancer in the United States are for 2009:

- 192,370 new cases of invasive breast cancer
- 40,170 deaths from breast cancer

Breast cancer is the most common cancer among women in the United States, other than skin cancer. It is the second leading cancer which causes death in women, after lung cancer.

The chance of a woman having invasive breast cancer some time during her life is about 1 in 8. Programs like ENCORE plus help medically underserved and low income women get screened. We can make a difference, one woman at a time. Please help support a life saving cause.

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A LETTER FROM THE NEW BOARD PRESIDENT

While there is much to be proud of in the past year, we enter the new fiscal year with some anxiety and trepidation. The YWCA obtains roughly a third of its income from contracts with the State of California. The continuing budget uncertainty, together with threats of cuts and inconsistent rumors of which programs will definitely get the ax, have made it very difficult to develop a budget for the upcoming year. We are almost certain we will lose 15% of our income and the cuts may be deeper. That means close examination of where we can and should cut expenses and whether there are alternative sources for some, if not all, of that income. Our domestic violence program is most vulnerable, partly because it is our largest program, but more because all of the state funding goes to aspects of the domestic violence program. With the fantastic staff at the YWCA and our outstanding board members, we will have success to the extent it is possible. As President, I would appreciate community input as to what the domestic violence program means to you and ideas for maintaining it in these difficult times. You may email me at ValMerritt@aol.com, or send me a letter in care of the YWCA. Whatever the upcoming months may bring, we will do our best to maintain our quality programs and to keep you informed.

As Carol Ann Burton said a year ago, it is **only** through the kindness and generosity of **individuals like you** that the YWCA can do what it does best: **provide safety, security, health and hope to women, children and families** served through our crucial programs. If you have not done so already, **please consider partnering with us in helping to change lives.** Whether it is with your time, your talent, or your financial support, **your investment** in the YWCA will contribute to the health and well-being of our community for many years to come.

Sincerely,
Valerie J. Merritt, President, 2009-2010

The 12th Annual Legacy Luncheon

By Lauren Tapp

This year's Legacy Luncheon, which was held on May 5, 2009 at the Castaways Restaurant in Burbank, was an immeasurable success. The YWCA was fortunate to have our mistress of ceremonies, Shirlee Smith, renowned TV and radio personality and opinion columnist, as well as guest speaker acclaimed author Denise Hamilton who moved our guests with their support of our mission and programs.

This year's Heart and Excellence Awards honored five outstanding women: Ruth Charles, Janet Killian, Kathleen Powers, Sandy Schultz and Mercy Vasquez for their volunteerism and accomplishments aiding Glendale and surrounding communities. We also presented the Jane O'Connor Community Service award to McKenzie Brown, who attended Hillside Learning Center and La Canada High School, for her service and hard work throughout her high school career. Hundreds of supporters, family, friends and co-workers were present to help honor the winners.

Our Board's Fundraising Committee did an amazing job putting the luncheon together, as well as this year's silent auction and raffle. Proceeds from the event will go towards YWCA programs, including Domestic Violence programs and Encore Plus.

Special thanks go to our Fundraising Vice President, Liza Boubari and the fundraising committee for all their hard work. Our sincerest gratitude also goes to our sponsors and donors for helping to make the Legacy Luncheon a success.



12th Annual Legacy Luncheon Heart of Excellence Award recipient, Ruth Charles (3rd from left) and friends.

2008 YWCA OF GLENDALE

PROGRAM STATS

ENCOREPLUS PROGRAM

SERVICES STATS - 2008

Mammograms	7,518
Breast Exams	5,465
Pap	5,152
Education	62,156

DOMESTIC VIOLENCE PROGRAM

SERVICES STATS-2008

The following clients received various supportive services provided by Domestic Violence Program from January through December 2008:

Crisis Hotline Callers:

1,659

Outreach Sites Contacts & Educational Presentations:

2,072

Educational Presentations Contacts:

718

Women's Services Center Clients:

3,126 Group Counseling Sessions provided to 3,139 clients:

(973 Hispanic clients; 1,453 English speaking clients; 713 Armenian clients)

1,890 units of childcare services provided to 248 children.

Sunrise Village Crisis Shelter:

2,017 bed nights, 6,051 meals, and 2050 counseling sessions were provided to 36 women and their 50 children.

Hamilton Court Transitional Housing:

5747 bed nights, and 2,740 counseling sessions were provided to 20 women and their 39 children.

Save the Dates

13th Annual Legacy Luncheon, Glendale Hilton, February 25, 2010

**3rd Annual Harley Davidson Ride
May 2, 2010**

eliminating racism
empowering women

ywca

YWCA of Glendale
735 E. Lexington Drive
Glendale, CA 91206

Phone: 818-242-4155
Fax 818-240-6036

**Domestic Violence 24-hour
Emergency Hotline Number:
818-242-1106**

Email: info@glendaleywca.org

Fed. Tax ID 95-1644057

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PERMIT NO. 249

**Visit us today at
www.glendaleywca.org**

You can read about what's new at the YWCA of Glendale, enjoy photos of our events, learn more about and make donations to our Domestic Violence and Encore Plus programs, check out our calendar, and much more.

YWCA of Glendale's Summer Swim Program

The YWCA Summer Swim Program is in full swing and this year we have added Aqua Aerobics Classes to the mix. One is geared toward seniors and the other to more experienced Aqua Aerobics fitness buffs. We have morning lap swim times for those hearty souls brave enough to exercise before work and are currently running that on Mondays, Wednesdays, and Fridays, and will open up Tuesdays and Thursday if needed. For those parents who are looking for something to do with their children during the summer months, we are also offering group and private swim lessons. If you should have any questions just drop by and take a look at our brochure and schedules, or call Tammy/Lucia at (818) 242-4155 X 217.

