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YWCA GLENDALE - NEWSLETTER

01/2009

Newyears Greetings from Dr. Carol Ann Burton, Board President:

Blessings to all for a positive, successful year to come; albeit we are six months into our budgetary year!!!



Our mission is to empower women and children in our community through education and intervention to achieve independence, health, self-sufficiency and a life free from violence. Our excellent and long-standing domestic violence programs and Encore Plus carry out our mission. We plan to strengthen all activities of the YWCA in 2009.

Taking back control of our entire site has proven to be a tremendous success. We still have a number of hurdles before us, before we can restore the facility to its former glory. We are starting a Capital campaign to revamp the pool facilities, the gym, and our kitchen. Once done the services that we will be able to offer the community will be awesome. We are happy to share that one of the Friends of the YWCA has been generous enough to match the grant we received from the Glendale Community Foundation. This will allow us to start the gym renovations necessary to let community groups use the gym for basketball, volleyball and other events. The YWCA received a grant from the Ludwick Foundation. This will allow us to complete the renovation of the emergency shelter. Our TECH GYRLS program has recently received sponsorship from Citigroup/Smith-Barney, and we are preparing to move forward with its introductory implementation

In the coming year we are working on strengthening our ties to the community and hoping to gain more corporate support as well as improve our relationship with all the Friends the YWCA already has. We are seeking new board members, volunteers to help on site as well as monetary supporters for one of our specific events, our general fund or even our Endowment. We hope you will consider sharing your resources with the Glendale YWCA. By making an investment in the YWCA either with your time or your funds, you are helping to build strong families, to develop tomorrow's leaders, and to ensure a healthy and secure future for women and children throughout Southern California.

No other local agency does all that the YWCA of Glendale does. There is no other organization in our surrounding community that offers the type and breadth of programs for women and children that we do. THANK YOU for your trust in the YWCA and for equipping us to bring about positive and lasting change.

Happy New Year to you all.

Carol Ann Burton, M.D.
 President





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YWCA of Glendale Success Stories

♥ Beatings, forced estrangement from her children, and physical and psychological domination are all sadly typical of domestic violence. At 33, "Mary" (not her real name) had been in this type of abusive relationship for about 10 years. After a minor heart attack in 2002, her working abilities became limited and she had lost everything she used to have: her house, furniture, clothes, and car. When she first came to The YWCA of Glendale, she was depressed and angry about the things that happened to her. We provided her with a therapeutic environment in which to process her trauma. Mary started to participate in counseling services and after six months her anxiety decreased. She recovered her self esteem and learned to depend on herself. Domestic Violence service at the Glendale YWCA has assisted her in understanding the link between trauma and the general cycle of abuse, substance abuse, violence and dependency. Today Mary is a successful student at college majoring in nursing, an excellent employee, and a strong and caring mother who has a positive outlook in her relationships with loved ones and friends.

Lilit Narinyants, Case Manager

♥ A family of three came to the shelter to get away from their abuser. The family had fear in their eyes. Their emotional spirit was destroyed by the abuser. A few weeks later a generous donor gave the shelter tickets to a Live Sesame Street Show. The Shelter coordinator assisted the family with transportation and went along with the family for support. The children ages six and nine had never been to a live show and didn't even know what a Sesame Street show was. The family was so excited and smiled and laughed throughout the day. The Mom said the abuser controlled all of the finances and she had never been able or allowed to take her children to an event. That day was a memorable experience that the family will never forget.

Rita Loussikian, Shelter Coordinator

The small things that we all take for granted can make a huge difference in the lives of our clients. We enrich our own lives when we help these women and children who have so little.



ENCORE plus

Article by Nelan Boghorian

ENCORE plus screened 5,432 women for Mammograms, and 8,125 Clinical Breast Exams, and 6,652 women for pap smears in 2008. One out of eight women will be diagnosed with breast cancer....

Each woman has a name, a last name, and a face; the only thing that these women are deprived of is insurance... our nation is aware of the fall in our economy.

On our day-to-day basis we discuss inflation and the impact our economy has on our every day life. What the media does not highlight is the impact our economy has on helpless women who are losing their jobs every day; these women are the sole providers in their families. Women are struggling to put food on the table, so the last priority in their life is their own health. 62% of women are uninsured.

What most women don't realize is that if they aren't healthy or even alive they can't provide for their families.

ENCORE plus is a program that provides free mammograms and Pap smears to uninsured and medically underserved women. The cost for an average Mammogram and Clinical Breast Exam is \$120.00. For most of us that is a small price to pay to save our life, but for some of our clients that is a whole weeks worth of pay... For those of us that are blessed to be insured get screened!! Remember all the women that don't have a choice in getting screened.

Once a Year, Every Year.... Get Screened....



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2008 Domestic Violence Client Holiday Party

Every year our staff gives a holiday party for our clients in the Domestic Violence Program. It seems our client parties get better each year and this one was no exception.

The buffet lunch began at 11:30. Much of the food was donated by local restaurants and other organizations. There was an abundance of pizza, lasagna, salads and sweet treats. The children were also able to work on art projects in the Redwood Room.

After lunch we had a client and staff holiday song sing-a-long which was a big hit with the kids. They were followed by the Hoover High School Jazz band who delighted the audience with their excellent program performed by 30 musicians.



The big moment came when Santa and Mrs. Claus arrived and gave out presents to the children and moms. Thank you Santa and all our wonderful other donors.



Weathering the Recession at the Glendale YWCA

By Valerie J. Merritt, Esq.

The YWCA has not been able to escape the fiscal woes of the times. The cuts to the California state budget led to significant cuts in our California grants. The drop in the stock market caused problems to foundations, and grants were cut. Funding for our programs is tighter than ever, and we have been making difficult budget cuts.

To date, generous donors have helped us weather the storm. We know it is harder for individuals who have seen their own assets shrink to dig into their pockets and give money to the YWCA. That may mean less nights out, cuts in the clothing budget, or other changes to the budget priorities of our donors. We thank you from the bottom of our hearts if you have contributed to the YWCA in the last six months (which is the first half of our fiscal year). But, sad to say, the need goes on, and so we must ask again.

Cash in any amount is always welcome. Gently used clothing can be given to New to You, our thrift store. You, your employer, or your service club can help to sponsor our upcoming Legacy Luncheon. To do so, please call the YWCA or Liza Boubari, Chair of the Fundraising Event Committee, at **(818) 551-1501**.

At our Legacy Luncheon in May of 2007, we announced a push to build our Endowment Fund so that we will have more stable funding to aid us through difficult times like these. Gifts of cash or securities now will allow us to benefit from what we all hope will soon be an upturn in the market. Our goal is to reach \$500,000 in the Endowment Fund prior to drawing out any funds. We have a long way to go but we know you can help us. Call the YWCA or go to our website for more information on how to give.

Volunteer Alerts!

Volunteers needed to help staff our New To You thrift shop at 735 E. Lexington Drive, in Glendale.

For more information, contact Shakeh Ghazaryan, Volunteer Coordinator: **818.242.4155 ext. 227**, Or email her at: shakehghazaryan@glendaleywca.org



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Exciting Upcoming Events

**YWCA's 12th Annual Legacy Luncheon
Thursday, May 5th ~
The Castaways in Burbank**

The Glendale YWCA will host the 12th annual Legacy Luncheon on Thursday, May 7th at The Castaways in Burbank. The event will honor individuals of character and integrity who are dedicated to the welfare of women, children and the community at large through their service, work and leadership.



We are thrilled to announce that **Denise Hamilton** will be the guest speaker at this year's Legacy Luncheon on Tuesday, **May 5th, 2009.**

Denise Hamilton writes the Eve Diamond mystery series and is editor of Los Angeles Noir, an anthology of new writing that

spent two months on bestseller lists, won the Edgar Award for "Best Short Story" and the Southern California Independent Booksellers' award for "Best Mystery of the Year."

Tickets and sponsorship opportunities are available by contacting Liza Boubari, Fundraising and Reservation Chair at Lizab@pacbell.net or call (818)-551-1501.

A Message from Liza Boubari:

Happy New Year to all!

As we bring in the New Year, let's forge ahead with success and commitment. I am more than honored to serve for the 2nd year as the Fundraising Chair for the YWCA.



I am also pleased to announce that I will be serving as the Domestic Violence Training Coordinator for this coming year. We plan on having 4 DV Trainings this year! The next one will be on Feb. 9th through Feb. 13th, 2009.

May 2009 be a bright year filled with prosperity and success for all. Please see the next column for details, registration & contact information on our upcoming events.

**Glendale YWCA with Steve Fisher of Glendale Harley will present
A Day in the 'Bu'
Sunday, March 8th at 10:30 a.m.**

Come spend a day with us out in the 'Bu,' (Malibu), one of the most beautiful spots in California!

Join the Glendale YWCA and Harley riders from Glendale Harley and other Harley groups for a day of touring Glendale on the back of a Harley then enjoying food, music and a chance to win some prizes at the Beachcomber Cafe.

The day will begin at Glendale Harley, located on 3717 San Fernando Blvd. with a light breakfast.

Then it is off at 11 a.m. to take a scenic ride to Malibu. At 12:30 we will meet at The Beachcomber at the Malibu Pier for lunch, music and opportunities to win prizes by entering various raffles; tickets drawn at 2 p.m.

Tickets: \$20.00/person or \$30.00/couple~ Price includes breakfast at the Glendale Harley Dealership and lunch at the Beachcomber Café.

A Day in the 'Bu' is to raise awareness of the domestic violence in the community, raise money to support the Glendale YWCA's programs thwarting domestic violence, and bringing the community together!

For more information on the Harley Ride and how to join, please contact Liza Boubari, at Lizab@pacbell.net.

Glendale YWCA and Glendale Harley Present
A Day in the 'Bu'
Come with us on a scenic ride from Glendale Harley to The Beachcomber Cafe on the Malibu Pier in beautiful downtown Malibu

There will be music, food, drinks, and an incredible prize raffle at 2:00PM. Come spend an afternoon with us out in the 'Bu', one of the most beautiful spots on the planet. All to raise awareness of the problem of domestic violence in our community, and to raise money to support the Glendale YWCA's programs against domestic violence.

Sunday, March 8th

Glendale CALIFORNIA
HARLEY-DAVIDSON/BUELL

Home of the Love Ride

Mon-Sat. 9am-6pm • Sun. 10am-4pm • 3717 San Fernando Road • Glendale • 818-246-5618