

eliminating racism empowering women

ywca

JULY/AUGUST 2014 newsletter
Contra Costa/Sacramento

Calendar of Events

JULY 04, 2014: Independence Day Holiday

YWCA: Local and National News

YWCA Contra Costa / Sacramento is currently accepting enrollment for the upcoming school year. **Please stop by one of the childcare centers to pick-up an enrollment packet and then call (925) 372-4213 x26 to schedule an appointment.** We look forward to serving your children in the upcoming year.

House Democratic Leader Nancy Pelosi to Address YWCA Leaders

House Democratic Leader Nancy Pelosi, along with notable speakers from across the country, will address YWCA CEOs, staff and board members during the YWCA USA Annual Conference on Thursday, June 12, 2014, on Capitol Hill in Washington, D.C. Leader Pelosi will speak about the need for policy-makers to prioritize an economic agenda for women and families, including equal pay, work-family balance and affordable, quality childcare.



Nancy Pelosi (D-Calif)
Democratic, Leader
House of Representatives

“Leader Pelosi is a tireless advocate and steadfast champion for women’s rights,” said YWCA USA CEO Dara Richardson-Heron, M.D. “She has built an amazing legacy in politics—and in life—by fighting for causes she believes in, and women and girls across the nation are all the better for it. We are truly honored that Leader Pelosi will join us at the YWCA USA Annual Conference. We are also



Neera Tanden
President, Center for
American Progress

thrilled to have Neera Tanden and Judge Glenda Hatchett, who, in addition to being outstanding and accomplished leaders, are dedicated to improving the lives of women and families.”



Judge Glenda A.
Hatchett
Host, *Judge Hatchett*



Curriculum

Each month, various themes will be shared with children to help them learn and discover.

July 2014 — This month, we will be learning the various modes of transportation. From cars to trains to boats to planes as well as discovering various other ways to get around.



August 2014 — From our lessons of transportation, we can now “travel” the month of August learning about our state, California—from our capital in Sacramento to our northern and southern borders.



And move on to learn about the rest of the United States.



Meet our YWCA Contra Costa / Sacramento Board of Directors and Staff Members

This month, we are featuring Sebrena Baxter, our newest Board Member.

Sebrena is a project manager at the Sacramento Municipal Utility District (SMUD).

She holds a bachelor’s degree in communication studies and recently obtained her master’s degree in education, workforce development advocacy both from California State University, Sacramento.



Sebrena Baxter
Board Member

For more than 12 years, Sebrena has served on the board of directors for the SMUD Employees’ Association (SEA) and is an active volunteer supporting non-profit organizations such as Sacramento Habitat for Humanity and United Way. She is an advocate for gender equality in the workplace and promotes women’s economic empowerment to improve quality of life through education and training.

Sebrena is a native of the Bay Area, and currently resides in Carmichael, California with her husband.

The Bay Point

YWCA is located at 225 Pacifica Avenue next to Riverview Middle School in Bay Point. At our center, we offer two programs and serve approximately 60 families. Our hours of operation in Room B are from 8:00am to 5:00pm., and 7:30am to 5:30pm in Room C.

In Room B, we offer general care for children who are two years old. The staff in this room consists of the Head Teacher/Site Supervisor, Yolanda Love. Assisting Yolanda with the toddlers is Kerryn Dale who is the Associate Teacher. The Teacher Aides are Esther Alcantar, Virginia Gomez, and Seema Ebadi.

In Room C, we have our all day preschoolers. This room contains our three and four year olds. The Head Teacher of this Room is Marie Brown who has been with the YWCA for over 20 years. She is better known as "Big Mama" by all of the children whom have passed through her classroom. Marie is joined by Elizabeth Tabligan her Associate Teacher. Assisting them are the Teacher Aides, Mildred "Milly" Arroyo, and Nicole Kuntz. We also have three on-call Sub Aides that help our classes when needed. Maria Morales and Maria Martinez, both of whom also serve as crossing guards in our community near our site. They assist every morning in helping some of our families cross the street safely on their way to our child care center. We also just recently welcomed to our Bay Point family Claudia Morales as our third Sub Aide.

During the month of June, we had a blast learning about animals and insects. The insects that the children enjoyed learning about the most were ladybugs and butterflies. The children searched for ladybugs in the field of our playground as well as observe them in a habitat. The children were excited about watching our caterpillars grow and form their chrysalis. There were screams of joy heard throughout the site as each Painted Lady Butterfly emerged. The children got a chance to watch the butterflies roll out their proboscis to



eat from the flowers placed inside the habitat. On our butterfly release day, we spent the morning making butterfly headbands and painting butterflies on our faces. Saying goodbye to our butterflies was both sad and exciting as we watched them fly away in search of a new home. During the month of June we also had fun with literacy by making handprint animals and creating a story-book wall of their favorite book *Brown Bear Brown Bear What Do You See?* The children were able to tell the story on their own as they walked around the room from animal to animal.



Meet Marie Brown

Marie Brown has been a welcoming face at the Bay Point YWCA for the past 24 years. She has seen many children come and go as they move on to further their education. It is always a joy to see her past students drop by asking the question, "Do you remember me?" Or to hear someone say as I'm walking to my car, "Does Big Mama still work here? I used to be in her class. Tell her I said hello." The fact that these young adults still remember her from such a young age shows that she left a lasting impression that they will cherish forever. In her spare time, Marie enjoys going to the Berkeley Marina with her husband Larry. They find it relaxing to watch the water and the boats. Marie also has three daughters with whom she enjoys spending time shopping and having dinner. When asked what she loves most about her job, Marie enthusiastically said, "I love working with the children!" That alone explains why she has touched the lives of so many children. So if you happen to be in the Bay Point area, drop by and say hello to Mrs. Marie Brown and the rest of the staff. We will welcome you with open arms.



Positive Parenting — Tips for a Single Parent.

(from 2002 Noodle Soup)

Take care of yourself: single parenting is tough work. It can often feel like you have no life. Try to exercise regularly, maintain and healthy diet and get enough rest. Part of being a good parent means feeling good about yourself.

Accept help: have your family and friends help when they have time to help. Trade off baby sitting time with other singles parents. Try not to feel guilty—accept that you are doing the best you can—look for support groups,

Hold on to family time: one of the best things you can do for children is to spend time with them.

Even if you are busy juggling work, school and home, try and take time out every day for your children no matter what. Try to give them 30 minutes a day—give your undivided attention.

Listen to your children’s feelings: give them one-on-one time to talk to you. Be honest with them and let them know what’s going on with the family. Provide a loving, supportive home. It is the most important thing you can do to help children grow up well-adjusted and happy.

Be happy about having children: parenting is a hard but rewarding job. Even if you are single, you can still be excited to have children to bond with, to love and to watch them grow. Teach your children that happiness comes from within yourself and to have a good attitude.

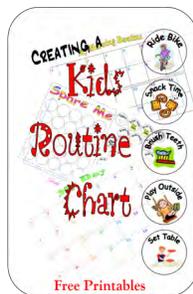
Keep structure in your lives: children thrive on routine which makes them feel secure. So, have a regular daily routine as well as a regular bedtime. Stick to your rules and set a good example yourself.

Discipline your children: discipline means to teach, not punish. Discipline is good for kids and makes them feel safe. Be consistent, and set limits.

Let your children be kids: children need to have a childhood and to develop naturally. Don’t push them into being little adults because you need them to be. Get them involved in community activities.

Be optimistic: children are affected by your moods and attitude. If you are sad or lonely, try to believe things will get better. Don’t “dis” or “put down” the child’s other parent or family members.

Manage your money: lack of money is often stressful for single parents. Write out a budget and see exactly what you need to live on. Consider renting out a room if you have the space.



Preparing Healthy Snacks

Children need snacks to get from one meal to the next. Snacks should be *your* idea. Don’t hand out food or drinks whenever your child asks. Plan snacks so your child eats every 2-3 hours. If your child begs for food or drinks at other times, tell him/her to wait until snack or meal time. If he’s thirsty, give him/her water. Below are some suggestions:



Vegetables: Cut up fresh, raw vegetables. Serve with peanut butter, cheese, cottage cheese or milk. Add crackers or pretzels. **Fresh Fruit:** Slice or serve whole. Serve with peanut butter, cheese, yogurt, or milk. **Dried Fruit Snacks:** Apricots, apples, raisins. Have children brush their teeth after these snacks. **Bread:** Use whole wheat 1/2 the time. Try rye, oatmeal or mixed grain breads. Serve with cheese, peanut butter or milk. **Dry Cereals:** Check the label: choose a brand with less than 5 grams of sugar per serving. Serve with milk; add fresh or dried fruits. **Cookies:** Try baking oatmeal, peanut butter or molasses cookies. Serve with milk. **Beverages:** Serve real fruit or vegetable juices rather than fruit drinks. Blend milk or yogurt with fruit or frozen concentrated juice for healthy milkshake.

Mental Health:

Feeding and Eating Disorders of Infancy or Early Childhood

- A. Persistent eating of nonnutritive substances for a period of at least one month.
- B. The eating of nonnutritive substances in inappropriate to the developmental level.
- C. The eating behavior is not part of a culturally sanctioned practice.
- D. If the eating behavior occurs exclusively during the course of another mental disorder (e.g. mental retardation, pervasive Developmental Disorder, Schizophrenia), it is sufficiently severe to warrant independent clinical attention.

YWCA offers the following Therapy Services:

Individual Therapy, Family Therapy, Group Therapy, Child Play Therapy

Experienced Professionals for:

Domestic Violence, Substance Abuse, Parenting Skills, Depression, Anxiety, Post Traumatic Stress, Death & Dying

YWCA provides services to meet your needs. Please call (925) 372-4213 x 11

Block Grant funding is provided by the Community Development Block Grant (CDBG) Family Empowerment Program.

Mental Health topics are taken from the “Desk Reference to the Diagnostic Criteria from DSM-IV-TR®

Smoking and Breast Cancer gene combine 'to raise risk'



Smoking and the breast cancer risk gene BRCA2 combine to "enormously" increase the chance of developing lung cancer, a study of 27,000 people has suggested.

Cancer Research UK suggested drugs targeted at breast cancer may work in some lung cancers. The links between variants of the BRCA genes and breast cancer are well established - a diagnosis led Hollywood actress Angelina Jolie to have a preventative double mastectomy - but it has also been linked with an increased risk of other cancers affecting women such as ovarian cancer and prostate cancer in men.

The study compared the genetic codes of people with and without lung cancer. Smokers have 40 times the chance of developing lung cancer, but those with a BRCA2 mutation were nearly 80 times more likely, the analysis showed. A quarter of those carrying the mutation, and who also smoke, will go on to develop lung cancer, the research team said. Mutations to the BRCA genes stop DNA from repairing itself effectively."

The discovery could mean treatments that are being developed for breast cancer may also work in some cases of lung cancer. "We've known for two decades that inherited mutations in BRCA2 made people more likely to develop breast and ovarian cancer, but these new findings show a greater risk of lung cancer too, especially for people who smoke," said Prof Peter Johnson, Cancer Research UK's chief clinician. "Importantly this research suggests that treatments designed for breast and ovarian cancer may also be effective in lung cancer, where we urgently need new drugs. "But, with or without one of these genetic flaws, the single most effective way to reduce the risk of lung cancer is to be a non-smoker."

Community Presentation / Events

Sharing Place	7/02/14
Transitional Living & Community	7/09/14
River City Community Services	7/16/14
Central Downtown Food Basket	7/23/14
The Effort	8/06/14
Asian-Pacific Community Counseling Center	8/13/14
Pathway of Dreams	8/20/14
The River Oak Family Resource Center	8/27/14

Monthly Resident's Meeting

For the month of May, the ladies at the YWCA learned about the dangers of tobacco use. Some important facts the ladies learn were:



- Each day, more than 3,200 people under 18 smoke their first cigarette, and approximately 2,100 youth and young adults become daily smokers.
- More than 16 million people already have at least one disease from smoking.
- More than 20 million Americans have died because of smoking since 1964, including approximately 2.5 million deaths due to exposure to secondhand smoke.
- Nearly 9 out of 10 lung cancers are caused by smoking. Smokers today are much more likely to develop lung cancer than smokers were in 1964.
- Women smokers are up to 40 times more likely to develop COPD (Chronic Obstructive Pulmonary Disease) than women who have never smoked.
- Smoking causes many other types of cancer, including cancers of the throat, mouth, nasal cavity, esophagus, stomach, pancreas, kidney, bladder, and cervix, as well as acute myeloid leukemia

This is only a few facts that the women learned are causes of tobacco use. Amongst the group of women, some were able to relate to the information and stated "they were glad they were able to quit smoking because they were having serious respiratory problems".



Resident Meetings/Events

JULY	AUGUST
Date & Time TBA	Thursday, 8/21/14
Visit to the State Fair	Healthy Relationships

YWCA Administrative Office
1320 Arnold Dr. #170, Martinez, CA 94553
 Hours: Monday-Thursday, 8:00am to 4:30pm
 Phone: (925) 372-4213 Fax: (925) 372-4216
 Visit us on the web: www.ywcacc.org
 E-mail us: info@ywcacc.org