

# eliminating racism empowering women ywca

**MARCH/APRIL 2014 newsletter  
Contra Costa/Sacramento**

## Calendar of Events

**MARCH 2014:** No Holiday Closures

**APRIL 2014:** No Holiday Closures

## YWCA: Local and National News

YWCA Contra Costa / Sacramento will be holding its 2nd Quarter Board Meeting later this month. Topics to be discussed including the following:

- ◆ Constitution and By-Laws of the YWCA Contra Costa / Sacramento
- ◆ Review Revisions of the YWCA Contra Costa / Sacramento Personnel Policies and Practices
- ◆ Approval of Audit
- ◆ Discussion of the Annual Meeting Date / Location

YWCA Silicon Valley's TechGYRLS Program is Taking Over America's Technology Hub

In K-12 education, girls and boys do not differ in terms of their math and science abilities; however, boys are more confident and interested in STEM



fields. Male students are three times more likely to be interested in STEM (science, technology, engineering and mathematics) than their female peers. In higher education, women earn only 18% of Bachelor's Degrees in STEM fields and minority women, though 16% of our population, earn less than 5% of STEM degrees. In the STEM Workforce, women make up 47% of the workforce but only 11% of the engineering workforce and less than 25% of the workforce in other STEM fields. Minority women make up less than 8% of the STEM workforce.

The TechGYRLS of the YWCA Silicon Valley has developed a program that answers the need to engage more girls in STEM and it does it in a way that is innovative and powerful! The San Jose area is an extremely diverse area, and the TechGYRLS program runs in schools that serve predominantly underrepresented students. The program plans to double in size for the 2014-2015 school year and serve more than 250 girls through 10 after school programs, a spring break camp, and a summer camp. The TechGYRLS of the YWCA Silicon Valley is leading the way in empowering curriculum and programming for girls



## Curriculum

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

**March 2014** — Empowering Women: their careers, famous women, women of different cultures. Art & Artist: drawing, painting, abstract, mural and 3D. Community Helpers: nurse, librarian, mail woman and teacher. Career: pilot, bus driver, police officer, firefighter.

**April 2014** — Earth Day: water, land, mountain, and valley. Energy: electricity, light, day and night. Conservation: water, cold, hot and waste. Recycling: paper, can plastic and glass.

## PARENT MEETINGS:

Check with your childcare center for dates and times of your meetings.



**March 2014** — Women's Empowerment: Economic Issues

**April 2014** — Child Behavioral Issues

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

This month, we are featuring our Chief Executive Officer, Nancy Atkinson. As CEO, Nancy oversees seven child care centers, serving 300 families, and implemented an innovative mental health program for children who have been abused, experienced trauma or have attachment issues. In 2009, she was responsible for the acquisition of the YWCA of Sacramento



Nancy J. Atkinson  
Chief Executive Officer

Nancy holds bachelor and master's degrees in recreation administration and youth leadership from Michigan State University, as well as a master's degree in agency counseling and a master's degree in recreation administration and youth leadership. She has a master's in counseling psychology from National University of Sacramento.

**YWCA Richmond**



The YWCA Richmond Center is located at 3230 MacDonald Avenue in Richmond. Our hours of operation are 7:30am to 5:00pm.

We have two programs: a full-day, pre-school and our CCTR (two

year old) room.

The Site Supervisor is Lisa Miller. We also have Margo Perez as our Associate Teacher and Sheila Harris as our Teacher Aide. In addition, we are very lucky to have five, brand new faces to join our teaching family: Janae Frazier, Prerna Guurung, Keith Woods, Balques Wardak and Deevya Vaughn..

During the month of March, we will be talking about Women’s Empowerment and different types of art media. In April, we will be talking about recycling and how important it is to conserve our natural resources. We are also hosting a Women’s Empowerment event on Wednesday, March 26—it will be a pot luck so please make sure that you try to attend. This will be a woman’s night out and childcare will be provided.

We Look Forward to Seeing You Here!!



**Meet Janae Frazier  
Sub-Aide**

Hello There!

My name is Janae. I am 35 years old and I am a loving mother, daughter, sister and a kind, friendly, outgoing person.

I live in San Pablo and I love children of all ages, gender, race, and religion. I have been working in early childhood development since 2005 and I really enjoy this profession I have chosen.

I would like to enroll in a community college to receive more education and training.

If you have any more questions, please feel free to stop by the next you are in Richmond and say “hello” and ask me.

I look forward to seeing you soon!



## RUNNY NOSE IN THE CHILD CARE SETTING



### What Causes a Runny Nose?

1. The common cold is the most typical cause of a runny nose and chronic runny nose.
2. Allergies can also cause a runny nose.
3. Bacterial infection (sinus infection) may occasionally develop and contribute to the continuation of illness.

### When are Children Contagious?

The amount of virus present is usually highest two to three days before a person develops symptoms of the illness and continues to be present for two to three days after symptoms begin. As a result, infected children have already spread viruses before they begin to feel ill. Germs may be spread to others by:

- Wiping a nose and then touching other people and objects before washing hands.
- Sharing of mouthed toys by infants and toddlers.
- Coughing and sneezing into the air.
- Kissing on the mouth.



### How can We Limit the Spread of Infection?

To prevent the spread of infection from respiratory illnesses and runny noses, follow routine healthy practices:

- Avoid contact with mucus as much as possible. Make sure that all children and staff use good hand washing practices, especially after wiping or blowing noses, after contact with any nose, throat or eye secretions, and before preparing or eating food.
- Do not allow food to be shared.
- Wash eating utensils carefully in hot, soapy water, then disinfect and air dry. Use a dishwasher whenever possible. Use disposable cups whenever possible.
- Make sure that the facility is well ventilated and that children are not crowded together, especially during naps on floor mats or cots. Open the windows and play outside as much as possible, even in the winter.
- Teach children to cough and sneeze into their elbow, wipe noses using disposable tissues, throw the tissue into the wastebasket, and wash their hands.

\* Excerpts from Health and Safety Notes California Childcare Health Program

**Block Grant:** As part of the block grant received from Contra Costa County, the YWCA has been working with over 150 children in the areas of health, safety, and nutrition. For the upcoming months, the following topics will be covered at our Bay Point locations:



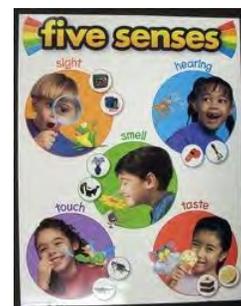
### March 2014

- Week 1: Animal Safety
- Week 2: Toileting Part I: Sitting Properly
- Week 3: Toileting Part II: Wiping Properly
- Week 4: Toileting Part III: Disposing of Toilet Paper



### April 2014

- Week 1: Five Senses Part I: Eye
- Week 2: Five Senses Part II: Ear
- Week 3: Five Senses Part III: Taste
- Week 4: Five Senses Part IV: Touch
- Week 5: Five Senses Part V: Nose



### Mental Health: Attention-Deficit/Hyper-Activity Disorder Not Otherwise Specified

#### Serious Violation of Rules (continued)

13) often stays out at night despite parental prohibitions, beginning before age 13 years; 14) has run away from home overnight at least twice while living in parental or parental surrogate home (or once without returning for a lengthy period); 15) is often truant from school, beginning before age 13 years. The disturbance in behavior causes clinically significant impairment in social, academic, or occupational functioning.

#### 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.

For more information 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®

### Breast Lumps: 8 Myths and Facts

When you feel a lump in your breast, it's understandable to be concerned. But don't jump to conclusions. Instead, take action. Call your doctor to find out what it is.

**A Breast Lump Is Probably Cancer:** Most breast lumps women feel -- 8 out of 10 -- aren't cancer. It's more common for them to be a cyst (a sac) or a fibroadenoma (an abnormal growth that's not cancer). Some lumps come and go during a woman's menstrual cycle. **If You Have a Lump but Your Mammogram is Normal, You're Done:** You may need more tests, such as an MRI, ultrasound or follow-up mammogram, to take another look at the lump. You may also need to get a biopsy, which is when a doctor takes a small sample of the lump to test it. **Cancerous Breast Lumps Are Always Painless:** Not necessarily. Although breast cancers aren't always painful, having breast pain doesn't rule out cancer. Inflammatory breast cancer - which has early symptoms such as redness, swelling, tenderness, and warmth in the breast -- can be painful when there is a lump. **If You Find a Lump While Breastfeeding, It Can't Be Cancer:** Though breastfeeding does make you less likely to get breast cancer, it can still happen. If you notice a lump while you're breastfeeding, don't ignore it. You may get an ultrasound to check it out. **If You're Young, a Breast Lump Can't Be Cancer: Not so.** At any age, you should get breast lumps checked by a doctor. **A Small Lump Is Less Likely to Be Cancer Than a Large Lump:** Breast lumps come in all sizes, and size doesn't affect the odds that it's cancer. Whenever you feel a lump that's new or unusual, even if it's tiny, see your doctor. Even small lumps can be aggressive cancers. **If You Feel a Lump Soon After a Mammogram, It's OK to Wait Another Year:** Call your doctor if you notice a lump soon after your latest mammogram, even if the results were normal. Mammograms can miss some cancers, especially if you have dense breast tissue or if the lump is in an awkward location (such as near your armpit). **A Lump Is Probably Harmless If There's No Breast Cancer in Your Family:** Many women think they're not at risk for breast cancer if no one in their family has had it. But that's not true. Less than 15% of women with breast cancer have a relative who's had the disease, according to the American Cancer Society. Get all lumps checked by a doctor, whether or not breast cancer runs in your family.

### Community Presentation / Events

<u>Health For All</u> 923 V Street	3/5/14
<u>Elk's Lodge #6 (9am to 10am)</u> 6446 Riverside Blvd.	3/7/14
<u>Gateway Recovery Center</u> 4049 Miller Way	3/12/14
<u>The Senior IMPACT Project</u> 2750 24th Street	3/26/14

### Monthly Resident's Meeting

The residents at the YWCA had an opportunity to compete with one another by showing off their artistic/creative talents.



In December, the women at the YWCA were able to participate in a cookie decorating contest. YWCA residents who attended had the opportunity to decorate a gingerbread cookie and show their talent.

This year's winner was Charnel. Charnel won a decorated gingerbread house. Congratulations to Charnel!

All YWCA residents are welcome to participate in residential meetings and are welcome to bring ideas on topics they would like to have at the residential meetings.



### Resident Meetings / Events

MARCH

Thursday, 3/27/14

Women's Empowerment—Economic Issues

APRIL

Thursday, 4/24/14

TBA

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](http://www.ywcacc.org)

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