

eliminating racism empowering women

ywca

MAY/JUNE 2014 newsletter
Contra Costa/Sacramento

Calendar of Events

- MAY 26, 2014:** Memorial Day Holiday
JUNE 27, 2014: Last Day for Part-Day, Pre-School

YWCA: Local and National News

YWCA Contra Costa / Sacramento will be holding its Annual Meeting in conjunction with the 3rd Quarter Board Meeting on **Monday, June 16th**. Topics to be discussed include the following:

To Approve the Constitution and By-Laws of the YWCA Costa/Sacramento – June 2013 Edition with the following change noted on page 5 of 8 which is regarding term-of-office and has been changed from three – two year terms to five – two year terms – due to very little interest in people serving on the Board and the need to have people on the Board longer term.

YWCA USA 2014 Annual Conference & Women of Distinction Gala

June 12 – 14, 2014 in Washington, D.C.

The YWCA USA will celebrate the extraordinary leaders at the annual *Women of Distinction Awards Gala* by honoring nationally-recognized women who have demonstrated excellence, leadership and integrity, and who serve as role models for women and girls around the world.

Awards are given in the areas of:

- Advocacy and Civic Engagement
- Corporate Social Responsibility
- Military & Veterans Affairs
- Philanthropy

The YWCA is pleased to announce that award-winning broadcast journalist, executive producer, advocate and philanthropist **Soledad O'Brien** will be awarded the Dorothy I. Height Award at this conference. Soledad O'Brien is a dedicated philanthropist and advocate in the fields of racial justice. Over the past decade, she was at the forefront of the biggest news stories, and she was the originator of the critically acclaimed documentary series on race, *Black in America* and *Latino in America*. In the wake of Hurricane Katrina, O'Brien co-founded with her husband Brad Raymond "The Soledad O'Brien and Brad Raymond Starfish Foundation," which awards scholarships to 25 disadvantaged young women to attend college.



Curriculum

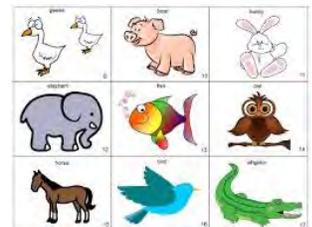
Each month, various themes will be shared with children to help them learn and discover.

May 2014 — This month, our centers will be focused on Food and Nutrition. In June 2011, the USA introduced MyPlate—the visual reminder to help us balance our food groups, eat in moderation and make health choices. Visit the MyPlate Website at: www.choosemyplate.gov



New! Healthy and Active Preschoolers Website: Do you have a preschooler at home and want to learn more about how to promote healthy eating and active living in your family? Then check out: www.healthypreschoolers.com

June 2014 — This month, we will learn about Animals. Farm animals, sea mammals, insects, different types of family pets and animals from other countries.



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

This month, we are featuring Martha Alcalá, Enrollment Clerk for the YWCA childcare centers.

Martha has been with the YWCA since 2003 and is located at our Admin Office in Martinez. She visits the various Centers throughout the month scheduling appointments with parents who want to enroll their children.

Looking ahead to the fall 2014 pre-school programs, enrollment for the part-day, pre-school will begin in July; however, the enrollment for full-day is ongoing.

For either programs, make sure to contact Martha ahead of time to pick-up your enrollment forms and schedule an appointment. She can be reached at (925) 372-4213 ext. 26 or by email at: malcala@ywcacccc.org.



Martha Alcalá
Enrollment Clerk

YWCA Freedom



The YWCA Freedom Center is located at Freedom High School at 1050 Neroly Road in Oakley. We are open from 8:00am to 5:00pm, Monday through Friday.

Currently, we have two programs at Freedom: a full-day, pre-school program that is led by our new Site Supervisor, Amanda Franco along with Associate Teacher, Jontelle Fisher and Teacher’s Aide, Amanjit Gill. And a part-time, AM pre-school that is led by our Head Associate Teacher, Renee Lovelace with Sub Teacher’s Aide, Beatriz Gonzalez and Teacher’s Aide, Ana Jimenez. We also have on staff, our Floater, Yuritzzy Duarte and our Substitutes, Latonya Beeler and Betty King.



During the month of May, we will be learning about Food and Nutrition - how to eat healthy foods and being active in school as well as at home. The month of June, we will focus on Animals and learn about different types of insects, farm animals, sea animals and animals from other countries.



If you’re in the neighborhood, we would love for you to stop by for a visit!



**Meet Amanda Franco
Our New Site Supervisor**

Amanda joined the YWCA Freedom Center in March. She and her family recently moved to the East Bay Area and they are getting to know their new community. Amanda believes in the physical, social-emotional, cognitive and creative development of each child in a safe and loving environment is essential to a child’s overall development.



“Our focus at the Center is working with the children on their goals we have identified with the DRDPs and preparing them for the transition into Kinder and Transitional Kindergarten classes. We are also working on boosting and trying to identify key opportunities to recruit and get a jump on next year’s enrollment.”

Feel free to stop-by and say “hello” - we look forward to seeing you here!

WHEN TO SUSPECT ALLERGIES IN YOUNG CHILDREN

Some allergies are easy to identify by the pattern of symptoms that follows exposure to a particular substance. But others are subtler, and may masquerade as other conditions. Here are some common clues that could lead you to suspect a child may have an allergy. Repeated or chronic cold-like symptoms that last more than a week or two, or that develop at about the same time every year. These could include:

- * Runny nose
- * Nasal stuffiness
- * Throat clearing
- * Nose rubbing
- * Itchy, runny eyes
- * Nose rubbing
- * Snorting
- * Sniffing
- * Sneezing

Common Allergens in Home and School

Many indoor allergens cause problems for children because they are inside of home and school for longer periods.



Certain Foods

Dust: contains dust mites and finely ground particles from other allergens, such as pollen, mold, and animal dander

Fungi: including molds too small to be seen with the naked eye

Furry Animals: cats, dogs, guinea pigs, gerbils, rabbits, and other pets

Clothing/Toys: made, trimmed, or stuffed with animal hair

Latex: household and school articles, such as rubber gloves, toys, balloons; elastic in socks, underwear, and other clothing; airborne particles

Bacterial Enzymes: used to manufacture enzyme bleaches and cleaning products

Controlling Allergy Symptoms

1. It's helpful to use air conditioners, where possible, to reduce exposure to pollen.
2. Molds are present in the spring and late summer, particularly around areas of decaying vegetation. Children with mold allergies should avoid playing in piles of dead leaves in the fall.
3. Dust mites congregate in places where food for them is plentiful (e.g. flakes of human skin). That means they are most commonly found in upholstered furniture, bedding, and rugs.
4. Wash linens weekly, and other bedding such as blankets, every 2 to 3 weeks in hot water to kill the dust mite.
5. Pillows should be replaced every 2 to 3 years.

* Excerpts from *Childcare Careers*

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:



May 2014

- Week 1: Nutrition: Being Healthy
- Week 2: Nutrition: Color Me Healthy
- Week 3: Nutrition: Fruit or Veggie
- Week 4: Nutrition: Healthy Food vs Junk Food



June 2014

- Week 1: Nutrition: Balance Meal Plan
- Week 2: Exercise: Cardio - How it Works
- Week 3: Exercise: Run for Fun
- Week 4: Sun Safety



Mental Health:

Oppositional Defiant Disorder

A pattern of negativistic, hostile, and defiant behavior lasting at least six months, during which four (or more) of the following are present:

- 1) often loses temper, 2) often argues with adults, 3) often actively defies or refuses to comply with adults' requests or rules, 4) often deliberately annoys people, 5) often blames others for his or her mistakes or misbehavior, 6) is often touchy or easily annoyed by others, 7) is often angry and resentful and 8) is often spiteful or vindictive.

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®"

ENCORE^{plus} program / Sacramento

(Women's Health)

MAY/JUNE 2014

Lymphedema: What Every Woman with Breast Cancer Should Know



What is lymphedema?

Lymphedema is a build-up of lymph fluid in the fatty tissues just under your skin. It usually develops slowly over time. The swelling can range from mild to severe. It can start soon after surgery or radiation treatment. But it can also begin months or even many years later. Women who have many lymph nodes removed and women who have had radiation therapy for breast cancer have a higher risk of getting lymphedema.

Why do I need to know about lymphedema?

Some women who have been treated for breast cancer develop swelling or lymphedema of the arm, breast, and chest. Most women who have had breast cancer will not develop this side effect. The risk of lymphedema is higher for women whose breast cancer was treated with both surgery and radiation therapy. We also know that the risk of lymphedema goes up with the number of lymph nodes removed and is higher in women who are obese. Still, there's no way to predict who will develop this condition. Here is what we know about lymphedema, the signs you can look for, steps you can take to lower your risk of getting it, and things you can do to try to keep it from getting worse. Talk to someone on your health care team about your lymphedema risk and what you can do to lower it. There are things you can do to try to prevent lymphedema. And recognizing it early and starting treatment right away can help manage it.

Article by *American Cancer Society*

Community Presentation / Events

Molina Medical Clinic	5/07/14
Susan G. Komen Race for the Cure	5/10/14
The Willow Clinic	5/14/14
Paul Hom Asian Clinic	5/21/14
My Sister's House	5/28/14
WEAVE, Inc.	6/04/14
Loaves and Fishes	6/11/14
Family Promise of Sacramento	6/18/14
Sacramento Area Emergency Housing	6/25/14

Monthly Resident's Meeting

Woman's Empowerment Economic Issues

For the month of March, the women at the YWCA in Sacramento had the opportunity to learn the importance of Financial Planning. One of the most important facts residents learned was that by keeping on top of personal finance management, they could avoid falling into the easy debt trap that is so rampant in our society and in the long run can cause a lot of stress.



Some of the tips residents learned for personal planning are:

- \$ Create goals/ have a monthly budget
- \$ Learn how to use a credit card responsibly and understanding interest rates, fees and all the other sneaky tactics creditors use
- \$ Know where your money is going

Overall residents enjoyed learning on how to manage their finances.



Resident Meetings / Events

MAY

Thursday, 5/29/14

Tentatively Scheduled: Tobacco Use

JUNE

Thursday, 6/26/14

Presentation from the Health Education Council

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