

eliminating racism empowering women ywca

**JANUARY/FEBRUARY 2014 newsletter
Contra Costa/Sacramento**

Calendar of Events

JANUARY 2014:

Wednesday, 1/1/14 New Year's Day Holiday
Monday, 1/20/14 Martin Luther King Jr. Day

FEBRUARY 2014:

Monday, 2/17/14 President's Day Holiday

Note: the YWCA will be closed during the above holidays

YWCA: National News

New Report: Supporting Families, Strengthening Communities - The Economic Importance of Nutrition Assistance

The White House released a new report highlighting the importance of the Supplemental Nutrition Assistance Program (SNAP), which helps millions of Americans put food on their tables.



In 2012 alone, SNAP kept nearly 5 million people out of poverty, including 2.2 million children.

SNAP, which has been authorized in bipartisan fashion in the Farm Bill for decades, has been one of our nation's strongest defenses against hunger and poverty while also benefitting farm and rural economies. Currently, the President's budget protects this vital program; however, legislation passed in the House of Representatives would make deep, harmful cuts that would make it harder for millions of Americans who are already struggling to put food on the table. In the summer, the Senate approved cutting about \$4 billion in SNAP money over the next decade, mostly by trimming administrative expenses and bolstering anti-fraud protections. But the House voted to cut almost \$40 billion in funding over the same period, mostly by rewriting eligibility rules for beneficiaries.

Congressional action is expected on the Farm Bill before the end of December.



Curriculum

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

January 2014 — Diversity/Cultural Awareness: cultural similarities and differences as well as disabilities. National Bird Day: birds, its habitat, nesting and foods will be discussed. Winter Season: Martin Luther King, Jr. Day and how to dress for the winter. Weather: rain, thunder, lightening and rainbows.

February 2014 — Black History: African American music, Presidents, inventors and their inventions. All About Me / Chinese Culture: the Chinese New Year, "me and my family" and friendships. I Love My Body: head parts, body parts, stomach and bones. Five Senses: eyes (see), skin (touch), ears (hear), nose (smell) and tongue (taste)

PARENT MEETINGS:

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



January 2014 — Cultural Diversity: Elimination of Racism

February 2014 — Kindergarten Transition

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

This month, we are featuring our Board Member, Shelly Lewis.

Shelly is a public relations and marketing professional with experience in private, public and non-profit organizations. She has a bachelor's degree from Miami University (Ohio) and a master's in business administration from Saint Mary's College (Moraga). Shelly has a passion for the environment, outdoors, and outdoor recreation and has worked for East Bay Regional Park District as the Community Relations Manager and most recently is the Public Affairs Manager with Midpeninsula Regional Open Space District. She is married with three adult sons and lives part-time in Mountain View and part-time in San Ramon.



Shelley Lewis
Board Member

YWCA Hidden Valley



Our Hidden Valley Center is located at 510 Glacier Drive in Martinez. The hours of operation are 7:00am to 5:50 pm, Monday through Friday.

During January, we are learning about Cultural Diversity. We know it is important to respect each other and ourselves – and the importance of respecting our cultural differences. We will be learning

about different countries and their favorite games. We will play games such as the marble game from Africa called “Mancala”.

We will find different countries and continents and learn a little about map, and how a culture may be influenced by their geography and land. We will be talking about the many flags that represent countries and people. The children will design and draw, paint or color flags. Since soup is a staple in every country and so versatile, we will be making and tasting chicken & rice soup. We will add various ingredients and talk about crops such as rice.

Throughout our school year, we have many parents, grandparents and siblings visit us with short, but interesting presentations



and informative talks about their culture.

Every day, we have homework and playground time. The children are tired after having been in school all day and really need the playground time. Some "down time," fresh air and exercise usually helps their homework focus! Playing 4-square and tether ball are favorite games. When we are inside, Twister and Marble Painting are usually the favorites.



Meet Jory Henderson

Happy New Year, Everyone!

My name is Jory Henderson. I am the Site Supervisor at the YWCA’s Hidden Valley Elementary Before and After School Program. The children are K-5th grade. They are a lot fun! They have lots of energy and are very inquisitive. I have been working with children of all ages for over 30 years. I love being with the kids! They are always “in the moment” – they have fresh outlooks and great sense of humor. They keep your perspective “real”.



I have a 23 year old son. He designs web pages and is a freelance consultant for various computer and video related projects. He is currently living and working in Asia. He does martial arts and likes to go mountain biking.

In my free time, I like to crochet, paint and go hiking. My family and I really enjoy traveling, especially around California. When I get the chance, I enjoy playing “tourist” in San Francisco. I also do a lot of reading and I am very interested in politics and economic trends.

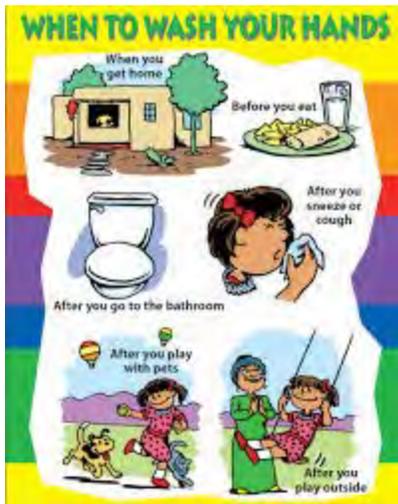


Staying Healthy During the Winter Season

The American Academy of Pediatrics has stated firmly that proper washing of hand is the most important strategy in the prevention of disease. Clean hands limit the spread of diarrhea, staph infection, eye infection, colds, and stomach diseases common in early childhood programs.

The more often you wash hands, the more likely it will be that you and the children will stay healthy. To see if the adults and children in your program are washing hands at the most important times, ask yourself does every-one wash their hands:

- ◆ After arriving at the program or coming in from outside?
- ◆ After using the bathroom or diapering?
- ◆ Before preparing, handling, or serving food items?
- ◆ Before AND after eating?
- ◆ After coming in contact with any body fluids (saliva, nasal discharge, mucus, blood, or vomit)?
- ◆ Before giving medication?



Use running water, and let the water drain away. Having a common, water-filled basin can actually be an invitation for germs and bacteria to grow. The water does not have to be warm, but warm water feels more pleasant than cold and may increase the amount of time spent washing.

Create friction by rubbing your hands together, both front and back, briskly for at least ten seconds. The friction you create is the key to getting rid of germs. If possible, use liquid soap since your children may have difficulty handling slippery bars of soap. Because the friction removes the germs, it is not necessary for soap to be anti-bacterial.

Dry your hands before turning off the water. Use a single-use or disposable towel to thoroughly dry each hand front and back. Then turn off the faucet with the paper towel to prevent contaminating your hands with germs on the faucet handles.

In order for hand-washing to be an effective strategy for preventing the spread of infection, it must be done frequently. This means that hand-washing activities need to be embedded in the program curriculum and practiced on a regular basis by children as well as adults.

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:



January 2014

- Week 1: Good Manners
- Week 2: Compliments vs Put Downs
- Week 3: My Telephone # and 911
- Week 4: My Friend the Police Officer



February 2014

- Week 1: Buckle-up
- Week 2: Pedestrian Safety
- Week 3: Poison Safety
- Week 4: Fire Prevention



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

Destruction of Property (continued)

8) has deliberately engaged in fire setting with the intention of causing serious damage; 9) has deliberately destroyed others' property (other than by fire setting)

Deceitfulness or Theft

10) has broken into someone else's house, building or car; 11) often lies to obtain goods or favors or to avoid obligations; 12) has stolen items of nontrivial value without confronting a victim.

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)

JANUARY/FEBRUARY 2014

What is Cervical Cancer?



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Most cervical cancers begin in the cells lining the cervix. These cells do not suddenly change into cancer. Instead, the normal cells of the cervix gradually develop pre-cancerous changes that turn into cancer. Doctors use several terms to describe these pre-cancerous changes, including cervical intraepithelial neoplasia (CIN), squamous intraepithelial lesion (SIL), and dysplasia. These changes can be detected by the Pap test and treated to prevent cancer from developing.

Importance of Cervical Cancer Screening

Cancer of the cervix may be prevented or detected early by regular screening with the Pap test (sometimes combined with a test for human papilloma virus).

Despite the recognized benefits of cervical cancer screening, not all American women take advantage of it. In particular, older women, those without health insurance, and women who have recently immigrated are less likely to have regular cervical cancer screening.

If it is detected early, cervical cancer is one of the most successfully treatable cancers. In the United States, the cervical cancer death rate declined by almost 70% between 1955 and 1992, in large part due to the effectiveness of Pap test screening.

Community Presentation / Events

<u>Sacramento Clothes Closet</u>	1/8/14
3333 Third Avenue	
<u>Florin Worship Center</u>	1/15/14
8144 Florin Road	
<u>Sacramento Black Alcoholism Center</u>	1/22/14
3307 Broadway, Suite 200	
<u>South Sacramento Counseling Center</u>	1/29/14
7486 Center Parkway	
<u>County DHHS WIC Program</u>	2/5/14
8231 Stockton Blvd.	
<u>Birth Connection</u>	2/12/14
4401 A Street	
<u>The Birthing Project</u>	2/19/14
1900 T Street	
<u>Sacramento Recovery House</u>	2/26/14
1914 22nd Street	

Monthly Resident's Meeting

The residents at the YWCA have been busy with the holiday celebrations. In November the residents had the opportunity to have a Thanksgiving dinner provided by the Sacramento Rotary Club.



During this time the residents had the opportunity to interact with each other while they had a great dinner. The Rotary club has been having this special dinner for the YWCA residents for a few years now.

All the residents who were able to attend dinner would like to thank the Rotary Club for such an amazing gesture year after year.



Resident Meetings / Events

JANUARY

Thursday, 1/23/14: Diversity

FEBRUARY

Thursday, 2/20/14: TBA

YWCA Administrative Office

1320 Arnold Dr. #170, Martinez, CA 94553
Hours: Monday-Thursday, 8:00am to 4:30pm
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