

eliminating racism empowering women ywca

SEPTEMBER/OCTOBER 2014 newsletter
Contra Costa/Sacramento

Calendar of Events

SEPTEMBER 8: First Day of Pre-School

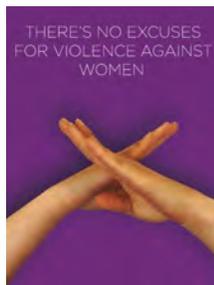
YWCA: Local and National News

YWCA Contra Costa / Sacramento will be holding its Quarterly Board Meeting in October. Also during this time, some of our board members will be visiting our preschools and observing their curriculum.

Week without Violence - NoXCuse for Violence Against Women

Imagine:

- 7 days,
- 168 hours,
- 10,080 minutes
- 604,080 seconds



IMAGINE A WEEK WITHOUT VIOLENCE

This is the vision of the global movement of YWCAs. This is what the YWCA Week without Violence works to achieve. Every year during the third week of October, YWCAs from all over the world promote and encourage a Week without Violence - a week-long series of community events promoting diverse approaches to creating a world free of violence. The YWCA Week without Violence is annual worldwide campaign that encourages communities to think and act towards a world without violence. Throughout the week activities focus on raising awareness, promoting attitude change and enabling individuals and organizations to begin positive actions towards ending violence in their communities.

This year the World YWCA Week without Violence will be held on 13 - 19 October, 2014. During this week, which is also the leading up to the 16 Days of Activism to Stop Violence against Women, the World YWCA calls upon YWCA members and partners worldwide to join our Noxcuse for Violence Against Women Campaign.



There's NO EXCUSE for violence against women.

This is the rallying cry of our new campaign to run during our YWCA Week Without Violence in October. Working with an international communications agency, the YWCA has created a Toolkit for all mem-

bers. This includes templates for printed materials, a press briefing kit, a how-to guide to creating local videos, and all the other elements needed for this campaign to be a success.



Curriculum

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

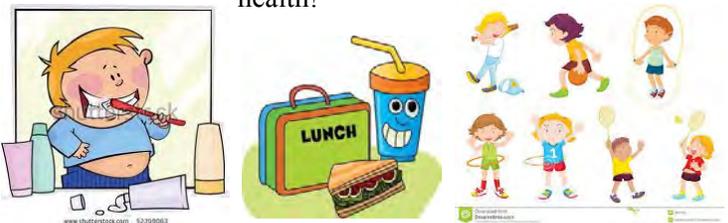
September 2014 — Me, My Friends, My Family

Learn to be your own individual, make friends from all walks of life and find out about your family tree.



October 2014 — My Health

Proper hygiene, diet and exercise gives you a clean bill of health!



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

This month, we are featuring June Nakatani, Executive Assistant with the YWCA since the Fall of 2011.

June holds a bachelor's degree in International Marketing from San Francisco State University. She has spent over 20 years working in the high-tech and outdoor industries managing logistics for corporate events and trade shows. She made her transition to the YWCA to learn about non-profit business and with location and drive time, this fit in perfectly with family needs as well.

When time permits, June has been involved in volunteer work with Volunteers for Outdoor California and the East Bay Regional Park District assisting with registration and building trails for our future hikes.



June Nakatani
Executive Assistant



The YWCA/ Mary Rocha Center is located at 931 Cavallo Road next to the Lakeshore Apartments in Antioch. We offer two programs: a full day and part day. For the Summer, the Caterpillar and

Roly Poly classrooms are combined and currently run by Ivette Nazario, our new Site Supervisor along with our Teacher, Shaheena Jamal, and Teacher's Aide, Norma Magallon. When preschool opens in September, the class will be run by Head Teacher, Debra Hayes, along with our Teacher's Aide, Angelica Rodriguez.

During the month of July we have been transitioning out some of our peers due to Kindergarten.

The month of August we have been talking about our State of California and the town that we live. The children are discovering that our state California has mountains, rivers, birds, Bears and different



animals also our own flag and that we have different kinds of transportation.

Through art the children have been expressing what they have learn using construction paper, pencils and markers to create what they have seen when the teachers read the books about our State. The children have created a bear using finger paint to paint their hands.



The children loved the Book Brown Bear, Brown Bear by Eric Carlile. Some of our new students are enhancing their vocabulary using new words. The children



have learned that each book has a front cover, a back cover and a spine. We have been comparing ourselves with the books. We have to take care of the books so they can last a longtime as well as taking care of ourselves so we can last a long time. As we moved along we will be learning about myself, my family and my friends as well as different cultures.



Meet Ivette Nazario

My name is Ivette Nazario and I am the Site Supervisor and Teacher at Mary Rocha Center.



I have over 35 years of experience in the Child Development field. I am a mother of five children ranging between the ages of 25and 39. I have nine grandchildren.

I bring lots of leadership skills and strategies to work with your children and the staff here at Mary Rocha. My goal is to prepare your children for success in pre-school and in kindergarten. To provide your children with fun, consistent and developmentally appropriate learning activities.

If you happen to be at Mary Rocha, please stop by and say "hello" and to the rest of the YWCA Mary Rocha staff. I look forward to seeing you there!

Positive Parenting — Too much TV can harm your young children

(from 2002 Noodle Soup)

Many preschoolers today (ages 2-1/2 to 5) spend more time in front of the TV than it takes to get a college degree. All that viewing can be harmful.



Children who watch too much TV can:

- ◆ Have decreased creative skills, mental and motor skills.
- ◆ Beg for toys and sugared foods they see in commercials.
- ◆ Be inactive for hours that can lead to obesity.
- ◆ Show increased aggressive behavior.

Mounting evidence does show that violence on TV leads to violence in our schools. Children under 7 years old are very influenced by what they watch, especially by powerful images of violence.



Not all TV is bad. Pick what they should see. At best, educational TV shows for children can:

- ◆ Help them with skills they'll need for school.
- ◆ Teach them to share, to have self-control and to have courage.
- ◆ Teach them things they've never heard of or done.



Advice on limiting your child's TV viewing. For most families, getting rid of TV and video games is not realistic. So, try these suggestions:

- ◆ Keep a record of how much your child watches. Limit 2-3 year olds to 5 hours per week.
- ◆ Limit TV/video/computer time to 2 hours or less a day for 3-5 year old children.
- ◆ Watch TV as a family whenever possible. Look for quality shows. Some programs do offer children some positive learning skills and can be a positive teacher. Discuss what you watch.
- ◆ After TV, do some active things with your child.
- ◆ Don't put a TV in your child's bedroom.
- ◆ Don't let young children watch adult programs or movies. Say "no," then enforce it.
- ◆ Look for violence, unwanted racial and sexual content, or other behavior your child might imitate. Don't watch these programs.
- ◆ Explain the difference between make-believe and real life Explain how violence hurt people.
- ◆ Teach by example. Limit how much TV you watch. And increase time with read with your kids.



Block Grant: At our Bay Point locations, the YWCA Block Grant Educators have been working with over 150 children in the areas of health, safety, and nutrition. The following are some highlights from the last two months:



Identity of Self: The Educator used stamp pads, paper and magnifying glass to help compare their fingerprints to those of their friends. Children learned that no two fingerprints are the same.



Hand Washing Routine

Steps: The Block Grant Educator used a computer video, bathroom area for hand washing and hand washing steps poster that was also provided to parents to use at home.

Respecting Someone's Words: The Educator used a talking stick, pictures of children displaying various emotions and lyrics to the song "When I Feel Mad". Children turn turns speaking to the "talking stick" while others listened without interrupting.



Mental Health:

Feeding and Eating Disorders of Infancy or Early Childhood—Rumination Disorder

- A. Repeated regurgitation and re-chewing of food for period of at least one month following a period of normal functioning.
- B. The behavior is not due to associated gastrointestinal or other general medical condition (e.g., esophageal reflux).
- C. The behavior does not occur exclusively during the course of Anorexia Nervosa or Bulimia Nervosa. If the symptoms occur exclusively during the course of Mental Retardation or a Pervasive Developmental Disorder, they are 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®

ENCORE^{plus} program / Sacramento

(Women's Health)

SEPTEMBER/OCTOBER 2014

October is Breast Cancer Awareness Month



What is Your Breast Cancer IQ?

When it comes to your breast health, don't be fooled by rumors and misinformation. Get the facts. Test your knowledge of 6 common beliefs about breast cancer.

1) You can get breast cancer even if it doesn't run in your family: *True or False*

True: Most women diagnosed with breast cancer – more than 85% – have no family history of the disease. Having a relative with breast cancer does increase your risk. But other factors such as age, being overweight, alcohol use, and hormone therapy after menopause can also increase your risk of developing breast cancer.

2) If breast cancer runs in your family, you're sure to get it: *True or False*

False: Having breast cancer in your family doesn't guarantee you'll get it. Many times, cancer runs in families because they have similar lifestyle habits – habits you can control and change to lower your risk of breast cancer. This includes staying at a healthy weight, getting regular physical activity, and not smoking.

3) You still need mammograms after menopause: *True or False*

True: Getting older is not a reason to skip regular breast health checks. In fact, your risk of developing breast cancer goes up as you get older. About 2 out of 3 invasive breast cancers are found in women age 55 or older.

4) Men can get breast cancer: *True or False*

True: More than 2,000 men are diagnosed with breast cancer every year. Men should not ignore breast lumps and should get any breast changes checked. Still, breast cancer is about 100 times more common in women than men, with more than 230,000 women diagnosed in each year.

5) Surgery and needle biopsies can cause breast cancer to spread: *True or False*

False: Needle biopsies to diagnose breast cancer do not cause cancer cells to spread to other parts of the body. Nor does exposure to air during breast cancer surgery cause the disease to spread.

6) There's nothing you can do to lower your breast cancer risk: *True or False*

False: While you can't change certain risk factors - like being female and having a family history of breast cancer - you can do a lot to help reduce your breast cancer risk as much as possible. In a word: lifestyle. Exercise more and eat healthier, especially if you're overweight or obese. Limit or eliminate alcohol and quit smoking. Cancer prevention isn't fool-proof, but being responsible about your health can go a long way.

Community Presentation / Events

Asian Community Center	9/03/14
Group Meeting at Elk's Lodge #6	9/12/14
Chinese Community Service Center	9/17/14
YMCA	9/24/14
Displays at Pension K Office, CSUS Campus & SRO Office on J Street	10/01/14
Breast Cancer Awareness at YWCA	10/14/14
American Cancer Society	10/19/14
Steps of the State Capitol 7am-11am	
Health Fair at River Oak Center	10/28/14

Monthly Resident's Meeting

July 2014

During the month of July the YWCA residents had the opportunity to take a trip to the Sacramento State Fair.



This was the 2nd year the residents had an opportunity to attend the State fair and enjoy all the expositions.

August 2014

For the month of August resident will be learning the importance of communication to have a healthy relationship with yourself, neighbor or a partner. Here are some of the types we learn.



- ◆ Maintain a relationship with yourself (love myself)
- ◆ Have positive thoughts about yourself
- ◆ Show care for yourself and others (balance relationship)
- ◆ Share your thoughts
- ◆ Communications (be honest with yourself and others)

These are only a few types to keep a healthy relationship with you, family and friends.



Resident Meetings/Events

SEPTEMBER
Thursday, 9/25/14
Topic TBA

OCTOBER
Thursday, 10/23/14
Breast Cancer Awareness

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