

eliminating racism
empowering women
ywca
yonkers

87 South Broadway
Yonkers, New York 10701

Phone: (914) 963-0640
Fax: (914) 963-7103
Email: admin@ywcayonkers.org

119 Years of Commitment
to the Community

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www.ywca
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*We Wish You Health and
Prosperity in 2011*

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CEL - Community Working Together to help residents Empower Themselves ...

On July 1, 2010, YWCA launched her Community Empowerment Links (CEL) Program. Working in collaboration with several community partners, this social outreach program is designed to support low-income individuals who are seeking to gain the skills or education to obtain employment and/or permanent housing. The Open Door component focuses on disconnected youth.

Program participants are offered onsite and access to offsite services and resources including technology training, case management, counseling designed to address barriers, support services, and referrals for legal, health, family issues, and other specialized services by community partners.

Ms. R. enrolled in the program subsequent to a referral from CLUSTER, Inc. After having recently become unemployed, Ms. R. and her three children were facing eviction from their apartment which had been determined to be in substandard condition. She also lost all her furniture as a result. Through their Homelessness

Prevention and Rapid Rehousing Program (HPRRP), CLUSTER, Inc. had helped Ms. R's family to secure rental assistance and to relocate to a new apartment. Ms. R. however, also needed furniture to transform her new apartment to a comfortable home for herself and her children. Through a New York Times Neediest Cases Fund grant award, YWCA CEL Program Director, Social Worker Mr. Francisco Hiraldo arranged funding to purchase appropriate furniture for her new apartment.

While Ms. R. is grateful for the assistance of both agencies, she is now eager to return to the workforce and to regain self-sufficiency and independence. Since relocating, she has intensified her job search activities and Mr. Hiraldo continues to provide necessary support services to help her reach her goals.

For more information or to refer someone needing assistance, please contact Mr. Hiraldo, MSW at settlement@ywcayonkers.org or at (914) 963-0640 ext. 109

Celebrity Chefs 2011 ~ Sunday, June 12, 2011 **SAVE THE DATE!!!**

Men cooking to support quality programs for our community's youth. **Looking for a few good men.**

Do you have a passion for cooking or know someone who has a special secret recipe and you would like to share their special dish? Or would you just like to network while serving culinary delights for a worthy cause? Then please sign up to be a Chef now. Call (914) 963-0640 ext. 110.

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WOMEN ON THE MOVE

www.ywcayonkers.org

Volume 1 Issue 2

Winter 2011

Wachovia, a Wells Fargo Company Observes Day of Service



Dr. Martin Luther King Jr. said, "Life's most persistent and urgent question is: 'What are you doing for others?'" Each year, Americans across the country answer by coming together especially on the King Holiday to serve their neighbors and communities.

Nine staff members of Wachovia, a Wells Fargo Company, spent two hours serving the community at the YWCA this January. They came prepared to pack grocery bags for the Food Pantry but made it clear they would also set up furniture, paint rooms and do whatever else was required to help improve someone's quality of life. In the words of Eileen McCabe, "Wachovia, a Wells Fargo company encourages employees to volunteer within our community. We find it very rewarding and the Food Pantry is a very worthy cause. I encourage people to look into volunteer time and share of themselves this way".

The MLK Day of Service is a part of United We Serve, the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems. Thanks to the volunteers and Wachovia, a Wells Fargo Company. YWCA Food Pantry provides nutrition information and groceries on a supplemental or emergency basis to needy individuals on the 1st and 3rd Wednesdays of the month between 1PM and 3PM. We welcome volunteers and accept dry or canned food (no glass containers please).

YWCA Celebrates 119th Anniversary

Friday, March 18, 2011- In recognition of Women's History Month and celebrating YWCA Yonkers' 119th anniversary, YWCA will proudly honor four distinguished women at her 6th annual "Spirit of A Woman" Awards Dinner. Honorees are Roberta Toone Allen, Board Commissioner, Municipal Housing Authority for the City of Yonkers; Rev. Marjorie A. Boston, Pastor Emeritus, Faith Mission, Yonkers; Women's Society, North Yonkers Community Church; and Yon Yuh Zweibon, President, Beyond Costumes, Inc.

Chosen from the many names submitted by community members and organizations, these women have committed themselves to improving and enriching the lives of others despite the odds. An inspiration and role models to many, their efforts exemplify YWCA's long and proud history of pioneering services for women. Also joining the celebration are Mistress of Ceremonies, Cheryl Brannan, Founder, President & CEO, Sister To Sister International, Inc. and a past Spirit of A Woman honoree and Guest Speaker, renowned Author and Mental Health Advocate Terrie M. Williams. Autographed copies of her most recent book *Black Pain: It Just Looks Like We're Not Hurting* will be available for sale.

The event will be held at The Riverview, 1 Warburton Avenue, Hastings-on-Hudson, New York from 5:30PM to 9:30PM. Funds raised will support the continued operation of the P.E.A.R.L.® Leadership Training Program for girls ages 13-18.

For more information or to purchase tickets please call
Mitzi Walker at (914) 963-0640 x. 100

Children's Holiday Fest - December 2010

YWCA Yonkers hosted her 2nd annual Children's Holiday Fest on December 18, 2011. The event is one of the ways YWCA shares the joy of the holidays with community members and their children. Many thanks to our partners who initiated toy drives and gave resources to make this possible. **Special thanks** to St. Joseph's Hospital Mission Committee, Shoprite, Inc., The Yonkers Downtown Waterfront Business Improvement District, Yonkers Strategic Business Alliance, James H. Farrell Lodge, Leroy G. Crosby, Jr., Harold McKoy, Mr. & Mrs. Brillsford, Donald Eudanks and the several volunteers who came in to assist on December 18. The smiles say it all.



Serving The Needs of Women and Families

A Child Development Center Catering to the needs of children of all ages

Melissa's story

When Melissa (not real name) first came to the program six years ago her oldest daughter was five years old. As her family expanded (she now has an infant, toddler, preschooler and afterschooler that needed care), she also needed a program that had the capacity to enroll all her children at the same time. YWCA Child Development Center was pleased to meet her needs. While the younger children received quality care in a nurturing and safe environment, the older ones who had left to go to Public School were able to continue participating in the Afterschool and Summer Camp programs. *"As a working single parent, having all my children at YWCA made things so easy for me. I can put the older children on the school bus in the morning, drop the young ones at one place and then go to work knowing that there will be only one stop to make in the afternoon."* Melissa has also availed herself of supportive services offered at the YWCA such as the Food Pantry, clothing donations and referrals for other community services. In Melissa's words *"Thank you so much for the all the help you provide to my family. I am very thankful for the services here. I can go to work without worrying about my children. I feel comfortable and secure here. It is a safe environment for my children and they are always learning something new"*. For more information on the Child Development Center, please call (914) 963-0640 ext. 116 or email childcare@ywcayonkers.org



Congratulations

On the way to Self-Sufficiency

Ms. Ronnie's story

In 2008, former resident Ms. Ronnie made some bad decisions that got her into trouble. She fell into hard times. This is her story ...

"I lost everything; my car, job and house. I started staying with different family members, moving from house to house. Depression was quickly setting in but I ran into an old friend who told me about YWCA Yonkers' Transitional Housing Program. I immediately went and put an application in and was accepted. I had only a few dollars and my clothes in bags. The Department of Social Services agreed to help me with my rent so that lifted a huge weight off my shoulder."

The Transitional Housing Program had so many services to offer me to help me get my life back on track. I went to several workshops for budgeting and nutrition and attended computer training which taught me how to properly prepare my resume, and search for jobs and housing. I decided to enroll in a Home Health Aide course and successfully graduated and received my certificate. I immediately started working and saving my money. After a few

months, I became eligible for the new Sec. 8 (HPRRP) Program that aims to rapidly re-house displaced people and was approved for an apartment. The YWCA CEL program also assisted me to obtain new furniture for my new apartment.

I am now back in my own place and well on my way to self sufficiency. I attribute this to the YWCA Transitional Housing Program and the staff. They were always there when I needed them, gave me good advice and made sure I had all the resources I needed to get to where I am today. I always knew I had it in me to regain control of my life but I needed a stable helpful environment and that's what the YWCA and the staff provided me with. I will never forget what they did for me."

With an integrated approach to transitioning women at risk of homelessness to permanent housing, YWCA Housing Program provides job counseling & placement assistance, life skills counseling, employment training, individual case management and referrals for community supportive services.

For more information on YWCA housing and supportive services, please call (914) 963-0640 ext. 102 or email housing@ywcayonkers.org.

5 Simple ideas to Empower Women

- **Set A Goal.** Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality. By setting goals, you have clearly stated what you want for yourself, not what someone else desires.
- **Get Education.** Find ways to acquire the necessary knowledge to accomplish the goals you have set for yourself. Use libraries, internet resources (cautiously) &/or find a self-help group. **Knowledge is the key to power.**
- **Maintain Positive Attitudes and Thoughts.** You have what it takes to succeed. Think positive thoughts. Avoid negativity from yourself or others and tell yourself to think thoughts that will lift your spirit and renew that desire to succeed. It is so true **"Your attitude determines your altitude"**.
- **Make yourself "attractive" - physically, mentally, socially and spiritually.** Your appearance determines what and/or who you attract. What/Who have you been attracting to your life? The right (or appropriate) appearance will effortlessly draw to yourself what you want in life.
- **Be Persistent.** Taking action towards your dreams and goals requires patience. Think of the gardener who plants a seed and then waits for it to sprout and grow. Water and nurture the seed even when you do not see results. Have faith that the seed will develop into a beautiful plant. Be persistent, looking ahead to the future and to the results of your purposeful actions. **Your Change Will Come if you will wait and refuse to give up.**

P.E.A.R.L.® Program

Helping Girls Empower Themselves

*Girls are Pearls,
Cherish them,
Nurture them*

...

enroll them in
YWCA's PEARL
Program



College Trip to Washington DC & Maryland



P.E.A.R.L.® program is a year round empowerment and leadership training program that addresses the following core youth development principles: Prevention, Empowerment, Academics, Recreation and Leadership. Serving girls 13-18, the program offers a variety of on-site and off-site activities including, career exploration, financial literacy, entrepreneur training, life skills/etiquette training as well as employment training & opportunities.

2010 Program Highlights

- 3-day College Tour to Washington DC & Maryland (Georgetown University, Dudley Beauty School, John Hopkins University & Trinity College)
- Community Youth Forum - Workshops & Panel discussion on domestic violence, subliminal messages in the media, conflict resolutions, etc.)
- Monthly Open Mics - featuring aspiring youth (singers, rappers, dancer and poets) from the community
- Summer Internships thanks to Yonkers Rotary International & Westchester County Board of Legislators.
- Youth Talent Show "No Room for Hate" - 3 winners each received a video, free beats or an opportunity to feature in an up coming artist's video
- Children's Holiday Fest - served over 300 Yonkers' families (see front page of this Newsletter).

"The PEARL Program has empowered me to be an extraordinary person and a leader not a follower" -JT,16

2011 Program Plans include

College Tours ~ Monthly Trips ~ Girl Sessions ~ Fitness/Recreation ~ Workshops ~ Community Outreach ~ Movie Fridays ~ Games ~ and lots more. **Enroll Your PEARL now!!!**

The program is held at YWCA, 87 South Broadway, Yonkers, NY 10701 and operates Mondays through Friday from 3:30PM to 6:00PM. For more information or to enroll, come to the YWCA or contact Program Coordinator, Dwanita Crosby at (914) 963-0640 ext. 108 or at pearl@ywcayonkers.org

Special Thanks to funders who have made the P.E.A.R.L.® Program possible...

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Unlock your possibilities

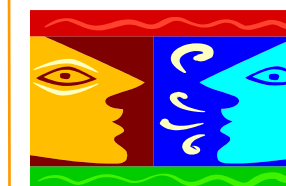
Westchester
gov.com

Now Enrolling
Girls ages 13-18
Offers fun leadership training activities
Mon - Fri
3:30 - 6:00 pm
Jan - Dec
Dinner served & Stipends earned!

Also looking for Mentors

"Women empowering young ladies"

Mentor & Me Program



Pairing strong and successful women from the community with young ladies from the P.E.A.R.L.® Program.

Do you have a desire and genuine passion to make a difference in the life of a young lady?

Please Contact
Dwanita or Kim at
(914) 963-0640 ext. 108
for more information