YWord

Agency Newsletter

Edition 4

2018

eliminating racism
empowering women

ywca

Empowering Women & Families throughout NorthEastern New York since 1888

Who We Are

MISSION: YWCA NorthEastern NY is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all. YWCA NENY achieves this mission by providing comprehensive domestic violence support services, affordable housing for low-income women and their families, high quality accredited Early Learning education, economic empowerment solutions, and health and wellness classes inclusive of all community members.

Since its beginnings in 1888, YWCA NorthEastern NY has served women and families in Schenectady and the surrounding region. Throughout its 130-year history, YWCA NENY has been a constant innovator in providing programs and services to meet the changing needs of the community. Every year, YWCA NENY serves nearly 7,000 individuals and families throughout the Greater Capital Region.

Programs and Services Include:

Domestic Violence Support Services

- Provides 24-hour emergency shelter for victims of domestic violence and their children
- 24-hour domestic violence hotline: 518.374.3386
- Advocacy for victims, free & confidential support through the court process
- Advocates located at the Police Department, Family Court, and Child Protective Services
- Support groups & individual counseling for survivors and their children

Housing

- Affordable housing: single rooms and off-site apartments
- Transitional housing
- 24-hour staffing
- Soroptimist Closet: free career clothing available to anyone who needs it
- Food Pantry

YWCA's Economic Solutions - YES

- An economic empowerment initiative that assists DV survivors to build sustainable income
- Provides life skills counseling, employment exploration, communication techniques, stress and time management
- CA$H: Creating Assets, Savings, and Hope—Promotes financial stability; Free tax preparation

Early Childhood Learning Centers

- Accredited by National Association for the Education of Young Children (NAEYC)
- Voluntary participants in QUALITYstarsNY
- Educational programs & for ages 6 weeks to 5 years old
- Early Head Start, ages 6 weeks to 36 months; Free to eligible families
- Two locations: at YWCA NENY Main Campus on Washington Ave and at SCCC (SUNY Schenectady)

Health & Wellness

- ***Wellness*** **-** Achieve healthy life styles through physical activity with wellness classes such as yoga and more

130 Years On A Mission
eliminating racism
empowering women
ywca
NorthEastern NY
Since 1888

From the Executive Director's Desk

Greetings and Salutations from YWCA NorthEastern NY! Eliminating racism and empowering women is a lifelong passion and dream of mine; we are all in this together. I have worked at YWCA NorthEastern NY since June 2001 and have enjoyed overseeing all of our milestone programs: Domestic Violence Support Services, Early Learning and Housing. For 130 years we have been meeting the needs of women and their families in this community and the outlying areas. We are strong, fierce and fabulous and ready to take on another 130 years! With your help, we will be at the forefront of women's needs for many years to come. Please read the newsletter to experience the amazing work that is taking place by our passionate staff of 77! See how our clients are being supported in their journeys and how our community partners give back through their time, talent and treasure!

YWCA NENY serves close to 7,000 people annually and my vision is that we will double that number over the next 5 years. We are invested in our community and that begins with helping one person at a time, providing high quality services with respect and dignity. Come visit YWCA NENY and see the difference we make every day!

Kim Siciliano
Executive Director
YWCA NorthEastern NY

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What's Been Happening at YWCA NENY

The Summer and Autumn months at YWCA NENY were full of exciting and generous community endeavors. Here are just a few of the wonderful things that the Greater Capital Region Community did for YWCA NENY and all the people we serve:

On August 25th, the Capital District Moose Riders hosted their first ever Domestic Violence Awareness Run: Break the Silence Against Domestic Violence. The event attracted more than 40 riders who went on a 4 hour ride, followed by dinner, drinks, live music, a live and silent auction, and a raffle. The event raised $792 to benefit YWCA NENY's domestic violence programs and services. A special thank you to Fred and Maria Braender for spearheading the fundraiser, as well as to the president of the Capital District Moose Riders, Ed Wujciak for all of his support.

A great big thank you goes out to Karen Radley for her continuous support of YWCA NorthEastern NY. Karen, who regularly leads popular, affordable yoga classes at YWCA NENY, held a special fundraiser in July during which she raised $500 for YWCA NENY and $500 for the Schenectady Peace Project! She presented the check to Executive Director, Kim Siciliano and Human Resources Director, Kathy Fernandez. Thank you to Karen and all of her students who participated!

Thank you to all who attended the lunch and learn with Lee Lounsbury, which was presented by the YWCA NENY Advocacy Committee. The program, which was held on September 12th was informative and interesting. We are especially grateful to Lee Lounsbury for sharing her experiences with YWCA NorthEastern NY and our community, as well as to the YWCA Advocacy Committee for coordinating such a wonderful event!

Thank you to the amazing "Hair Wizard of Oz" Osman Salam from the popular Pinup Jordan's Mermaid Lounge for volunteering his time and talent to help make our residents feel special by cutting and styling their hair. Our Housing Case Manager was grateful because she could see how refreshed they looked and how wonderful they felt because Osman developed a connection with them and encouraged their beauty.

Osman will be back on a regular basis to volunteer for YWCA NENY. His next cut and style day will be Monday, October 29th. We love having community partners like Osman!

What's Been Happening at YWCA NENY

YWCA NorthEastern NY's Early Learning Centers are the Best of the Best!

Thank you to all who voted in The Daily Gazette of Schenectady's 2018 Best of the Best Peoples Choice Awards. Our Early Learning Centers won the Best Day Care in Schenectady, NY! We are honored to be YOUR choice for early learning education.

YWCA NorthEastern NY has been providing quality, licensed early learning education since 1985. For more information, please visit http://www.ywca-neny.org/early-learning-centers/.

$5,000 Donation to Help YWCA NENY Residents & Clients!

2018 marks the 50th anniversary of Tri City Rentals ownership of Sheridan Apartments, located in Schenectady, NY. On Tuesday October 16th, Tri City Rentals celebrated this anniversary with their residents, City Officials and the Capital Region Chamber. During this celebratory ceremony, they presented a $5,000 donation to YWCA NorthEastern NY. Following the anniversary ceremony everyone was invited to Sheridan's Annual Harvest Party!

A Huge **THANK YOU** to Tri City Rentals and the Massry Family for supporting YWCA NENY and all of the people we serve. We are truly grateful!

Allstate Foundation Volunteers to Raise $6,000 for YWCA NorthEastern NY's Domestic Violence Programs and Services!

Spearheaded by Aaron Minnick, an Allstate Agency Owner in Albany, six amazing volunteers from Allstate agencies all over the Capital Region volunteered for 5 hours each to help maintain our main facility's grounds. Not only did their hard work volunteering help YWCA NENY's staff by aiding with necessary upkeep, but for each volunteer that came on Tuesday, October 16th, the Allstate Foundation awarded us with $1,000. That means for all of their hard work, these Allstate workers also raised a total of $6,000 for our Domestic Violence programs and services.

A huge shout out to ALL the volunteers that helped out: Aaron Minnick, Don Ferlazzo, Timothy Berryhill, John Deutsch, Robert Geib, and Krystalyn DeJesus. A very special THANK YOU to Aaron Minnick who worked tirelessly to apply for the volunteer grant and recruit the volunteers while also running his own Allstate office!

Fidelis Care Offers Tips for the Flu Season

With the flu season here, Fidelis Care wants to make sure everyone over the age of 6 months has a flu shot soon. The flu shot is especially important for children younger than 5, seniors over 65, and those with health conditions such as asthma, diabetes, heart disease, lung disease, HIV/AIDS, and cancer.

"We experienced a severe flu season last year, so it's important to get a flu shot," said Fidelis Care Chief Medical Officer Vincent Marchello, MD. "It's one of the best ways to protect yourself and your family members."

According to the Centers for Disease Control and Prevention, flu activity typically begins to rise in October and peaks between December and February. Dr. Marchello offers the following tips on how to prepare for the flu season:

- **Get a flu shot**. You can also get your pneumonia vaccine along with your flu shot if you have not already received it.
- **See a doctor quickly**. The flu often starts as a cold. You may even start to feel better – but if you begin to feel much worse, it's time to see a doctor right away.
- **Avoid people who are sick**. If you are exposed to someone with the flu, Dr. Marchello recommends talking to your doctor right away about how you can lower your risk of getting the flu.
- **Wash your hands frequently**. Use warm, soapy water, and wash your hands for as long as it takes you to sing the "Happy Birthday" song twice.
- **Drink plenty of water.** If you have the flu, it's even more important to stay hydrated.
- **Eat a well-balanced diet**. Proper nutrition can help you avoid the flu, and recover more quickly if you do get the flu.

Fidelis Care recommends speaking with a Primary Care Provider if there are questions about the flu and to find out if the flu shot is right for you.

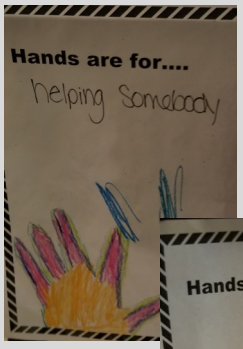
Fidelis Care offers quality, affordable health coverage for children and adults of all ages and at all stages of life. For Qualified Health Plans through NY State of Health, open enrollment is from November 1 through January 31. Individuals must enroll by December 15 for coverage that begins January 1. For more information, call Jessica Thompson, Fidelis Care Community Relations Specialist, at 518-229-7151.

Domestic Violence Awareness Month

October is Domestic Violence Awareness Month and YWCA NorthEastern NY honored it in a big way!

Annual Take Back The Night March: On Thursday, October 18th, more than 100 community members joined YWCA NorthEastern NY in taking to the streets to demand an end to gender-based violence. Led by the Schenectady Police Department and the Capital District Moose Riders, marchers chanted in solidarity as they marched a mile through the streets of Schenectady.

Thank you to all who participated in the March, including the Schenectady Police Department, the Moose Riders, YWCA NENY's Advocacy Committee, who shared stories of survivors who were not comfortable enough to share themselves in front the crowd, and the community that came out to show support and help Take Back The Night!



The children from both Early Learning Center sites participated in the annual **Friendship Walk** on Thursday, October 18, 2018. They wore hearts that shared friendly messages and took a walk through the neighborhood, spreading their message of love and friendship.

Additionally, the children participated in the **Hands are for… Campaign** by adding their handprints, artistic talents, and responses to posters to be displayed in the building. Their answers were sweet, funny, and genuine. The innocence and truth of kids really shined through their responses.

On Monday, October 22nd, 2018, 18 leaders from the community came together to perform **The Vagina Monologues** in the GE Theatre at Proctors. They included a news anchor, a politician, a singer/ songwriter and comedian, several YWCA NENY board and staff members, yoga instructors, business owners, a retired educator, leaders in other local non-profits, and a church pastor. Over 250 people came out to support YWCA NENY's domestic violence support services. The pre-show fun, which drew a large crowd, included light refreshments, a cash bar, a candy bar, and a photo booth. The energy in the room was electric and attendees left feeling empowered and happy after giving the performers a standing ovation and sharing many hugs and personal stories with them.

6 Common Questions About Breast Cancer

October is Breast Cancer Awareness Month, and now is the time to learn about the importance of early detection through preventive breast cancer screenings.

Breast cancer is one of the most common cancers in women. About 1 in 8 women born in the United States is diagnosed with breast cancer during her lifetime.

Regular breast X-ray exams (called mammograms) can detect cancer in its earliest stages, giving women the best chance for successful treatment. Speak with your doctor about having a mammogram.

In the meantime, we can help you answer these common questions about breast cancer:

What is breast cancer?

Breast cancer occurs when cells start growing out of control in the breast area, forming a tumor. The tumor can grow and spread to other parts of the body.

What are the symptoms?

Many types of breast cancer do not show symptoms at first, making early detection essential.

Sometimes, however, there are some warnings signs:

- A lump on the breast or armpit
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Nipple discharge other than breast milk
- Any change in shape or size of the breast
- Pain in the chest

Women can conduct **breast self-exams** at home at the same time every month to check for any of these symptoms. Breast self-exams, along with regular clinical exams with your health care provider, are key. If you notice any of these warning signs or changes, call your doctor right away.

How are women screened for breast cancer?

An X-ray picture of the breast can detect a tumor before a woman shows any symptoms, and before a tumor is large enough to be felt as a lump. This type of X-ray is called a **mammogram**.

Who should have a mammogram?

Women older than 50 years old should have a mammogram every two years, according to the Centers for Disease Control and Prevention. Women between 40 and 49 should speak with their doctors about how often to be screened.

Why is preventive testing important?

Women who find breast cancer in its earliest stages have the best chance for successful treatment.

How is breast cancer treated?

Depending on its stage and location, doctors could use surgery, medications, radiation, or a combination of any of these.

To honor Breast Cancer Awareness Month, talk to your doctor about preventive screening today.

Fidelis Care offers quality, affordable health coverage for children and adults of all ages and at all stages of life. For Qualified Health Plans through NY State of Health, open enrollment is from November 1 through January 31. Individuals must enroll by December 15 for coverage that begins January 1. For more information, call Jessica Thompson, Fidelis Care Community Relations Specialist, at 518-229-7151.

We'd like to introduce Action Transportation as YWCA NorthEastern NY's referral-exclusive medical transportation partner.

While the people and families we serve always have choice as to which medical transportation they use, Action Transportation has consistently provided YWCA NENY with excellent service. We recommend that our clients and supporters with medical transportation needs consider using Action Transportation.

Not only does Action provide superior service, but they are an avid supporter of YWCA NENY and all of its programs & services, pledging significant financial support to further our mission through 2019!

Action Transportation INC.
(518) 649-3366
Wheelchair and MediCar

Action Transportation, Inc., is a provider of non-emergency medical transportation, serving the counties of Albany, Saratoga, Schenectady, Rensselaer and Schoharie. Our professional, safe, clean and prompt service makes us the #1 choice for your transportation needs. We are committed to continuously provide the most reliable and safe transportation for all our clients.

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What's Coming Up Next

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DRUTHERS BREWING COMPANY

Women of Achievement

36th Annual Women of Achievement Awards Luncheon

Presented by Druthers Brewing Company

Honorary Chairpersons: Heather Peterson and Alissa Quinn

Master of Ceremonies: Benita Zahn, WNYT

March 29, 2019 • 11:30AM—1:00PM

Mallozzi's Ballroom, 1930 Curry Rd, Schenectady, NY 12303

Honoring Women from throughout the Capital Region for their extraordinary achievements!

2018 Festival of Trees

December 1st -16th, 2018

10AM-5PM

Adults $6; Kids under 12 free

The Festival of Trees is a two-week celebration of the season during which more than one thousand community members peruse the two buildings' displays of beautifully decorated, shimmering fir trees. We kick off the event on Friday, November 30th with the Night of Lights, a party which includes light food, wine, and festivities at both locations (44 Washington Ave & 32 Washington Ave). The Festival of Trees then officially opens on Saturday, December 1st and runs through Sunday, December 16th.

To purchase tickets to the Night of Lights, the Nov. 30th Kick-Off Party, please visit the Schenectady Historical Society website at:
http://schenectadyhistorical.org/

How You Can Help

As a non-profit providing vital human services to the Capital Region and beyond, YWCA NorthEastern NY depends upon crucial support from individuals, businesses and other organizations to deliver comprehensive, high-quality programs and services that make a critical impact on the lives of nearly 7,000 individuals and families that seek our help each year.

Attend an Event:
Attending one of YWCA NENY's events is a great way to have fun while supporting our mission and all of the people we serve.

Annual Events—Please visit our website for more information:

- Annual Trivia Night—November 8, 2018
- Festival of Trees—December 1-16, 2018
- Annual Women of Achievement Awards Luncheon—March 29, 2019
- Annual Meeting—TBA
- Take Back The Night March—October 17, 2019

Call Liz Hutson at 518-374-3394 x105 for details.

Volunteer Opportunities
YWCA NENY could never meet the needs of those we serve without the help of our amazing volunteers. We need you! Regardless of how much or little time you have to give, regardless of where your interests and talents lie, we have a spot for you. Please call Liz at 518-374-3394 x105 for more information.

View our Wish List
We always need something. Please visit our website at www.ywca-neny.org and view the Wish List under Support Us. You can also call Liz at 518-374-3394 x105 for more information.

Making a Monetary Donation
Monetary donations are always appreciated and are essential to our ability to be able to continue our work. Give a one time gift or make a recurring monthly donation. Gifts can be made in multiple ways: securely via credit card or PayPal through our website, by mailing a check, or by giving a cash donation. Consider adding YWCA NENY to your will and leaving a legacy gift behind for our community in need.

Every dollar donated makes a meaningful difference for women & families right here in your community!

Call Liz Hutson at 518-374-3394 x105 for more information.

Sponsorships for Businesses
Find out how partnering with YWCA NENY can help your business or organization and the people in your community. We have a sponsorship opportunities available for all budgets.

3rd Party Event
Have a party, plan a bowl-a-thon, start a challenge… Host a fundraiser and donate the proceeds to YWCA NorthEastern NY.

If you would no longer like to receive this publication, please call 518-374-3394 x105.

Happy. Healthy. Loved. These are the dreams we have for our children.

So we cherish the moments when little giggles fill the room, imaginations take us on great adventures, and when it seems our hearts could burst with pride and love.

Here and now, we'd stop time if we could. Because when kids are being kids, we all feel better.

Let's get every child covered.

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