

New Changes (and Changing Rooms!) at YOUR YWCA!

Recognizing that the YWCA is a core community service provider (over 27,000 utilized the programs and building in 2008), the community has come forward to help the agency renovate portions of the facility.

With support from the Community Foundation of Elmira-Corning and the Finger Lakes, Inc., a Legislative Member Item introduced by George H. Winner, NYS Senator and a City of Elmira Community Development Grant, the YWCA has been able to improve its service delivery to the community.

There is now a modern and efficient boiler system, renovated dressing/locker/shower rooms and two new

staff offices. The first phase of the renovations are nearing completion and will provide membership, customers, clients and the community, a facility that is to a standard of quality they deserve.

"We cannot thank our financial supporters, contracting friends and the general membership enough for making the project happen" stated **Christine Morris, CEO**. *"Although there will be additional renovations, we are excited to invite the community to come and see the changes that are occurring at the agency. The renovations have allowed us to not only improve the facility but also, introduce new and much*

needed programming. The community has counted on the YWCA for the past 123 years to provide health, fitness, child-services, recreation and relevant community programming. We invite you to come by and learn about our multiple programs and services that may be just what you, your family, group or organization are looking for", Morris concluded.



YWCA Renovations "EDGIER" closer to completion. Thank you community supporters!

FALL 2009 NEWSLETTER

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Old Changing Area



New Women's Shower Area



New Women's Locker Area



Recognizing leadership, creativity, excellence & integrity

2009 YWCA Tribute to Women

The YWCA Tribute to Women, is the area's largest event that recognizes the importance of women's accomplishments in the workplace and the community. Held on June 4th, at Elmira College, the 15th Annual Awards Luncheon raised nearly \$18,000 to support critical agency programs and services. This year's Tribute to Women success was again a testament to the dedication of the TTW Committee and YWCA supporters. Thank you to **Elmira Savings Bank**, event **Benefactor**, and to the additional sponsors, supporters and attendees.

Please mark your calendars for next year's 16th Annual YWCA Tribute to Women which will be held **Wednesday, June 9, 2010**.

Congratulations 2009 Recipients

(L. to R): Molly McEwan, Keynote Speaker; Pat Lambert; Board President, Suzanne Valicenti; TTW Chairperson, **Kei Phillip**; Youth Leadership Award Recipient, **Rosa Calderon Clark**; Racial Justice Award Recipient, **Sheila Giovannini**; Tribute to Women Award Recipient and Christine Morris, YWCA CEO.





Christine M. Morris MSW
CEO

**CEO'S
MESSAGE**

Coming to the end of a busy summer, and indeed a busy year, it is hard to decide what to share with our friends. This year for everyone has been taken up by the downturn in the economy and the impact this has had on jobs, lives, programs and services. For us we have been impacted by loss of funds in some areas but in other areas, we have seen growth. Steady but sure. Our newly refurbished locker rooms are attracting more people to the pool. And we have still to have our official opening! This is due largely to the many regular clients who unflinchingly continued with us

during the renovations and who have then gone home or back to the office and spoken about the new look of the changing rooms. Word of mouth is the best form of advertising.

In the coming months we are about to embark on a project that takes us back to our roots at the end of the 19th century when we offered accommodation for women in the community. The YWCA nationally is the biggest provider of Domestic Violence services in the US and, pulling on the support of our 270+ sister organizations and other local service providers in Chemung, we are working towards offering transitional housing for women who are victims of Domestic Violence. We are in the process of working to secure 2 housing units in Elmira which we will transform into residential accommodation for up to a period of 2 years for women and their children who are fleeing a violent situation. In this time we will support the women with services at the YWCA in conjunction with the many other human service groups who offer services in Elmira. The YWCA will help the women attain job readiness skills in preparation for entry or reentry in to the workforce. Our Clothes Closet which is set to open in early September will be available for other women in the community who may require additional professional clothing to help in interview situations.

Our many other new programs such as the Supervised Visitation and Safe Exchange Program and the RAPP Program are becoming bedded in to our calendar of 35+programs. We continue to be a resource for clients and a conduit to other available community services. If we do not have an answer, we pride ourselves in outreaching to our many colleagues in Chemung who do have the answer. This is a very rich community both in resources and people and we are proud to be part of it.

Please continue reading through the newsletter and if any question arises about what we do, what you would like to see us doing, please call in or email us at info@ywcaelmira.org and someone will get back to you. Thank you for your support. Every ounce of support is valuable and we would like to assure you that any financial support you are able to extend to us, is used wisely and timely.

Sincerely,

Who We Are

In 1886, the YWCA of Elmira & the Twin Tiers was established to provide housing for young women who were moving to the city from farms to work in industry. Since that time, the YWCA has provided programming to meet the ever changing needs of women and families in Chemung County and the surrounding areas.

Throughout our history the YWCA has stood for excellence in service and program delivery for its community members and was the first organization to stand and support women, children and families, through the promotion of peace, the elimination of racism, advocacy, education and self empowerment.

The YWCA provides a wide array of services and responds to community need through key areas that include Child Care, Youth and Leadership Development, Advocacy, Economic Self Sufficiency, Health & Fitness, Safety and Social Justice.

Board of Directors

- Patricia Lambert, President
- Lois Place, Vice President
- Ann Kilmer, Secretary
- Nancy Barcomb
- Linda Cozad
- Debby Ebbrecht
- Toni Moffe
- Vicki Preston
- Laurie Sweeney



October is National Domestic Violence Awareness Month

Empowering Women is not just a slogan at the YWCA. Across the nation and the world, YWCAs are leading the fight against Domestic Violence, women suppressed by poverty and the surrounding circumstances that contribute to women not being empowered in their lives. The agency and community partners are moving forward to create new and effective programming to introduce “real” work that is improving women’s and families lives. Healthy women make healthy communities. Three new initiatives are highlighted below. Please contact the agency if you are in need of services, know someone who is or would like to help.

YWCA Relatives As Parents Program (RAPP) Support

More than 6 million children are being raised in households headed by grandparents or other relatives in the US. Some reasons relatives step into the parenting role include substance abuse, death of a parent, child abuse and/or neglect, abandonment, teenage pregnancy, HIV/AIDS, unemployment, incarceration, divorce, mental health problems, family violence and/or poverty.

Relatives are keeping families together and serving as a safety net to keep children out of the formal foster care system. Relatives raising

children face many obstacles not encountered by biological parents, like the inability to place children on their health insurance policies, obtain affordable housing, or enroll their children in school.

The YWCA received a grant from the Brookdale Foundation to begin a Relatives as Parents Program or “RAPP.” This innovative program has been eagerly embraced by the community and is providing much needed support to a growing population.

Facilitated by trained and experienced Relatives As Parents YWCA staff, the program supports grandparents and other relatives who

have taken on the responsibility of surrogate parenting. The program addresses issues regarding child-raising in today’s world along with the obstacles and challenges that child guardians face. The program also offers educational workshops on legal issues, coping with stress, money saving techniques, self defense for women, and more.

To learn more about the program please contact the YWCA today.



YWCA Supervised Visitation & Safe Exchange Program

In the summer of 2008 community stakeholders met to address ways to combat Domestic Violence (DV) in our area. As a result, a Supervised Visitation & Safe Exchange Program was identified as a community need and opened at the YWCA in March of 2009. The program works in collaboration with the Chemung County Family Court System to provide this service.

Visits through the YWCA Supervised Visitation & Safe Exchange program take place at the agency. The newly renovated visitation room is safe, comfortable and is stocked with age appropriate activities to help make the experience warm and nurturing.

A trained supervisor is present during the visit and allows non-custodial parties and their children the opportunity to

communicate and interact with each other on a one-to-one basis.

The program allows children to visit with the non-custodial parent in a safe and neutral environment and allows for the safe “exchange” of the child, eliminating encounters and barriers that might cause distress.

Feedback from participants has been very positive. The children truly seem to thrive in the setting and enjoy the time with their non-custodial parent.

To learn more about the program please contact the YWCA Elmira & the Twin Tiers at 607-733-5575 ext: 223.



YWCA Supervised Visitation & Safe Exchange Program Family room.



Opening September 10, 2009

Located at the agency, this Board Driven initiative provides quality gently used clothing to women who may be reentering the workplace or have a need for suitable clothing for court appearances.

If you would like to know more about this important new program, know someone who would benefit from it or have a donation of quality clothing, please contact the YWCA at 733.5575.

New Faces in the Pool

The YWCA welcomed Amanda Sharp, M.D., as the new Supervisor of Health, Wellness & Fitness. Dr. Sharp has been a member of the YWCA Elmira & the Twin Tiers for 18 years upon moving to Elmira in 1991 with her husband Dr. Steven Greenberg and their three children. Dr. Sharp brings new health and therapeutic programming to the agency including Aqua-Weights and Yoga-walk. She also can be found in the pool daily teaching Aquajog, Rehab, Starfish and swim lessons.

To our experienced life guarding staff we have added a new group of lifeguards. We are especially proud of our opportunity to give local community college and high school students part-time employment that benefit both the community and themselves.

Dr. Amanda Sharp, YWCA Supervisor Health Wellness & Fitness



WATER YOGA & PILATES

The agency has begun to incorporate more Yoga and Pilates in the Aqua-weights and Aqua-jog classes.

Aquatic classes are very beneficial for cardiovascular aerobic activity.

Come Join in the HEALTHY FUN!

Instructor Led Classes:

Aqua-jog- deep water conditioning

Aqua-cise- shallow water workout, fast paced emphasis on cardiovascular training

Aqua-weights- shallow water with resistance balls for advanced cardiovascular training, deep water for non-impact muscle toning, YOGA/Pilates for muscle tone and flexibility

Aqua-step- shallow water with step equipment for increased cardiovascular training.

Yoga-walk- gentle water resistance work with yoga for toning and flexibility
Rehab- gentler shallow water workout with emphasis on toning and flexibility.

Call 733.5575 ext. 234 for more information.

Water Therapy

The YWCA has seen an increase in clients referred by primary care doctors, orthopedic specialists and neurosurgeons for pool therapy. Local and regional physicians are recommending patients reap the benefits of our therapeutic pool and healing benefits of water.

~ Every movement performed under water will encounter resistance.

~ Resistance of water slows motion diminishing "jerky" movements and the risk of injury. The moving water contributes to the resistance, encouraging the body's "core" muscles to become stronger.

~ The energy expenditure in water is greater than on land. More "stabilizer" muscles are used during water exercise.

~ The buoyancy of water decreases the amount of shock which is transmitted through the bones/joints/ligaments.

~ Buoyancy decreases the effects of gravity: Body weight is reduced by 75-90% (chest to neck level immersion). An individual who weighs 154lbs. on land will weigh 15.5lbs. in deep water. Special populations including the elderly, arthritic, disabled, injured, pre and post

natal, those recovering from surgery and the obese may exercise with relative ease in the water. ~ The force of buoyancy improves circulation in the extremities. Currents in the water massage the skin, promoting circulation and relaxation which contributes to lower exercise heart rates during aqua-fitness! For those suffering with edema, including post-surgical lymph edema, the pressure pushes the fluid back into the circulation (venous) system. ~ Warm water relaxes muscles and ligaments. It is beneficial for arthritis sufferers who will enjoy increased range of motion, joint mobility and contributes to dynamic flexibility.

~ Hydrostatic pressure reduces swelling in immersed injured/swollen joints and limbs. Neurosurgeons are recommending their post-surgical back surgery patients do rehabilitative work and then continue with a swimming program.

Fall Pool Schedule

Monday AM

7-9 - AM Swim
 9 - 10 - Aquajog Parent/Child
 10-11- Aquacise
 11 - 12 - Rehab
PM
 12 - 1 - Lappers
 4 - 5 - Lessons
 5:15-6:15 - Aquacise
 6:15-7:30 - Open Swim

Tuesday AM

7 - 9 - AM Swim
 9 - 10 - Aqua-Weights
 10-11 - Aquacise
 11-12 Women's Dip
PM
 12 - 1 - Lappers
 4-5 - Family Swim
 5:15-6:15 Aqua-Weights/Step
 6:30-7 - Starfish

Wednesday AM

7-9 - AM Swim
 9 -10 - Aquajog Parent/Child
 10-10:30 Aqua Abs.
 10:30-11 - Yoga-walk
 11-12 Rehab
PM
 12-1 Lappers
 4-5 Family Swim
 5:15-6:15 Aquacise
 6:15-7:30 Open Swim

Thursday AM

7-9 - AM Swim
 9-10 - Aqua-Weights
 10-11 - Aquacise
 11-12 - Women's Dip
PM
 12-1 Lappers
 4-5 ARC
 5:15-6:15 Aqua-Weights/Step
 6:15-7:30 - Open Swim

Friday AM

7-9 AM Swim
 9-10 - Aquajog Parent/Child
 10:00-11:00 Aqua-weights
 11-12 Rehab
PM
 12-1 - Lappers
 4-6 Family Swim
 6-7 Splash Party
 7-9 Open Swim

Saturday

10:30-12 - Swim Lessons
 12-2 - Open Swim
 2-3 - Splash Party
 3-4 - Splash Party

Sunday

12 - 1 - Splash Party
 1-2 - Splash Party
 2-4 - Open Swim

Children & Youth Services

This spring and summer the agency has focused on service delivery of quality programming. An evaluation of our services has occurred and we have made programmatic decisions based on the evaluation process.

The YWCA Child Care Center Program has moved to Booth School as part of the Booth Early Education Center. This relocation allows parents in the community to make a choice about child care that will allow them to have their child in the same building from birth through Pre-Kindergarten.

The YWCA Kids World Summer Enrichment program has also undergone changes and this year took on the feel of a summer camp with stand alone weekly themes, field trips and events! The children have had a wonderful and educational summer participating in arts and crafts, culinary projects, character enrichment and science experiments based around each theme.

Our YWCA Youth Leadership group has been working non-stop providing their peers and the community with leadership, enthusiasm and timely programs. Their activities over the past few months have made significant contributions to young people in the area including working to eliminate "Bullying" in schools, hosting and organizing the Chemung County Youth Leadership Conference, adopting a new mission of teaching young people about cervical cancer and creating a youth support group for The Yellow Umbrella Organization, founded by Elmira's own Christine Baze (see related story next page) just to name a few!

We are gearing up for the fall programming and looking forward to another successful year of caring for our community's children.

On this page please find some information and dates of interest. You may always find

more detailed information by calling the agency or visiting our website at www.ywcaelmira.org.



Lisa Carroll
Director of Children's &
Youth Services

Upcoming Youth Events

- YWCA Week Without Violence: October 18th - 24th. Kids World will work on violence prevention projects including a toy exchange and displays.
- YWCA Extended Day Kick Off: October 22nd. Participants will color paper light bulbs for display as part of Lights on After School awareness project.
- YWCA Haunted House: Oct. 30. The Haunted House will be geared for Elementary Students and will include themed rooms, story telling, crafts and snacks.
- YWCA Youth Coffee House: Due to the success of the spring event, "themed" Coffee Houses will be held throughout the year. Check the web at www.ywcaelmira.org or on My-Space at myspace.com/ywcaelmirabattleoftheband.

YWCA Child Care Center

Making the decision about who is going to care for your child when you return to work can be one of the most difficult decisions a parent has to make. The YWCA Child Care Center provides exceptional child care for families from

birth to 5 years of age. Located at the Booth Education Center, the NYS licensed program is based in 4 spacious rooms and staffed with highly trained child care workers. We encourage you to visit and tour the program. To make an appointment please call:

607-733-0717

YWCA Kids World

The YWCA NYS licensed Kids World before/after-school program is for families from kindergarten to the sixth grades in Elmira, Elmira Heights, Horseheads and Spencer/Van Etten School Districts. Kids World provides children high quality experiences through an array of activities which encourage creativity, independence, responsibility and fun:

~ Before School Care: For children in the Elmira Heights & Horseheads School Districts from 6:00 am – 8:15 am.

~ After-School Care: For children in the Elmira, Elmira Heights, Horseheads & Spencer Van Etten school districts from school dismissal to 6:00 pm.

~ Programming available during vacations, conference days and even snow days!

YWCA Kids World is currently accepting new registrations for the 2009-10 school year.

Registration packets are available at the YWCA in Elmira or may be printed from your home computer. For current pricing, please contact the YWCA at 607-733-5575.



Jill McGlaughlin from Family Services of Chemung County reads to children at the YWCA Child Care Center's 1st **Get Caught Reading** event.

Area youth participate at the **Chemung County Youth Summit** this spring.





**SATURDAY
OCT. 3, 2009
ELDRIDGE PARK
9:00AM—NOON**
For YWCA *Elmira Breast Health Outreach
& Pink Boutique Program*

**Free Dog Bandana & Awareness Bracelet for Every Registrant
Food & Drinks, Demonstrations, Games, Raffles, Vendors, Awards & More**

9—10AM:
REGISTRATION
& SOCIAL

10:00AM:
1.4 MILE WALK
(or modified 1/2 mile)

11—NOON:
FOOD, EVENTS, GAMES, AWARDS
& DRAWINGS

**\$25 per dog for early registration (includes delicious box lunch), \$30 day of event.
Grand Prize for the person/group with the most BONUS pledges!**

**Registration materials are available at YWCA or can be printed on-line at:
www.ywcaelmira.org**

ywca Pink Boutique

support after breast cancer surgery

The YWCA Pink Boutique provides women who have undergone surgery or treatment for breast cancer a local shop with a comprehensive assortment of prostheses, bras, swimwear and more.

Originally providing 1-2 fittings per month, the shop is now fitting 6-8 women. Jan Stillman, RN has completed 500 hours of training and is in the process of becoming nationally certified as a "fitter." Additionally, the shop is in the process of becoming nationally accredited, which will allow patients insurance to be applied to purchases and services.

Along with word of mouth, area physicians refer patients to the Pink Boutique so they may receive fittings and support locally rather than traveling long distances.

The Pink Boutique's inventory is extensive and the shop is open regular YWCA hours. For a personal fitting contact Jan at 607.733.5575 (242.)

**This Fall: Receive a FREE
gift and breast health card
with your purchase.**

FREE BREAST SELF EXAMINATION CLASS OFFERED TO YOUR BUSINESS, CLUB, OR ORGANIZATION!

Every three minutes there is a breast cancer diagnosis in the US.



Jan Stillman, RN; YWCA Elmira Outreach & Community Education Women's Health Coordinator will present a FREE 1/2 hour training to your workforce or group at a time and location of your choosing ensuring a comfortable, educational and fun (yes FUN) environment.

Participants receive quality instruction on breast self examination which is the first defense against detecting

*"Having Jan from the YWCA come and present a **Breast Cancer Brown Bag Learning Lunch** for our staff was an invaluable experience", stated Kerry Keller, Administrative Assistant for Glenora Wine Cellars. With breast cancer as one of our country's leading causes of death, it makes sense to provide any information that will help our valued employees maintain strong and healthy families. Her presentation was incredibly informative and it was wonderful that the YWCA came to our place of business at a time that worked for us. The experience was informative, only took 1/2 hour and everyone walked away with important information to help them have better breast health knowledge. We'll spread the word and have them back!", Keller concluded.*

breast cancer.

To book a Learning Luncheon for your group or business call 607.733.5575 (242) or e-mail Jan at jans@ywcaelmira.org.

What Every Woman Needs To Know

No one knows who will get breast cancer. Your best plan should include:

- ~ Visit a doctor for a clinical breast exam ~
- ~ Do monthly breast exams ~
- ~ Get a regular mammogram ~

Risk Factors for Breast Cancer:

The single most important risk factor for developing breast cancer is being a woman. Other risk factors are:

- ~ Over 50 years of age ~
- ~ Mother or sister with breast cancer history ~
- ~ Personal history of breast cancer ~
- ~ No pregnancy or 1st pregnancy after 30 ~
- ~ Menstruation before age 12 ~
- ~ Menstruation past age 50 ~

Warning signs:

See your doctor or nurse if you notice any of these things in your breasts:

- Lump, hardness or thickening
- Swelling, warmth, redness or darkening
- Change in size or shape
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

The Susan G. Komen for the Cure Foundation Recommends:

- Mammograms every year starting at 40
- Women under 40 with a family history of Breast Cancer should talk with a health care provider. Screening tests may be needed more often or begun earlier.
- Clinical breast exams by a health care provider at least every 3 years starting at 20, and every year after 40.
- Breast self-examinations every month starting at age 20.

**Visit the YWCA
during the month of
October and receive a
FREE**

**Self Breast Examination
Shower Card!**

Christine Baze & Her Yellow Umbrella Rock the House!

500,000 women develop cervical cancer and almost 300,000 die of cervical cancer – every year.

Almost every case of cervical cancer can be prevented by using Pap test, HPV test, and the HPV vaccine.



This June, Elmira native **Christine Baze** therapist, musician and founder of the **Yellow Umbrella Organization**, created to teach girls and women how to protect themselves from cervical cancer, held a Coffee House at the YWCA. Mothers, daughters, aunts, sisters, friends and loved ones came and listened to great music with a message!

Due to the positive response of Christine's visit and message, the YWCA Youth Leadership Committee formed the Yellow Umbrella Youth Ambassador Program. The program will take a "peer" approach to help educate and deliver Yellow Umbrella information.

For more information, visit: www.theYellowUmbrella.org.

Did you know . . .

- Your YWCA is the LARGEST CHILDCARE Provider in Chemung County?
- Your YWCA has been teaching the area's children how to SWIM and be SAFE in the water since 1952?
- Your YWCA is a GREAT place to get FIT and HAVE FUN?
- Your YWCA has developed and opened a SUPERVISED VISITATION & SAFE EXCHANGE program offering a safe and neutral location for non-custodial visits?
- Your YWCA has opened a PINK BOUTIQUE selling prostheses, bras and accessories for women who have undergone breast cancer surgery?
- Your YWCA will come to your workplace or organization and teach breast health for FREE!
- Your YWCA has a new program to assist RELATIVES AS PARENTS PROGRAM (RAPP) to help relatives who are raising children?

Children's Programs: ITC, UPK, Kids World, Summer Kids World, Extended Day, Youth Leadership Council, TechGYRLS, Yellow Umbrella Club, Flyers, SafeZones, Battle of the Bands/Teen Fair

Aquatics & Recreation: Learn to Swim, Starfish, Rehab Swim, Lappers, Family Swim, Women's Dip, Aquajog, Aquacise, Aqua-weights, Aqua-step, Karate, YOGA, Nia, T'ai Chi, Silver Foxes, Community Facility Use

Adult Programs: Supervised Visitation, Relatives As Parents Program, Clothes Closet, Nannie Burrough's Club, Scrap-Booking, Workplace Training & Education, Tribute to Women and the Julie E. Delgrosso Scholarship Fund, to assist women interested in the pursuit of educational opportunities that would aid them in improving their lives.

Women's Health: Breast Health Education & Outreach, Pink Boutique, Pink Paws, Women's Wellness Event

October is National Breast Cancer Awareness Month & National Domestic Violence Awareness Month

October 3, 2009: 2nd Annual YWCA Pink Paws Dog Event for Breast Cancer Awareness will be held at Eldridge Park from 9—12 noon. Come with your best friend, family & human friends to enjoy a great morning while raising awareness of the fight against Breast Cancer.

October 17—24, 2009: National Week Without Violence. Check area listings for events supporting defeating domestic violence.

October 21, 2009: Cyber-Safety & Your Child. As part of Week Without Violence Awareness, the YWCA welcomes Tammy Miller, an Educator from Planned Parenthood, who will provide a workshop for parents on Cyber-Safety that will also include information regarding on-line and cell phone safety (6:00—7:00p.m.)

October 23, 2009: YWCA Annual Legislative Breakfast. Ms. Georgia Verdier, guest Keynote Speaker and President of the area chapter of the NAACP, will speak regarding Intervening on Behalf of Youth and Children (7:30—9:00a.m.)

October 23, 2009: Party for Peace. As part of Week Without Violence, the YWCA will host a Party for Peace that will include games, food, gym & swim, displays and more (5:00-7:00p.m.)

October 27, 2009: YWCA Women's Wellness Event. Visit the agency between 10:00—2:00 or 4:00—8:00 to learn of programs and services designed to serve women and families as well as taking time to celebrate being a woman and gaining useful information and techniques to help you be a better you. The event is FREE and includes healthy refreshments and AVON samples!

eliminating racism
empowering women
ywca

Elmira & the Twin Tiers

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www.ywcaelmira.org

Non-Profit
Organization
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Permit # 112

YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.