

eliminating racism  
empowering women  
**ywca**

# HEALTH & WELLNESS FAIR

## WHEN:

**Friday March 27th, 2020  
9:00 a.m. - 12:00 noon**

## WHERE:

**YWCA-GLENDALE COMMUNITY CENTER**

5401 W. Ocotillo Rd  
Glendale, AZ 85301  
[www.ywcaAZ.org](http://www.ywcaAZ.org)

**\*Door Prizes, snacks, entertainment\***

**MARCH 2020**

**Valley West Center Newsletter  
Volume 33, Issue 9**

### Vendors include:

- ♦ Area Agency on Aging,  
Region One
- ♦ Maricopa County-  
Human Services Dept.  
S.A.I.L Program
- ♦ Veteran's First Services
- ♦ U.S. Census Bureau
- ♦ City of Glendale  
\*Library & Arts  
\*Transportation Services
- ♦ Attorney General's Office
- ♦ Captel Outreach
- ♦ SRP
- ♦ Liturgical Publications Inc.
- ♦ Wesley Norris Insurance
- ♦ YWCA Metropolitan Phoenix  
\*Financial Education Program  
\*Senior nutrition programs

**"It's more than a meal..."  
Raising awareness of the  
nutritional needs of our  
senior citizens"**



*Visit our website for more Information • [www.ywcaaz.org](http://www.ywcaaz.org)*



## WHICH PAPERS TO KEEP AND WHICH TO SHRED

Are piles of papers taking over your home? Do you wonder what to keep and what to shred? Well, here is your answer.

**Keep for 1 month-** your deposit and withdrawal slips, and your paid bills that you are not claiming as a tax deduction or getting a reimbursement for. If you are not actually going to take the time to balance each new bill against your last bill paid, just shred them.

**Keep for 3 months-** your minor purchase receipts, stores typically have a 90 day or less return policy.

**Keep for 1 year-** your paycheck stubs and your year end statements for your credit cards, bank accounts, brokerage accounts, mutual funds and retirement accounts. Most banks, credit card companies, and many employers will keep track of all of your statements for you online for up to seven years. You can stop receiving paper statements in the mail and just log into your online account to access them whenever you need to.

**Keep for 7 years-** your W2s, 1099's and other back up of your tax return including donation receipts, proof of personal and business deductions, and your year end statements for bank accounts, credit cards, brokerage, mutual funds, retirement accounts and the like.

**Keep indefinitely-** your tax returns, major purchase receipts for items such as appliances, real estate residence records, wills, trusts, adoption papers, divorce and marriage certificates, and investments, Traditional IRAs and Roth IRAs that involve conversion from one to the other.

### YOU CAN/SHOULD SHRED THESE ITEMS

Shed everything containing your personal information. The BBB estimates 68% of identity theft happens as a result of paper documents stolen from trash bins and recycling bins. You absolutely need to have a personal, cross cut paper shredder in your home.

#### SHRED:

Credit card offers that come to you in the mail. All papers that have any personal information.

- Account number
- Passwords
- Social security numbers
- Utility bills-keep the most current one
- Monthly statements and paycheck stubs-keep for one year then shred.
- Checkbook carbon copies

#### What to do with your shredded paper

Bring shredded paper to the humane society! The humane society makes soft, animal beds out of it. Or use it for filler in gift bags.



#### WE HAVE WIFI

Bring your iPads, tablets, laptops  
& gadgets

## NATIONAL NUTRITION MONTH

National Frozen Food Day	March 6th
National Landline Phone Day	March 10th
National Girl Scout Day	March 12th
St. Patrick's Day	March 17th
National Common Courtesy Day	March 21st

**HEALTH FAIR 9 to Noon**

**March 27**

**Flower:** Daffodil– Sends the Message, “You are an Angel”. They must be given in bunches, as a lone daffodil is said to foretell misfortune.



**Birthstone:** Aquamarine -“Water of the Sea”. Seafarers believed the stone came from the treasure chest of mermaids & brings good luck.

Judith Rhodes 3-19 Ida Zamora 3-31

## Birthday Celebration on March 19th

**MARCH BORN:** They score highly on what’s called the hyperthymia scale, which means they possess a general optimism that helps them look past the bad. Unfortunately, that also leaves them vulnerable to depression if things don’t actually work out.



**“Bring love into your life & your home”**

On behalf of the YWCA Senior Center, **Thank You to our Advertiser’s** for generously supporting our publication.

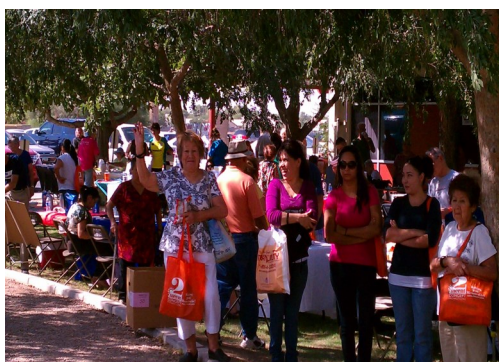
## School Geography

C	H	S	S	D	A	O	R	N	E	S	M	A	P
T	U	N	D	R	A	V	I	E	R	H	D	O	S
S	S	N	O	W	V	S	T	A	N	R	R	R	W
N	A	E	C	O	L	N	I	E	U	G	N	S	M
C	F	P	L	A	I	N	S	E	N	A	G	E	I
L	O	I	N	A	A	S	E	G	A	L	L	I	V
S	R	D	I	T	O	W	N	S	C	I	L	N	G
T	E	M	P	E	R	A	T	U	R	E	A	A	G
S	S	R	R	S	E	T	A	T	S	L	K	N	L
E	T	E	N	V	O	L	C	A	N	O	E	S	A
R	R	V	N	I	A	T	N	U	O	M	H	N	C
T	A	I	O	C	I	T	I	E	S	N	R	I	I
S	G	R	H	I	G	H	W	A	Y	S	K	R	E
V	E	C	D	E	S	E	R	T	S	A	O	U	R

RIVER  
 MOUNTAIN  
 VILLAGES  
 LAKE  
 DESERT  
 TEMPERATURE  
 ISLAND  
 ROADS  
 GLACIER  
 HIGHWAYS  
 CITIES  
 FOREST  
 VOLCANOES  
 SNOW  
 RAIN  
 OCEAN  
 STATES  
 TOWNS  
 PLAINS  
 TUNDRA



## REFLECTING ON OUR PAST HEALTH FAIRS



## TIPS TO PREVENT FAINTING

## KEEP YOUR VOICE SOUND

Do it yourself exercises that flex the muscles can help stop the most common type of fainting spells, triggered by a sudden drop in blood pressure during highly stressful or emotional situations.

Researchers enrolled 223 people with a fainting syndrome, called vasovagal syncope, in a study of exercises to practice when feeling light headed. The muscle flexing moves raise blood pressure to maintain circulation to the brain. Previous studies found them effective at preventing fainting from standing up too fast, a common problem called orthostatic hypotension. Half the participants were randomly assigned to learn three counterpressure maneuvers,

- Clasp your hands across your chest and pull hard in the opposite
- Cross your legs at the ankles while tensing your thigh, stomach, and buttock muscles.
- Squeeze a ball, glove, wad of paper, or any other nearby object in one hand.

The rest of the participants received conventional advice on how to avoid stressful situations and habits, such as drinking alcohol. That can precipitate fainting.

During the study, the exercise users were about 39 percent less likely to faint than those in the control group. Two thirds in the exercise group avoided further fainting spells compared with half of the control group.

Given the maneuvers simplicity, our medical consultants say that they may be worth trying if your suffer fainting spells.

Consult your physician first to rule out other, potentially life threatening causes of fainting, such as abnormal heart rhythms, clogging of the arteries supplying the brain, and excessive doses of antihypertensive medications, especially in combination with alcohol.



Your voice helps you connect with others, It acts as a reflection of your personality, mood, and health. Experts estimate that nearly 18 million adults in the U.S. have voice problems. In many ways, your voice is as unique as your fingerprint. It's produced in your throat by 2 bands of muscle tissue called vocal folds, which sit at the top of your windpipe. The larynx, commonly called the voice box, houses the vocal folds. When you speak, the folds come together as air from your lungs rushes through them. The air blowing through the folds makes them vibrate. The vibrations make sound waves that travel through your throat, nose, and mouth. The size and shape of these structures create the pitch, loudness, and tone for your voice. That's why each person's voice sounds so different. Whether you're joyful, disappointed, or grieving, your voice helps to convey your emotions to others. Overuse and misuse of your voice such as screaming, cheering, or talking above loud background noises can strain your vocal folds. It's best to avoid such activities. Repeatedly clearing your throat, a raw, achy throat, or a deeper voice can be a sign of an unhealthy voice. We often protect a musical instrument, like a violin, by carefully storing it inside a wooden box lined with soft velvet. But we don't think about protecting our own voices in the same way. The truth is, we can buy a new violin, but we cannot buy a new larynx. It's important to identify and avoid behaviors that might harm your voice. For example, instead of speaking loudly consider arranging for a microphone. In keeping your voice healthy, always remember, what is good for your well being is good for your voice. Drinking plenty of water and using your voice less should help relieve hoarseness from misuse or overuse. Although many voice conditions result from issues of overuse, other voice disorders may be related to disease. Voice disorders may result from growths on the vocal folds, gastric reflux, head or neck cancer, neurological problems, or other causes. If you think you have a voice problem, talk with your health care provider. They may recommend that you see a specialist to help diagnose and treat voice issues. Drink water, this helps keep your vocal folds moist and healthy. Limit intake of caffeinated and alcoholic products, as these can make the vocal folds and larynx dry.

## Volunteer Income Tax Assistance

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$56,000 or less. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

In addition to VITA, the Tax Counseling for the Elderly (TCE) program offers free tax help for all taxpayers, particularly those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors. The IRS-certified volunteers who provide tax counseling are often retired individuals associated with non-profit organizations that receive grants from the IRS.

Several VITA/TCE Sites are will be available in Maricopa County. To locate the closest site to you, Call the IRS VITA Line at 1-800-906-9887, or speak with a YWCA Financial Coach at (602)-258-0990

All documents below are necessary when meeting with a VITA/TCE volunteer:

- \* Proof of identification (photo ID)
- \* Social Security cards or Individual Taxpayer Identification Number (ITIN) assignment letter
- \* All Forms Listed: Form W-2, W-2G, 1099-R, 1099-Misc, and Forms 1099
- \* Health Insurance Exemption Certificate, if received
- \* A copy of last year's federal and state returns, if available
- \* Proof of bank account routing and account numbers for direct deposit such as a blank check
- \* Forms 1095-A, B and C, Health Coverage Statements
- \* Copies of income transcripts from IRS and state, if applicable

## For Your Information...

### Welcome

Our Activity Program services are available for individuals who are 60 years of age & older

#### **Suggested Meal Program**

##### **Contributions:**

For Eligible Seniors & Disabled Adults

Dining Room.....	\$2.50
Dial-A-Ride (each way) .....	\$1.00
S.A.I.L. Program.....	\$2.50

#### **Meals on Wheels:**

Private Pay Glendale.....	\$8.00
Private Pay El Mirage.....	\$8.00

### Reservations

Reservations for lunch can be made. Call (623) 931-7436; 48 hours in advance Seating is on a first come, first serve basis. **No "saved" seats!** Disabled participants may be served.



TTY/TDD 711

**Thank you to our  
Funding Sources**



Area Agency on Aging



**Contributions may be given  
at the Lobby Desk for  
confidentiality purposes**

## IMPORTANT!

Signatures and emergency information forms are **REQUIRED** by all who participate here; as this is an eligibility program.

The form is confidential and updated annually. Participants must be independent and able to take care of their personal needs and be cognizant of their surroundings. This is not an Adult Day Care site, but referrals can be made. If you use wheelchairs, etc, you must use them while in this facility. Mobility devices must **NOT** block any walkways and bags/carts are not allowed in the dining room. Safety is most important to us!

### Participant Grievance

The YWCA will provide a means to insure fair handling of participant complaints and grievances. For the purpose of these policies and procedures, a grievance means any dispute regarding the meaning, interpretation or alleged violation of these policies, procedures and services. Any participant seeking assistance or services through the YWCA senior programs who feels that he or she has not been treated fairly may appeal any decision rendered by filing a grievance.

#### *Procedure*

Participants who have a problem or complaint should first try to get it settled through discussion with the Staff.

If, after this discussion, the participant does not believe the problem or complaint has been satisfactorily resolved, he/she will have the right to discuss it with the Senior Center Director. You may reach the Senior Center Director at (623) 931-7436.

If the grievance is not resolved in steps 1 or 2, the participant shall submit in writing a complaint detailing the basis for the grievance. The complaint will be submitted to the Senior Center Director within ten (10) working days.

The Senior Center Director will render his/her decision and comments in writing and return them to the participant within ten (10) working days.

Should the Senior Center Director fail to resolve the grievance, within ten (10) working days of the receipt of the grievance, the person may communicate the grievance in writing to the YWCA CEO within fifteen (15) calendar days.

The YWCA CEO will render a decision. The YWCA CEO has the final decision in appeals.

If the grievance is not resolved at the local level, it can be appealed to:

#### **Contracts Department**

Area Agency on Aging Region One, Inc.

1366 East Thomas Road, Suite 108

Phoenix, Arizona 85014

602-264-2255

## Meet Our Staff...

### **Debbie Esparza, CEO**

Kathy Saunders, Director  
Bea Lopez-Parra, Program Assistant

Judith Pennell, Meals on Wheels Coordinator

**And many others who make this all possible!**

### **Program Locations:**

Meals served at noon  
Monday-Friday at:

**YWCA Valley West Center**  
8561 N 61st Avenue  
623.931.7436

**Glendale Adult Center**  
5970 W. Brown  
623.930.4321

**Glendale Community Center**  
5401 W. Ocotillo  
623.930.4700

**Japanese Senior Center**  
5414 W. Glenn Dr. (3rd  
Wednesday of Month only)

Sun Valley Gleaner Brown Bag every  
Thursday.

You do not need to be wealthy to leave a legacy. In addition to supporting the YWCA with your cash donations, you can also contribute to the sustainability of our efforts to better women's lives in the long term.

*Please call Debbie Esparza , CEO, at  
602.258.0990 ext. 13 to discuss  
planned giving opportunities.*