

eliminating racism
empowering women

ywca

Metropolitan Phoenix

APRIL 2020

Valley West Center Newsletter

Volume 33, Issue 10



CENSUS 2020: We All Count.



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ACTRESS MAE WEST

Actress Mae West was found guilty on this day in history of “obscenity and corrupting the morals of youth” in a New York stage play entitled “Sex”. She was sentenced to ten days in prison and fined \$500. But the resulting publicity did much to launch her Hollywood career and make her one of the highest paid people in the United States. Born in 1893, Mary Jane “Mae” West started to perform in local theatre groups when she was just seven. By the age of 14 she was part of a vaudeville tour that performed across the country. Vaudeville was a popular theatrical show with several entertainers performing songs, dances and jokes. She first trod the boards of Broadway in New York when she was 18 and for the next fifteen years she sang and danced in both Broadway and Vaudeville shows. As well as performing, she turned to writing and in 1926 began to write, produce and star in her own plays on Broadway. In the first of these, “Sex” (1926), her performance as a prostitute created a sensation. It ran for several weeks before the guardians of morality in New York put a stop to it. Posters proclaiming, “Sex with Mae West” caused outrage among key religious and political figures, as well as many members of the public. After several complaints she was arrested, and the police closed the show. She went on to write and star in another show, *The Pleasure Man*, that dealt with homosexuality, but which ran for only one performance before West was again arrested for obscenity. This time a jury could not agree on her guilt. Another play, *The Constant Sinner*, was shut down after just two performances by the District Attorney. Other Mae West plays were panned by critics, but did well at the box office, drawing the attention of Hollywood executives. Despite being 38 years old—an age when most actresses start to wind down their careers – she was offered a contract by Paramount

worth \$5,000 a week, equivalent to about \$80,000 today. Crucially for West, it was agreed that she could re-write lines in the films, which would allow her to set the tone for her persona. So, in her first movie, *Night After Night*, a hat-check girl says to her. “Goodness, what beautiful diamonds.” To which West replies, “Goodness had nothing to do with it, dearie.” The slightly changed line, “Come up and see me some time,” forever associated with Mae West, emerged from a 1933 film called *She Done Him Wrong* in which she starred opposite a young Cary Grant in his first movie. She is in love with Captain Cummings, played by Grant, and says to him: “You know, I always did like a man in a uniform. That one fits you grand. Why don’t you come up some time and see me.” Nominated for a Best Picture Academy Award, the film was a box-office triumph and was said to have saved Paramount from bankruptcy. It grossed over \$2 million, the equivalent of \$140 million today. Famous and notorious and despite her advancing age she quickly built a reputation as a daring sex symbol. Such was her success that within three years it was claimed she was the second highest paid person in the United States behind only newspaper tycoon William Randolph Hearst. When the management at her apartment building discriminated against William Jones, her African American boyfriend and barred his entry, West solved the problem by buying the building. West films made have faded, but her lines from them remain memorable.

WE HAVE WIFI

**Bring your iPads, tablets, laptops
& gadgets**

DONATE LIFE MONTH

April Fools Day	April 1st
National Burrito Day	April 2th
Easter	April 12th
Volunteer Appreciation week	April 19th
Administrative Professionals Day	April 22th
Stress Awareness Month	

Michael Zaremski	4 -1	Helen Birch	4-13
Ralph Pikop	4- 4	Geneva Cook	4-20
		George Pfaff	4-20

APRIL BORN: Are extremely curious. They want to know everything, they often poke their noses into other’s affairs. This trait helps them be smarter and more successful.

Flower: Sweet Pea



Message: Thank you for a lovely time.

Conveys innocence, love, youth and purity.

Birthstone: Diamond

Diamonds are a girl’s best Friend

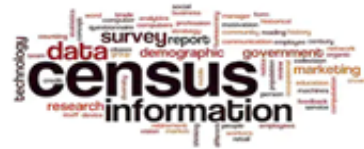


Life is a journey

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



U.S. Census Word Search



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

Census
Community
Constitution
data

everyone
form
inclusion
justice

location
neighborhoods
questionnaire

safe
Seniors
survey

POPULATION



WHAT'S HAPPENING

BLOOD PRESSURE CHECKS



ENTERTAINMENT



PUZZLE MAKING



VALENTINE'S DAY CELEBRATION



WAYS STRESS CAN AFFECT YOUR BODY

Stress is a term you're likely familiar with. You may also know exactly what stress feels like. However what does stress exactly mean? Short term stress isn't likely to cause any major health concerns. But the story's different with long term stress. When you're under stress for days or even weeks or months you're at risk for numerous health effects. Such risks may extend to your body and mind, as well as your emotional well being. Stress may even lead to an inflammatory response in the body, which has been associated with numerous chronic health issues.

1. Stress is a hormonal response from the body, this response all starts with a part of your brain called the hypothalamus, which sends signals throughout your nervous system and to your kidneys.

2. Women appear more prone to stress than men. Women are more likely to experience more physical signs of stressed compared to their male counterparts. This doesn't mean that men don't experience stress. Instead, men are more likely to try to escape from the stress and not exhibit any signs.

3. Stress can overburden your mind with incessant worries. These thoughts bombard your mind all at once, and it's difficult to escape them.

4. You may feel jittery from stress, Your fingers may shake, and your body might feel off balance. Sometimes dizziness can occur. You may get hot in situations where you're nervous too, such as when you have to give a presentation.

5. Being stressed can make you sweat. Stress related sweat is usually a follow up to excessive body heat from stress. You might sweat from your forehead, armpits, and groin area.

6. Digestive problems may occur. Stress can make your digestive system go haywire, causing diarrhea, stomach upset, and excessive urination.

7. Stress can make you irritable, and even angry. This is due to an accumulation of stress's effects in the mind. It can also occur when stress affects the way you sleep. Constant overwhelming stress can take its toll, and bring down your overall outlook on life.

8. Long term stress can increase your risk of mental health disabilities. Anxiety and depression are the most common.

9. Insomnia may be stress related. When you can't quiet down racing thoughts at night, sleep may be hard to come by

10. Daytime sleepiness can happen when you're stressed, but sleepiness may also develop from simply being exhausted from chronic stress. Chronic headaches are sometimes attributed to stress.

11. With stress, you may even find it difficult to breathe, shortness of breath is common and it can then turn into nervousness.

12. Frequent stress decreases your immune system, In turn, you'll likely experience more frequent colds and flus, even when it isn't the season for these illnesses.

13. Ulcers may get worse, although stress doesn't directly cause ulcers, it can aggravate any existing ulcers you may already have.

14. Weight gain is possible, Excessive cortisol releases from adrenal glands above the kidneys may lead to fat accumulation.

15. Stress is bad for your heart. Abnormal heartbeats and chest pain are symptoms that can be caused by stress.

16. Poor nutrition can make your stress worse, if you eat a lot of junk or processed foods.

17. A lack of exercise is stress inducing; In addition to being good for your heart, exercise also helps your brain make serotonin.

THE BOTTOM LINE;

Everyone experiences occasional stress. Because our lives are increasingly jam packed with obligations, such as school, work, and raising kids. It can seem like a stress free day is impossible. If stress is getting in the way of your health and happiness, talk to your doctor about ways you can help manage it. Aside from diet, exercise, and relaxation techniques, they may also recommend medications and therapies.

THINGS YOU HAVE SURVIVED; IF YOU ARE OVER 50

You must be tough. After all, you are probably over age 50 and have survived many of the dangers inherent in everyday life, not so long ago. You are smarter now. Thanks to the scientific studies, laboratory test, and plethora of expert opinions, you have learned what's bad for you. Can you answer the following questions about things you thought, were harmless in the 1950's-1970's, but have proved otherwise today

1. Licking the cake batter off a spoon and eating a finger of cookie dough.
2. Ordering rare beef hamburgers and steaks at restaurants was common in the 1950's. Men bragged about eating steaks that still mooed. Unfortunately, they could have been the ones moaning and mooing in the bathroom due to eating undercooked meat.
3. Picking a ripe apple off a tree and immediately eating it was one of the best ways to experience freshness as a kid.

Now medical experts point to the risks of illness caused by salmonella.

4. Renting public shoes during the heyday of bowling from 1940's-1960's was accepted. Today, you know that sharing shoes might lead to fungal infection.

5. Breathing in a home built before the 1970's may have exposed owners to dangerous fibers; often used in a variety of items such as vinyl floors, insulation, and wall-boards.

6. Applying Iodine to children's skinned knees, took the sting away by blowing air on the alcohol based antiseptic. This was great until 1998, when drug regulators banned the medicine due to an active ingredient called mercury.

7. Drinking from the Garden Hose.



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

Reservations

Reservations for lunch are requested. Call (623) 931-7436; 48 hours in advance

Seating on a first come, first serve basis.

No "saved" seats! Disabled participants may be served.



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.