



**Happy  
Holidays**



## DECEMBER HOLIDAYS AROUND THE WORLD

Did you know that there are more than XX of religious and national holidays across the world in November, December, and January! Here's an overview of a few you may not have heard of.

### Hanukkah

Hanukkah is a Jewish holiday that's celebrated for eight days and nights, beginning on the 25th day of the Jewish month of Kislev. The Jewish calendar is based on the lunar cycle, so Hanukkah can fall anywhere from November 28th to December 26th. This holiday commemorates the re-dedication of the holy Temple in Jerusalem following the Jewish victory over the Syrian-Greeks in 165 B.C.E. People celebrate Hanukkah by lighting their menorahs, spinning dreidels and eating delicious foods!

### Kwanzaa

In the United States, roughly five million people celebrate Kwanzaa each year. Beginning on December 26th, Kwanzaa is a seven-day holiday that celebrates African culture. On the sixth day of Kwanzaa, there's a Kwanzaa Karamu, which is a big feast. Kwanzaa is also celebrated through lighting the Kinara, performing and listening to traditional music and discussing African principles and history.

### Winter Solstice

For Pagans, December means the holiday of Yule is coming. It falls on December 21st, which marks the winter solstice, the shortest day and longest night of the year. The winter solstice celebrates the rebirth of the sun because days get longer from then on out.

### Las Posadas

Las Posadas is celebrated by some Hispanic families in the United States. It's a nine-day celebration beginning with a procession with candles, songs, and sometimes people playing the parts of Mary and Joseph leading a parade. Every night of Las Posadas is celebrated with gifts, piñatas, song, parties, tamales, and prayer.

### Diwali

Diwali, Festival of Lights, is a five-day long Hindu holiday celebrating life and the victory of good over evil. Taking place in October or November, each day of Diwali has a different legend it celebrates, but the holiday is filled with fireworks, feasts, and family. The date of Diwali is determined based on the Hindu lunisolar calendar.

### Ōmisoka

Ōmisoka, New Year's Eve, is considered the second-most important day in Japanese tradition as it is the final day of the old year and the eve of the new year, the most important day of the year. Families gather on Ōmisoka for one last time in the old year to have a bowl of toshikoshi-soba or toshikoshi-udon, a tradition of eating the long noodles to cross over from one year to the next.

This is just a small overview of December holidays. This month, when someone wishes you Happy Holidays, you now know some of the holiday they may have in mind!

Stay connected with your friends. Visit the YWCA Senior Center Facebook page to check out updates. Stay Home. Stay Healthy. Don't Be Racist.  
[www.facebook.com/ywcaseniorcenter](https://www.facebook.com/ywcaseniorcenter)

## December Highlights

12/01/1955 Rosa Parks arrested in Montgomery  
12/2/1982 Robert Clark gets 1st artificial heart  
12/7/1941 Pearl Harbor Day  
12/10/1869 Wyoming grant women right to vote  
12/19/1620 Pilgrims landed at Plymouth Rock

**Flower:** Narcissus and Holly

Symbolizes hope, wealth, protection, and defense



**Birthstones:** Turquoise

Symbolizes good fortune and success



## Happy Birthday To You

Mae Johnson 12-21 Irene Repp-White 12-8  
Karen Laverenz 12-26 Margaret Cheung 12-22

**December Born:** Are indecisive in nature which means they are not able to make decisions quickly. They can focus on any problem as they are considered as headstrong and determined.



**December 21**

**Is the Winter Solstice, meaning it's both the shortest day and longest night of the year**

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

From December 16th through December 24th, Las Posadas is celebrated by some Hispanic families





## Staying Healthy



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

AVOID  
 CLOSE  
 CONTACT  
 SICK  
 TOUCHING  
 EYES  
 NOSE  
 MOUTH  
 STAY  
 HOME  
 COVER  
 COUGH  
 SNEEZE  
 TISSUE  
 CLEAN  
 DISINFECT  
 FREQUENTLY  
 HOUSEHOLD  
 CLEANING  
 SPRAY  
 WIPE

STAY HOME IF YOU ARE SICK

## 2020 Election Yields Historic Results

YWCA celebrates a record breaking year for women in politics. From Kamala Harris, the first Black, Indian-American woman Vice President-elect to New Mexico's congressional delegation, made up entirely women of color to GOP women increasing to 24 in the House to Sarah McBride becoming nation's the highest-ranking openly transgender official to Cori Bush becoming the first Black women to represent Missouri in Congress to many more.

We have worked for women's empowerment for 108 years and know that women's leadership can change history. These firsts truly matter. When Helen Claytor became the first African American president of YWCA USA in 1967, she led change for our organization. It's no surprise that in 1970 we adopted the One Imperative to eliminate racism wherever it exists and by any means necessary – work that continues today at the center of our mission.

In this moment of transition from election to governing, YWCA remains mission-focused on addressing the issues that impact the more than two million women, girls, and their families we serve every day. We stand ready to work the Arizona Congressional delegation to increase federal support for nonprofit programs and services, improve economic security for women, prevent gender-based violence and support survivors, ensure access to health care for women, girls, and marginalized people, protect immigrants, and to eliminate policies and practices that criminalize people of color.

And when necessary, we will work fervently to oppose policies and halt legislation that would harm or oppress women, girls, and communities of color. Ensuring they are represented, and their voices are heard, is our main priority.

# AVOIDING THE COMMON COLD OR FLU

Do you know the difference between the cold and the flu?

**COLD:** A cold can be any one of hundred viruses! There is no cure for the cold. You have most likely caught a cold if you are experiencing the following symptoms:

- Runny nose and sneezing
- Red eyes and a headache
- Sore throat with dry cough
- General body aches
- Runs approximately 7 days

**FLU:** There is also no cure for the flu. Flu symptoms are almost identical to the cold with the exception that flu symptoms are more severe, and they come on suddenly. Typical flu symptoms are:

- Fever of 101 – 102 degrees
- Sore throat
- Body chills
- Body aches and pains
- Runny nose
- Sneezing
- Runs its course of 5 - 7 days

Once you caught it, you got it. If you get caught this season, here are some suggestions to help you get on the road to recovery more quickly with remedies that really work.

## CARE FOR THE COLD

- Get extra rest
- Drink a lot of fluids - hot tea, chicken soup
- Humidify the bedroom or take hot showers
- Gargle with salt water to prevent a sore throat
- Take aspirin or acetaminophen
- Always check with physician if on other medication at the time



## CARE FOR THE FLU

- Get plenty of bed rest
- Drink plenty of fluids - 1 glass of water or juice every hour
- Take acetaminophen to relieve head and muscle aches
- **GET A FLU SHOT!**



## Call a professional if you have:

- A fever of 101 or higher
- Difficulty breathing
- A throat which is bright red, sore with white pus spots
- A foul odor from your throat, ears, or nose
- A nasal discharge is green or brownish
- A cough lasts more than 10 days after a cold or the flu
- An earache for more than an hour

## OVER THE COUNTER MEDICATIONS

- Avoid remedies that combine drugs to treat different symptoms
- Treat each symptom separately
- Avoid antihistamines
- Avoid decongestant sprays if you have high blood pressure or heart disease
- Use nasal sprays for 3 days or less
- If you are currently on any prescription drugs, check with your doctor before purchasing any over the counter drugs



## COMMON CAUSES OF FINANCIAL ABUSE

Financial Abuse can appear in relationships between spouses, parents and children, and other family members. It is important to recognize the signs of financial abuse so that you can protect yourself and your assets. There are many identifiers for financial abuse, and we will focus on the three major signs.

**Restriction of Money** - The abuser will control your money which may be common if you have family members that handle your finances. The difference is that the abuser will restrict how you can use your money or your access to money. Some will even hold money over you to have you do things they want you to do.

**Stealing** - The abuser will actively steal money. If you notice that money is missing, they may pretend that you misplaced cash or that you forgot you bought something. They may admit that they borrowed from you and say they will return it but never do.

**Using Your Credit** - Identity theft is a danger that many Americans should protect themselves against. What most do not expect is that it can sometimes be done by someone they know. The abuser can use your name and credit without your permission to open credit card accounts and take out loans.

These are the most common forms of financial abuse but there are many more signs. If you feel that someone is taking your money or using your credit without your permission, always speak to someone! You can always reach out to the YWCA staff or any third party advocate you have; case worker, friend, lawyer, etc. The YWCA phone number is 623-931-7436.

## 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

**If you need Home Delivered**

**Meals or want to pick-up**

**Congregate Meals, please give us a call for details.**

**Valley West Center 623-931-7436**



**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)

**Our Program Locations are currently closed to the public. If you need a nutritious lunch, please come to the Valley West location on Monday or Tuesday from 11:30am - 12:00 (noon) for meal pick-up. Call for details.**

You do not need to be wealthy to leave a legacy. In addition to supporting 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.*