Happy Spring!
YWCA Metropolitan Phoenix is excited to join nonprofits, churches, and other organizations across the country to highlight and celebrate our volunteers during National Volunteer Appreciation Week. This year Volunteer Appreciation Week is April 18th – 24th.

National Volunteer Week is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society’s greatest challenges, to build stronger communities, and be a force that transforms the world. Each year, we shine a light on the people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities.

National Volunteer Week was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week. Today, as people strive to lead lives that reflect their values, the expression of civic life has evolved. Whether online, at the office, or the local food bank; whether with a vote, a voice, or a wallet – doing good comes in many forms, and we recognize and celebrate them all. Connect with YWCA on social media to follow our volunteer shoutouts all week! If you’d like to celebrate with us, please follow up on Facebook, Instagram, and Twitter. Our handle is @ywcaaz.

From corporate volunteer groups who complete maintenance projects at the Senior Center to our Prosperity Programs instructors and facilitators to individuals who lead our organization by serving on our Board of Directors and committees, did you know that volunteers support every aspect of our organization? In fact, last year, volunteers donated over 4,440 hours to YWCA which translated to a community investment of over $109,000!

On behalf of the team at YWCA, we offer and sincere and heartfelt THANK YOU to all of our volunteers. We couldn’t do it without you!

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
April Is...

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>April 1st</td>
<td>April Fool’s &amp; National Burrito Day</td>
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<tr>
<td>April 10th</td>
<td>National Sibling Day</td>
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<tr>
<td>April 22nd</td>
<td>Earth Day</td>
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<tr>
<td>April 28th</td>
<td>World Day for Health &amp; Safety</td>
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<td>April 29th</td>
<td>International Dance Day</td>
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### Happy Birthday To You

Ralph Pikop 4-4    Ruben Hernandez 4-8
Sharon Salisbury 4-7    Terri Burkhart 4-13
Frances Fuchs 4-14    George Pfaff 4-20
Glenda Funderburk 4-17

April Born: are very emotional about love, their intent is to either love with all their hearts or not love at all.

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**Flower:** Daisy / Sweet Pea

Daisy conveys innocence, loyal love, and purity. Flies find the Sweet Pea fragrance offensive and will leave in a hurry. **Birthstone:** Diamond

A rough diamond looks so similar to a pebble that most people will just pass it by without giving a second look.

**Knowledge is Power!**

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On behalf of the YWCA Senior Center, Thank You to our Advertisers for generously supporting our publication.
STAY HOME IF YOU ARE SICK
YWCA Is on a Mission to Stand Against Racism

We take a Stand Against Racism every day by raising awareness about the impact of institutional and structural racism and by building community among those who work for racial justice.

YWCA’s 15th annual Stand Against Racism campaign will take place April 22 – 25, 2021. We invite you join us in exploring how From Declarations to Change: Addressing Racism as a Public Health Crisis can advance the work of justice in your community and empower people of color.

Structural racism plays a large role in determining the conditions in which people are born, grow, work, live, and age. These factors affect people’s access to quality housing, education, food, transportation, political power, and other social determinants of health. Understanding and addressing systemic racism from this public health perspective is crucial to eliminating racial and ethnic inequities, and to improving opportunity and well-being across communities.

Our collective efforts can root out injustice, transform institutions, and create a world that sees women, girls, and people of color the way we do: Equal. Powerful. Unstoppable.

YWCA will be hosting a special virtual Stand Against Racism conversation on Thursday, April 22nd. To get more information or RSVP, please go to www.ywcaaz.org/sar2021.
To illustrate the importance of eating a variety of fruits and vegetables, health professionals often advise you to “eat the rainbow.”

You probably know that you should eat colorful fruits and vegetables, but you may wonder why it’s so important and if doing so truly benefits your health. Eating the rainbow involves eating fruits and vegetables of different colors every day. Different colored plants are linked to higher levels of specific nutrients and health benefits. While eating more vegetables and fruit is always a good idea, focusing on eating a variety of colors will increase your intake of different nutrients to benefit various areas of your health with virtually no downsides. By getting a variety of color in your diet, you’re giving your body an array of vitamins, minerals, and phytochemicals to benefit your health.

**HEALTH BENEFITS OF THE RAINBOW**

All vegetables have anti-inflammatory and anti-oxidant properties which protect cells from the damage caused by free radicals. Free radicals may play a part in cancer, heart disease, stroke, and other diseases of aging. Each color also represents a different phytochemical and set of nutrients that may benefit your health.

**RED**
May help lower risk of heart disease and certain cancers, may also help reduce sun related skin damage.

**DARK RED**
May help support athletic performance through increased oxygen uptake, may also help lower risk of high blood pressure, heart disease, and certain cancers.

**GREEN**
Cruciferous veggies in particular may help lower risk of cancer and heart disease.

**YELLOW & ORANGE**
Supports eye health, may help lower risk of heart disease and cancer.

**BLUE & PURPLE**
May help improve brain function, may help lower risk of heart disease, neurological disorder, type 2 diabetes, and certain cancers.

**WHITE & BROWN**
May help lower risk of heart disease, colon cancer, and other cancers.

To eat the rainbow, be sure to eat a variety of different colored fruits and vegetables throughout your day.
It is Financial Literacy Month! Each April organizations work to raise awareness about the importance of financial literacy for all members of our community. The need for effective financial education is a shared goal among many non-profits in Arizona. YWCA Metropolitan Phoenix encourages financial literacy through our Prosperity Programs!

Prosperity Programs seek to build financial equity for women and their families. We offer a range of financial classes that are open to the public about savings, credit, debt, investing, and homeownership. Come join us this month and invite someone who would benefit. We also offer individualized, personalized financial coaching for those requesting 1-on-1 support.

For information on our available classes visit www.ywcaaz.org/prosperity-programs/ or email us at YWCA.ProsperityPrograms@ywcaaz.org or call us at 602.258.0990.
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

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:
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.

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