

Suggested Meal Program Contributions

For eligible seniors & adults living with disabilities

Dining Room.....\$2.50

Dial-A-Ride (each way)....\$1.00

S.A.I.L. Program.....\$2.50

Meal Guest.....\$3.50

Meals on Wheels

Private Pay Glendale.....\$8.00

Contributions may be given at our lobby desk. As a part of our funding guidelines, signatures and emergency information forms are requested by all who participate here.

If you need Home Delivered Meals or want to pick-up Congregate Meals, please give us a call for details.

Participant Grievance

The YWCA will provide a means to ensure 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
Senior Center Director

Bea Lopez-Parra
Program Assistant

Michele Moloney
Meals on Wheels Coordinator

And many others who make this all possible!

Program Locations

Meals served at noon Mon-Fri at:

YWCA Metropolitan Phoenix

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 Wed of month only

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

Since 1912, YWCA Metropolitan Phoenix has been on a mission to eliminate racism, empower women, and promote peace, justice, freedom, and dignity for all. We imagine an equitable and inclusive society for everyone. We create safe spaces for courageous conversations that focus on how race and gender impact issues that impact Phoenix. We support seniors and women and their families through our Senior, Prosperity, and Equity programs. We are a visible voice in social justice. YWCA Metropolitan Phoenix is part of a global movement with sister associations in over 120 countries worldwide.

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 623.931.7436 to discuss planned giving opportunities.*

Thank you to our Funding Sources



Area Agency on Aging

**24-Hour Senior HELP LINE
602-264-HELP (4357)**



**eliminating racism
empowering women**



Metropolitan Phoenix

October 2021

**YWCA Center Newsletter
Volume 35, Issue 4**



INDIGENOUS PEOPLES' DAY - OCTOBER 11, 2021

Since 1991, dozens of cities, several universities, and a growing number of states have adopted Indigenous Peoples' Day, a holiday that celebrates the history and contributions of Native Americans. Not by coincidence, the occasion usually falls on Columbus Day, the second Monday in October, or replaces the holiday entirely. As of 2020, the holiday is observed by the states of Minnesota, Alaska, Maine, Louisiana, Oregon, New Mexico, Nevada and Vermont, as well as South Dakota, which celebrates Native Americans' Day, and Hawaii, which celebrates Discoverers' Day.

Why replace Columbus Day with Indigenous Peoples' Day? Activists have long argued that holidays, statues, and other memorials to Columbus sanitize his actions—which include the enslavement of Native Americans—while giving him credit for “discovering” a place where people already lived.

“Columbus Day is not just a holiday, it represents the violent history of colonization in the Western hemisphere,” says Leo Killsback, a professor of American Indian Studies at ASU.

Columbus Day became a federal holiday in 1937, in part because of efforts by Roman Catholic Italian Americans. During the late 19th and early 20th century, members of the stigmatized ethnic and religious group successfully campaigned to establish a Columbus Day in order to place

Catholic Italians, like Christopher Columbus, into American history. In doing so, they edged out people of Anglo-Saxon descent who wanted a federal holiday honoring Leif Erikson as the first European to reach the Americas.

But decades later, the question of which European got here “first” is beside the point. “Indigenous Peoples' Day represents a much more honest and fair representation of American values,” writes Killsback, who is a citizen of the Northern Cheyenne Nation of southeastern Montana.

On September 4, 2020, Republican Gov. Doug Ducey signed a proclamation recognizing Indigenous Peoples' Day.

As with the city of Phoenix's shift in 2016, the move did not replace Columbus Day as a state holiday. And since it's a proclamation instead

of legislation, last year was the only year Indigenous Peoples' Day was recognized by the state - for now. Activists intend on re-introducing legislation to have Indigenous Peoples' Day replace Columbus Day.

We don't need an official proclamation to celebrate Indigenous Peoples' Day. We can start by honoring the original custodians of our land and acknowledge we are occupying the stolen land of the O'odham, Aikimel O'odham, and Hohokam people. We can also learn more about Indigenous Peoples' Day at www.ipdaz.org.



OCTOBER WORD SEARCH



Cooking with Herbs

Word Search

DIRECTIONS: Find and circle the herbs in the grid. Look for them in all directions including backwards and diagonally.

- BASIL
- BAY LAUREL
- BORAGE
- CARAWAY
- CATNIP
- CHERVIL
- CHIVES
- CILANTRO
- DILL
- EPAZOTE
- FENNEL
- GARLIC
- LAVENDER
- LEMON BALM
- LEMON GRASS
- LEMON VERBENA
- LOVAGE
- MARJORAM
- MINT



NASTURTIUM

SALAD BURNET

OREGANO

SAVORY

PARSLEY

SORREL

ROSEMARY

TARRAGON

SAGE

THYME

STAY HOME IF YOU ARE SICK

IS ROTISSERIE CHICKEN GOOD FOR YOU?

Convenient? Yes. Healthy? Sometimes.

Whether you're too busy to cook or it's too hot outside or you're looking for an economical solution, a rotisserie chicken from the supermarket can be the solution to the "what's for dinner" dilemma. Rotisserie chicken is often very competitively priced and a lot cheaper than eating out. Because it's low in saturated fat, you might assume a rotisserie chicken is better for you than takeout. But in an evaluation of the nutrition information for rotisserie chickens from 10 retailers found that you can't assume that you're getting plain cooked chickens. Use this advice to pick up a bird you can feel good about eating.



Check the sodium count

Chicken may need a little salt, but some rotisserie birds have far more than you'd ever add if you were roasting your own. Some of the chickens had upwards of 400 mg sodium in 3 ounces. Most adults should keep their daily sodium intake below 2,300 mg.

Read the ingredients list

Many, but not all, rotisserie chickens are injected with a solution designed to keep the bird moist and tasty. Solutions contain water, salt, and often processed ingredients, such as natural flavors, sugars, and gums. But natural flavors aren't necessarily as natural as you might think, and you should try to avoid processed ingredients as much as possible. Choosing a noninjected bird may make it easier to steer clear of excess sodium. It's not that they always have lower amounts, but the salt is sprinkled on top, so if you remove

the skin, you cut out a lot of sodium. With injected chickens, the sodium gets distributed throughout the meat.

No label, ask for the information

According to the Food and Drug Administration, rotisserie chickens don't need to list full nutrition information on the package but stores with 20 or more locations must have the information available. If you're curious, be sure to ask!

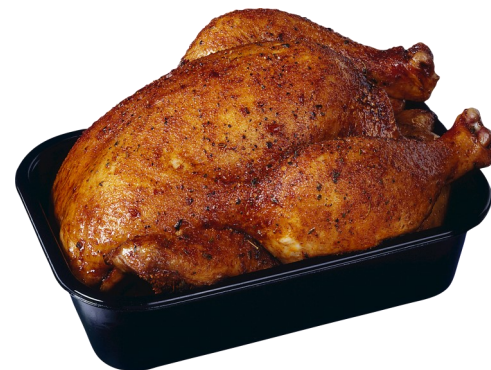
Keep it safe

Pick up the chicken at the end of your shopping trip and get it into your fridge (or on your dinner plate) within 2 hours (1 hour if the outside temperature is above 90). Bacteria can multiply rapidly in food left at room temperature longer than that. Once in the fridge, the meat will keep for up to four days.

Use it in a healthy way

In addition to slicing it and serving it with a side of vegetables, try these ideas:

- Toss with chopped veggies
- Make a chicken salad
- Serve atop zucchini
- Wrap in a corn tortilla with tomatoes, peppers, and beans
- Add chicken to vegetable soup
- Sprinkle chicken over the top of your favorite green salad



OCTOBER HIGHLIGHTS

1904 New York subway opens
 1936 Hoover Dam starts producing electricity
 1947 US minimum wage is set at 40 cents/hour
 1955 Mickey Mouse Club begins on ABC
 1962 Muhammad Ali beats Joe Fraser
 1968 Tommie Smith and John Carlos make Black Power salute during Olympics medal ceremony

Flower: Marigolds - Symbolize fierce love, passion, and creativity. They also have a long tradition of being used medicinally to heal inflammation and skin problems.



Birthstone: Opal - Symbolize faithfulness and confidence. Opal has also been linked to healing forces and friendship. Dreaming of an opal means good luck will come.



HAPPY BIRTHDAY TO YOU

Bruce Chesterton	10/1	Richard Haldan	10/18
Joni Dinges	10/5	Dennis O'Melia	10/19
Maria Hernandez	10/13	Heidi Blom	10/29
Janet Wolford	10/17	Alfonso Carrillo	10/30

HAPPY, HAPPY BIRTHDAY TO ALL

OCTOBER BORN: Like to spend money, not only on themselves, but also like to spoil their loved ones with extravagant gifts.



When opportunity knocks, invite it to stay for dinner.

MY CULTURE IS NOT YOUR COSTUME

With ethnic and racial stereotypes becoming increasingly popular Halloween costume themes, members of the Ohio University's Students Teaching About Racism in Society launch the "We're a culture, not a costume" campaign to make revelers think twice before reducing a culture to a caricature.

Images from the campaign are making the rounds online, raising debate over whether it's ever OK for people to paint their faces black, impersonate a racial stereotype for fun, and where to draw the line. The campaign has also grown to other university campuses across the country.

The ad campaign from Ohio University show students holding photos of different racial and ethnic stereotypes in costume: a Hispanic guy with a picture of the Mexican donkey costume, an Asian girl with an image of a Geisha, a Muslim student with a photo of a white guy wearing a traditional ghutra and iqal over his head, bombs strapped to his chest.

The campaign has gone viral, landing on blogs and other schools' online publications. So far, the response in the editorial sections has been positive. But in the comment sections, not everyone thinks it's a message that needs to be reinforced. But others think it's a message that needs to be repeated.

"To treat a character like Batman or Superman as a Halloween costume is one thing, but to treat an entire ethnicity as a costume is something else. It suggests that people conflate the actual broad diversity of a culture with caricatures and characters," said Jelani Cobb, professor of Africana studies at Rutgers University.

Watch Out for Immigration Scammers Preying on Vulnerable Situations

Currently, 9.1 million individuals are eligible for citizenship in the United States. While negotiating the immigration process is not easy, an already difficult process can be made harder when immigration scammers attempt to extract money and sensitive information. It's important to recognize scams in order to avoid falling for them. Here are some immigration scams reported to the Fair Trade Commission:

Notary Scams: Unlike other countries, in the US, a notary public is a witness to the signing of official documents. They do not need to have legal training and therefore, are not qualified to give you legal advice.

For legal advice about your immigration status, you must speak to an attorney or an accredited representative. If you go to a notary who is not an accredited representative, you are being scammed and it could hurt your chance to immigrate lawfully.

- Never sign blank immigration forms, or forms that have false information about you or your situation.
- Don't pay for immigration forms. The official forms from the U.S. Citizenship and Immigration Services (USCIS) are free.
- Don't let a notary or anyone else keep your original documents. Always receive the originals and store them somewhere safe.

Fake Immigration Websites: Scammers work best on the internet which is why it is important to be cautious online. Scammers create websites made to look like the official U.S. Citizenship and Immigration Services website — but they're not. If the website address doesn't end in .gov, it's not a federal government website. Fake immigration sites scam in a variety of ways. At minimum, these sites charge you for forms that are available for free on the official website. Worse case scenario, a fake site steals your personal and banking information.

- Always remember that real U.S. government website addresses end with .gov.
- USCIS forms are free. If you have to pay to down-

load government immigration forms, you're not on a legitimate website.

- Legitimate immigration information can be found on www.uscis.gov.

Diversity Lottery Scams: The State Department manages the Diversity Visa Immigrant Program – also known as the visa lottery. It is free to enter and winners are picked randomly and win the chance to apply to become lawful permanent residents. Scammers take advantage by purposely giving false information to entrants or charging money to apply for this free program. They often promise “special access,” or to boost the chance of winning which is not true.

- You can only enter the visa lottery once a year and though the website, bit.ly/3ylbM6y.
- You can only enter if you are from an eligible country and meet the educational or work requirements.
- You never have to pay to apply for the visa lottery.
- Winners are picked at random. No one can influence the results.
- You can only find out the status of your entry at dvprogram.state.gov.
- And remember anyone in this process who asks for payment by gift card, money transfer, or cryptocurrency is a scammer.

Get Real Help: Getting the right person to help is almost as important as filling out the right form and doing it in the right way. A friend or family member could mean well but cause problems for you later. Only an attorney or an accredited representative working for an organization recognized by the U.S. Department of Justice (DOJ) can give you legal immigration advice.

Don't Forget to Report Immigration Scams: It's safe and easy to report an immigration scam to the Federal Trade Commission (FTC) at ReportFraud.ftc.gov. You can also contact the Arizona Attorney General through the following hotline: (602) 543-8888.

Tengan Cuidado con Fraude de Inmigración Aprovechando de Situaciones Vulnerables

En los Estados Unidos, existe 9.1 millones de personas que son elegibles para la ciudadanía. Negociar el proceso de inmigración no es fácil, es un difícil proceso que se puede complicar cuando los estafadores intentan extraer su dinero o información confidencial. Es importante saber cómo detectar a un estafador antes que roben información sensible. Es importante reconocer las estafas de inmigración reportadas a la Comisión Federal de Comercio (FTC):

Estafas de notarios: En otros países, un notario público puede ser alguien con formación jurídica. En los Estados Unidos, un notario público es testigo de la firma de documentos oficiales. No necesitan tener formación jurídica y, por tanto, no están calificados para darte asesoramiento legal.

Para obtener información legal sobre su estado migratorio, debe hablar con un abogado o con personas designadas oficialmente como representantes acreditados. Si usted va a un notario que no es un representante acreditado; es fraude y podría hacer daño a su posibilidad de inmigrar legalmente.

- Nunca firme formularios de inmigración que estén blanco o formularios que contengan información falsa sobre usted o su situación.
- No pague por los formularios de inmigración. Los formularios oficiales de el Servicios de Ciudadanía e Inmigración de los Estados Unidos (USCIS) son gratuitos.
- No permita que un notario o cualquier otra persona se quede con sus documentos originales. Reciba siempre los originales y guárdelos en un lugar seguro.

Falsas Paginas cibernetica de inmigración: Es importante tener cuidado cuando estamos en línea, porque los estafadores funcionan mejor por el internet. Los estafadores crean paginas en línea diseñándose para parecerse y pertenecer al USCIS – en realidad no lo son. Si la dirección de la pagina no termina en .gov, no es del gobierno federal. Falsas paginas cibernetica de inmigración estafan en diferente maneras. Por los menos, estas paginas le cobran por

los formularios que están disponibles de forma gratuita en la pagina oficial. Una pagina falsa roba su información personal y información bancaria.

- Las paginas cibernetica reales del gobierno terminan en .gov.
- Los formularios de USCIS son gratuitos. Si usted tiene que pagar para descargar los formularios de inmigración, esta no es un pagina legitima
- Puede encontrar información legitima sobre inmigración en www.uscis.gov.

Estafas de lotería de visas: El Departamento de Estado administra el programa de lotería de visas. La entrada es gratuita. Es libre para entrar y los ganadores son elegidos al azar. Los que ganan tienen la oportunidad de convertirse en residentes permanentes. Estafadores se aprovechan al dar información falsa a los participantes para cobrar dinero por este programa gratuito. Prometerán "acceso especial" o que pueden aumentar las posibilidades de ganar.

- Sólo puede entrar en la lotería del visas una vez al año. Para aplicar, visita esta pagina cibernetica bit.ly/3ylbM6y.
- Solo puede aplicar si es de un país elegible y cumple con los requisitos educativos o laborales.
- Nunca tiene que pagar para aplicar a la lotería de visas. Los ganadores se eligen al azar. Nadie puede influir en los resultados.
- Solo puede averiguar el estado de su entrada en dvprogram.state.gov.
- Y recuerde: cualquier persona en este proceso que solicite un pago con tarjeta de regalo, transferencia de dinero o criptomoneda es un fraude.

Consulte con ayuda real: Es importante de conseguir la ayuda de una persona profesional que puede ayudarle completar los formularios correcto y hacerlo de la manera correcta. Un amigo o un familiar podría tener buenas intenciones, pero podría causarle prob-