Thank you to our Funding Sources

YWCA Metropolitan Phoenix
623.931.7436
www.ywcaaz.org
www.facebook.com/ywcaaz

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.

Meet Our Staff...
Debbie Esparza
CEO
Kathy Sauders
Senior Center Director
Bea Lopez-Parr
Program Assistant
Michele Moloney
Meals on Wheels Coordinator
And many others who make this all possible!

Program Locations
Meads served at noon Mon-Fri at:
YWCA Metropolitan Phoenix
8561 N 61st Avenue
623.931.7436
Glendale Adult Center
9970 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.

eliminating racism empowering women
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Money Smart for Older Adults.
By taking this virtual class, you’ll learn important points to consider in planning for a more secure financial future, including how to guard against identity theft and other forms of financial exploitation, as well as how to prepare for unexpected life events, and disasters.

Financial exploitation has been called “the crime of the 21st century” with one study suggesting that older Americans lost at least $2.9 billion to financial exploitation in 2010.

VIRTUAL CLASS | December 15th, 10:00am
RSVP online at ywcaaz.org/smart

Understanding the Advanced Child Tax Credit
The Child Tax Credit in the American Rescue Plan provides the largest Tax Credit ever. The Child Tax Credit is meant to help all families by providing up to $350 per child each month, but understanding the details can be confusing. YWCA Metropolitan Phoenix is here to help you understand the Advanced Child Tax Credit! Join us for this Virtual Class, or share this information with your friends and family. All are welcome.

VIRTUAL CLASS | December 8th, 6:00pm
RSVP ywcaaz.org/financial-education/

UNDERSTANDING THE ADVANCED CHILD TAX CREDIT
WEDNESDAY, DECEMBER 8 | 6:00PM
FREE Virtual Workshop | Learn about the monthly relief payments

STAY HOME IF YOU ARE SICK
OLIVE OIL: THE SECRET TO A LONGER LIFE

by Clint Carter, AARP, April 23, 2020

In the Sicani Mountain region of Sicily, the locals live past 100 at a rate more than four times greater than Italy as a whole. Sicani Mountain villagers eat a Mediterranean diet, snacking on olives and using the fruit’s oil to prepare dinner. As a result, their arteries are as supple as those of people 10 years younger, researchers say.

“We’ve known for 50 or 60 years that the Mediterranean diet is beneficial for health, but olive oil is emerging as the most important ingredient,” says Domenico Praticò, M.D., director of the Alzheimer’s Center at Temple University. Among people in olive-growing regions, the incidences of heart disease, cancer, type 2 diabetes and even cognitive decline are very low.

Praticò and others have been exploring the effect of extra-virgin olive oil, or EVOO, on the brain. They’ve discovered that compounds in the fat of this high-grade oil can flush out proteins that gum up the communication channels between brain cells. That might delay, and even reverse, Alzheimer’s and other dementias.

But not all of the EVOO sold at the super market is as potent as the oil that researchers use to flush out neurotoxins. In lab tests, more than half of imported EVOO purchased at retail failed to meet standards of quality and flavor established by the Madrid-based International Olive Council.

Here are a few shopping tricks to get the most out of your olive oil:

1. **Look for “extra virgin.”** Extra Virgin Olive Oil has the highest concentration of disease-fighting polyphenols, says Praticò. (He recommends consuming two tablespoons every day for best effect.)

2. **Pick a dark bottle.** Exposure to light can destroy EVOO’s polyphenols. Store the oil in a cool, dark place.

3. **Check the bottle date.** To find the freshest oil, look for the best-before date. “If the best-before date is just a few months away, find a fresher oil,” says Flynn. Once you open the bottle and expose the oil to oxygen, it begins to degrade.

4. **Buy from California.** In 2014, California began standardized testing. Richard Isaacson, M.D., director of the Alzheimer’s Prevention Clinic at Weill Cornell Medicine, says he can see the difference in his practice. “I’ve had dozens of patients who started taking at least 1 to 2 tablespoons of EVOO daily, and it had no effect,” he says. So he switched them over to California oil. After that “their cholesterol improved.”

5. **Give it a swig** The more potent an oil’s flavor, the more powerful its protective effects. If you feel a slight burn in the back of your throat, it means the oil has high levels of oleocanthal, the polyphenol that’s been shown to bust up Alzheimer’s plaques.

DECEMBER HIGHLIGHTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Dec 1, 1969</td>
<td>U.S. holds its first draft since WWII</td>
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<tr>
<td>Dec 5, 1933</td>
<td>Prohibition comes to an end</td>
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<td>Dec 15, 1939</td>
<td>Gone with the Wind premiers</td>
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<tr>
<td>Dec 21, 1913</td>
<td>First crossword puzzle is published</td>
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<td>Dec 24, 1903</td>
<td>First car number plate (A1) in England</td>
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<tr>
<td>Dec 28, 1945</td>
<td>U.S. Congress</td>
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**Flower:** Narcissus / Holly Hope, Wealth, Good Fortune

**Birthstone:** Tanzanite, the most beautiful stone to be discovered in 2000 years. A thousand times rarer than Diamond.

SUBARU SHARE THE LOVE EVENT

This November 18, 2021, through January 3, 2022, for every new Subaru vehicle purchased or leased, Subaru will donate $250 to the customer’s choice of participating charities. Meals on Wheels is one of four national participating charities. Through this event, as a member of Meals on Wheels America, YWCA Metropolitan Phoenix will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers. You might not be in the market to purchase a new car, but you can still help by spreading the word to your family and friends.

HAPPY BIRTHDAY TO YOU

Lascano G. 12/6  Mae J. 12/21
Irene R. 12/8  Richard M. 12/28
Leonard S. 12/31

HAPPY BIRTHDAY TO ALL

DECEMBER BORN: One-third of people born in December feel their birthday is overlooked. Their gifts are often wrapped in Xmas paper. If you have a friend or family member with a December birthday, don’t forget to make a big deal out of their special Day.

He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.
WHAT NAILS SAY ABOUT YOUR HEALTH

Clues about your health could be right at your fingertips. Take a look at your nails. They could give insight about possible health concerns.

Many nail changes are normal and nothing to worry about. But sometimes changes in the way your nails look and grow can be a sign of disease. Nails are actually specialized skin cells. They’re made of keratin, a protein also found in your hair and skin.

Nails aren’t just for appearances. Your nails protect the ends of your finger and toes. They also help you grip objects and pick up small things. It would be harder to turn the pages of a book or pick up a thread without fingernails.

The part of the nail you can see is called the nail plate. Nails grow from a region at the base of the nail under the skin called the nail matrix. Here, new nail cells are made and packed together. Older nail cells are then pushed to the surface of the fingertip.

Certain things can affect nail growth. A serious illness or fever can halt the process. The interruption can cause indentations that run horizontally across nails. These are called Beau’s lines. They can also result from injury to the nail, some vitamin deficiencies, and chemotherapy.

Tiny pits in the nail can also be a sign of disease. It’s common among people who have psoriasis. Psoriasis is an autoimmune disease that causes red, scaly patches of skin. Nail pitting is also linked to an autoimmune condition that causes hair loss, called alopecia areata.

If your nails start to scoop inward like a spoon, you may not be getting enough iron. Spoon shaped nails, or koilonychia, can be a sign of iron deficiency anemia. Because of a lack of iron, your body can’t make enough of the molecule that red blood cells need to carry oxygen.

Nail clubbing, where the nail tips enlarge and curve around the tip, is another nail problem. It could be a harmless trait that runs in your family. But it’s also linked to lung and heart problems.

Changes in nail color are common, Yellow nails are often caused by nail fungus. In some cases, they can point to something more serious like lung disease. If you notice your nails have become mostly white, it may just be a sign of aging. But sometimes it’s due to serious conditions like liver and kidney disease or diabetes.

Dark streaks running down the length of the nail that appear suddenly should be checked to rule out skin cancer. Certain infections, especially of the heart, can cause red streaks to appear under the nails. Talk with your health care provider if your nails start to look abnormal.

Your doctor may send you to see a dermatologist. This type of doctor specializes in diseases that affect the skin and nails.

PREVENTING NAIL PROBLEMS:

- Try not to bite, pick or tear at your nails.
- Clip hangnails. Be careful not to tear or remove cuticles. As that may lead to an infection.
- Keep your fingernails dry and clean to prevent bacteria from growing under nails.
- Moisturize your nails and cuticles with hand lotion.
- If you have a nail infection, you may need antifungal or antibacterial drugs.
- Ask your health care provider about medicines that can help with abnormal nails.