

**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, please give us a call for details **623-931-7436**.

**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

Joni Dinges  
HDM Program Assistant

**And many others who make this all possible!**

**Program Locations**

Meals are served at:

**YWCA Metropolitan Phoenix**

8561 N 61st Avenue  
623.931.7436

Monday through Friday at 12:00pm.

**Glendale Adult Center**

5970 W. Brown  
623.930.4321

Monday through Friday at 12:00pm.

**Glendale Community Center**

5401 W. Ocotillo  
623.930.4700

Monday through Friday at 12:00pm.

**Japanese Senior Center**

5414 W. Glenn Dr.

**CLOSED**

**Thank you to our Funding Sources**



Area Agency on Aging

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



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 Genevieve Villegas, Advancement Director, at 602-258-0990 to discuss planned giving opportunities.*

eliminating racism  
empowering women



Metropolitan Phoenix

October 2022

YWCA Center Newsletter  
Volume 36, Issue 4

*Centering*  
**survivors**

**WEEK WITHOUT VIOLENCE** OCTOBER 17- 22, 2022



eliminating racism  
empowering women  
**ywca**



During YWCA's annual **WEEK WITHOUT VIOLENCE**—October 17th-22nd—YWCA's across the country and other allied groups organize events that raise awareness about gender-based violence and the issues survivors face. **Join us!** [www.ywcaaz.org/www](http://www.ywcaaz.org/www)

## Goodbye, Columbus? Here's what Indigenous Peoples' Day means to Native Americans

By Emma Bowman, NPR | Oct 11, 2021

### WHAT IS INDIGENOUS PEOPLES' DAY?

Indigenous Peoples' Day advocates say the recognition helps correct a "whitewashed" American history that has glorified Europeans like Italian explorer Christopher Columbus who have committed violence against Indigenous communities. Native Americans have long criticized the inaccuracies and harmful narratives of Columbus' legacy that credited him with his "discovery" of the Americas when Indigenous people were there first.

President Biden issued a proclamation on [October 8, 2021 to observe the second Monday in October] as a day to honor Native Americans, their resilience and their contributions to American society throughout history, even as they faced assimilation, discrimination and genocide spanning generations. The move shifts focus from Columbus Day, the federal holiday celebrating Christopher Columbus, which shares the same date as Indigenous Peoples' Day this year.

Dylan Baca, a 19-year-old Arizonan who was instrumental in helping broker the proclamation, is overwhelmed by the gravity of Biden's action.

"I still don't think I've fully absorbed what that has meant," he said. "This is a profound thing the president has done, and it's going to mean a lot to so many people."

Four years ago, the Native leader started an organization alongside Arizona state Sen. Jamescita Peshlakai, Indigenous Peoples' Initiative, with a similar mission: to tell a more positive and more accurate tale of Native Americans by replacing Columbus Day with Indigenous Peoples' Day.

There are no set rules on how one should appreciate the day, said Van Heuvelen, a member of the

Cheyenne River Sioux Tribe from South Dakota. It's all about reflection, recognition, celebration and an education.

"It can be a day of reflection of our history in the United States, the role Native people have played in it, the impacts that history has had on native people and communities, and also a day to gain some understanding of the diversity of Indigenous peoples," she said.

### WHAT ABOUT COLUMBUS DAY?

Columbus Day remains a federal holiday that gives federal government employees the day off from work.

The day was first founded as a way to appreciate the mistreatment of Italian Americans, and Congress eventually made it a federal holiday in 1934.

"Italian American culture is important, and I think there are other times and places to recognize that. But I think it's also important to also recognize the history of Columbus Day itself," said Baca. "Should we recognize a man whose labors killed children, killed women and decimated the Native American population here? I don't think that is something that we want to be honored."

**OBSERVING INDIGENOUS PEOPLES' DAY AT YWCA**

This year, YWCA Metropolitan Phoenix will be observing Monday, October 10th as a holiday in observance of Indigenous People's Day.

Our center will be closed and we will not be serving lunch on Monday, October 10th. We will resume regular business hours on October 11th



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- WORD LIST**
- ALABAMA
  - ALASKA
  - ARIZONA
  - ARKANSAS
  - CALIFORNIA
  - COLORADO
  - CONNECTICUT
  - DELAWARE
  - FLORIDA
  - GEORGIA
  - HAWAII
  - IDAHO
  - ILLINOIS
  - INDIANA
  - IOWA
  - KANSAS
  - KENTUCKY
  - LOUISIANA
  - MAINE
  - MARYLAND
  - MASSACHUSETTS
  - MICHIGAN
  - MINNESOTA
  - MISSISSIPPI
  - MISSOURI
  - MONTANA
  - NEBRASKA
  - NEVADA
  - NEW HAMPSHIRE
  - NEW JERSEY
  - NEW MEXICO
  - NEW YORK
  - NORTH CAROLINA
  - NORTH DAKOTA
  - OHIO
  - OKLAHOMA
  - RHODE ISLAND
  - TENNESSEE
  - VERMONT
  - WEST VIRGINIA
  - OREGON
  - SOUTH CAROLINA
  - TEXAS
  - VIRGINIA
  - WISCONSIN
  - PENNSYLVANIA
  - SOUTH DAKOTA
  - UTAH
  - WASHINGTON
  - WYOMING

**PLEASE STAY HOME IF YOU ARE SICK**



Working together to serve seniors

# YOUR \$3 DONATION KEEPS MEALS ON WHEELS ROLLING.

From October 1 - 31, when you visit Jiffy Lube for vehicle maintenance, add a donation to Meals on Wheels at check-out. Our program will share in the funds raised! Find your local Jiffy Lube at [www.jiffylube.com/locations](http://www.jiffylube.com/locations).



## OCTOBER HIGHLIGHTS

**National Fire Prevention Month:** Home fires increase with colder weather

**National Women's Small Business Month:** Time to recognize female entrepreneurs!

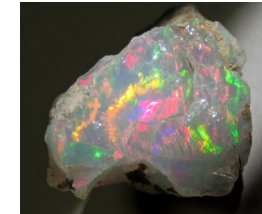
**Tackling Hunger Month:** More than 34 million people in the US are food insecure

**Breast Cancer Awareness Month:** Breast cancer accounts for 30% of new female cancer cases each year.

**Flower:** Cosmos & Marigold  
Cosmos is peace and love. Marigold symbolize tranquility, grace, and grief.



**Birthstone:** Opal  
Opals symbolize faithfulness, purity and hope.



## HAPPY BIRTHDAY TO YOU

Bruce C.	10/1	Susie W.	10/13
Joni D.	10/5	Janie W.	10/17
Marta W.	10/12	Dennis O.	10/19
Marie H.	10/14		

## HAPPY HAPPY BIRTHDAY TO ALL!



Tackling hunger month is an annual designation observed in October. You may not always see it in your community, but hunger continues to affect people in our country.

This month, everyone is encouraged to lend a hand in making sure nobody goes to sleep on an empty stomach.

## UNDERSTANDING DEPRESSION

We've all had moments of sadness, but if weeks go by and those feelings linger, it may be depression. The good news: *Depression is treatable*. Here are some things to know about this common condition.

**Depression can hurt.** Sadness is a symptom we're all familiar with, but depression symptoms aren't limited to the mind. "In older people, depression tends to manifest itself more often with physical symptoms than in younger people." Common symptoms: headaches, joint pain, fatigue, sleep disturbances, loss of appetite, and gastrointestinal issues.

**Women are particularly prone to depression.** Women are almost twice as

likely to be diagnosed than men. Some suspect this is due to hormonal fluctuations, particularly during menopause. Others believe that women may be more prone to chronic stress.

**Symptoms can look different when we're older.** Some of us are genetically predisposed to. Unfortunately, it can often go untreated in older adults, because it can be hard to diagnose. Rather than feelings sad, fearful, or hopeless, older adults tend to display symptoms such as irritability, lack of motivation or energy, or disruption in sleep patterns or appetite.

If you feel any of these symptoms, talk to your doctor to help alleviate them.

## NUTRIENT DENSITY

### What is Nutrient Density?

How do you decide which foods you want to eat? Flavor? Texture? Convenience? Comfort? Many people choose the foods they eat based on immediate gratification, without much thought about the long term effects of their selections, which often results in choosing foods that taste good, but are not good for you. What about the nutritional value of the foods you eat?

When you choose your foods, be sure to consider the nutrient density of the foods. Nutrient density refers to the amount of nutrients for the given volume of food. Nutrient dense foods have lots of nutrients, generally with fewer calories. All those superfoods you've heard about are nutrient dense foods, whereas energy dense foods have more calories for the volume of food and generally fewer nutrients.

### How Nutrient Density Works

You are hungry and you decide you want a snack. You can choose either an apple or a glazed donut. Which one do you choose? Hopefully you chose the apple. Why? The apple has 80 calories and lots of vitamins, fiber and phytochemicals that will keep you healthy. The fiber and water in the apple will fill your stomach and keep you satisfied.

The donut has 200 calories but it doesn't have many nutrients. There is only about one gram of fiber, so it also won't keep you feeling full. Eating one glazed donut often

leads to eating a second one. The donut also has lots of unhealthy saturated fat and plenty of sugar.

Another way to compare nutrient density is by using the amount of calories in the food rather than volume or portion size. Let's compare a cup of carrot slices to four saltine crackers. Both have about 50 calories, the carrots have many more nutrients for the same number of calories. The carrots are nutrient dense, the crackers are energy dense. This is an important factor for people on weight loss diets. Foods that are low in calories, but high in fiber and other vitamins will keep you satisfied and healthy while helping you lose weight.

### Nutrient Dense Superfoods

You can probably already see from the examples that brightly colored fruits and vegetables are big winners in nutrient density. That's one reason why so many fruits and vegetables qualify as superfoods, or foods that are rich in nutrients and other compounds that have healthy benefits such as fiber, phytochemicals and essential fatty acids.

The superfood fruits and vegetables include carrots, tomatoes, broccoli, kale, spinach, berries, apple, cherries, pomegranate and oranges. Other superfoods include salmon, tuna, trout, oatmeal, whole grains, soy, dry beans. Choosing nutrient dense foods at the grocery store is pretty easy. Just stay where the produce and lean meats are found. You

## NUTRIENT DENSITY

### PRODUCT 1

Nutrition Facts			
Per burger (85 g)			
Amount	% Daily Value		
Calories	210		
Fat	18 g	28 %	
	Saturated 7 g	38 %	
	+ Trans 0.5 g		
Cholesterol	55 mg		
Sodium	330 mg	14 %	
Carbohydrate	1 g	1 %	
	Fibre 0 g	0 %	
	Sugars 0 g		
Protein	12 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	10 %

can still make smart choices in the packaged foods aisles, just read the labels. Look at the serving sizes, note the number of calories per serving and look at the amount of fiber, vitamins, calcium and iron. The packaged food that has the better combination of lower calories, higher nutrients and less sodium is the winner.

### Nutrient Dense Meals

You can prepare nutrient dense meals by choosing the superfoods and ingredients for your dishes. The meal should have one serving of a healthy protein source such as legumes, fish, poultry or low fat meat. One serving is typically about the size of a pack of playing cards. Vegetables are always a good option, even if served with a little bit of cheese or sauce. Whole grain pastas and brown rice are also good choices. A green

### PRODUCT 2

Nutrition Facts			
Per burger (85 g)			
Amount	% Daily Value		
Calories	123		
Fat	7 g	17 %	
	Saturated 3 g	17 %	
	+ Trans 0.5 g		
Cholesterol	33 mg		
Sodium	200 mg	8 %	
Carbohydrate	1 g	1 %	
	Fibre 0 g	0 %	
	Sugars 0 g		
Protein	14 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	12 %

salad with lots of vegetables can make a nice nutrient dense superfoods side dish, and could also be a great meal on its own. Clear soups with vegetables are nutrient dense compared to cream soups which have more calories and are more energy dense.

### Why Should I Think About Nutrient Density?

Eating nutrient dense food will ensure you are getting all the nutrition you need. A nutrient dense diet won't leave you feeling hungry so maintaining your weight is much easier. Choosing nutrient dense foods can become second nature. Once you understand which foods are more nutrient dense, the rest is easy. Just remember that the foods you eat can affect your health in a big way.