

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**.

Thank you to our Funding Sources



Area Agency on Aging

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



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

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.*

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

eliminating racism
 empowering women



Metropolitan Phoenix

Dr. Tara Nkrumah
 Host

VOICES IN STEAM

SCIENCE | TECHNOLOGY | ENGINEERING | ARTS | MATHEMATICS

A Challenging Conversation

SEPTEMBER 22 @ 12:00PM



eliminating racism
 empowering women
ywca
 Metropolitan Phoenix

See YWCAAZ.ORG/EquityInSTEAM to learn more about our partnership with Intel Arizona. Join us for our Equity in STEAM storytelling event to hear from professionals in STEAM on September 22. Use the link to RSVP!

JOIN US FOR LUNCH! THREE LOCATIONS NOW OPEN!

In-Person Hot Meals are Back!

On August 22, in partnership with the City of Glendale, we re-opened the Glendale Community Center for lunch!

Lunch is served Monday through Friday beginning at 12pm. All adults ages 60 years old and older, as well as any adult ages 18 years old and older living with a disability are welcome to join us for daily lunch. The community center opens at 11am each weekday for programming and games.



In addition to the Glendale Community Center lunchroom, the lunchrooms at Glendale Adult Center and at YWCA Metropolitan Phoenix are also open Monday through Friday and serving lunch at 12pm.

Coming soon, we will be providing games and educational seminars along with lunch. You can look forward to meeting with your friends and enjoying learning sessions this fall!

The address to Glendale Community Center is:

5401 W Ocotillo Rd
Glendale, AZ 85301

The address to our center is:

8561 N 61st Ave
Glendale, AZ 85302

The address to Glendale Adult Center is:

5970 W. Brown
Glendale, AZ 85302

Share with your friends that all are welcome to join us for lunch. No membership is necessary. We look forward to seeing you soon!

We do ask for a daily monetary contribution of \$2.50 to offset the costs of providing lunch.

SEPTEMBER PUZZLE

Wine Varietals

DIRECTIONS: Find and circle the wine varietals in the grid. Look for them in all directions including backwards and diagonally. For an extra challenge note which varietals are red and which are white.



CABERNET SAUVIGNON

CHARDONNAY

CHENIN BLANC

GEWURZTRAMINER

GRENACHE

MALBEC

MERLOT

PINO NOIR

PINOT GRIS

RIESLING

SANGIOVESE

SAUVIGNON BLANC

SEMILLON

SYRAH

TEMPRANILLO

VIIGNIER



PLEASE STAY HOME IF YOU ARE SICK



9th Annual

★ GLENDALE ★

STAND UP FOR VETERANS

ARIZONA



Saturday, September 24, 2022

8 a.m. to 1 p.m.

Arizona Christian University, 1 W. Firestorm Way, Glendale, AZ 85306

Opening Ceremonies: 7:45 a.m.

Veteran & Spouse Job Opportunities (50+ employers ready to hire)

MVD/Social Services ♦ Court Reps ♦ Attorneys Cardiovascular Heart Scans ♦ Blood Drive ♦ Flu Shots Veterinary Services ♦ Hair Styling ♦ Lunch Provided

Many Businesses, Non-Profits, & Support Agencies Will Be Represented!



Veterans, Service Organizations, Employers: REGISTER at www.GlendaleStandUp.org

SEPTEMBER HIGHLIGHTS

- Sept 5— Labor Day
Sept 8, 1883—Northern Pacific Railroad completed
Sept 11—We remember the lives lost in the violent attacks on this day in 2001
Sept 15—World War I tanks were first used
Sept 23—Native American Day

Flower: Forget Me Not (memories), Morning Glory (unrequited love), Aster (love)

Birthstone: Sapphire. Known to help with ailments like migraines, headaches, eye sight, inner ear issues, and fevers.



HAPPY BIRTHDAY TO YOU

Table with 4 columns: Name, Date, Name, Date. Includes Pauline B (9/2), Mercy C. (9/24), Celesta S. (9/7), Phil P. (9/28), Janice S. (9/11), John (9/28), Eilene S. (9/19).

HAPPY HAPPY BIRTHDAY TO ALL!



Keep smiling, because life is a beautiful thing and there's so much to smile about.

BLACK BEAN AND CORN SALAD RECIPE

INGREDIENTS

- 1 (15 oz) can black beans, rinsed and drained
1 c. frozen corn, thawed
1 diced avocado
1 jalapeno, seeds removed and finely chopped
1/2 c. quartered cherry tomatoes
1/4 c. medium red onion, diced
1/4 c. freshly chopped cilantro
Juice of 1 lime
2 tbsp. olive oil
1/2 tbsp. honey

- 1 clove garlic, minced
1/2 tsp. ground cumin
Kosher salt
Freshly ground black pepper
1/4 c. cotija cheese

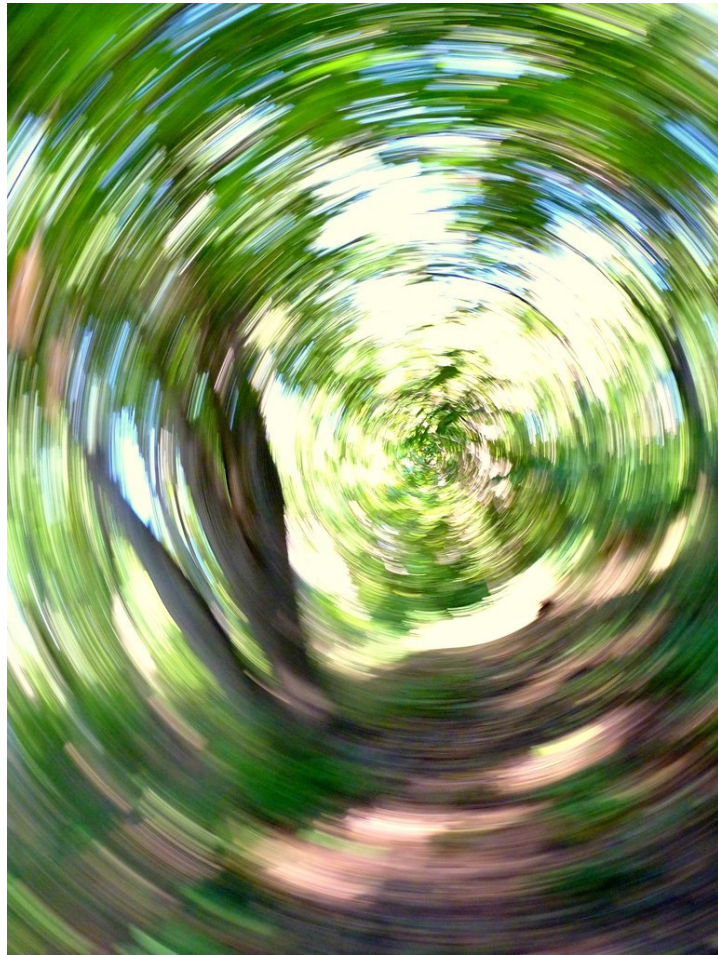
DIRECTIONS

In a large bowl, combine beans, corn, avocado, jalapeno, tomatoes, onion, and cilantro. In a small bowl, whisk together lime juice, oil, honey, and cumin. Season with salt and pepper. Pour dressing over salad mixture and toss to combine. Add cotija cheese and toss again. Enjoy!

DEALING WITH DIZZINESS

You need your sense of balance to stand, walk, bend down, drive, and more. If it gets disrupted, you may struggle to work, study, or even do simple daily activities. Balance problems also increase the risk of dangerous falls.

Balance is really your sixth sense, But we're not usually aware of it, unless it's broken.



Many things can affect your balance. Being hungry or dehydrated may make you feel lightheaded. Some medications can make you feel dizzy. Health problems that affect your inner ear or brain, like infections, strokes, and tumors, can also throw off your balance.

Usually, a disruption in balance is temporary, but some things can cause long term balance problems. So how do you know when to be concerned?

If your symptoms are severe, or last for a long time, consider that an indication to have things checked out. Pay attention to things that aren't normal for you.

You may feel like you're moving, spinning, or floating, even if you're sitting or lying still. Or you could feel like you're suddenly tipping over while you're walking. You might also have blurred vision or feel confused or disoriented.

PINPOINTING THE PROBLEM:

Tiny organs in your inner ear form the core of your balance system. They communicate with your brain to give you a sense of your body's position.

But your balance system isn't just your inner ear. It is also input from your eyes, your muscles, joints, and spine.

That makes balance disorders tricky to diagnose. A change in any part of the system could contribute to changes in your balance. Sometimes that makes it hard to distinguish one balance disorder from another.

A new balance problem can sometimes signal a medical emergency like a stroke, so it's important to get symptoms checked out as soon as possible.

DEALING WITH DIZZINESS

The most important things to tell your health care provider are the timing and triggers for your symptoms. This will help them narrow down the possible cause.

COMMON CAUSES OF BALANCE PROBLEMS:

Identifying what's causing a balance problem can be complicated. Several disorders have similar symptoms.

An infection or inflammation of the inner ear can trigger dizziness and loss of balance. This is called labyrinthitis. Inflammation can also affect the nerve that sends signals about balance to the brain. This is called vestibular neuritis.

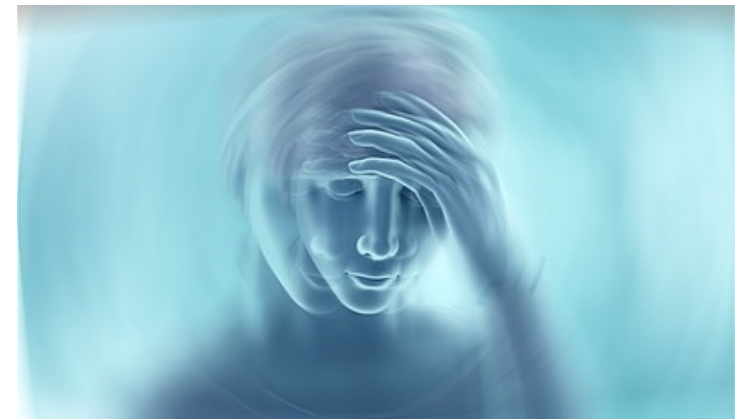
The most common cause of dizzy spells is called benign paroxysmal positional vertigo, or BPPV. Vertigo is the feeling that you, or things around you are spinning or moving when they are not.

This occurs when tiny crystals in the inner ear fall out of place. BPPV can cause a brief, intense sense of vertigo triggered by certain changes in the position of your head. The spells last less than a minute.

A less common but recurrent cause of balance problems is Meniere's disease. This can cause vertigo, hearing loss, and ringing in the ear. To determine what's causing your symptoms, your health care provider can do different tests, including a hearing exam, blood tests, or tests to measure your eye movements.

FINDING WHAT WORKS :

Some balance disorders have straightforward treatments. The solution to a balance problem is balance rehabilitation, teaching you ways to adapt to dizzy spells. Whether it's rehab, medications, or other treatments, it may take time to find something that works for you. If things don't



go how you've been told to expect them to, be aware that you might actually not have the right diagnosis. You may need to go back to your health care provider or see a specialist.

DID YOU KNOW?

Nearly 40% of U.S. adults experience vertigo at least once in their lifetime, with women slightly more likely to experience it than men.