

**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**
ywca
Metropolitan Phoenix

December 2022
YWCA Center Newsletter
Volume 36, Issue 6



BUILDING SOCIAL CONNECTIONS

Staying close to family and friends is often vital to aging well and living a long, meaningful life. Sadly, loneliness can be a catch-22: As people age, they are more likely to encounter physical or mental challenges that may make socializing more difficult. Yet, making connections may reduce the likelihood of experiencing such problems.

At the same time, as people get older, some of the friends and loved ones who used to navigate life with them may no longer be around. In no particular order, here are some low-cost ways you can meet new people or connect with friends you’ve lost touch with.

ORGANIZE A REUNION

Reach out on social media or through alumni groups to former school, workplace or summer camp friends who are presumably just as eager to rekindle relationships.

TAKE A TRIP

Where have you always wanted to go? Now may be the time to take that trip, budget and health permitting.

WALK YOUR DOG

If you are able, caring for a pet will not only provide loving companionship at home, but will afford you the chance to meet other people who adore their own furry family members.

REACH OUT TO STRANGERS

Never mind that you were long ago taught

not to talk to strangers. Visit the park at the same time each day. Note the other people you see around. If you feel comfortable, strike up a conversation with folks who appear approachable.



RENT A SPARE ROOM

If you’re a widow/widower, retiree or empty nester, the house where you raised a family is now barren. Consider renting out a spare room. Besides finding companionship, you may earn a bit of extra income and even get someone to pitch in with light chores.

FOLLOW YOUR PURPOSE

Think of the things you enjoy doing the most—cooking, gardening, reading, sports, whatever. Or make a list of the things you have wanted to learn more about. Then find a free class online or at a local college. The key is to never stop learning.

DECEMBER PUZZLE

Famous Authors

DIRECTIONS: Find and circle the famous authors’ last names in the grid. Look for them in all directions including backwards and diagonally.

E	O	H	E	K	F	H	A	K	Y	O	W	P	F	N	J	J	A	X
N	J	F	D	S	N	E	K	C	I	D	T	S	D	J	N	H	N	C
R	O	W	L	I	N	G	Y	E	A	F	H	D	H	B	B	T	G	N
E	A	H	I	T	X	F	O	B	Y	K	X	I	L	A	X	H	E	J
V	T	Z	W	M	O	C	D	N	Y	O	D	C	E	D	W	E	L	O
M	U	C	O	D	J	L	L	I	G	M	L	K	F	L	K	M	O	R
F	G	A	V	M	C	Z	S	E	W	W	Q	E	O	A	N	I	U	H
A	E	U	O	C	F	I	A	T	O	C	R	N	A	R	H	N	N	B
U	N	A	W	C	H	N	T	S	O	A	U	S	T	E	N	G	Q	G
L	N	M	P	A	L	R	T	R	L	Y	X	O	P	G	F	W	G	E
K	O	J	R	U	N	A	I	F	F	Z	J	N	I	Z	G	A	H	R
N	V	J	R	O	K	W	K	S	I	C	N	C	W	T	I	Y	E	V
E	N	U	U	R	W	X	R	F	T	Q	I	Z	Q	I	T	L	P	D
R	K	L	L	E	W	R	O	J	A	I	K	Z	U	F	I	W	S	N
G	M	E	Y	K	J	L	V	W	Z	K	E	L	C	A	A	I	I	R
J	O	Y	C	E	M	E	L	V	I	L	L	E	M	Y	G	A	J	H
B	E	S	I	K	D	V	I	O	Z	Q	A	I	J	M	W	E	G	V
W	X	W	R	K	F	V	B	I	E	R	O	W	G	T	P	Q	V	M
S	H	A	K	E	S	P	E	A	R	E	A	L	Y	S	P	Q	U	C

- ANGELOU, Maya

AUSTEN, Jane

CHRISTIE, Agatha

DICKENS, Charles

DICKENSON, Emily

FAULKNER, William

FITZGERALD, F. Scott

HEMINGWAY, Ernest

JOYCE, James

KAFKA, Franz
- KEROUAC, Jack

KING, Stephen

MAILER, Norman

MELVILLE, Herman

ORWELL, George

ROWLING, J. K.

SHAKESPEARE, William

SHAW, George Bernard

STEINBECK, John

TOLSTOY, Leo
- TWAIN, Mark

VERNE, Jules

VONNEGUT, Kurt

WILDE, Oscar

WOOLF, Virginia



YWCA TRIBUTE TO LEADERSHIP



NOMINATIONS ARE OPEN

Nominations for Tribute to Leadership end this month! Do you know a woman who inspires and unapologetically advocates for a just community? **Nominate her today for YWCA Metropolitan Phoenix Tribute to Leaders Awards, happening March 28, 2023.**

ABOUT THE AWARDS

YWCA's Tribute to Leadership Awards has been an annual celebration since 1994. We recognize the accomplishments of leaders in our community who strive to improve the lives of women, girls, and people of color through leadership, advocacy, and community service. We have honored 264 unstoppable honorees and we are just getting started! We celebrate each year to increase awareness and appreciation for the diverse contributions of women leaders.

To be awarded a YWCA Tribute to Leadership Award, a woman must embody YWCA Metropolitan Phoenix's mission of eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all. The selected honorees give

generously of themselves, set the example of equity in leadership, and make Phoenix a better place for all to live.

HOW TO NOMINATE

Visit our website www.ywcaaz.org/tribute or scan the QR code (right) with your phone to complete the application.



To be eligible for a Tribute to Leadership award, the nominee must:

- Have resided in the state of Arizona for at least two years
- Not be a current YWCA staff or board member
- Not currently be running for political office
- Have been a role model/mentor to women and girls
- Demonstrate a commitment to the YWCA mission

DECEMBER HIGHLIGHTS

- Dec 1** – Human Rights Month begins
- Dec 1** – Senior Scam Prevention class at YWCA
- Dec 7** – Pearl Harbor Day
- Dec 25** – Christmas Day
- Dec 26** – Kwanzaa Begins
- Dec 26** – YWCA closed

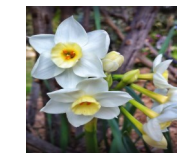
Happy Birthday to all December born!

Flower: Narcissus / Holly

Narcissus is symbolic of good wishes, hope, and wealth. Narcissus are known for their trumpet like center. Holly symbolizes protection and defense.

Birthstone: Turquoise

Linked to happiness, luck and fortune.



CONSIDER VOLUNTEERING WITH YWCA!



We are so grateful to our many volunteers who serve our community through our mission. There are many ways to get involved with YWCA!

- **As a kitchen assistant**
- **As a home-delivered meals driver**
- **As a financial education instructor**
- **Offering administrative help**
- **And more!**

Visit ywcaaz.org/volunteer to learn more and sign up today.

HEALTHY EATING AFTER 50

Choosing healthy foods is a smart thing to do no matter your age. Here are some tips on how to eat healthy, especially after the age of 50.

- Eat many different colors and types of vegetables and fruits.
- Make sure at least half your grains are whole grains.
- Limit Saturated Fat found in butter, beef, and coconut and Trans Fats found in processed food to lower fat intake.
- On cuts of meat, fish, or poultry, be sure to trim off any extra fat before cooking.
- Use low fat or fat free dairy products and salad dressings.
- Choose unsaturated fats, such as olive, canola, or vegetable oil, for cooking. Don't fry foods, Instead, broil, roast, bake, stir fry, steam, microwave, or boil them.
- Eat 8 ounces of seafood per week. Certain fish, like salmon, shad and trout, contain less mercury than large fish, like tuna.

A BALANCED DIET

Eating a variety of foods from each food group will help you get the nutrients you need. Here are the portion sizes that you should build your diet around each day.

Vegetables 2 to 3 cups

Fruits 1 to 2 cups

Grains 5 to ounces

Protein foods 5 to 6 ounces

Dairy 3 cups of fat free or low fat milk

Oils 5 to 7 teaspoons



CALORIE INTAKE

How much you should eat depends on how active you are. If you eat more calories than your body uses, you gain weight. Eating fewer calories than your body uses can help you lose weight. Try to be active throughout the day, and avoid sitting for a long time.

How many calories are suggested for people over age 50 each day?

Women

- Who are not physically active need about 1,600 calories
- Who are somewhat active need about 1,800 calories
- Who have an active lifestyle need about 2,000 to 2,200 calories

Men

- Who are not physically active need about 2,000 to 2,200 calories
- Who are somewhat active need 2,200 to 2,400 calories
- Who lead an active lifestyle need about 2,400 to 2,800 calories

WHAT ABOUT FIBER?

Fiber is found in plants, fruits, vegetables, beans, nuts, seed, and whole grains. Eating

HEALTHY EATING AFTER 50

more fiber can help prevent stomach or intestinal problems, like constipation. It might also help lower cholesterol and blood sugar. It is better to get fiber from food than dietary supplements. Start adding fiber slowly, it will help avoid gas. Eat cooked dry beans, peas, and lentils. Leave the skin on your fruit and vegetables if possible, but wash them first. Choose whole fruit over fruit juice. Eat whole grain breads and cereals.

SNACKING

As long as they are smart food choices, if you want an afternoon pick-me-up or after dinner snack, have a piece of fruit, or spread peanut butter or low-fat cream cheese on whole wheat toast. When you are out and need a snack, don't be tempted by a candy bar. Instead, take along homemade trail mix. If you need to buy a snack while you are on the go, pick up an apple or banana, most convenience stores carry them.

KEEP FOOD SAFE

As you grow older, you must take extra care to keep your food safe to eat. It is harder for adults over 50 to fight off infections, and some foods could make you very sick. Handle raw meat, poultry, seafood, and eggs with care. Keep them apart from foods that won't be cooked or are already cooked. Use hot, soapy water to wash your hands, tools, and work surfaces as you cook. Don't depend on sniffing or tasting food to tell if it has gone bad. Instead, try putting dates on the foods in your fridge. Make sure food gets into the refrigerator no more than 2 hours

after it is bought or cooked. Use or freeze leftovers within 3 to 4 days.

CAN I AFFORD TO EAT RIGHT?

If your budget is limited, it might take some planning to be able to pay for the foods you should eat. Here are some suggestions:

- Buy only the foods you need. A shopping list will help.
- Buy only as much food as you will use. If you buy in bulk, buy only as much as you can use before it goes bad.
- Choose foods with plain labels or store brands, they often cost less than name brands.
- Plan your meals around food that is on sale.
- Divide leftovers into small servings, label and date, and freeze to use within a few months.
- See us at one of our centers Monday through Friday at 12pm. We offer hot, healthy, nutritious meals.

