

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

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

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
ywca
 Metropolitan Phoenix



★★★ HONORING ALL WHO SERVED ★★★



VETERANS DAY 11 NOV

**YWCA Metropolitan Phoenix and all
lunch service programs
will be closed on Veterans Day.**

In honor of our staff and all those who have served.

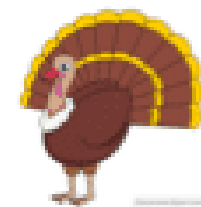
NOVEMBER PUZZLE

Thanksgiving Word Search

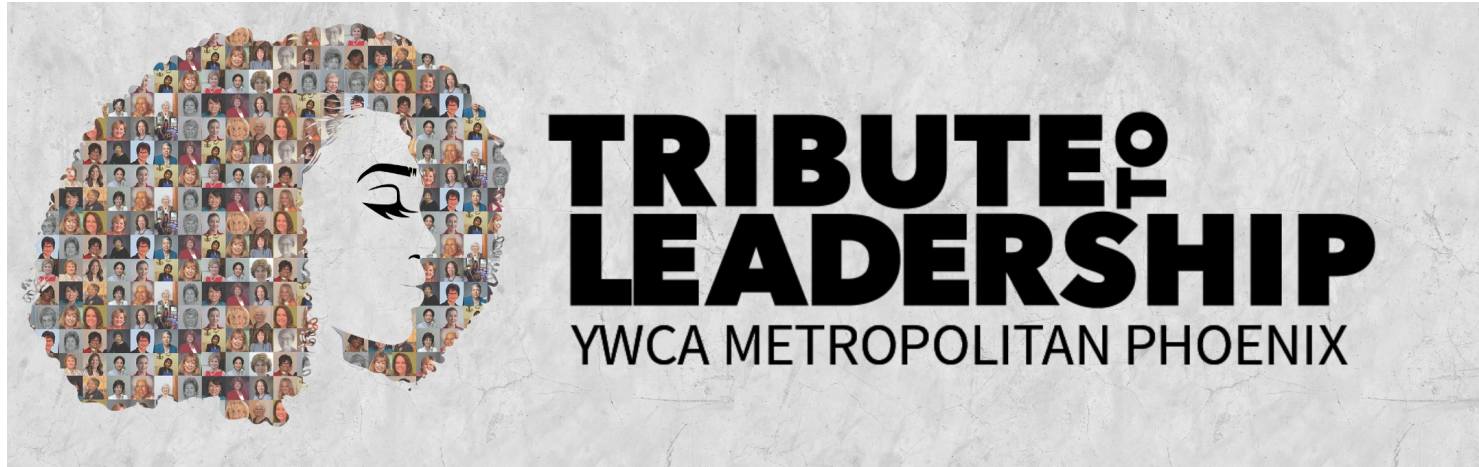
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Turkey
Pumpkin
Squash
Cranberries
Thanks
Family
Dinner
Grateful
Traditions
Harvest

Pilgrims
Feast
Holiday
Cornucopia
November
Maize
Yams
Pie
Plymouth
Carve



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. Nominations are due November 30, 2022.



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

NOVEMBER HIGHLIGHTS

- Nov 8** – Election Day
- Nov 11**– Veteran's Day
- Nov 19**– Discovery of Puerto Rico Day
- Nov 24** – Thanksgiving Day
- Nov 28** – Hannukah Begins at Sundown

November starts the cold and Flu season. Remember to get your Flu vaccine!

Flower: Chrysanthemum
Red ones convey "I Love You," White ones convey truth and pure love, and yellow ones indicate slighted love.



Birthstone: Topaz
Usually yellow to amber in color, topaz symbolize honor and strength, and were once believed to bring longevity and wisdom.



HAPPY BIRTHDAY TO YOU

Gene W.	11/5	Judith P.	11/7
Susan H.	11/5	Shirley W.	11/14
Carl C.	11/5		



HAPPY HAPPY BIRTHDAY TO ALL!

Take time to listen to older adults. It only takes one person to make them feel valued, connected, and supported.

HAPPY THANKSGIVING!



From the whole team at YWCA Metropolitan Phoenix, we want to wish you a safe and joyful Thanksgiving holiday!

Please remember that our offices and lunch service will be closed Thursday, November 24th and Friday, November 25th in observance.

Practice gratitude:

This month, actively practice sharing gratitude. The next time your friend, partner, or family member does something you appreciate, take the time to really let them know.

HOW TO PREVENT A STROKE

As we get older, unfortunately our chances of having a stroke rise. While there's obviously no way to turn back the clock on our age, fortunately there are ways to lower our risk of a stroke, and that includes staying physically active.

Take walks, ride a bike, play your favorite sport. According to current exercise guidelines for American adults, the goal is to get in at least two and half hours each week of moderate intensity physical activity as well as two days of muscle strengthening activity.

A new study shows that reducing the chance of a stroke as we get older doesn't necessarily require heavy aerobic exercise or a sweat suit. For those who are less mobile or less interested in getting out to exercise, researchers discovered that just spending time doing light intensity physical activity such as tending to household chores significantly protects against stroke.

The study also found you don't have to dedicate whole afternoons to tidying up around the house to protect your health. It helps to just get up out of your chair for five



or 10 minutes at a time throughout the day to straighten up a room, sweep the floor, fold the laundry, or step outside to water the garden. That may sound simple, but consider that the average American adult now spends on average six and half hours per day just sitting. That comes out to nearly two days per week on average, much to the detriment of our health and wellbeing.

Indeed, the study found that middle aged and older people who were sedentary for 13 or more hours per day had a 44 percent increased risk of stroke. These latest findings come from Steven Hooker and his colleagues at San Diego State University.

Hooker and colleagues wanted to know more about the amount and intensity of exercise required to prevent a stroke. Interestingly, the existing data were relatively weak, in part because prior studies looking at the associations between physical activity and stroke risk relied on self reported data, which don't allow for precise measures. What's more, the relationship between time spent sitting and stroke risk also remained unknown.

Rather than relying on self reported physical activity data, Hooker and team asked participants to wear a hip mounted accelerometer—a device that records how fast people move—during waking hours for seven days. The average age of participants was 63. Men and women were represented about equally in the study, while about 70 percent of participants were white and 30 percent were Black.

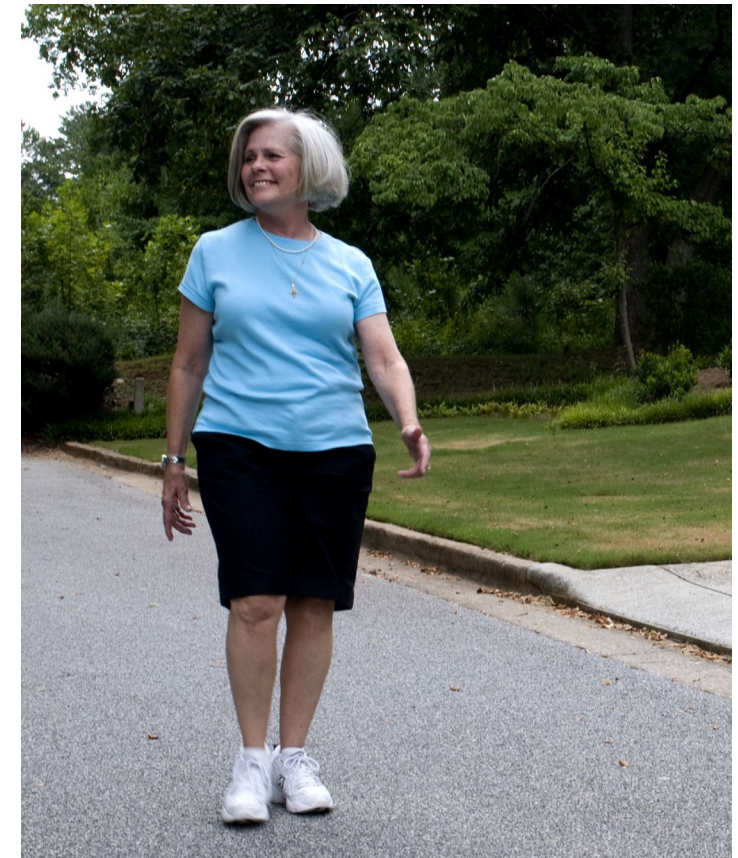
HOW TO PREVENT A STROKE

Over the more than seven years of the study, 286 participants suffered a stroke. The researchers analyzed all of the accelerometer data, including the amount and intensity of their physical activity over the course of a normal week, and then related those data to their risk of having a stroke over the course of the study. The researchers found, as anticipated, that adults who spent the most time doing moderate to vigorous intensity physical activity were less likely to have a stroke than those who spent the least time physically active.

Those who spent the most time sitting also were at greater stroke risk, whether they got their weekly exercise in or not. Those who regularly sat still for periods of 17 minutes or more at a time had a 54 percent increase in stroke risk compared to those who sat still for less than eight minutes more often.

After adjusting for the time participants spent sitting, those who often had shorter periods of moderate to vigorous activity (less than 10 minutes at a time) still had significantly lower stroke risk. Once the amount of time spent sitting was taken into account, longer periods of more vigorous activity didn't make a difference.

While high blood pressure, diabetes, and a myriad of other factors also contribute to a person's cumulative risk of stroke, for each hour spent doing light intensity physical activity instead of sitting, a person can reduce his or her stroke risk. The bad news, of course, is that each extra hour spent



sitting per day comes with an increased risk for stroke.

If you're already meeting the current exercise guidelines for adults, keep up the good work. If not, you can still do something to lower your stroke risk. Make a habit throughout the day of getting up out of your chair for a mere five or 10 minutes to straighten up a room, sweep the floor, fold the laundry, step outside to water the garden, or take a leisurely stroll. It could make a big difference to your health as you age.

Key Takeaway: Household chores and leisurely strolls may help!