

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

MEET THE YWCA'S

2023 TRIBUTE TO LEADERSHIP



**OANA
CONSTANTINESCU**

**GRACIELA
GARCIA CANDIA**

**DIANNE
POST**

**AMERICA
MIRANDA**



We hope you'll join us for our annual fundraising event, Tribute to Leadership, on March 29th.

TICKETS NOW AVAILABLE!
www.ywcaaz.org/tribute

TAKE THE AMERICA SAVES PLEDGE

Receive support, resources, and savings tips from America Saves

www.americasaves.org



Since 2007, America Saves Week has been an annual celebration as well as a call to action for everyday Americans to commit to saving successfully. Through the support of thousands of participating organizations, together we encourage individuals to do a financial check-in that allows them to get a clear view of their finances, set savings goals, and create a plan to achieve them.

America Saves Week is a time to do a financial check-in to get a clear view of your finances. Each day will have a theme that centers on one critical area of financial wellness.

America Saves Week is taking place February 27th—March 3rd, 2023. We will be sharing tips and best practices with you on-line during that week.

Here are a few tips to help you feel confident about your finances:

- Pay yourself first. Set your bank account up to put automatic withdrawals into your savings account each time you receive income.
- Try the snowball method. Focus on paying off the smallest debts you have first and feel a sense of accomplishment once you have it paid off!
- OR, try the avalanche method and make your highest payment on the debt with the highest interest rate to minimize the overall interest paid.
- Set a savings goal of \$500 for emergencies and once you reach this amount, set a new goal for another \$500 and keep going.



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



COIN COFFER
 GREEN FUZZY
 KING K ROOL
 LUCKY CLOVER
 NEEDLENOSE
 WARP PIPE

COURAGE SHELL
 GREEN PEPPER
 KOOPA TROOPA
 LUIGI
 REFRESHING HERB
 YOSHI

FROG SUIT
 HAMMER BRO
 KRITTER
 METAL BOX
 SMELLY HERB



SPEND VALENTINES DAY WITH A FRIEND



Friendships are incredible relationships. While it's easy to become overwhelmed by the routine of our daily lives and hardships from other personal relationships,

friends are often there to ground us and remind us of our values and worth. Friends are the family we get to choose! Use this Valentine's Day to celebrate your friendships. Here are some ideas how:

SPEND MEANINGFUL TIME TOGETHER

- Put on your favorite songs and reminisce or have a dance party
- Visit the place you met
- Have a picnic or prepare a meal together
- Look at each other's childhood yearbooks and photos and share stories
- Attend church or a group together
- Unplug—enjoy time together without any screens

GO ON ADVENTURES

- Plan a day trip out of town, or visit a new neighborhood together
- Go on a hike or outdoor walk
- Take a road trip somewhere new
- Try a new restaurant or bar together
- Explore your hometown together like a tourist!

SHARE HOBBIES AND ACTIVITIES

- Ask questions and show interest in each other's hobbies
- Take a walk together
- Meditate or try yoga together
- Read a book together and start a book club
- Take a class together (painting, photography, cooking—an interest you both can share)
- Garden together

DO SOMETHING FOR EACH OTHER

- Write your friend a letter with all the things you appreciate about them
- Plant or purchase their favorite flowers
- Make their favorite meal or baked good
- Make them a playlist of songs that remind you of them
- Offer to help them with a chore or errand
- Bring them coffee or a gift
- Pick up their favorite treat while you're out grocery shopping
- Give them a hand-made card or gift
- Frame a special photo or memento for them

MONTHLY HIGHLIGHTS

FEB 1st—Black History Month Begins

FEB 1st—Chinese New Year

FEB 4th—Rosa Parks Day

FEB 14th—Valentine's Day

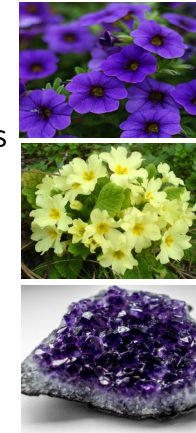
FEB 15th—Susan B Anthony's Birthday

FEB 20th—President's Day

Happy Birthday to all February born!

Flower: *Violet*: This purple bloom is a declaration to always be true.
Primrose: This pale yellow perennial is edible!

Birthstone: *Amethyst* is very hard wearing and its strength and durability will ensure that it lasts for a very long time.



SENIOR OF THE MONTH



Polly B.,
Participates at
YWCA Metro
Phoenix

"If I didn't come to YW—I live alone—I would never get out of the house. I come here every day to be around people my age. And if anyone here is having a bad day, it's like group therapy for us. It's great to have that company. The work that's done here is important because the people that come here for lunch... this is really the only real hot meal they get during the day."

- Polly

FLASHBACK TRIVIA

1. How many number one chart toppers have the Stray Cats had?
2. Which group released "How 'Bout Us"?
3. What city was Leroy Brown from?
4. Who had his first hit with "Splish Splash"?
5. Name the song that contains the lyrics:
"Look at us Baby,
up all night,
Tearing our love
apart,
Aren't we the same
two people,
Who lived through
years in the dark?"

1. Just one: "Runaway Boys," in 1980... in Finland!
2. The R&B group Champaign in 1981, off their debut album. The song charted around the world and reached No. 1 in the US.
3. "The baddest man in the whole town" was from the south side of Chicago.
4. Bobby Darin in 1958
5. "I Can't Tell You Why," by The Eagles in 1980. The rock ballad went to the Top 10 on multiple charts.

ANSWERS:

CLOUDY VISION?

Your eyes are your windows to the world. If something clouds them, you may have trouble seeing well enough to read, drive, or do other daily activities.

It could be cataracts!

One common cause of cloudy vision is cataracts. These form in the lens of your eye. Cataracts are a normal part of aging. They occur when proteins in the lens break down over time and clump together.

The risk of getting cataracts rises as you get older. More than half of people in the U.S. over the age of 80 either have cataracts or have had surgery to remove them.

Everybody who lives long enough gets cataracts. Some people may develop cataracts at an earlier age than others. Smoking or exposure to lots of sunlight can increase the risk of cataracts. Certain types of eye surgeries and injuries can trigger a cataract. Some medications can also raise your risk.

Cataracts may not cause symptoms when they first form, but over time, your vision can become cloudy or blurry. Colors may look faded. You might not be able to see as well at night as you used to. Lamps, sunlight, or headlights can seem too bright. You may notice a halo around light sources. Or you may start to see two images instead of one.

These symptoms can also be a sign of other common eye problems. If you have problems with your vision, talk with an eye doctor. They can perform a dilated eye

exam. These exams use eye drops to widen the pupil. The doctor can then look into your eye for cataracts and other problems.

If you have mild cataracts, using a magnifying lens and brighter lights can help you see better inside. Sunglasses that reduce glare can help with vision outside.



Cataracts that are bad enough to interfere with daily activities can be treated with surgery. An eye surgeon first uses ultrasound or a laser to break up the cloudy lens. Then, they put a new plastic lens in its place. Their goal is to get you the best vision that they can and reduce your dependence on glasses.

People are awake during cataract surgery. But patients are given medicine to make them comfortable and relaxed. It's not a painful procedure or a painful recovery. Overall, it's a very low risk surgery, and the benefits are tremendous. By the next day, most patients have better vision than they came in with.

NIH-funded researchers are working to

CLOUDY VISION?

better understand what makes proteins in the eye clump and cause cataracts. Eventually, their goal is to develop drugs that can prevent cataracts or even reverse them. Right now, you can't reverse a cataract once it's started, but you might be able to slow the rate of progression.

To reduce your risk of cataracts and vision problems wear sunglasses and a hat with a brim when outside. These help keep the sun's harmful UV rays from reaching your eyes. Research shows that smoking cigarettes is linked to cataracts. You can get free help quitting at 1-800-quit-now or smokefree.gov

Eating healthy also has its benefits. Eat plenty of fruits and vegetables. Be sure to include lots of dark, leafy greens in your diet to help prevent vision loss and cataracts. Finally, get a dilated eye exam. If you don't have vision insurance, many places offer free or low cost eye care.

BLACK HISTORY MONTH

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans.

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States.

That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements

by Black Americans and other peoples of African descent.

President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Today, Black History Month is a time to honor the contributions and legacy of African Americans across U.S. history and society—from activists and civil rights pioneers such as Harriet Tubman, Sojourner Truth, Marcus Garvey, Martin Luther King Jr., Malcolm X and Rosa Parks to leaders in industry, politics, science, culture and more.

Follow us on social media to celebrate Black History Month with us!