

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

Thank you to our Funding Sources



Area Agency on Aging

24-Hour Senior HELP LINE



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

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



happy mother's day

TO EVERY MOTHER.

TO EVERY CAREGIVER AND EVERY GRANDMOTHER.

TO QUEER MAMAS.

TO CHOSEN MOTHERS.

TO INCARCERATED MOMS.

TO GENDERQUEER AND TRANS PARENTS.

TO THOSE WHO WANTED TO, BUT WERE UNABLE

TO BE A MAMA.

TO MOMS WHO LOST THEIR CHILDREN.

AND TO CHILDREN WHO LOST THEIR MOTHERS.

BE FREE OR DIE

HARRIET

movie viewing & discussion

SATURDAY

JUNE 3RD

DOORS OPEN 6:30P

MOVIE BEGINS 7:00P

POLLACK
TEMPE
CINEMAS

1825 EAST ELLIOT RD

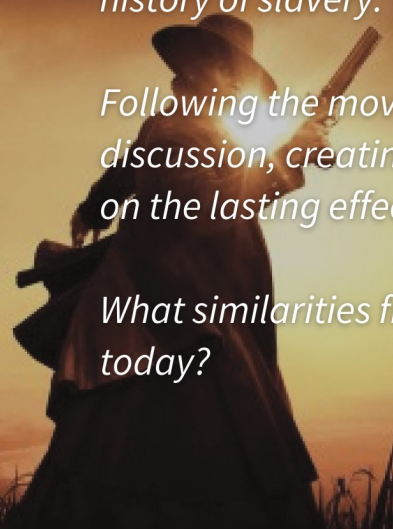
TEMPE, AZ 85284

\$5 TICKET

Leading up to Juneteenth, join YWCA Metropolitan Phoenix for an intentional look into our shared history of slavery.

Following the movie viewing, YWCA will host a discussion, creating dedicated space for us to reflect on the lasting effects of slavery and racism.

What similarities from Harriet's time do we see today?



eliminating racism
empowering women

ywca

Metropolitan Phoenix

PRESENTED BY

MAY PUZZLE

MERRY MONTH OF MAY

Word Search

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

- BASEBALL
- BLOSSOM
- BUMBLEBEE
- BUTTERFLY
- CINCO DE MAYO
- FLOWERS



- | | |
|--------------|--------------|
| GARDEN | MOTHER'S DAY |
| GEMINI | PIÑATA |
| GREEN | PLANT |
| LADYBUG | SEEDS |
| LAWNMOWER | SPRING |
| MAYPOLE | SUNSHINE |
| MEMORIAL DAY | TAURUS |
| MOM | TEACHER |

HOW TO SLEEP BETTER

If you are suffering from insomnia or sleep deprivation, simply can't sleep, or are snoring, you might benefit from these natural sleep aids, which might help you sleep better.

WHAT IS INSOMNIA

Insomnia is having trouble falling asleep or getting back to sleep or waking up too early. It's natural for people to have trouble sleeping from time to time. Some common reasons are stress, a sick child, eating or drinking too close to bedtime, or certain medications. This is usually nothing to worry about, but it slows your thinking, makes it difficult to pay attention, and makes you feel cranky.

Not getting enough sleep for a long time, however, can cause long-term health problems. For example it can make problems like diabetes and high blood pressure worse. If you have sleep issues that last most nights for 3 or 4 weeks or more, you need to consult a health professional. You may have a chronic case of insomnia, this issue is more common in women, people with depression, and people older than 60.

Another serious sleeping problem is sleep apnea, and there are also sleep disorders, such as narcolepsy, that can make you sleep during the day. Certain disorders like restless legs syndrome can keep you up all night even though they don't directly impact sleep. Insomnia can become a habit that your body easily adopts if you don't try to put a stop to the cycle.

SLEEP BETTER AND ACHIEVE DEEP SLEEP

It's normal to take between 10 and 20 minutes to fall asleep. If you're having trouble falling asleep, but not chronically, here are some common natural sleep remedies that may help:

- Go to bed and get up at the same time each day
- Get up and walk around
- Sleep in a dark, quiet room
- Don't face the clock
- Work out early in your day
- Avoid caffeine, nicotine, beer, wine
- Skip the afternoon nap
- Don't eat large meals right before bed

HOW TO STOP SNORING

Do you snore? Try some of these tips to stop:

- Lose weight
- Cut down on smoking and alcohol
- Sleep on your side, not your back

However, if you snore loudly and often and find that you are drowsy during the day, you may have sleep apnea. This is not uncommon, but it is dangerous because your breathing can stop during sleep. If you suspect you have sleep apnea, you should see your doctor.

People with sleep apnea tend to be overweight. It is more common among men than women. In many cases, doctors will recommend a device that pushes air through your airway, but in some cases, you may need surgery.

MAY HIGHLIGHTS

- May 1st** is May Day
- May 5th** is Cinco de Mayo
- May 14th** is Mother's Day
- May 20th** is Armed Forces Day
- May 22nd** is National Maritime Day
- May 29th** is Memorial Day

Flower: *Lily of the Valley*
A symbol of purity, joy, love, sincerity, happiness, and luck.



Birthstone: *Emerald*
Emeralds are associated with the ability to see in to the future, giving them an almost bewitching, magical reputation.



JOKE OF THE MONTH

Does February like March?

No, but April May.

What can you find in the middle of April and March but not at the beginning or end of either?

The letter R!

**eliminating racism
empowering women
ywca
Metropolitan Phoenix**

We Are
HIRING

APPLY NOW
ywcaaz.org/jobs

KNOW ANYONE LOOKING FOR A GREAT OPPORTUNITY?

AVAILABLE POSITIONS:

- Program Assistant, Systems Change Initiative
- Associate Director of Senior Services
- Program Manager (Meals on Wheels)
- Home Delivered Meals Driver
- Food Service Assistant (part time & full time)

THE US IS FAILING BLACK MOTHERS

Adapted from **USA TODAY**, written by: **Nada Hassanein** | **April 11, 2023**

READ: [USAtoday.com/story/news/health/2023/04/11/black-maternal-health-week-explained/11635675002](https://www.usatoday.com/story/news/health/2023/04/11/black-maternal-health-week-explained/11635675002)

Amid Black Maternal Health Week (April 11-17, 2023), experts raised the alarm on the urgent need for equity. Black women and birthing people are more likely than any other racial or ethnic group in the US to die of pregnancy-related causes—almost three times the rate of white women.

In the US, mothers and birthing people are dying at higher rates than in other high-income countries—and these deaths are largely preventable.

MATERNAL DEATH IS PREVENTABLE.

One analysis by the CDC found more than 80% or roughly 4 in 5 maternal deaths were due to preventable causes. The top causes of death include hemorrhage, infection, high blood pressure disorders during pregnancy like pre-eclampsia and eclampsia, and cardiovascular conditions.

BLACK MATERNAL HEALTH STATISTICS.

The most recent CDC report shows in 2021, Black women's rates rose from 55 to almost 70 deaths per 100,000 live births. While Black women gave birth less in 2021, they still died at higher rates.

BLACK COMMUNITIES ARE LOSING ACCESS TO CARE.

The South, where more than half of the nation's Black population lives, has seen significant labor, delivery, and hospital

closures throughout its rural communities. This only worsened during the pandemic.

WHAT CAN BE DONE?

- **Supporting care** such as from doulas, networks of teams that support maternal-child health, and grassroots efforts that help underserved neighborhoods are key to improving maternal health, experts say.
- **Building more diversity in medicine**, particularly a pipeline of Black maternal health clinicians, is key, as studies have shown Black patients fare better when cared for by Black doctors. Education for practitioners to address their unconscious biases is also essential.
- **Clinics and hospitals need to prioritize and implement available safety strategies** that are patient-centered and based in research, like patient safety “bundles” from the Alliance For Innovation On Maternal Health. These improvements must be done through a lens of equity and respectful care.

LOVE YOURSELF!

The concept of loving yourself is foreign to many of us. Honestly, it can feel selfish! The reality is, when you take the time to learn how to love yourself, you are better equipped to love those around you more freely. This month, give yourself the freedom to learn how to love the most important person in your life—YOU! If you're struggling with how to start, use the following ideas as a launching pad.



Stop comparing yourself to others.

There's just no point in comparing yourself to anyone else on the planet, because there's only one you. Rather, focus on yourself and your journey.

Process your fears.

Feeling afraid is natural and human. Don't reject your fears—understand them. Evaluating your fears helps you to gain clarity and unmask issues in your life that were causing anxiety.

Take every opportunity.

The timing is never going to be perfect for that next big step in your life. The set up may

not be ideal, but that shouldn't hold you back from reaching to meet your goals and dreams. Instead, seize the moment because it may never come back.

Put yourself first.

Don't feel bad about doing this. Women, especially can grow accustomed to putting others first. Although there are moments in life where we will need to take the backseat and offer our love and support to others, it shouldn't be the norm that costs you your mental and emotional well-being. Make it a habit to think of yourself and what your heart and body needs—pencil “me time” into your calendar if you have to!

Trust yourself to make good decisions.

We so often doubt ourselves and our ability to do what's right, when most of the time we do know in our hearts what's best. Remember your feelings are valid. You know yourself better than anyone else, so advocate for yourself!

See beauty in the simple things.

Try to notice at least one beautiful, small thing around you every single day. Make note of it, and be grateful for it. Gratitude not only gives you perspective, it's essential to help you find joy.

Be kind to yourself.

The world is full of harsh words and critique—don't add your voice to the mix. Speak kindly to yourself. Celebrate yourself.