

**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  
**ywca**  
Metropolitan Phoenix

June 2023

YWCA Center Newsletter

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# JUNE TEENTH FREEDOM DAY

JUNE 19

On January 1, 1863, President Lincoln signed the Emancipation Proclamation, the Executive Order that declared enslaved people in the Confederate states free.

Two and a half years later, **on June 19, 1865, Major General Granger arrived in Texas with the news that the Civil War had ended and enslaved persons were now free.** That day, Texas became the last state to enforce the Emancipation Proclamation.

Juneteenth celebrations started locally, and soon spread across the country.

Today, **#Juneteenth** is the oldest national celebration of the ending of slavery in the United States. On June 19th, we celebrate Black joy, the contributions of Black labor, and Black history. We also reflect on the progress still needed to reach liberty and justice for all.

**YWCA Metropolitan Phoenix recognizes Juneteenth and will be closed in honor of the liberation of enslaved persons on Monday, June 20, 2023.**

Happy #FreedomDay. To learn more, visit [www.juneteenth.com](http://www.juneteenth.com)



## JUNE PUZZLE



# FATHER'S DAY

## WORD SEARCH PUZZLE

- BEST
- BRAVE
- BREAKFAST
- CARD
- CARING
- CELEBRATE
- CHILDREN
- DADDY
- FAMILY
- FATHER
- FRIEND
- FUN
- GIFT
- GRANDPA
- HAPPY
- HERO
- HOLIDAY
- HONOR
- JOKES
- LOVE
- NURTURE
- PAPA
- PARENT
- PRESENT
- PROUD
- RESPECT
- SPECIAL
- STRONG
- VALUES

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



## 7 SIMPLE WAYS TO LOWER YOUR BLOOD SUGAR

In the US today, approximately 96 million adults have prediabetes—and up to 70% of those who have elevated blood sugar will go on to develop type 2 diabetes. That's in addition to more than 37 million who already have the chronic disease.

Fortunately, experts say a number of simple (read: straightforward, not necessarily easy, but doable) steps can bring glucose levels back into a healthy range.

Here are the steps you can take to reduce your risk and lower blood sugar.

### KNOW YOUR NUMBERS

To start, you need to know where you stand. More than 80% of people with prediabetes don't know they have it. The US Preventive Services Task Force recommends people ages 35 to 70 who are overweight or obese get screened for diabetes. The ADA (American Diabetes Association) recommends screening for all people 45 and up and testing blood sugar earlier in those at higher risk for diabetes.

### DON'T COMPLICATE EXERCISE

Lifestyle changes needn't be overly involved or difficult to be effective. You need 150 minutes of exercise a week at a brisk walk, it doesn't have to be more strenuous than that.

### GET PROFESSIONAL HELP

Talk with your doctor to see if you're eligible for the research-backed National Diabetes Prevention Program. This program has been shown to help prevent the progression of diabetes for people with prediabetes.

### CUT BACK ON ALL ULTRAPROCESSED FOODS

In particular, go easy on processed carbs. Of course we should cut back on cookies and other sugary foods, but what's more common is the starchy carbohydrates like bread, pasta, noodles and white rice.

### EAT A BALANCED DIET

Aim for an eating pattern that's similar to the Mediterranean diet.

- Fill half of your plate with veggies like dark leafy greens or chickpeas and beans
- Carbs should only cover 1/4 of your plate and swap them for healthier options like quinoa or farro
- Eat at least 20 grams of fiber each day from lentils, nuts and fruit

### SLEEP ON IT

Adequate sleep is critical for all metabolic diseases including weight management. Not getting at least 7 hours of sleep a night is associated with insulin resistance, so your body doesn't efficiently take in sugar from the blood and blood glucose rises.

### CONSIDER MEDICATION

For certain patients, medication like metformin may be helpful to lower blood sugar. While lifestyle changes are part of a comprehensive approach, experts say what's most important is doing whatever it takes—and not waiting—to lower blood sugar so you can live a longer healthier life.

## JUNE HIGHLIGHTS

- June 5th** Robert F Kennedy Assassination
- June 6th** Susan B Anthony fined for voting
- June 14th** Flag Day
- June 19th** Father's Day
- June 19th** Juneteenth

**Flower:** *Rose and Honeysuckle*  
Roses are a symbol of devotion and love.  
Honeysuckle are flowers that grow on shrubs/vines and attract butterflies



**Birthstone:** *Pearl*  
Pearls are linked with chastity, modesty, and successful, happy marriages.



## JOKE OF THE MONTH

**If April showers bring May flowers, what do May flowers bring?**

June bugs.

**When do you go at red and stop at green?**

When eating a watermelon!

**How can you tell that the ocean is friendly?**

It waves!



**HARRIET**  
movie viewing & discussion

**SATURDAY JUNE 3RD**  
DOORS OPEN 6:30P

**POLLACK TEMPE CINEMAS**

eliminating racism  
empowering women  
**ywca**  
Metropolitan Phoenix

**PHOENIX SUNS**

**Mercy**

**fray's**

**Tickets > [ywcaaz.org/movie](http://ywcaaz.org/movie)**

## HISTORY OF THE STARS AND STRIPES

The American flag was flown in battle for the first time during a Revolutionary War skirmish at Cooch's Bridge, Delaware. Patriot General William Maxwell ordered the stars and stripes banner raised as a detachment of his infantry and cavalry met an advance guard of British and Hessian troops. The rebels were defeated and forced to retreat to General George Washington's main force near Brandywine Creek in Pennsylvania.

Three months before, on June 14, the Continental Congress adopted a resolution stating that "the flag of the United States be thirteen alternate stripes red and white" and that "the Union be thirteen stars, white in a blue field, representing a new Constellation." The national flag, which became known as the "Stars and Stripes," was based on the Grand Union flag, a banner carried by the Continental Army in 1776 that also consisted of 13 red and white stripes.



According to legend, Philadelphia seamstress Betsy Ross designed the new canton for the Stars and Stripes, which consisted of a circle of 13 stars on a blue

background, at the request of General George Washington. Historians have been unable to conclusively prove or disprove this legend. With the entrance of new states into the United States after independence, new stripes and stars were added to represent new additions to the Union.



In 1818, however, Congress enacted a law stipulating that the 13 original stripes be restored and that only stars be added to represent new states. On June 14, 1877, the first Flag Day observance was held on the 100th anniversary of the adoption of the Stars and Stripes. As instructed by Congress, the U.S. flag was flown from all public buildings across the country. In the years after the first Flag Day, several states continued to observe the anniversary, and in 1949, Congress officially designated June 14th as Flag Day, a national day of observance.

## DISPLAYING THE US FLAG

### HOW TO DISPLAY THE UNITED STATES FLAG

1. The flag should be hoisted briskly and lowered ceremoniously.
2. The flag should never touch the ground or the floor.
3. When hung over a sidewalk on a rope, or extending from a building or a pole, the union stars are always away from the building.
4. When vertically hung over the center of the street the flag always has the union stars to the north in an east/west street, or to the east in a north/south street.
5. The flag of the United States should be either the left-most flag or at the center and highest point when a number of flags of states, groups, or localities are displayed together. If the flags are displayed on the same staff, the US flag should always be at the top.
6. The flag should never be festooned, drawn back, nor up, in folds but always allowed to fall free.
7. On Memorial Day, the flag should be displayed at half staff until noon, then raised to the top of the staff.
8. Never fly the flag upside down except as a signal of distress in instances of extreme danger to life or property.
9. The flag is never flown in inclement weather (unless you are using an all weather flag).
10. The flag can be flown every day from sunrise to sunset and at night if illuminated properly.

