

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



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 Team!

Debbie Esparza
CEO

Kathy Saunders
Director of Senior Programs

Matthew Cooper
Associate Director-Senior Programs

Alexis Hernandez
Food Services Manager

Yvonne Sanchez
Program Manager-Meals on Wheels

Bea Parra & Joni Dinges
Program Assistants

And many others who make this all possible!

Program Locations

Meals are served at the following Glendale locations:

YWCA Metropolitan Phoenix
8561 N 61st Ave | 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
3rd Wednesday of every month at 12:00pm.

eliminating racism
empowering women



Metropolitan Phoenix

March 2024

YWCA Center Newsletter

Volume 37, Issue 9

TRIBUTE TO LEADERSHIP

Pearls of Wisdom

30TH ANNIVERSARY

March 27TH 4:30-6:00 PM at the Footprint Center
(DOWNTOWN PHOENIX, COMPLIMENTARY PARKING!)

Learn more at ywcaaz.org/tribute!

2024 HONOREES

MARIA CRIMI SPETH **NINA FRANCO** **MONICA GARNES** **CAROLINA RODRIGUEZ GREER** **VANESSA RUIZ** **DR. CAMILLA WESTENBERG**

EMPOWERED BY



Are You Getting Enough Vitamin K?

If Vitamin K is not already on your radar, it probably should be.

The lesser-known nutrient has long been understood to play a key role in blood clotting. Now, a growing body of research suggests that getting adequate amounts can help ward off heart disease, cognitive problems, osteoarthritis and physical disability, making it especially important to healthy aging.

Yet many Americans aren't getting enough of it.

About 60% of men and 40% of women ages 51 and older don't get the recommended amounts of vitamin K (120 micrograms for men and 90 micrograms for women).

Vitamin K can be found in many foods, including leafy greens, broccoli, liver, meats, peas, and eggs. If you eat a balanced diet with fruits and vegetables, you're probably getting adequate vitamin K, but as people get older, many don't.

Vitamin K was discovered by a Danish biochemist in the 1920s because of its role in preventing excessive bleeding after an injury. The "K" comes from the Danish and German word *koagulation*. People who take the blood thinner warfarin (Coumadin) are among those advised to keep their dietary intake of vitamin K steady; without it their medication can become less effective.

Perhaps most important, it appears to play a role in slowing calcification, the buildup of calcium in blood vessels, bone and other body tissue that happens as you age. Calcification is kind of like rust; it gunks things up over time.

For example, calcification in your blood vessels or heart can lead to coronary heart disease. In the cartilage of your knee, it can lead to osteoarthritis. Largely because of how it fights calcification,

research also shows these specific benefits with the vitamin:

- Protect against cardiovascular disease. People who eat less vitamin K are more likely to have coronary heart disease.
- Improved cognition levels.
- Stronger bones and reduced risk of breaking a hip. In parts of the world, vitamin K is prescribed as a treatment for osteoporosis.
- Better mobility. In a study of 1,300 older adults, those with low blood levels of vitamin K were twice as likely to have trouble walking a quarter-mile and climbing 10 steps without stopping. (These studies are observational, which can prove association, but not cause and effect. More research is underway that will present a clearer picture of the benefits of vitamin K.)

So, should you be taking a vitamin K supplement? Researchers say no. Because vitamin K is involved in blood clotting, you shouldn't risk it. Instead, try finding a multivitamin that contains some vitamin K or eat foods high in vitamin K.

Micrograms per serving	Food
145	Raw spinach, 1 cup
113	Raw kale, 1 cup
110	Broccoli, boiled, 1/2 cup
21	Edamame, 1/2 cup
20	Canned pumpkin, 1/2 cup
19	Pomegranate juice, 3/4 cup
15	Pine nuts, 1 oz
14	Raw blueberries, 1/2 cup

Source: National Institutes of Health, Office of Dietary Supplements

MARCH PUZZLE

St. Patrick's Day Word Search Puzzle

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

POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND