

eliminating racism  
empowering women

**ywca**

North Central Washington

**YWIRE**

APRIL 2016

**YWCA**  
**IS ON A**  
**MISSION**



## Health Awareness Month

### ***A Message from our Executive Director: Forging New Partnerships in Family Homelessness and Health***

Health begins where you live, work and play.

YWCA NCW works tirelessly to keep up on trends affecting our clientele.

Most recently we attended Low Income Housing and the Washington State Non-Profit conferences. It is through these opportunities we are able to stay ahead of trends, curves and best practices for our YWCA programs.

While it seems obvious that being homeless isn't good for your health, research reveals more striking impacts than you might imagine. One study conducted in five US cities discovered that homelessness during pregnancy poses unique dangers: prenatal homelessness increased the risk of a baby being born prematurely and with low birth weight. Low birth weight puts babies on difficult life course, with increased risk of infant mortality, respiratory disorders, and neurodevelopmental disabilities. Similarly, we have seen this phenomenon where a pregnant mom comes into our programs months before delivering and has a healthy baby after being connected to prenatal care. In contrast to a pregnant mom coming in after being homeless for the majority of her pregnancy, a delivering a



drastically smaller baby.

Homeless parents often suffer from high rates of illness as well. Sometimes an unmanaged illness can lead to homelessness, through loss of a job or crushing medical debt. Symptoms can get worse if a family becomes homeless. Data from *Building Changes'* evaluation of permanent supportive housing shows that half of the parents have a chronic medical condition and over 60% have a behavioral health diagnosis. These families report challenges accessing the care they need. While most are insured, they often feel stigmatized in health care settings due to their homelessness or behavioral health needs.

Employers, and more specifically the Healthcare sector are recognizing that homelessness and unemployment directly contributes to poor health. In fact, the World Health Organization is recognizing these very factors to be in direct correlation to health related problems. The YWCA NCW has been working to provide homeless housing support and supported employment and training that encourages and teaches the individual to take care of the whole person in such a way that it deals with effects and impact that chronic homelessness may have had or will have on that person's health and ability to become a successful and productive community member.

The connections between homelessness and health are clear, and new solutions are beginning to come into focus - especially in Washington State, which has been a national leader in this complex work.

Service providers often struggle to keep the lights on and keep up with demand; and finding the time to develop partnerships is a challenge. Nevertheless, these agencies are finding that often, by working together, they can achieve their goals and better serve families.

You might find yourself asking: "how can I get involved?" You could volunteer at the YWCA by joining one of our committees, such as our Community Engagement & Advocacy committee where we work on advocating for important issues and policies such as the Medicaid 1115 waiver. It is a rewarding feeling to have been advocating with this committee for agenda items and policies such as Medicaid Waiver 1115, and to finally see it pass in Olympia! Contact us at 662-3531 x 115 if you are interested in joining one of our amazing committees.

Wishing everyone a happy and warm beginning to the summer season!

(Information for this segment was used from [buildingchanges.org](http://buildingchanges.org), whose mission consists of the following: "Building Changes believes everyone in Washington can be stably housed. We strengthen the leaders, organizations and systems that make it possible.")

In Gratitude,

A handwritten signature in black ink, appearing to read "Jennifer Butler". The signature is fluid and cursive, written on a light-colored background.

**50% OFF STORE-WIDE**

**YWCA STORE**

**50%**

**SUPER  
ONE  
DAY  
SALE**



**STOREWIDE**

**Saturday, May 21st: 9am-6pm**

**May: Women's Health Awareness**

# Schedule Your Well-Woman Visit



**Did you know?** Most health plans are required to cover an annual well-woman visit at no cost to you! Thanks to the Affordable Care Act, it's easier than ever for you to check up on your health.



**1 out of 4** women reports not visiting a doctor because of cost.<sup>1</sup>

More than **75%** of women 40 to 60 years old have at least **one risk factor for heart disease**, the most common cause of death in women in the United States.<sup>2</sup>



Almost **1 out of every 2 pregnancies is not planned.**<sup>3</sup> Women should talk to their doctor about family planning and birth control.

## Tips

You can choose from any primary care provider or OB-GYN in your health plan's network without a referral. Before you go to your well-woman visit, remember to:

- ✔ Bring a list of your medicines and know why you take them.
- ✔ Use **My Family Health Portrait** to know your family's health history.
- ✔ Make a list of your questions and concerns.



## Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
  - ▶ Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, and sexually transmitted diseases
  - ▶ Set health goals, such as being active and maintaining a healthy weight
- 
- ▶ Learn which screenings women need at [womenshealth.gov/screening-tests-and-vaccines](http://womenshealth.gov/screening-tests-and-vaccines).
  - ▶ Learn more about the Affordable Care Act and how it benefits women at [HealthCare.gov](http://HealthCare.gov).
  - ▶ Learn more about National Women's Health Week at [womenshealth.gov/nwhw](http://womenshealth.gov/nwhw).



### Sources

<sup>1</sup> [www.hhs.gov/womens-health-policy/partners-and-health-care-in-the-early-years-of-the-aca-loyal-strings-from-the-2018-kaiser-womens-health-survey/](http://www.hhs.gov/womens-health-policy/partners-and-health-care-in-the-early-years-of-the-aca-loyal-strings-from-the-2018-kaiser-womens-health-survey/)

<sup>2</sup> [www.hhs.gov/health-topics/topics/heartdisease/](http://www.hhs.gov/health-topics/topics/heartdisease/)

<sup>3</sup> [www.ncbi.nlm.nih.gov/pubmed/22862504](http://www.ncbi.nlm.nih.gov/pubmed/22862504)

# Get Active



**Did you know?** Women of all ages who get enough physical activity can reduce their risk of heart disease and cancer — the most common diseases women have to worry about. Men get more physical activity than women. We can change this — let's move!



Women need 2.5 hours of moderate-intensity physical activity every week — about **30 minutes a day**.<sup>1</sup> But fewer than 50% of us are getting enough aerobic activity, and only 20% get enough muscle-strengthening activity.<sup>2</sup>

Just **30 minutes** of brisk walking a day is enough to **lower your risk of breast cancer**.<sup>3</sup>



**The more exercise you do, the more your risk of early death goes down.** A woman who exercises 30 minutes every day can lower her risk of dying early by 27% compared with someone who exercises just 30 minutes once a week.<sup>4</sup>

## Tips

Try these ideas for fitting more physical activity into your daily routine.

- ✓ Add walking or biking to your commute.
- ✓ Take the stairs instead of the elevator.
- ✓ Turn on your favorite music and dance.



## Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, and diabetes
- ▶ Set health goals, such as being active and maintaining a healthy weight



- ▶ Learn more about how to fit physical activity into your daily life at [www.health.gov/PAguidelines](http://www.health.gov/PAguidelines)
- ▶ Learn more about National Women's Health Week at [womenshealth.gov/nwhw](http://womenshealth.gov/nwhw)



### Sources

- <sup>1</sup> [www.health.gov/pa-guidelines/pdf/pa-guidelines.pdf](http://www.health.gov/pa-guidelines/pdf/pa-guidelines.pdf)
- <sup>2</sup> [www.cdc.gov/nchs/data/ftp/2014/068.pdf](http://www.cdc.gov/nchs/data/ftp/2014/068.pdf)
- <sup>3</sup> [www.cancer.gov/esr/topics/fact\\_sheets/prevention/physicalactivity](http://www.cancer.gov/esr/topics/fact_sheets/prevention/physicalactivity)
- <sup>4</sup> [www.health.gov/pa-guidelines/guidelines/chapter2.aspx](http://www.health.gov/pa-guidelines/guidelines/chapter2.aspx)

## Reflecting on Stand Against Racism: 6 Questions with Judy Hutton

Last month, marked the annual Stand Against Racism, our signature campaign to build

# STAND AGAINST RACISM

community among those who work for racial justice and to raise awareness about institutional and structural racism in our communities and in our country.

This campaign was founded by YWCA Trenton and YWCA Princeton in 2007, and has since grown into a national presence, involving numerous YWCAs and other organizations

across the country. To get some insight into Stand Against Racism's origins and growth, YWCA USA spoke with Judy Hutton, CEO of YWCA Princeton, who has been a key part of the campaign from the very beginning:

## **Stand Against Racism was founded by Trenton and Princeton in 2007. How did the idea originally come about?**

After agreeing that the concept for a Stand Against Racism was an important part of our mission work, we sought funding from The Princeton Area Community Foundation in 2007 because we knew it was important to our thought leaders to bridge the diverse communities of Mercer County, New Jersey. Bringing Princeton and Trenton together to respond to racial issues-which had almost become suppressed-immediately gave everyone an equal seat at the table. Both the Trenton and Princeton YWCAs had relatively new CEOs (Jose Hernandez and myself). We both believed no one wanted to talk about it, despite it being such a prominent part of our mission. We realized we were in a position to take the first steps and we had the attention of people of influence.

## **What changes have you seen with Stand Against Racism since it first began?**

People are ready to get deeper into the discussion. People are more willing to look at their own behavior. People want to take a STAND, this day and every day. It led people to discuss issues of race and how different parts of our own nation did not always agree as to how those thoughts were expressed.

**Why do you believe Stand Against Racism is so important?**

We witnessed two diverse communities suffer from racial injustice in two very different ways. Trenton, as an economic hub and capital city, never fully recovered from the riots that broke out following the assassination of Martin Luther King, Jr. Meanwhile, during that same time period, Princeton was slow to desegregate. By 2007, while everyone assumed this hurt was past history, what was beginning to emerge were suppressed feelings throughout Mercer County because race was never adequately discussed.

**Stand Against Racism has grown into a national campaign, with YWCAs across the country (as well as other organizations and sites) taking a Stand together. How has that impacted Stand Against Racism as a movement, as well as Trenton and Princeton's relationship with other YWCAs and the larger YWCA community?**

With YWCA USA helping bring the power of numbers to the Stand Against Racism, we have succeeded in our quest to become bold and iconic in this mission work. YWCA USA took Stand Against Racism from an "event" and evolved it into a "movement."

**What was your favorite part about this year's Stand Against Racism?**

This year's theme: On A Mission for Girls of Color was uncomfortable for many. However, we came together to concentrate on this important issue, and we had Dr. Dara Richardson-Heron's leadership and clear messaging to guide us. We became laser-focused. I am impressed with YWCA USA's ability to give us strong advocacy goals and to educate us on the objectives we need to achieve to bring those goals to reality. One of our girls who joined in our demonstration said, "When Nepal had an earthquake, we didn't say 'all countries matter,' but rather we sent help to Nepal." It was clear that even our youngest YWCA supporters got it!

**What do you envision for the future of Stand Against Racism? What do you want to**



## *see Stand Against Racism accomplish?*

Some of our supporters tell us the goal of eliminating racism is too lofty. Others tell us all communities need to do is "stop teaching it." We know the answer sits somewhere in the middle, and we count on mindful and coordinated messaging to keep us true to our purpose. YWCA USA now gives us messaging and related research that unifies us so YWCAs are saying what needs to be said as clearly as possible. Focusing on a major issue, in unison, and nationwide, helps us bring the Stand Against Racism to our elected officials and community leaders with clear directives. We give our communities the information they need to make educated decisions that represent us all.

- See more at: <http://www.ywcablog.com/2016/05/05/reflecting-on-stand-against-racism-6-questions-with-judy-hutton/#sthash.oCUrfsSZ.dpuf>

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[Follow us on Twitter!](#)

## **Beyond the Orange Doors**

Have you ever wondered what goes on behind the YWCA's iconic orange double doors?

Interested in getting a firsthand look at our facilities, emergency shelter, transitional housing, and learning about the life changing work that happens within our walls?



SIGN UP today for our "Beyond the Orange Doors" luncheon tours! We will provide you with a light lunch and refreshments, an "inspirational" tour, and an opportunity to learn what YWCA NCW is all about!

These short 50 minute lunch events are absolutely **FREE**, and there will be no soliciting of any sort. We encourage individuals, community groups, clubs, as well as service organizations to attend. The following tour date is currently available\*:

- Wednesday, June 14th, 2016 at 12 pm

To sign up or for more information about "Beyond the Orange Doors", please contact:

**Alyssa Martinez**

YWCA NCW Community Relations Manager

**Phone:** 509.662.3531 ext. 115

**Email:** alyssa@ywcancw.org

*\*Dates & times may be subject to change*

## YWACT

### Advocacy Corner

#### "It Was Very Cold and Very Dark": Single Mother Evicted From Her Home



**Written by  
Denise Miller,  
Firesteel  
Advocacy  
Manager**

Gretchen Waschke fell behind on her bills while going through a divorce, and arrived home

one night to find her water and electricity shut off. There was an eviction notice on her door, and she spent a sleepless night wondering where she and her daughter would live. Gretchen shared her story in October at the "Talk It Up: Stories of Home, Lost & Found" event hosted by the nonprofit organization Building Changes. Earlier in 2015, Gretchen joined the "Home: Lost and Found" workshop, where storytelling experts from The Moth taught her to share her experience as a brief, compelling story. Now the program manager for HomeStep Family Program at Compass Housing Alliance, Gretchen serves homeless families in King County. Her professional life has been centered around building community and families to create opportunities for growth. For the past 20 years, she has worked as a child protective services investigator, as a therapist, in youth suicide prevention work, and in parent/community education.

#### **COMMUNITY CONNECTIONS**

In the video, Gretchen talks about emerging from a dark place with the help of a caring friend. Despair can set in when we are isolated. Hope is restored when we reach out to one another.

"There are times when individuals are experiencing things and you would never know it. Being aware and being connected can be a powerful experience on both sides," Gretchen says.

Throughout our community, people are coming together to address our housing and homelessness crisis. This video from **All Home** shows a few ways people are using their time and talents to help their neighbors.



## We **Always** Need Your Help! (Pun-Intended)

Did you know that menstruation is one of the hardest challenges that homeless women face? This is something that often times is little thought of but is of utmost necessity. Please consider donating **feminine hygiene products** to our women's shelter! Items can be dropped off at **212 1st St. in Wenatchee, Monday thru Friday from 10am to 3pm.**



## Volunteer Your Time & Talents Today!

Make the decision TODAY to make a difference In the lives of others. How can you do this? It's simple: volunteer with YWCA North Central Washington Today! We have a vast array of opportunities available for volunteering:

**\*\*We are seeking handy volunteers who are in the know about building maintenance. If you have an hour or two to spare, we could use some occasional help in the following areas:**

- Changing lightbulbs
- paint touch up
- basic plumbing (leaky faucets, slow to go sinks).
- This is a great idea for service clubs, church groups, and youth looking to gain service badges and experience!

We also are looking for community members to join in one (or more) of our standing committees!

1. Community Engagement & Advocacy
2. Fundraising & Development
3. Finance & Sustainability
4. Nominating & Personnel

**For more information or to fill out a volunteer application, please visit our website: [www.ywcaencw.org](http://www.ywcaencw.org) or come see at 212 1st St. in Wenatchee, Monday thru Friday from 10am to 3pm.**

# **YWCA IS ON A MISSION**

## **Save the Date: YWCA Women's Empowerment Conference & Luncheon!**

**What:** 1st Annual YWCA Women's Empowerment Conference & Luncheon with Keynote Speaker: Debbie Whitlock!

**When:** September 21st, 2016 (Day Conference)

**Where:** Red Lion Hotel, Wenatchee

**Why:** Don't miss out on this unique opportunity to attend YWCA's 1st all-day empowerment conference where you will be able to choose from a variety of learning tracks on everything from financial planning to entrepreneurship, technology, business, and more!

Can't attend the whole day? No Worries! You can still register for the Empowerment Luncheon and listen to our amazing keynote speaker, Debbie Whitlock!

Registration information soon to come. We are now accepting speaker proposals as well as vendor applications. Please visit our website or contact us at 509.662.3531 for an application or more information.

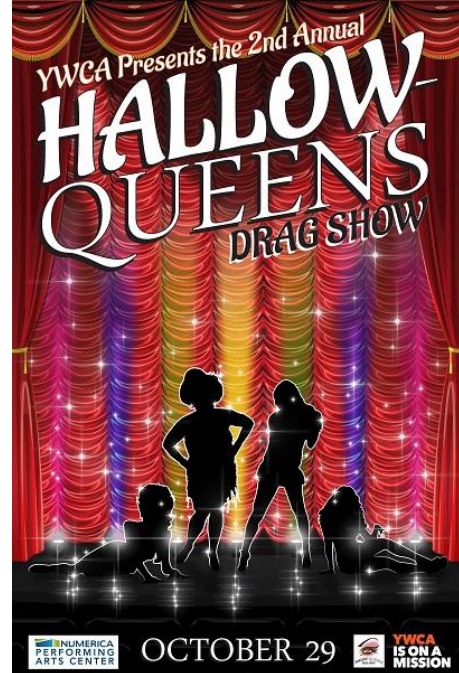
## Save the Date: 2nd Annual Hallow-Queens Drag Show!

Mark your calendars! The 2nd Annual YWCA Hallow-Queens Drag show is set for Saturday, October 29th 2016 at the Numerica Performing Arts Center in downtown Wenatchee!

Don't miss out, this year's show is going to be spectacular!

Stay Tuned for Ticket Information and Show Times!

Follow us on Facebook and Twitter for the latest updates or visit our website: [www.ywcancw.org](http://www.ywcancw.org)



[View our calendar here!](#)



## YWCA & Fred Meyer Community Rewards!

Support the YWCA NCW just by shopping at Fred Meyer with your Rewards Card! Fred Meyer donates \$2.6 million each year - up to \$650,000 each quarter - to local schools, community organizations and nonprofits: including YWCA! All you have to do is link your Rewards Card and scan it every time you shop at Fred Meyer.

You are now able to ***link your Rewards Card to the YWCA NCW by following the link below.*** Whenever you use your Rewards Card when shopping at Freddy's, you will be helping the YWCA earn a donation from Fred Meyer. If you do not have a Rewards Card, you can sign up for one at the Customer Service Desk of any Fred Meyer store.

[Link your rewards card to YWCA NCW Now!](#)

Thank  
you

## THANK YOU Waste Management & Junior Service League!

The YWCA Store & YWCA NCW would like to thank Waste Management for their donation of garbage totes, as well as Junior Service League of Wenatchee for their generous donation of clothing from this years "My Girlfriend's Closet" event! We here at YWCA deeply appreciate your generosity and giving spirit. It is what allows us to continue to change the lives of women and families in our communities!

Text Link

YWCA North Central Washington | 509.662.3531 | info@ywcancw.org | www.ywcancw.org

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