

ywindow

eliminating racism
empowering women
ywca

fall 2009
greater harrisburg

women's conference teaches self-sufficiency

On Friday, September 25th, the YWCA of Greater Harrisburg hosted a day of learning and self-discovery for women utilizing Dauphin County shelters and supportive services. The "Conference For Women By Women: Sisters Promoting Self-Sufficiency," was held at the C. Ted Lick Wildwood Conference Center on the HACC campus. Women from Bethesda Mission, Evergreen House, Brethren House, Capital Area Head Start Program, Interfaith Shelter, Woodside Family Center, Shalom House, Lourdeshouse Maternity Home, and the YWCA shelter, participated in the day-long conference.

The conference featured breakout sessions lead by local experts in the fields of health and nutrition, spirituality, financial management, and more. All of the workshops offered valuable learning tools for the women and provided them with encouragement and hope. Certain topics such as "Beauty on a Budget," "Creating a Spending Plan and Getting Out of Debt" and "Healthy Living and Wellness" focused on tangible actions the women can take to become financially self-sufficient and physically healthy.

Other sessions including "Homeless to Wholeness," "Singing My Way Through: From Shame to Self-Worth,"



YWCA CEO Tina Nixon welcomes the women to the conference.

"Self-Esteem and Self-Confidence," "Boundaries," "Addiction," "Accountability" and "Get Your Groove Back" focused on the mental and spiritual aspects of self-sufficiency and wellness.

Post-event feedback was very positive. It seemed that everyone took something unique away from their respective sessions, and many felt a deep connection with the facilitators.

"My favorite session was Singing My Way Through," Jaime Snyder, a YWCA resident said. "The speaker (Dr. Felicia Brown-Haywood) was eloquent and informative. I loved learning the history of the spirituals, and that she shared her own personal story about how she overcame so much pain; it hit home for me."

Another YWCA resident, BettyAnn Nelson, related the session "Get Your Groove Back" to her life experience of getting clean from drugs. "I got my groove back that I didn't know I had," she said.

The YWCA was honored to feature Ms. Iya Isoke as keynote speaker for this event. *(continued on pg. 3)*



Presenter Judy Franklin demonstrates beauty techniques.



Presenter Felicia Brown-Haywood leads the ladies in song.

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mission

The YWCA of Greater Harrisburg is dedicated to eliminating racism, empower women and promoting peace, justice, freedom, and dignity for all.

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www.ywcahbg.org

programs and services

Childhood Programs

Day care on east and west shores
Before and after school programs
Camp Reily
REACH wrap around services

Housing & Homelessness Services

Emergency shelter
Bridge housing
Transitional housing
Permanent housing
Lifeskills education
Children's case management
Employment services
Homeless veterans re-integration

Violence Intervention & Prevention

Sexual Assault and Domestic Violence Hotline
Court and hospital accompaniments
Support groups
Individual counseling

Legal and Visitation Services

Domestic Violence Legal Center
Visitation Center

Community Programs

South Allison Hill Weed and Seed
Community Technology Center
CEEED Center for Education, Employment and Entrepreneurial Development

MESSAGE
from the CEO

This year's budget impasse put a tremendous strain on our YWCA family. While were able to continue operating two full licensed daycare centers and our emergency shelter for homeless women and children, these state funded services did not receive funding in the amount of \$320,000 for the months of July and August. The experience was like no other, and I have to say "Thank You" to my leadership team for their support in making the difficult decisions that had to be made with regard to cutting staff positions. No services were compromised or curtailed as the result of the cuts.

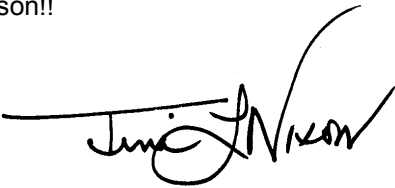
Compounded with the impasse was the increase in unemployment and the increase demand for crisis services. Now, more than ever, the YWCA is regarded as a safety net for those who are in need in our community and we are committed to providing these direct services.

As no one can predict what the future holds, but you can rest assured that we are a strong organization and have the proper plans in place to enable us to meet whatever challenges that are ahead.

All challenges are opportunities for improvement. As the saying goes "what doesn't kill you makes you stronger". No matter what the future holds, we will continue to play a significant role in meeting the needs of our community.

I personally want to thank all of those who sent well wishes and financial support to the staff and me during the budget impasse it is reassuring to know we have the support of the community.

Have a wonderful Holiday Season!!



annual meeting

On September 22, the YWCA held it's Annual Meeting to celebrate a successful year of eliminating racism and empowering women. Outgoing Executive Board President, Cheryl Sakalosky, introduced new Board President, Valerie Corbin Ketchen who welcomed guests and honored retiring board members.

During the meeting, select community members were honored for their service to the Harrisburg community. Highmark Blue Shield was awarded the Reily Award for their contributions to children's activities. A \$25,000 grant from Highmark has enabled us to graduate 50 middle school girls from Club and Camp Ophelia, an anti-bullying



Tina Nixon and Valerie Corbin Ketchen at opposite ends, with this year's award winners.



As Pamela Rhoads explains the YWCA's Club Ophelia Program, Tina Nixon and Board President, Valerie Corbin Ketchen review the scrapbook.

program. Pastor Cedra Washington was awarded The Ella Frazier Award for her work toward the elimination of racism and the promotion of diversity. The Jane Addams Peace Award was given to Pastor Jody Sillker and Reverend Gerald Rhoades for their promotion of peace via community action. Lou and Jama Calabro were awarded The President's Award for their volunteer work—endless hours of data entry!

The more than 50 people attending this year's meeting enjoyed a delicious assortment of food, and the warm company of community members, staff and board members.

self-sufficiency conference (continued from pg. 1)

During a beautifully catered lunch, Ms. Isoke of Cumulus Media Group, shared the trials and tragedies she experienced in her own life and the ways in which these events molded her into the person she is today.

"The keynote speaker at lunch left me with much hope. Her story was so reminiscent to my life. She gave me so much hope for surviving my tragedies," YWCA resident, Sandi Donnelly said.

After lunch, there were two more sessions. During the closing remarks, the YWCA held several prize drawings for baskets filled with beauty products, household items, and much more. On top of the prizes, every woman received

a goody bag of beauty supplies, clothing coupons, bakery fresh cookies, and candy jars all donated by generous local businesses.

The day of insight and empowerment affected those who attended in different ways. Some participants felt they had real emotional breakthroughs, while for some, learning to manage their finances was the highlight. No matter the outcome, one thing was unanimous: no one can wait for next year's event!

"I left the conference feeling proud to be a woman, energized and empowered! It was awesome," said Robin Montgomery, a YWCA Resident.

staff appreciation picnic

On August 28th, the YWCA held it's annual staff picnic to celebrate the hard work and dedication of all those who make the YWCA a safe haven for women and children.

Staff enjoyed the beautiful late summer afternoon at Camp Reily, the site of the YWCA of Greater Harrisburg's summer camp for inner city children. Delicious pastas, sides and desserts filled the tables, and the smell of juicy hamburgers and fire licked hot dogs filled the lodge.



The staff grilled enough hot dogs and hamburgers to feed an army!

The festivities kicked off around noon, and once everyone had eaten their fill, the games began. A "who's pet?" game was popular (no, Pamela you don't really look like Baxter!).



Three of the YWCA's fashion show models strike a pose.

Also laughter-inducing was a round of "guess who?" that featured photos of staff members' hands, feet, arms, ears, etc. and required staff to guess to whom the parts belong. A "persimmon contest" awarded one staff member for wearing the most persimmon (Devan, where did you find persimmon sunglasses?), and a fashion show using newspaper as the medium, featured two YWCA VP's on the catwalk (don't give up your day job, George!)

The picnic gave staff a chance to unwind and enjoy the company of their fellow coworkers in an out-of-office setting, and was a wonderful way to say farewell to summer.

resident's surprise party

On a warm, sunny Thursday in August, a group of emergency shelter (ES) residents of apartment 304 celebrated the successful departure of one of their roommates, Ms. Michelle Chavious, who was leaving the shelter for her own apartment. Her roommates threw a surprise dinner party to celebrate her success.

Ms. Patsy Jackson and Ms. Colette Peterson spent the day cooking a five-course dinner, the production of which any restaurateur would have been envious. The menu featured ribs, chicken, two salads, potatoes and a delicious dessert. Ms. Jackson set the table with a tablecloth, individual



The ladies said a prayer of thanks before enjoying their feast.

place settings with hand made name cards, matching silverware, and a lovely centerpiece with candleholders that were then presented to Ms. Chavious as house warming gifts. Also in attendance were Ms.

Betty Nelson and Ms. Anna Oliver. Upon Ms. Chavious' arrival to the dinner party, there was an outpouring of happiness, love and tears along with lots of hugs and well wishes. A prayer of thanksgiving preceded the meal. When the meal was over, Ms. Chavious said, "It is moments like this that the YWCA represents. I am sad to be leaving even though I know it's time to go."



The friends embrace as Michelle enters the room.

Emergency shelter residents have only 30 days to sort out housing options. In that time, ES residents work closely with case managers to establish a long-term plan that includes not only housing, but also employment, transportation and childcare, if applicable. Occasionally, ES residents are able to transfer from the 30-day housing to the YWCA's long term housing, such as the Transitional Housing program.

our Friends

The Friends of the YWCA Board is a volunteer auxiliary of the YWCA, responsible for assisting with fundraising and outreach efforts. Board members oversee a number of well-recognized YWCA fundraising initiatives including the holiday giving program, Mother's Day cards, the Power of Style Fashion Show and the American Journey event, as well as in-house celebrations for the women and children who call the YWCA home.

As always, Friends board members have been busy working hard on various projects that will benefit the YWCA of Greater Harrisburg. Co-Chairs Alison Ballantine and Lecia Jordan hosted the 5th Annual YWCA Power of Style Fashion Show on October 22nd at the West Shore Country Club. Five years ago local women-owned storeowners came up with the idea for the fashion to showcase their stores and support the YWCA. This year's participating stores included Higashi Pearls and Fine Jewelry, Maggie Adams, Presence, The Plum, Creative Elegance Boutique, Leaf of Eve, Underneath it All, Baby Bug and Me, and Tara's Bridal. Thank you to these generous and lovely stores! This year the event raised over \$50,000.

Deb Yates has begun preparations for this year's YWCA Holiday Giving Program. This rewarding project distributes much-needed clothing, toys, and gifts to so many families in our community. For information about helping with this effort, contact Devan at 717-724-2248.

Ann Kroh and Shirley Miller are co-chairing the 2010 American Journey. The Hawaiian-themed event will be held on Saturday, May 22 at HACC's Wildwood Conference Center. Keep an eye out for your invitation!

This month, Friends board members took a moment to support the amazing staff of the YWCA of Greater Harrisburg. The state budget situation had a tremendous effect on the YWCA and its staff. Board members showed

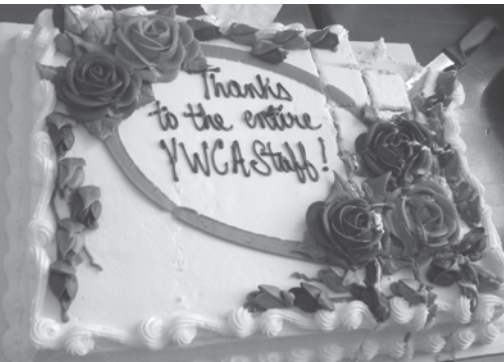


Friends Board Members Judy Franklin and Sue Rothman.

their appreciation of the dedicated staff by supplying a beautiful array of homemade sweet treats.

In addition to planning and organizing all of the above, Board members encourage friends, family, colleagues and long-time supporters to become "Friends of the YWCA." While we do not offer gym facilities or classes, your contribution helps to ensure the future of the programs and services offered to those in need in our community. Please consider becoming a Friend of the YWCA!

Junior Membership \$10, Individual \$25, Family \$35.



The Friends Board donatedd this beautifyl cake to the staff of the YWCA.

For information about any of the events listed above or Friends membership, contact Devan at 717-724-2248.

new homeless prevention program launched

The YWCA of Greater Harrisburg has launched its Homeless Prevention/Rapid Re-Housing Program ("HPRP") for victims of domestic violence and those facing homelessness in rural areas of Upper Dauphin. This is a one-time, limited program based on American Recovery Act stimulus funding over the course of three years.

This program provides transitional to permanent housing assistance to families, men, and women in rural Northern Dauphin County who are at risk of homelessness or women and their children fleeing a domestic violence situation and are homeless as a result. Eligible participants may be provided monthly financial assistance for a maximum of eighteen months, including help with security deposits, rent, and utilities. Participants in this program will work together with the required services of a Housing Stabilization Case Worker to set and track goals for maintaining permanent housing. To be eligible for the HPRP program, applicants must make 50% or less of the local median income and supply proof of homelessness or proof that the applicant is about to be homeless and lacks the financial resources to maintain or find housing.

Additionally, the YWCA operates a similar HPRP Recovery Act program for clients leaving domestic violence shelter and for those about to become homeless in the city of Harrisburg.

upcoming events

Pursuit of Justice Purse Auction • December 4

Holiday Giving Program • December 14 - 18

Holiday Party • December 17

Help and support are available if you suspect someone you know has been sexually assaulted.
For more information please call the YWCA at 1.800.654.1211

