

# our voice

Winter 2010 Newsletter for YWCA Lancaster

Inside this special women and children's issue...

Find out how you can help the children we counsel in our Sexual Assault Center



Volunteers spruce up our Parent Child Learning Center



With brushes and rollers in hand, several Metro Bank employees celebrated the bank's 25th anniversary with its "25 Days/25 Ways" of helping non-profits by painting the cabinets in our Parent Child Learning Center.

TechGYRLS comes to Lancaster

Next summer, we're starting a new program for girls, ages 7-13, with fun creative projects using computer and digital video technology.



10-year-old Darlim tells us what she learned from the Sisters Program



A truly empowered woman



Read Katie Griffin's compelling story about how she took charge of her life in the YW Residence and turned it around.

Homework stations for Childcare



The YW's new Empower Ring donor club bought six homework stations for our after school program.

**Your "Gift of Empowerment"  
will help the children  
we counsel in our Sexual Assault Center**

Our 2011 Annual Campaign for Women and Children is now underway, and we are asking for **Gifts of Empowerment** – a theme directly related to our Mission.

Each of the women and children we help empower at YWCA Lancaster has a story to tell that confirms the need for the services we provide. Sometimes the story of what they have gone through is so compelling that it tugs at one's heartstrings.

This is especially true with the girls and boys who come to us for help regaining control of their lives in our Sexual Assault Prevention and Counseling center (SAPCC).

They are thankful, just like their parents, that the YWCA is here to help them through what can be an overwhelmingly difficult time.

*This is what an 8-year-old survivor of sexual abuse told us:*

*"Before I came to see my counselor I was scared all the time. I still get upset when I think about it. But I know I can talk about it to her and will feel better.*

*"I can even sleep in my own bed now and I went to a friend's sleepover and made it through the whole night without freaking out."*



True to our Mission, YWCA Lancaster helped empower this little girl to get her life back together.

She is just one of thousands of Lancaster County women and children in need who have been empowered by our services.

***Will you please help us help them by supporting our Annual Campaign and sending a Gift of Empowerment in the envelope included with this newsletter?***

***Thank you.***

*Last year ...*

- We provided free counseling to 744 survivors of sexual assault and abuse, and their loved ones. More than half our clients were children, some as young as 4.*
- We also accompanied them through medical, police and court proceedings.*
- Our 24-hour sexual assault hotline, staffed by direct services personnel and trained volunteers, handled 678 calls.*
- We gave preventive education in sexual assault to 7,650 children and young adults.*

## YWCA Empower Ring donor club votes to buy homework stations for Childcare



Five children in our After School Childcare Program tackle some homework projects in the new workstation cubicles purchased by the YWCA Empower Ring donor club.

The YWCA Empower Ring donor club recently voted to use the \$1,530 it collected to buy student homework stations for the YW's After School Childcare Program.

YWCA School Age Child Care Director Monica Kirchner said, "Without a doubt the homework stations will enrich the overall quality of the YW's childcare."

The individual workstation cubicles enable the children to concentrate on their studies without being distracted by other activities in the room.

Kirchner said homework is an important part of an after school

program and many children benefit from a closed personal study space.

Kirchner said it will also help the Childcare Program qualify for higher grants through the Pennsylvania Keystone STARS initiative. "Currently



we are a 3-star facility. By providing students with a workstation devoted to education we can continue to work towards a 4th star which would increase our annual grant allocation."

This in turn will help the YW offer

more subsidies to parents struggling to make ends meet and provide staff with additional training opportunities.

Each member of the Empower Ring contributed \$25 and voted as a group how the money would be used.

The homework station project was one of five options the Empower Ring had to choose from. The other four included an audio-visual system, an economic empowerment program for YW residents, a lobby display of YW memorabilia and scholarships to the YW annual Racial Justice Institute.

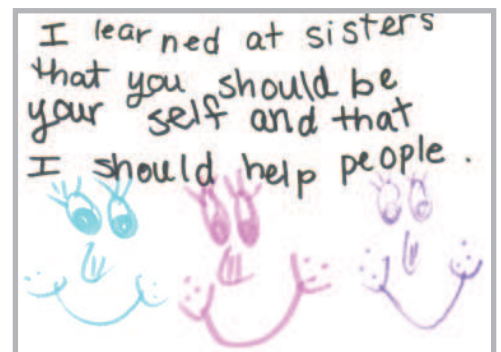


### Little Sister says you should be yourself and help people

Sisters is a YWCA mentoring program which strengthens how elementary school girls (Little Sisters) feel about themselves and the world around them.

We pair them with high school Big Sisters who serve as role models and friends. The weekly program helps empower these young girls to reach their full potential while avoiding risky behavior.

10-year-old Darlim told us in a picture what she learned from being a Little Sister.



### YW Resident Katie Griffin - a truly empowered woman



*Katie Griffin: "The YW has been the stepping stone to getting my life started."*

In many ways Katie Griffin is what the YWCA is all about. She spent almost a year living in the YW Residence and during that time truly became an empowered woman.

Formerly addicted to drugs and alcohol, Katie made the decision to turn her life around through a drug court treatment program.

She now has a strong sense of her self-worth and believes she's in charge of her destiny. She has a car, a good job and recently moved into her own home with a man who loves and appreciates her for the person she is.

Raised in an unstable family with a history of addiction, she sought solace in alcohol and drugs in high school.

Feeling that no one cared about her, she left home at 17 and reinforced her poor self-image by looking for acceptance in a series of mentally abusive relationships with men, adopting their life of cocaine, heroin and crime.

Katie says, "I was like a chameleon. I blended into what everybody else was doing. That's what they liked, so I did it." Katie knew something was wrong with her life and wanted to improve it, but didn't know how, "I couldn't break out of the cycle I was in."

Three years ago her self-esteem reached an all time low in prison awaiting trial on nine felony counts. If convicted she could serve a 13-year term and then have constant problems finding work and a place to live.

She said what drove her to the edge was listening to her fellow inmates talking about how comfortable they were with the thought of spending the rest of their lives in jail. Katie was appalled and said that was not for her. She was determined to raise herself out of the morass and set things in order.

As a first offender, instead of going to trial, Katie was able to take advantage of a 2-year drug court treatment program with a structured regimen of rehab, employment and community service goals. If successful, she could start her life over with a clean slate.

Katie used the YW as a base to fulfill the drug court requirements, laying the groundwork that put her firmly in charge of her future. Katie said accomplishing each goal gave her an ever-increasing sense of her own self-worth.

She valued the total acceptance and support she received from all the YW staff during her time at the Residence.

And she said it was good to get to know other women in the same position as herself who were also trying to do better, buying cars, getting jobs and moving on to their own apartments.

She says this was a prime motivating force for keeping her focused, "That's what I wanted and I saw it was within my reach."

Katie looks forward to completing the drug court program in April 2011 and putting her bad experiences behind her.

She says, "The YW has been the stepping stone to getting my life started."

### \$20,000 foundation grant puts teen mothers on the Right Track

YWCA Lancaster has been awarded \$20,000 from the Lancaster County Community Foundation's Better Lancaster Fund for Project Right Track. The grant will keep both teen mothers and their babies on the right track for personal development and success later in life.

Nearly 60 percent of teen mothers drop out of high school, limiting their employment options and chances for future economic success. Likewise, babies of teen parents face obstacles themselves, including higher rates of abuse, poverty, poor school performance, and even premature death.

Given that 75 percent of brain development occurs in the first three years of life, spending time in a nurturing and stimulating environment can help children to overcome some of these obstacles. The social and cognitive skills that are fostered in quality child care settings prepare children to succeed academically as they grow older.

Under Project Right Track, teen parents are eligible to

receive scholarships to allow their babies and young children to attend either of the YWCA's child care centers while their young mothers attend school. Well-educated teens have a better chance of achieving stability and providing a stable, secure environment for their children.

If you know a pregnant or parenting teen who could benefit from Project Right Track, encourage them to call the McCaskey Child Development Center at 391-8618 or the YWCA Child Enrichment Center at 393-1735 x272.



*Chief Executive Officer Maureen Powers receives a \$20,000 grant check from Dave Koser, Program Associate, Lancaster County Community Foundation.*

## TechGYRLS is coming to Lancaster

TechGYRLS is coming to the YWCA Lancaster summer camps next year. The 2-week program will give girls, ages 7-13, an opportunity to build actual robots and create a public service announcement video.

TechGYRLS is an economic empowerment program designed to close the gender gap between girls and boys when it comes to preparing for careers using computer and digital technology skills.

Studies show that while girls have the same aptitude for math, science and technology as boys, girl participation rates drop drastically by the time they enter middle school.

There are also large gaps in computer ownership and internet usage between girls from different income levels and with different racial and ethnic backgrounds.

TechGYRLS will help end the digital divisions in gender



and race as it will be offered to girls and young women from a variety of races, ethnicities and socio-economic backgrounds.

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## Assistant Executive Director Dot Evans retires after 10 years

Assistant Executive Director Dot Evans recently retired after 10 years service with YWCA Lancaster. Originally from New Orleans, Dot and her husband, Larry, an ordained minister in the United Church of Christ, are moving to Savannah, Ga.

Dot has been closely involved with both aspects of the YW's mission of empowering women and eliminating racism. She supervised the program directors for the Residence, Sexual Assault Prevention & Counseling Center (SAPCC) and Empowerment Center (formerly Youth Services), and took charge of the Association's Racial Justice and Advocacy initiatives.

Dot says, "We do wonderful work here." She hears this especially from the residents when they're leaving. "Our program has helped them so much and they can't stop thanking us enough for what we've done for them."

Dot looks on the Residence as a key economic empowerment program with its goal of moving women from transitional to permanent housing. Dot says what comes to light with each of the success stories of the women who become empowered is a realization of

their own self-worth, "They come here with low self-esteem and leave feeling good about themselves – this is true empowerment."



*Dot Evans*

And she recalls some special memories including one Residence holiday party when a woman in her 60s had tears in her eyes because it was the first time in her life she'd ever had her picture taken with Santa.

Looking back over her 10 years at the YW, Dot says the most memorable

achievement has been in the eliminating racism part of the mission. "I'm proud of the fact that I leave here with the racial justice program pretty much ready to blossom."

She sees tremendous potential for continued growth in this area but says, "Funding, unfortunately, isn't there to actually enhance the program where it's a full-time position almost, along with public policy and advocacy."

As for the future, Dot looks forward to giving back to her new community, "There is one organization in Savannah that will really get lucky and get a really good, dedicated volunteer."

She also loves to work outside, "The home we've bought has a wonderful area in the rear that I've already identified as my herb and vegetable garden."

Dot says, "I leave here feeling it was a good 10 years of accomplishment. I'll keep tabs online to see what's going on at YWCA Lancaster. I know it will continue to be the wonderful Association it's always been."

We wish the two of you well, Dot, and appreciate your good humor and all you've done. You will be missed.

# Our Voice - YWCA Lancaster - Winter 2010

## Energy savings at the YW courtesy of LIVE Green

We hear a lot of talk about “going green” these days. Thanks to our partnership with LIVE Green and an Energy Harvest grant from the Department of Environmental Protection, the YWCA has made some significant strides in greening our historic facility.

Through a comprehensive energy assessment, several opportunities for significant reduction of energy use were identified. During the summer of 2010, we completed three major projects that will significantly cut down on the amount of natural resources that are consumed for the operation of our building.

First, several hundred light fixtures throughout our building were retrofitted to accommodate more energy efficient light bulbs. Next, more than 80 occupancy sensors and timers were installed in offices, storage rooms, restrooms and other common areas.

It is estimated that these improvements alone will prevent 101.4 tons of carbon monoxide from entering the air each year...the equivalent of taking 19 cars off the road!



*Our rooftop solar panels have cut the YW's water-heating bills in half.*

Next, a series of solar panels were installed on our roof to collect energy for heating our water. With nearly 200 people living, working, and receiving child care and other services here, our

facility uses more hot water than most typical organizations. The new solar system will heat approximately half of the 600 gallons used in our facility each day, rather than heating with natural gas.

Last, several dozen plumbing fixtures, including toilets, sinks, and showers in our Residence and other restrooms were replaced with water saving ones. This will significantly reduce the amount of water and further reduce the amount of energy needed to heat it.

We are extremely grateful to LIVE Green for making these improvements possible and are proud to be making steps in environmental stewardship.

Just as importantly, the money saved in reduced energy costs can be redirected to services that fulfill our mission of eliminating racism and empowering women!

### Nomination/Information Form

#### Recommendation for nomination to YWCA Board of Directors and/or Nominating Committee

The Nominating Committee requests names for its consideration to serve on the Board of Directors and/or Nominating Committee.

**Qualifications sought:** Commitment to the YWCA Mission, ability to meet time commitments, executive leadership skills, decision-making abilities.

**Name:** \_\_\_\_\_

**Phone: (day)** \_\_\_\_\_ **(eve)** \_\_\_\_\_  
**(cell)** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**YWCA Experience:**

**Recommended for:**

- Board of Directors  
 Nominating Committee

**Other Qualifications:** (vocation, community involvement, personal convictions/interests, etc.) Please be specific. Attach additional page if necessary.

**Nominator's Signature** \_\_\_\_\_ **Phone** \_\_\_\_\_

Please drop this form in the nominations box at the YWCA Front Desk or mail it to Cat Minnerly, YWCA Lancaster, 110 N. Lime St., Lancaster, PA 17602. You can also request a form you can e-mail from [cminnerly@ywcalanaster.org](mailto:cminnerly@ywcalanaster.org).

**Forms must be received by January 4, 2011.**

## Join the YWCA and support the world's community of women!

**Membership in the YWCA** joins you with other like-minded adults to support the Mission of the YWCA locally, nationally and internationally. When you join the YWCA, you join an international movement that works to empower women and girls and eliminate sexism and racism.

YWCA membership is required for Childcare, use of the Physical Fitness Center and Senior Exercise Program at 110 N. Lime St. Your membership must be current through the duration of the class term for which you are registering. If your membership expires before the class ends, renewal is required before it can be completed. **Registrations must include class fees.**

1. **Mail-in:** Mail the completed registration form with payment to YWCA Lancaster, 110 N. Lime St., Lancaster, PA 17602.
2. **Phone-in:** In order to register by phone, a credit card must be used. Calls will be returned in the order they are received.
3. **Walk-in:** All payments for membership and class fees are accepted at the Front Desk Monday-Friday (7am-6pm) and Sunday (4pm-6pm).



**Please make checks payable to YWCA Lancaster.** We accept Visa & MasterCard.

### The YWCA at Lime Street opening hours

Mon-Tues 6:15 am - 7:00 pm  
 Wed 6:15 am - 9:00 pm  
 Thurs-Fri 6:15 am - 7:00 pm  
 Saturday Closed  
 Sunday 4:00 pm - 7:00 pm

**The YWCA building will be closed Christmas Eve December 24 and New Year's Eve December 31**

### YWCA Action Alert Network

We urge you to add your voice to ours to strengthen the YW's impact in the nation's capital and in state and local governments by sending your e-mail address and zip code to our Action Alert Network at: [advocacy@ywcalancaester.org](mailto:advocacy@ywcalancaester.org). We will alert you when impending state or federal legislation related to our Mission is coming to a vote so you can take action with a phone call or the click of a mouse.

Last name \_\_\_\_\_ First name \_\_\_\_\_

Partner/Parent \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

E-mail \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_  Female  Male

### Member/Ally Fees

Check your categories:

New  Renewal Exp. date \_\_\_\_\_  Member  Ally

YWCA members are women and girls 15 years and older.

Check your membership type:

Adult (18+ and out of high school) **\$35**

(Preschool children are included under a parent's or guardian's membership)

Family (includes 2 adults & children under 18 in the same household.) **\$55**

Please list names and birth dates for Family Membership

and pre-school children to be covered under Adult Membership.

Senior Citizen (60+) **\$25**

Student (5-17) **\$15**

**Full Name**

**Birth date**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Fees for use of the Physical Fitness Center or Senior Exercise Program classes at 110 N. Lime St. are in addition to membership fees.

### Class Registration

1. Name \_\_\_\_\_ Fee\$ \_\_\_\_\_

Class \_\_\_\_\_ DayTime \_\_\_\_\_

2. Name \_\_\_\_\_ Fee\$ \_\_\_\_\_

Class \_\_\_\_\_ DayTime \_\_\_\_\_

3. Name \_\_\_\_\_ Fee\$ \_\_\_\_\_

Class \_\_\_\_\_ DayTime \_\_\_\_\_

### Physical Fitness Center:

First Consultation **\$35**

3-month pass **\$45**

6-month pass **\$85**

12-month pass **\$145**

**Total class fees** \_\_\_\_\_

**Member/Ally fees** \_\_\_\_\_

**TOTAL Payment Due** \$ \_\_\_\_\_

eliminating racism  
empowering women

**ywca**

YWCA Lancaster  
110 N. Lime St.  
Lancaster, PA 17602

# our voice

Winter 2010 Newsletter for YWCA Lancaster



## our mission

**ywca lancaster  
is dedicated to  
eliminating racism,  
empowering women  
and promoting peace,  
justice, freedom and  
dignity for all.**

## ywca programs:

**childcare**

**empowerment center  
(mentoring & education)**

**parenting support**

**public policy advocacy**

**racial justice initiatives**

**residence**

**sexual assault**

**prevention &  
counseling center  
(SAPCC)**

[www.ywcalancaster.org](http://www.ywcalancaster.org)

717-393-1735

A United Way Agency

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