

# our voice

Spring 2010 Newsletter for the YWCA of Lancaster

## "Gift of Empowerment" Annual Campaign for Women and Children continues



YWCA Resident June Althouse volunteers as a greeter and says, "The YW helped me conquer my demons and take control of my life."

of drug and alcohol addiction involving bad relationships, sleeping on benches, attempted suicide, theft, prostitution and prison.

However, June made a commitment to get her life in order. She stayed with us for 10 months and says the stability and support of the YW staff and fellow residents was a key factor in keeping her sobriety.

*"I'm thankful for being here. It's made a real big change in my life for the better. I haven't had no suicidal thoughts which is a big plus for me. And I don't think about doing drugs or drinking anymore."*

June now greets the world with a smile and does what she can to return the favors by volunteering as a greeter at the YW, cooking special meals for the residents and speaking about her journey back to sobriety at fund raisers.

We have a goal of raising \$100,000 in Gifts of Empowerment this year and still have a way to go. If you haven't done so already, will you please help us touch the lives of the women and children who turn to us for assistance in taking control of their lives?

Thank you.

We are now well into our 2010 Annual Campaign for Women and Children with its **Gift of Empowerment** theme and are very grateful for the generous response of our supporters.

All the Gifts of Empowerment we've received are truly enabling women and children find the support they need to fulfill their potential through our transitional housing, mentoring, sexual assault prevention and counseling, and anti-racism programs.

In our last newsletter we told you about Brandi Simone, a 26-year-old who spent a year at the YW Residence while she successfully completed the Lancaster County Drug Court program and has now moved on to independent living.

Brandi is not alone.

June Althouse also stayed with us this past year and got her life back on track.

June came to us with a 40-year rough and tumble history

*June is one of thousands of Lancaster County women and children in need who have been empowered by our services at the YWCA.*

*Will you please help us help them by sending a **Gift of Empowerment** to our 110 N. Lime St., Lancaster, PA 17602 address?*

*Thank you.*

## Save the Date - Saturday April 24

**YWCA** **race**  
**against**  
**RACISM**

### 12 Years Running!



Platinum Sponsor: WGAL-TV8



## Martin Luther King Day at the YW



*YW Racial Justice and Advocacy Trainer Conrad Moore (seated left) talks about Martin Luther King to children at the King Day party.*

banner and creating birthday cards that were sent to the Martin Luther King Center in Atlanta.

YW Racial Justice and Advocacy Trainer Conrad Moore explained what King achieved in a way even the youngest child could understand.

"When Martin would go to a restaurant for a Happy Meal he was told 'No' because he was black." Moore asked, "Do you think that's fair?"

cake.

Moore again asked, "Do you think that's fair?" Of course no-one did, and although everybody was given a piece of cake, it got the point across.

More than 150 children celebrated Martin Luther King Day at the YW this year, stringing together peace necklaces, writing personal statements on an "I have a Dream"

To emphasize how King must have felt, Moore gave each child a colored ribbon and told those with red ones they wouldn't be allowed to have any



*A boy writes down his own dream on the "I have a Dream" banner.*

## Join one of our upcoming study circles on racism



We will be holding four Study Circle discussion groups later this year on "Facing Racism in a Diverse Nation".

In a Study Circle, participants try to understand each other's views but they do not have to agree. The idea

is to explore concerns about racism and look for ways to make things better. A trained facilitator helps the group focus on different aspects of the issue and ensures all voices are heard and options explored.

Our Study Circles are made up of 8 to 12 people from different backgrounds and viewpoints who meet six times in two-hour sessions.

Meetings are scheduled for:

- April 30 – June 4 (Fridays), 1-3 pm.
- May 6 – June 10 (Thursdays), 1-3 pm.
- July 6 – August 10 (Tuesdays), 6:30-8:30 pm.
- October 7 – November 11 (Thursdays), 1-3 pm.

Locations to be announced. Additional groups may be added.

Call 393-1735 x 269 to register or for more information.

## An image from the past recaptured in the present



*YW member in the 1920s.*

Janet Forwood lived in the YWCA Residence for about a year and a half before moving on to her own one-bedroom apartment. While she was with us, Janet used to relax each day sitting on the steps outside the entrance to the Residence reading a book.

Executive Director Maureen Powers says when she saw Janet sitting there it brought to mind an image from an earlier time.

Back in her office, Maureen found a 1989 booklet celebrating the centenary of the Lancaster YWCA, "Building... on a Century of Service" packed with historical photos. Sure enough, the cover showed a member from the 1920s sitting outside, reading a book, just like Janet.



*YW resident Janet Forwood in 2010.*

### April is Sexual Assault Awareness Month



If you or someone you care about has been sexually assaulted, we invite you to:

- **Take Back the Night at the YWCA**

Tuesday April 20, 6:30 - 8 pm, an open forum for survivors and friends to share their stories and speak out against sexual violence.

- **Family Violence Resource Network meeting**

Wednesday April 21, 9:30 am - noon. Join us for a discussion on the power of bystanders in the prevention of sexual violence.

Both events will be held at the YWCA Sexual Assault Prevention & Counseling Center, 110 N. Lime St., Lancaster. For more information, call 717-393-1735 x260.

### National Crime Victims' Rights Week, April 18-24

There's a lot going on at the YWCA in Lancaster this April. Besides the 12th annual Race Against Racism on Saturday the 24th and SAPCC's Sexual Assault Awareness Month activities, we'll also be participating in National Crime Victims' Rights Week.

This takes place April 18th through the 24th to promote victims' rights and honor those who advocate on their behalf.

Beginning on Monday April 19, there will be an information display in the Lancaster County Courthouse lobby about crime victims' services along with a quilt memorializing homicide victims.

On Tuesday, April 20, there will be information tables about crime victims' services in Penn Square from 10 am to 2 pm.

And the YWCA will play its part in the week's activities too. On Thursday April 22 there will be a 6:30 pm candlelight vigil in memory of crime victims at the YWCA building, 110 N. Lime Street.



*A child's drawing for National Crime Victims' Rights Week in 2009 shows a striking contrast between a thunderstorm of crime on one side and the sunshine of a crime-free existence on the other.*

### Church Women United in Christ jogging suits

We would like to thank Church Women United (CWU) in Lancaster County for their generous gift of a jogging suit for each of the 38 women living in our Residence.

Group leader Joyce Saeger says CWU encourages church women to go out into every neighborhood and nation as instruments of reconciling love.

CWU selected the YWCA as a beneficiary of its Domestic Abuse Outreach Project which collected more than 1,000 new jogging suits for women.

One of the key services the YW provides includes counseling and support for victims of violence and sexual abuse. So the CWU project very much ties in with what we do and the women we help.

Joyce says, "CWU will continue to learn more about and work to stop child trafficking and abuse of women and children in 2010."



*YW residents Suzanne McDowell and Laurie Bieda try the CWU jogging suits on for size.*

## "woman2woman 2009 was a great success!"



w2w chair Susanne Hershey-Babec and w2w founders Sue Waterfield and Anne Duval stand next to artist Racheal Droege (seated) and her painting, 'The Great Spirit'.

Racheal says, "It was inspired by the first woman2woman event I attended when I felt a renewal of spirit and re-connecting harmony with the universe."

"woman2woman 2009 was a great success!" That's how woman2woman chair Susanne Hershey-Babec summed up the seventh annual event held at the YW in November. Over 200 women took part in the day's activities which celebrated and empowered women in our community.

The theme this year was "Caring – for ourselves, for each other and for the environment". Besides personal services such as massage, Reiki and naturopathic consultations, it focused on the economic

empowerment of women.

There was a mini market place with several of Lancaster's most creative and artistic women entrepreneurs selling hand crafted jewelry, home décor, pottery, clothing and paintings. And food was provided by female owned and operated businesses.

Some new items this year included live music in the marketplace while workshop selections were divided into four tracks – dance/movement, creativity, natural healing and greening.



YW resident and entrepreneur Pat Schron (left) delightedly sells one of her hand-crafted jewelry bags to YW Board President Colleen Milligan.

## Urban Darling Fashion Show benefits YW sexual assault counseling services for children

Urban Darling, a wardrobe consulting firm, will hold a launch party and fashion show at the Lancaster Marriott on February 25, donating the evening's proceeds to our sexual assault counseling services for children.

Tanya Carter-Collier, who's organizing the show, says, "Urban Darling improves the confidence of its clients through innovative wardrobe advice about styling, personal shopping and our signature closet audit called Purge, Merge and Splurge." Two YWCA residents will be given a fashion makeover during the event. Call 717-669-4996, e-mail [tcollier@urbandarling.com](mailto:tcollier@urbandarling.com) or visit [www.urbandarling.com](http://www.urbandarling.com) for further details of the launch party and fashion show.

300 child survivors of sexual assault and abuse, and their loved ones receive free counseling and support at the YW each year. Counseling Services Director Debra Francis Werner says, "I'm very grateful to Urban Darling for supporting our work helping families through their emotionally-traumatic, healing and recovery."

The fashion show is being sponsored by Mercedes Benz of Lancaster, The Art Institute of York-PA, Ladies Who Launch-Harrisburg, and Fine Living Lancaster.

## Closure of the pool and Health and Fitness classes



Photo courtesy Intelligencer Journal/  
Lancaster New Era, Lancaster, PA

*Executive Director Maureen Powers sits beside the YW's empty pool which will be permanently closed.*

### Executive Director Maureen Powers sent the following letter to YWCA members last November:

It is my sad task to have to report that the YWCA of Lancaster Board of Directors voted at its November 12, 2009 meeting to discontinue offering health and fitness classes after the winter term finishes in February 2010. We will also not be reopening our pool, which has been closed for the past two years pending repairs to damage caused by leaking underground storm water pipes.

This was not an easy decision to make. However, there are some harsh financial realities that cannot be ignored. Over the past two years, the United Way of Lancaster County annual allocation to our health and fitness program has been cut to zero. Without its support the program began to run an annual deficit in excess of \$50,000. It is unlikely this could be turned around. There are too many alternative, modern and better equipped fitness centers in the area with the added attraction of easier accessibility to parking.

As for our 90-year-old pool, we have learned after extensive inspections by specialist engineers and architects that it would cost an unacceptable amount to complete the necessary repairs and bring it up to code. Even if it were rehabilitated, we would then have to charge so much for its use that it would be unaffordable for the people we serve.

The YW Board has to look at the good of the entire Association and feels this is not the best use of our charitable dollars. These are already stretched for providing services more closely related to our Mission of empowering women and eliminating racism.

The health and fitness program is not disappearing altogether. Our nationally recognized senior exercise program will still be available through our collaboration with the Office of Aging. We will also continue to maintain our personal physical fitness center at 110 N. Lime Street for workouts with weights and other equipment. And former YW instructors will be able to rent space and continue giving their own group classes in our gym.

Even so, it is with a heavy heart that I am relaying this news. In many ways it's the end of an era. We have a group of loyal members who have regularly used our swimming and exercise facilities. They will be greatly saddened, as I am, to hear they must now look elsewhere.

As for the pool closure, it is truly an emotional event. Generations of county residents have learned to swim at our indoor pool, which was the largest in the state when it opened 90 years ago. But circumstances change, and hard though it is, we have to adapt ourselves to change with them as we continue to further the YWCA Mission with our core services.

## Join the YW Public Policy Action Alert Network

Social action and advocacy are cornerstones of YWCAs across the US as we strive to eliminate racism and improve social and economic conditions for girls, women and their families.

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@ywcalancaster.org](mailto:advocacy@ywcalancaster.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.

## Please remember us in your will

Legacies are very important to the YWCA. The knowledge of your bequest gives us the opportunity to thank you for your generosity and helps us plan and invest in the future.

For details about making a YWCA bequest, please call John Jascoll, Director of Development, at 393-1735 x 227 or e-mail [jjascoll@ywcalancaster.org](mailto:jjascoll@ywcalancaster.org).

## Physical Fitness Center

Our regular health and fitness classes are being discontinued and we will not be reopening our pool. However,

- We will continue to maintain our personal physical fitness center at 110 N. Lime Street for workouts with weights and other equipment.
- Former YW instructors will be able to rent space and continue giving their own group classes in our gym. They should be contacted directly by anyone wishing to use their services:
  - Amy (children & adult ballet only) 390-1734
  - Cindy (adult program) 397-6296 or [cfinkbiner@hamiltonclub.org](mailto:cfinkbiner@hamiltonclub.org)
  - Ineida (adult program) 413-6056 or [exercisingisfun@gmail.com](mailto:exercisingisfun@gmail.com)
  - Mary Kay (Yoga only) 669-8511
- Our nationally recognized senior exercise program for ages 60 and up will still be available. Improve your strength, endurance and range of motion through gentle exercises using resistance bands and hand weights. Exercises can be done seated or standing. All classes listed below, except the final one, are sponsored by the Lancaster County Office of Aging and free of charge.

### Monday

Columbia Senior Center  
Columbia United Methodist Church  
510 Walnut St.  
Columbia, PA 17512  
Program Time: 9:30 am

Lancaster Recreation Center  
525 Fairview Ave.  
Lancaster, PA, 17603  
Program Time: 10 am

### Tuesday

Lancaster House North  
315 North Prince St.  
Lancaster, PA 17603  
Program Time: 10 am

Lancaster Neighborhood Senior Center  
CAP Building  
601 S. Queen St.  
Lancaster, PA 17603  
Program Time: 10:30 am

SACA Senior Center  
545 Pershing Ave.  
Lancaster, PA, 17602  
Program Time: 10 am

Solanco Senior Center  
184 S. Lime St.  
Quarryville, PA 17566  
Program Time: 9:15 am

### Wednesday

Elizabethtown Senior Center  
70 S. Poplar St.  
Elizabethtown, PA 17022  
Program Time: 10:15 am

Millersville Aquatics  
Pucillo Pool  
Millersville University  
1 South George St.  
Millersville PA, 17551  
Program Time: 1 pm

### Thursday

Lititz Senior Center  
Lititz United Methodist Church  
201 E. Market St.  
Lititz, PA 17543  
Program Time: 9:30 am

### Friday

Lancaster Generations Adult Day Care  
2423 New Holland Pike  
Lancaster, PA 17604  
Program Time: 10:40 am

Millersville Senior Center  
222 N. George St.  
Millersville, PA 17551  
Programme Time : 9 am

Cocalico Area Senior Center  
156 W Main St.  
Reinhold, PA 17569  
Program Time: 9 – 10 am

### Tuesday and Thursday

**Senior YWCA program**  
**110 N. Lime St.**  
**Lancaster, PA 17602**  
**Program Time: Tue and Thu 1 pm**  
**Not sponsored by the Office of Aging. Registration and class fees are required. Call 393-1735 ext. 239 for details.**

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### Physical Fitness Center, ages 16 years and over

We aim to provide variety and cross-training in our Physical Fitness Center to keep you motivated and in shape! Individual consultation is recommended to help you plan your personal strength training workout. Please call the Fitness Center at 393-1735 ext. 239 to set up a consultation with a qualified fitness professional.

Fees:

First Consultation	\$35	3-month pass	\$45
6-month pass	\$85	12-month pass	\$145

**Consultations by appointment only - call 393-1735 x239**

## 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 use of the Physical Fitness Center and/or the Senior Exercise Program class at 110 N. Duke 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 registration can be completed.

### Registrations must include class fees.

- 1. Mail-in:** Mail the completed registration form with payment to the YWCA, 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-Thursday (7am-8pm), Friday (7am-6pm) and Sunday (4pm-6pm).

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

### The YWCA at Lime Street opening hours

Mon-Thurs 6:15 am - 9:00 pm  
Friday 6:15 am - 7:00 pm  
Saturday Closed  
Sunday 3:00 pm - 7:00 pm

### The YWCA building will be closed

**Easter**

April 2-4

**and Memorial Day weekend**

May 22-24

## We're looking for "Profiles in Empowerment"

If you'd like to write a story about someone who's been empowered by a YWCA of Lancaster service, we'd love to hear from you.

E-mail your story to [jjascoll@ywcalancaster.org](mailto:jjascoll@ywcalancaster.org).

"Profile in Empowerment" stories that appear in *Our Voice* will earn a \$25 gift card to Park City.

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

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

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

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

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

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

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

### Member/Ally Fees

Fees for the Senior Exercise Program classes and/or the Physical Fitness Center are in addition to membership 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.

**Full Name**

**Birth date**

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

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

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

### 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** \$ \_\_\_\_\_

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

# our voice

Spring 2010 Newsletter for the YWCA of Lancaster



## our mission

The YWCA of Lancaster is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

## ywca programs:

adult services

childcare

empowerment center  
(youth services)

health & fitness

racial justice and  
public policy

residence

sexual assault  
prevention &  
counseling center

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

717-393-1735

A United Way Agency

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