

ywindow

spring 2012
greater harrisburg

eliminating racism
empowering women
ywca

event touts women's achievements

"Women's involvement in our community - and all communities - is critical."

Women's History Month recognitions began because so many of women's accomplishments went unrecognized, untaught in our schools. For too long, our country ignored or, just as likely, overlooked all the incredible achievements of women that have made our society a better place. The efforts of females such as Juliette Gordon Low, founder of the American Girl Scouts, which is marking its 100th anniversary this year, were not widely celebrated.

It was with this in mind that last week I discovered the amazing deeds of women right here in our community when I attended the YWCA Tribute to **Women of Excellence**. In a way, it is the midstate's own version of Women's History Month: a recognition of the many

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Legacy Award Honoree, Joy B. Dougherty

candidates mingle with YW residents

The YWCA hosted candidates vying for elected office in Dauphin County and statewide, at a reception on March 14th. Each candidate briefly addressed the audience and answered a question on the community's safety net, before meeting and mingling with audience members, including YWCA residents.

"This is a big election year with some hotly contested seats in key districts where the majority of our service recipients reside and work. We would not be fulfilling our mission if we did not engage those constituents in the process of electing the officials who will be their voice in the Senate, the House and Statewide." Said Tina L. Nixon, YWCA of Greater Harrisburg's Chief Executive Officer.

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mission

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

programs and services

Child Development Programs

Housing & Homelessness Services

Violence Intervention & Prevention

Sexual Assault & Domestic Violence Services

Legal & Visitation Services

Economic & Neighborhood Development Programs

1101 Market Street, Harrisburg, PA 17103
Phone 717.234.7931 Fax 717.234.1779
Kids on Campus 717.901.3637
Legal Center 717.724.0516
24-hour hotline 800.654.1211

www.ywcahbg.org

message from the CEO

Spring is the season of change, transformation and growth. This has also been the theme of my work over the past year on the YWCA USA Strong Foundation Fearless Future, Structure and Operations Committee tasked with helping to shape the future of the national organization. The work of the committee has been aimed at creating a strong and effective national movement for the elimination of racism and the empowerment of women and to create a unified front among all associations, to strengthen our power to advocate on behalf of those who have no voice. The hard work of the committee will be put to a concept vote at the upcoming YWCA National Conference in May in Washington DC.

The YWCA of Greater Harrisburg's Strategic Planning Committee is also working hard to determine the direction of the organization for the next three to five years and set ambitious goals, which we will achieve with the support and activism of all three of our boards: The Association Board; the Friends Board and the Junior Board. Of course our destiny continues to be shaped in large part by the community we serve. We have seen dramatic increases in services provided to survivors of child sexual abuse, and our employment readiness program is also growing in client numbers. We also continue to place a heavy emphasis on Prevention Education and the Club Ophelia Program. These two efforts are educating young people in the area of healthy relationships and anti-

bullying. The GirlTalk 2 youth summit to be held on May 4, will address issues impacting high school students in Harrisburg.

I am also very excited about the ongoing success of the VIP Program which is being recognized in May at the Pathfinders Conference with The Governor's Victim Service Pathfinder Award, presented to a program whose primary mission is to assist and/or empower victims of crime.





Lady G. Lockart,
Emerging
Leader Award
Honoree

accomplishments of women who are right here. In all, 30 women from all walks of life, all ages, of various races, were honored for making a difference in central Pennsylvania in ways small and large.

Their good works could fill a book. They are creating partnerships with farmers markets so low-income families with no access to produce get fresh vegetables and fruits on their tables; volunteering for the Make a Wish Foundation; starting summer camps for youths who suffer from seizures; and mentoring homeless children in Harrisburg.

As was obvious at the dinner, women's involvement in our community-and all communities - is critical. Overall, they tend to volunteer or take on projects at a higher rate than men do. According to the Corporation for National and Community Service surveys, it doesn't matter whether they work in or outside the home; a lot of women just feel a commitment to give back.

This is the 23rd year that the YWCA has held its awards ceremony, and it has had no shortage of women to honor, especially those who have been volunteering for a long time.

Case in point is Joy Dougherty, who this year received the group's Legacy Award. Dougherty, who started out in finance as a secretary and worked her way up to first vice president of Morgan Stanley Smith Barney, would make Juliette Gordon Low proud. Among her volunteer work, she has been committed to the Girl Scouts and created a stock market game to teach girls about money management. It has been duplicated by troops all over the country. Then there is Juanita Edrington-Grant. When she was incarcerated from 1986 to 1992, she earned a paralegal certificate and 51 credits toward an associate degree that helped her get her current job with the state.

In 2002 she started Christian Recovery Aftercare Ministry, which provides services and support for ex-offenders and their families.

Oralia Garcia Dominic, an assistant professor at Penn State University's Public Health Sciences Department, has dedicated her research to the disparities of colorectal cancer and co-morbid diabetes among Pennsylvania Latinos and adults living in rural Appalachia. She also studies diabetes and obesity in Pennsylvania adults.

And there was our own Susan L. Anthony, a news editor at The Patriot-News. Through much of her career with the newspaper, Anthony ran the Newspaper in Education program, which at its pinnacle received the World Association of Newspapers Young Reader Award. It was



Over 500 guests attended the Tribute to Women of Excellence.

kids learn about birds and plant the first seeds in their garden



The YWCA received funds from a local, family foundation to support the Children's Garden project. If you would like to sponsor a square foot garden, call 717.724.2241

The children have been very busy in the garden. At the January meeting a guest speaker, Susan Wilder of the Penn-Cumberland Garden Club talked about the wild birds in our backyard. The children made bird feeders from soda bottles and wooden spoons.

In February, the Bluebird Society of PA showed a film on the birth up to the first flight of 5 baby bluebirds. The children then made bluebird boxes that will be erected along the Greenbelt Trail near the YWCA.

In March, Seppi Garrett and his team completed the installation of eight new raised garden beds surrounded by split rail fencing and chicken wire by the pavilion. The children have shelves with grow lights in their classroom in the area designated just for their gardening projects. Local celebrity and newspaper garden columnist George Weigel came to the YWCA and the children started their seeds to be planted in their new garden plots.

Here we are in April and the children went on a wonderful adventure at the Wildwood Nature Center. They observed animal and bird wildlife and all sorts of plant life. Nutritionist Sarah Glunz taught us all about eating a rainbow of foods to stay healthy. The cold weather crops, herbs and onions have been planted in our square foot garden plots.

There is much more to do in the months ahead. We look forward to enjoying our home grown produce in the summer!



with a little help from **our Friends**

YWCA residents and their children from shelter, bridge and transitional housing programs had a lot of fun at this year's Valentine's party on February 8th. Each guest had their picture taken and enjoyed a delicious dinner, followed by Karaoke and dancing! Melissa Menke and Debbie Tramontin took care of every detail, making this a fun and fabulous event.

The Mother's Day Card campaign kicked off with a reception at The City House B&B in Harrisburg. "Field of Dreams II" by Hershey artist Joan Maguire is the featured art for this year's card and the framing was generously donated by Artworks. Partners in Women's Healthcare sponsor this event enabling every dollar raised to benefit the YWCA emergency shelter program. Cards are \$10 and provide one night of safe shelter for a mother and her child. The committee has been busy making sure the cards are available in several retail stores on the East and West shores. We aim to be able to provide over 1500 nights of shelter with the proceeds from this campaign.

junior board

The YWCA's Junior Board has many fresh faces in 2012 who have brought a new level of excitement and enthusiasm to our events this year.

Between the YWCA Housing Programs, a woman and her children can live at the YW for up to 24 months while they work towards self-sufficiency. Initially, children may have trouble adjusting to a new, unfamiliar environment. The Junior Board's Activity Nights try to give these children (and their mothers!) a fun diversion. We watched as the children warmed up to the volunteers during a recent game night and reading night, sharing adorable smiles and giggles with us. There is no doubt the kids enjoyed themselves; the better question is who had more fun: us or them? We also plan to host a cooking night as well as an arts-and-crafts night. Additional volunteers are welcome for these events, so if you would like to participate, send us an email.

The Junior Board is hard at work planning our 3rd Fall Fest, this year featuring Pennsylvania craft brews. As usual, the beer will be paired with yummy food and great entertainment. Look for an update from the YWCA later this spring with details.



On April 5, the Junior Board hosted our 3rd annual spring happy hour fundraiser. Molly Brannigan's hosted us for a fun evening of drinks and music. Celebrity bartenders Robert Tate, Danny Lansanah and Jon Ritchie, all former NFL players originally from central PA, poured drinks and generously donated their tips to the YW. Great raffle prizes supplemented the night's fun. This year brought out more guests and raised more funds than previous years, continuing evidence of the Junior Board's momentum and growth.

The Junior Board is currently accepting nominations for membership. If you or someone you know are interested in joining the Junior Board, or you would like more information, please contact Board President Lissa Richards at lissa.richards@gmail.com.

a day in the life of a crisis advocate

The YWCA has an advocate on call 24/7/365, waiting to respond whatever time of day or night the phone rings. The YWCA receives a call whenever a sexual assault or domestic violence victim arrives at the hospital. The advocate immediately heads to the hospital to accompany the victim through the S.A.F.E (Sexual Assault Forensic Exam). The SAFE is a critical part of the hospital visit, but is very invasive. Often beaten up, scared, and in shock, the advocate is there to provide comfort and support and reassurance.

The advocate will then share

all the options and resources available to the victim. The YWCA Legal Clinic provides free services to victims and will help with filing for a PFA (Protection From Abuse Order), custody and immigration cases. Whether the victim chooses to press charges, accept counseling, move to safe shelter or opts for rapid relocation, all decisions are made solely by the victim with the full support of the advocate.

As trained facilitators for individual and group counseling sessions, advocates hold weekly meetings which offer a chance for the victim and non-offending family members to release pent up fears, overcome guilt, and learn how to heal. These counseling sessions are a safe place for the victim to talk, and be in a judgment free zone.

Counseling and ongoing support

services are critical because sexual assault victims are 6 times more likely to suffer from Post-Traumatic Stress Disorder, 3 times more likely to suffer depression, 4 times more likely to consider taking their own life and are also prone to self-medicate with drugs and alcohol.

Support groups allow survivors of sexual violence to be connected with and find support among other survivors. They learn how to move forward to overcome the victimization they feel.

Advocates accompany clients to the Dauphin county courthouse every week, to support victims filing for PFAs and attend sexual assault hearings.

Testifying in court is traumatic so to prevent a client being revictimized,

the advocate reinforces the victim's decision to press charges, prepares them for the court hearing and assists them as they navigate through the process.

The YWCA also has an advocate who visits the Children's Resource Center (CRC), every day. The CRC investigates claims of abuse against children. We make sure families are aware of the resources and services offered by the YWCA and provide

support. Families are often in shock when they learn of the abuse their child has endured, and are angry, guilty and/or ashamed for not being able to stop it. Most children who come to CRC find it very difficult to talk about their traumatizing experience and the bond they develop with their advocate helps them overcome this obstacle.

Prevention education programs play a key role in raising the public's awareness of the issues. Visiting schools, churches and local businesses provides an opportunity for

the community to learn about the resources available to victims as well as the steps to take to decrease their chances of becoming a victim of sexual violence and to recognize when someone else is being hurt.

“Children do not lie to get into trouble, they lie to get out of trouble.”

“Dating and violence shouldn't be a couple” is the message that Mary Ann Havalchak, Prevention Education Program Manager tries to communicate. Another critical training is “Believe me when I tell”, which helps adults understand the reason why a child might recant or change their story. *“Children do not lie to get into trouble, they lie to get out of trouble”*. Havalchak continues: *“We have to be energetic and creative to get the community on board.”*

APRIL IS SEXUAL ASSAULT AWARENESS MONTH. FOR INFORMATION ON PROFESSIONAL OR VOLUNTEER TRAININGS, CALL 717.234.7931

women *continued*

only the second time that a U.S. newspaper ever received the industry's highest international honor.

It was also clear young women in our community are making a difference. Lady G. Lockhart, a research associate for the House Democrats Legislative Policy and Research Office, is an example of that. She has been motivating people, mentoring poor children and teaching basketball skills at the Camp Curtin YMCA. At 26, a Harrisburg High School alum and Bucknell University grad, she was awarded the YWCA's Emerging Leader Award and is definitely someone destined for a spot in our area's own women's history.

It is easy to feel that fitting anything else into our lives beyond the responsibilities in our own world - be it work or family or both - is next to impossible. That is when it's important to pay tribute to those women honored Wednesday night in Hershey and others who work tirelessly with no recognition, doing so much in our community. As Women's History Month wraps up, we salute them all.

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Velma Madden inspired the audience with her powerful story of courage and success.

The YWCA of Greater Harrisburg respects the privacy of our donors and safeguards the confidentiality of all information related to your gifts. If you would like your monetary contribution to be kept anonymous, please let us know. All monetary gifts are acknowledged with a letter that reflects the tax deductible portion of the donation. The official registration and financial information for YWCA of Greater Harrisburg can be obtained from the PA Department of State by calling toll free, within Pennsylvania 1-800-732-0999. Registration does not imply endorsement. Please consider making a general donation to the YWCA. Every dollar makes a difference! Questions? Please call Pamela at 724-2241.

candidates night *continued*

The YWCA is not only dedicated to empowering people to rebuild their lives through the range of support services that we provide, but also to empower them to be informed and join the conversation on the issues that directly impact their daily lives, by being actively engaged in the election process.

Tina continued: *"This is also an important opportunity for the candidates to meet community members who are directly affected by legislation and budget cuts passed in the State House and Senate. Women who see their childcare subsidy cut and can no longer afford daycare for their children are*

forced to quit their jobs: Working men and women are struggling to feed their families and pay their rent or the mortgage. These are some of the people who walk into the YWCA for advice and support services. These are the people who want to learn more about the candidates vying to represent them."

The YWCA will host another candidates night after the April 24th primary.

upcoming events

Race Against Racism • Saturday, April 28th

GirlTalk2 Youth Summit • Friday, May 4th

Power of Style Fashion Show • Thursday, October 11th

Mother's Day Cards and Blank Notecards are now available for \$10 at the following stores:

Blooms by Vickrey; Maggie Adams; Sofia's on Market; Marie's Cafe; Elle Salon; Salon McBeth; The Cornerstone Cafe; Mountz; One Good Woman; Mitrani; Higashi; Artworks.

visit www.ywcahbg.org for more information about upcoming events

YWCA of Greater Harrisburg
1101 Market Street
Harrisburg, PA 17103



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empowering women**
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The YWCA of Greater Harrisburg is a 501(c)3 organization, affiliated with the YWCA of the USA and is a United Way Agency. The YWCA is certified under the Pennsylvania Association of Non-Profit Agencies' Standards of Excellence.