



eliminating racism empowering women ywca

YWCA of York News · Fall 2008 · www.ywcaofyork.org

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YWCA of York Awarded \$300,000 Kresge Foundation Grant

The YWCA of York has been awarded a \$300,000 challenge grant from the Kresge Foundation to support its capital campaign. The YWCA publicly kicked off its **Women and Children First** campaign in November 2007 announcing its \$6 million dollar goal to completely redesign its East Market Street facility to better meet community needs.

The Kresge Foundation is a private foundation that supports communities by building the capacity of nonprofit organizations in six fields: health, the environment, arts and culture, education, human services, and community development. Sebastian S. Kresge established the foundation; it is not associated with any corporation or organization. The foundation's primary grant making tool is its Challenge Grant Program. It is designed to assist nonprofit organizations as they work to strengthen leadership and financial support through challenge grants for capital projects. The challenge grant supports the YWCA's renovation project.

The Kresge Challenge Grant challenges the YWCA and the community to raise an additional \$300,000 so we can meet our \$6 million campaign goal. The grant is conditional on raising the remainder of the funds needed to meet our goal.

Campaign leadership is thrilled to be approved for the grant, especially since it may encourage some to give even if they weren't planning on it, and it may encourage others to give more than they originally intended. "It is exciting to let potential supporters know that in addition to the "face-value" of their gift, they also are helping us raise an additional \$300,000," say Jody Appell and Coni Wolf, Campaign Co-Chairs. The YWCA asks the community to support its efforts to renovate our flagship building so we can continue serving the York community well into the future.

For more information about the campaign, how to give, or how to increase your already committed pledge, visit the YWCA of York's website (www.ywcaofyork.org) or call 845-2631.

YWCA of USA | Mission Statement

The Young Women's Christian Association of the United States of America is a women's membership movement nourished by its roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the Association draws together members who strive for creative opportunities for growth, leadership and power in order to attain a common vision: peace, justice, freedom, and dignity for all people.

Local Purpose Statement

The purpose of the YWCA of York is to work proactively and collaboratively to provide programs that promote racial justice, empower women, eliminate domestic violence, and strengthen our community.

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Volunteer Spotlight : Romana Li

Romana Li loves to give back to the community. As President-Elect of the YWCA Board of Directors, she gives of her time and talents to help carry out the important mission of empowering women and eliminating racism.

Married to Bruce Bartels and mother of two daughters who both live in San Francisco, Romana is a busy wife, mother and community volunteer. Aside from her time spent volunteering at the YWCA of York, Romana's other board appointments include the United Way of York County and New Futures in Washington, D.C.

When she's not volunteering, she's busy traveling, which has always been a part of her busy lifestyle. Born in Rome, Romana and her family moved to Hong Kong when she was three years old. She then attended high school in Tokyo, and moved to the United States to attend college when she was 18. She has spent time in Brazil visiting family, and met her husband while hiking in Machu Picchu.

Of all the places she has traveled, she feels a real connection to the people in York County. She describes them as kind and friendly and willing to invest in their community. Of the people she has met, she says that most of them were born and raised in this community and she appreciates the pride that they show towards their hometown.

Romana's history with the YWCA of York began in December 2002 when she was hired to work in the Development Department. After travel demands kept her from attending several staff meetings, she decided that it was time to serve the YWCA in a different capacity. Not wanting to lose Romana's talent and skills, YWCA Executive Director Deb Stock offered Romana a seat on the Board of Directors. Romana eagerly accepted.

Romana's passion for her work at the YWCA is obvious as she states, "The YWCA does fabulous work in the community. They not only make change happen, they initiate the change." She believes that the YWCA has a very cutting-edge vision and will continue to grow and become a more prominent presence in the York community in years to come.



Super Science Explorer's Camp Visits Nixon Park

On June 26, the Super Science Explorer's Camp went on a field trip to the Richard M. Nixon County Park. The students enjoyed hiking through the park and touring the environmental education center, home of a working bee hive, live snakes, and a bird observation window. It was reptile week at the park and the children had the opportunity to touch a boa and corn snake. To end the day, the campers enjoyed a picnic lunch. Children in the Super Science Explorer's Camp spend 11 weeks exploring science in this fun camp alternative.



▲ Students look at butterfly samples with their teacher at Nixon Park.

Community Renaissance Project Enters its 5th Phase



It seems like yesterday that the YWCA called together a small group of residents from the neighborhood near the Market Street building to discuss how to improve neighborhood conditions. That was seven years ago, before the YWCA launched the Community Renaissance Project. The revitalization initiative, now referred to as the Elm Street Project, has attracted over \$6 million in resources for better housing, new streetscapes, community gardens and the new Renaissance Park.

Recognizing that a true renaissance takes time, the City of York, the Commonwealth's Department of Community and Economic Development, the Wachovia Regional Foundation, corporate partners including Glatfelter Insurance Agency, PeoplesBank, and the Wolf Organization committed five years of resources to the project. The Junior League of York, Citizens Bank Foundation, Sovereign Bank Foundation, the Women's Giving Circle and the York County Community Foundation have all contributed to the project.

What is truly inspiring is that the people who live in Olde Towne East, whether it's been for 40 years or for 4 years, are excited and committed to creating the sense of community that everyone wants in a neighborhood. The neighborhood association is actively organizing community-building events, neighborhood patrols and youth programs. Residents helped develop a logo for Olde Towne East and efforts are underway to make it the neighborhood of choice in York City. While there still are challenges, the ingredients are present for long-lasting community vitality.

All Early Learning Center, Pre K Counts, Camp and School Age Learning Center Families,

Join us on **Saturday, September 6, 2008** from **4pm to 8pm** at **Camp Cann-Edi-On** for a celebration of our Learning Community.

Activities, karaoke, food, swimming and arts and crafts, something for everyone!

For more information and if transportation is needed, call Ruby Martin at 717-434-1752 or email rmartin@ywcaofyork.org.



New South Queen Street Early Learning Center to Open in September

Students enrolled in Early Childhood Education at the York County School of Technology will soon have a new training environment in which to learn how to provide early learning experiences to children ages 6 weeks — 5 years old. In September 2008, the YWCA of York will operate a newly designed and renovated child care program on the York County School of Technology's campus.

"This is an extraordinary opportunity for the YWCA," says Ruby Martin, Director of Programs and Services at the YWCA. "Not only will we be collaborating with another member of the educational community in a very real way, but we will have a key role in molding the next generation of early childhood professionals."

Early Learning Center hours will be from 6:00 a.m.—5:30 p.m. Monday—Friday. There is a \$50 enrollment fee. Please call Ruby Martin for rates or to enroll at 845-2631 ext. 119.

CONGRATULATIONS to all 202 women athletes of the **4th Annual Y-Tri Ladies' Sprint Triathlon** held on June 29, 2008! Women and girls between the ages of 14 and 75 years old showed their strength and endurance, both physically and mentally, during a 500-yard swim, a 15-mile bike and a 5K run.

First Place Overall — Michele Trdina 1:20:52
First Place Masters — Susan Dallam 1:24:20

THANK YOU to our 4th Annual Y-Tri Host, Sponsor and Supporters.

Host, York College of Pennsylvania, Grumbacher Sport and Fitness Center

Sponsors, York Newspaper Company, Bailey Coach, Bon-Ton Stores Foundation, Memorial Hospital

Supporters, Mr. and Mrs. Louis J. Appell, Jr., Mary Anne Bacas, Big Apple Bagels, Center for Cosmetic Dermatology, Chartwells Dining Services, Collage Specialty Shop, Inc., Cycle Works, Linda Davidson, Ed's Ski and Cycle Stop, Face-To-Face Aesthetic Center, Dave Gotwald, George & Martha Hodges Foundation, Hong Kong Cleaners, Kinsley Construction, Lebo Skin Care Center, The Lehman & Carey Chiropractic Center, Local Fire Police & EMT's, Massage Therapy by Betsy, Joan & Tim Norris, Nuts about Granola, LLC, Olbas Herbal Remedies, Perform Group, LLC, Robert & Donna Pullo, W. Scott & Brenda Rhinehart, John Schmidt Foundation, Snyder's of Hanover, Suburban Bowlerama, Transportation Resource Group, Inc., Tri-Hill Family Dentistry, Tri-Speed, Connie Wolf, Cornelia & William Wolf, Frances & Tom Wolf, York Road Runners, Jenny Zimmerman

A special thank you to our volunteers who helped make this event a huge success!



Thank You 2008 Camp Cann-Edi-On Donors!

Sandy & Pete Andrews
Barbara Appell
Josephine & Louis J. Appell, Jr.
Mary Ann & Charles Bacas
Kathryn & Lester W. Bentz, Jr.
Meg & Peter Brubaker
C.S. Davidson, Inc.
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In York County
Linda & David Davidson
Bon-Ton Foundation
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Barbara S. Farerra
Ginger & John Finlayson
Ingrid & Donald Graham

Harrisburg Kiwanis
Youth Foundation
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Virginia & Henry W. Thornton
Barbara Wilhelm
Margaret & Ray Wilson
Phyllis Wolf
Constance Wolf
Cornelia & William Wolf
York Traditions Bank
Connie & Carl Young
Meg Zarfos

early learning programs

YWCA Learning Programs are licensed through the PA Department of Public Welfare. We accept funding through the subsidized Child Care Program managed by Child Care Consultants and the PA Department of Public Welfare. Scholarships are available; income eligibility required. Weekly Child Care Rates vary by location. Please call 845-2631 for more information.

FREE MEMBERSHIP — ENROLLMENT \$50

learning center locations:

320 East Market Street

NAEYC Accredited

4 Star Keystone Stars

Ages 6 weeks—6 years

6:30 a.m.—5:30 p.m.

Nick Wetzler, Coordinator ▪ 434-1759

Pre-K Counts

State Funded Quality Preschool experience

Ages 3 years—5 years

9 a.m.—12 p.m. and 9 a.m.—3 p.m.

Angie Sparks, Coordinator ▪ 845-2631, ext. 135

4304 N. George St., Extd., Manchester

4 Star Keystone Stars

Ages 2– 6 years

6:30 am—6:00 pm

Debbie Riek, Director ▪ 266-1073

South Queen Street, York County School of Technology

Start with Stars, Keystone Stars

Ages 6 weeks — 6 years

6:30 a.m.—5:30 p.m.

Shawnee Hooper, Director ▪ 747-9254

Now Open!!

800 East King Street, United Way Building

NAEYC Accredited

4 Star Keystone Stars

Ages 6 weeks — 6 years

6:30 a.m.—5:30 p.m.

Pam Didusch, Director ▪ 848-8901

school age learning centers

Kindergarten—Grade 5

6:30 am—6:00 pm

York City — Barry Muser, 845-2631 ext. 155

Northeastern — Lisa Young, 266-1073

- Nutritious meals and snacks
- Transportation provided to and from schools to the YWCA
- Childcare provided on scheduled days off

York City School District:

4 Star Keystone Stars

Davis Elementary

Devers Elementary

Goode Elementary

Northeastern School District:

4 Star Keystone Stars

Orendorf Elementary

Visit us to learn more about our child-led curriculum environment.

Aquatics

September 2 - December 20, 2008

Term Prices: \$96 regular classes

\$128 semi-private — (Semi-Private lessons are available on a limited basis, with no more than 4 students per class)

Classes must be paid for at time of registration.

Level 1 (Must be 4 years old)

Mon. 1:30 pm
Tue. 10:30 am & 7 pm
Wed. 11 am & 6 pm
Thur. 10:30 am & 1 pm
Fri. 5:30 pm
Sat. 10 am & 12 noon

Level 2

Mon. 2 pm
Tue. 10:30 am & 5:30 pm
Wed. 10:30 am & 6 pm
Thur. 1:30 pm
Fri. 5:30 pm
Sat. 10:30 am

Level 2 1/2

Wed. 1 pm & 6:30 pm
Thur. 11 am
Fri. 6 pm
Sat. 9:30 am

Level 3

Mon. 1 pm
Tue. 10 am & 6:30 pm
Wed. 10 am & 5:30 pm
Thur. 1 pm
Fri. 6 pm
Sat. 10 am

Level 4

Tue. 9:30 am & 6:00 pm
Thur. 1:30 pm
Fri. 7 pm
Sat. 10:30 am

Level 5

Thur. 2 pm
Fri. 6:30 pm
Sat. 11:00 am

Level 6

Fri. 7 pm
Sat. 11:30 am

Parent & Tot

Tue. 6:30 pm
Wed. 10:30 am

Family Swim

Fri. 7:30—8:30 pm
Sat. 12:30 —1:30 pm
\$1.00 members \$2.00 guest

Aqua Aerobic

For those who want a challenging workout! Exercise in waist to chest deep water with power walking and toning.
Tue. & Thur. 8:30—9:30 am
Tue. & Thur. 7:45—8:30 pm

Aqua Gym

Mild water resistance exercise, gentle endurance builder.
M, W, F 9:00—10:00 am

Deep Water Exercise

Great for whole body workout. Using a floatation belt, the class will exercise in deep water. No stress to your joints. Must be comfortable in deep water.
Mon. 11:00 am—12:00 pm
T & Th. 7:00—7:45 pm
Thur. 10:30—11:30 am

Wet & Wild

A combination of strength training, cardiovascular fitness, stretch and tone.
Mon. 10:00—11:00 am
Thur. 9:30—10:30 am

Lap Swimming (adults only)

M, W & F 6 - 9 am
T & Th. 6 - 8:30 am
M—F 12 - 1 pm
M, W & F 8:30—9:30 pm
\$2.50 members only

Synchro Class

Wed. 5:30 - 6:30 pm

Adult Swim Classes

Wed. 1:30 pm & 8 pm

YWCA Competitive Swimming Teams

Blue Dolphins

Be part of an exciting and challenging team sport that combines the development of the four competitive swim strokes along with starts and turns. Experience the enthusiasm of team spirit. Everyone swims at every meet.
6 month team fee: \$200
M, W, F 3:30—4:30 or 4:30—5:30

York Synchro-ettes

Synchronized swimming combines ballet and gymnastic moves. The girls perform above and below the water. Girls interested in the team should sign up for the synchro class.
Wed. 3 - 4:30 pm
Team members only.

Call Kathy Warner
for swimming team rates.
845-2631, ext. 114.

The York YWCA Synchro-ettes Present Peter Pan



Sat. & Sun., October 4 & 5
YWCA of York Pool
Call Kathy Warner at
845-2631 ext. 114 for tickets.

Adult Fitness Programs

ywca fitness fees — Purchase of an annual YWCA membership required.

Fitness Ticket — YWORKS Fitness Center, unlimited fitness classes and lap swimming. \$99 now, then \$29.00 per month (EFT only). For one year only.

Monthly Special — \$310 for 12 months/\$110 for 3 months. Unlimited fitness & aquatics classes.

Ten Punch Card — Fitness class & Aquatic class card (yellow). For Fitness/Aquatic Classes only. Not for use in weight or cardio room. \$50

Twenty Punch Card — Noon time (1/2 hour) fitness class card (green). Not for use in weight or cardio room. \$50

Non-Member Drop-In — YWORKS Fitness Center, fitness classes and lap swimming. \$10

No Refunds will be given on fitness tickets or punch cards

adult fitness classes

Abs Plus—30 minutes of powerful exercises for the mid section.

Mondays 12:15—12:45 pm
Wednesdays 12:25 — 12:45 pm

Cardio —One hour of cardio variety combined with exercises for overall muscle conditioning.

Tuesdays 5:30—6:30 pm
Thursdays 5:30—6:30 pm

Indoor Group Cycling—Experience an array of hills, drills & intervals to strengthen, burn calories, & improve endurance.

Tuesdays 4:45—5:30 pm
Thursdays 4:45—5:30 pm
Fridays 12:15—12:45 pm

On the Ball—Improve flexibility, strength, coordination and balance while sculpting the body utilizing the stability ball.

Tuesdays 10—11 am
Thursdays 10—11 am

Pilates — Matwork for all levels. Increase strength and stabilization of the core muscles.

Tues. & Thurs. 12:15—12:45 pm
Tues. & Thurs. 5:45—6:45 pm
Fridays 10—11 am

Boot Camp — A total body conditioning circuit class that combines high-energy cardio, strength training and flexibility.

Monday 5:30—6:30 pm

Yoga — A series of poses carefully designed to balance body and quiet the mind.

Mondays 5:30—6:30 pm
Wednesdays 10:30—11:30 am
Wednesdays 5:30—6:30 pm

Zumba — Latin inspired dance class incorporates salsa, samba, mambo and rumba for a cardio based workout that is fun and easy.

Saturdays 10:15—11:15 am
Wednesdays 5:45—6:45 pm

senior fitness classes

Light & Lively — Low impact dance aerobic designed for the active mature adult.

Mondays 10:30—11:30 am
Wednesdays 10:30—11:30 am

Young at Heart — Light aerobic movements combined with exercises for strength.

Mondays 9:15—10:15 am
Wednesdays 9:15—10:15 am

Adult Fitness Programs & Membership Information

Teen Time for Girls

Individualized fitness programs in YWORKS for girls ages 13—18.

Cost: \$11 per month.

Lunchtime Express

1/2 hour fitness classes Monday through Friday

Time: 12:15—12:45 pm

Fee: \$50 for 20 classes

(Annual YWCA Membership and Access Card Required)

YWCA Pilates Studio

- Reformer, Tower and Chair
- One-on-One Training

Instructor — Tara Neff, Personal Trainer, NETA Certified, 300 apprentice hours on equipment through Physical Mind Institute



Personal Fitness Training

Available in the following areas:

- Individual one-on-one training
- One-on-one pilates (mat and/or Reformer)
- Partner training (Train with a friend)

COMING THIS FALL...

Child care will be available for any member utilizing the fitness center. For more information, contact YWCA Program Director, Ruby Martin at 434-1752.

Parking for YWCA Members

The parking lot between the YWCA and Asbury Church is available to members on weeknights beginning at 5pm and during YWCA Saturday business hours.

Daytime parking throughout the week is available in the YWCA/Asbury parking lot located behind the building at the far end of Reinecke Place.

SPECIALTY!!!

Belly Jamming — Fun, Funky, Middle Eastern Routines

Attire: Wear comfortable clothes, hip scarf, dance shoes or barefoot

Mondays 6 — 7 pm (6 weeks)
*Classes start Monday, September 8th

Fee: Fitness Members — \$15
Non-Fitness Members — \$20

Instructor: Carolyn Miller

Minimum: 8 people required. Sign up today!

Fitness Center Hours

Mon.—Thur.	5:30 am—8:00 pm
Friday	5:30 am — 7:00 pm
Saturday	8:00 am—12:00 pm
Sunday	CLOSED

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Call Tara Neff, Fitness Director, NETA Certified,
for more information and rates on adult fitness programs.
845-2631, ext. 131.

ywca membership information

A Basic Membership is required for ALL YWCA services. This annual non-refundable fee helps to support the mission of the YWCA.

Adults
\$30/year

Seniors (62 yrs. +)
\$25/year

Children (under 12)
\$20/year

October is Domestic Violence Awareness Month

Domestic violence should not happen to anyone – EVER. But it does – and when it occurs, there is help in our community. Maybe you have lived with abuse, maybe it happened just that once. Maybe you have a family member or neighbor who is affected – or work with someone who is being abused right now. Whoever you are, there is support and information available through ACCESS-York, a program of the YWCA of York. In order to help our community, each October ACCESS-York, as well as domestic violence organizations nationwide sponsor Domestic Violence Awareness Month (DVAM). The intent is to connect individuals in the community to work together toward ending the violence. It is a time when victims' advocates and their partners across the nation focus public awareness on the issue of domestic violence. National activities that are planned that month are varied and diverse, but have common themes: commemorating the lives of victims of domestic violence, celebrating those who have survived, and raising public consciousness about violence in the home.

ACCESS's theme for October 2008 is once again, "Ending Domestic Violence Begins With Me". ACCESS-York has developed a pledge to challenge individuals to become aware of the issues related to domestic violence. Taking the pledge is the first step. In taking the pledge, we are asking men, women and our youth to become aware of their role in ending the violence. Our ability to end domestic violence is directly related to our willingness, as individuals and communities, to unite our voices and our efforts.

The DVAM kick-off event for this year is taking place on Thursday, September 25, 2008 from 11am to 2pm, outside at One Marketway West, located on the northwest corner of the downtown square. The program will include the Temple Guard Drill Team, Mayor Brenner's proclamation and various displays. Silhouettes will be available for those individuals who have reserved them. Purple bows will be on display for the entire month of October.

As part of Domestic Violence Awareness Month's observance, ACCESS-York will participate in a national initiative, by way of the Silhouette Campaign. ACCESS will display life-size silhouettes, made by art students from York College, throughout York County to honor the memory of those who have lost their lives to domestic violence in Pennsylvania. Some silhouettes will provide national domestic violence statistics. Look for the silhouettes at area businesses, organizations and events.

Purple ribbons will also be available to those wishing to draw public attention to the reality of violence in the home, and to the work that is being done to eliminate violence in our society. Put them on your car or pin them to your jacket to help spread the word that domestic violence is unacceptable.

For more information about Domestic Violence Awareness Month events, purple ribbon or to reserve a silhouette, please contact ACCESS-York at 845-2631.

Please proudly display this purple ribbon on your car or clothing during the month of October and show that you support the efforts to end domestic violence.

Purple Passion Gala

ACCESS-York's Purple Passion Gala was held Saturday, June 7, 2008 at Oxford Hill Manor, the home of Michael and Jane Rice. The event raised nearly \$65,000 to help victims of domestic violence in York County. Michael and Jane Rice have graciously hosted this event for three years as part of their ongoing dedication to ACCESS-York.

We would like to extend our sincerest thanks to the Rice's, the staff at Oxford Hill Manor, our generous sponsors, live auction donors, and the event committee.

Royal Sponsor

Rick Smith, in special memory of Bob Yost

Aubergine Sponsor

Mr. and Mrs. Louis J. Appell, Jr.
The Wolf Organization

Lilac Sponsor

Tighe and Kathy King

ACCESS-York Wish List

Donations of items from our wish list will be used to support the families we serve through our Emergency Shelter, Bridge Housing Program, Still Waters (transitional shelter in Hanover), and Children's Program.

The current priority items on our wish list are:

- New sports bras (all sizes)
- New women's underwear (all sizes)
- Children's pajamas
- New men's underwear (boxers: all sizes)
- New men's t-shirts (all sizes)
- Ethnic hair care products
- Deodorant
- Feminine Care Products
- Baby Wipes
- Umbrellas
- Diapers (size 4,5,6)
- Hair ties
- Gifts for teenagers
- Baking pans/cookie sheets
- Tub mats
- Cleaning supplies
- Mops, buckets, brooms, dust pans
- Non-skid kitchen, bathroom & throw rugs
- Pots and pans sets
- Can openers
- Alarm clock
- New bed pillows
- Used cell phones
- Hair brushes
- Slippers (women's and children's)
- Gift Cards
- Rabbit Transit bus passes

Service Statistics

July 2007 through June 2008

	<u>York</u>	<u>Still Waters</u>
New Adults & Children Sheltered	449	20
New Adult Victims Served	1,197	124
Continuing Adult Victims Served	730	117
New Children Served	212	15
Continuing Children Served	439	84
Number of Shelter Nights	7,816	3,742
Number of Counseling Hours	17,268	5,317
Number of Adults & Children in Bridge Housing Program	68	
Number of Trainings & Programs to Community Groups & Schools	247	
Number of People Reached	6,793	
Volunteer Hours Logged	7,822	



Program Highlights: Still Waters in Hanover



STILL WATERS

Still Waters transitional housing program in Hanover is having a significant positive impact on the lives of women. Currently there are five women staying in the house with their children and all are excelling.

One woman in particular has made us proud. She was an 18 year old malnourished, pregnant teen referred by a local health clinic, who reported being abused by her parents. The teen went to ACCESS-York's shelter when it was no longer safe to be home. While there, she was connected with community health and human services, including the York County Assistance Office, Mother Child Clinic, Family Child Resources, and WIC. She applied for housing through our Transitional Housing program and was accepted. The Medical Transportation Program was of great assistance in getting her to her pre and post natal appointments. With good pre-natal care, she gave birth to a healthy baby. Through the generosity of Sweet Charities, Sertoma for Still Waters, and the Rotary Club of Hanover, she and her infant received everything they needed for a healthy start in life. Determined to finish high school, she enrolled after obtaining full time child care for her child. The challenge of caring for an infant and braving harsh weather to get to school each day paid off. She recently graduated from high school with honors. The Sertoma Club for Still Waters of Hanover provided a graduation dress and shoes, and the event was attended by staff and her transitional housing peers. A joyous celebration followed the event!

Our young mom is now working and preparing to attend college. She obtained her driver's permit and is looking forward to getting her license. Every step she takes furthers her self esteem and independence. Her life is now free from domestic violence. This young woman and her child are thriving in a healthy and nurturing environment. We are inspired by all her hard work and accomplishments!

Holiday Giving

As the holidays approach, ACCESS-York invites you to join us in helping to make the holiday season brighter for the families we serve. There are several ways you can help:

Adopt-A-Family

Through this program ACCESS will match you with a specific family and provide the information you will need to purchase gifts for your "adopted" family. You will receive a copy of a client questionnaire listing children's ages, as well as suggestions for items the individual family members need or want. Many organizations choose to participate in Adopt-A-Family in lieu of exchanging gifts with their co-workers.

General Gifts for Families

For those families not adopted, we need to have general gift items on hand so that everyone receiving our services can enjoy the holidays. These items can include toys, clothing, jewelry, and even household items. Of course, gift cards to local grocery stores, discount stores, and shoe stores are always good gifts.

Wrapping Paper and Supplies

The finishing touches of wrapping paper, ribbon, gift tags, tape, and gift bags are needed to help make the gift giving complete.

Your holiday donations are sincerely appreciated. Your support sends a strong message to the families fleeing domestic violence that they have not been forgotten and that the community cares what happens to them. Thank you for your continued support.

For more information and to participate in ACCESS-York's holiday season of giving, please call 845-2631.

eliminating racism
empowering women
ywca



Non-profit Org.
U.S. Postage
PAID
York, PA
Permit #639

320 East Market Street
York, PA 17403
717-845-2631
info@ywcaofyork.org

Fall Term: September 2, 2008 - December 20, 2008

Registration Begins: August 11, 2008

Please register early to assure a spot in your class!

SAVE THESE DATES:

September 6 — Learning Community Celebration

October 4 & 5 — York Synchro-ettes Annual Water Show

October 26 — 59th Annual York Halloween Parade

November 18, 19, 20 — Fall Dine-Out Event

Fall Dine-Out Event

Our friends at the School of Culinary Arts will host a fall Dine-Out series to benefit **ACCESS-York**. Please join us for an incredible culinary experience presented by the new Executive Chef and students at the School of Culinary Arts. Guests may choose to bring their own wine or beer to enjoy with dinner.

November 18, 19, 20, 2008
Seating is at 6:30 p.m.

School of Culinary Arts
1063 North George Street

\$35 per person
(includes everything but gratuity)

*Seats are still available for all
three nights, but hurry!*

This event often sells out and reservations are required, so guests are encouraged to reserve their seats early. Please call 845-2631 for menu or reservation information.

YWCA of York presents

59th Annual!
York Halloween Parade



October 26, 2008, 2 p.m.

For more information, sponsor sign-up, volunteer positions, or entry applications go to www.ywcaofyork.org or call Bernadette Green at 845-2631 ext. 128.

Parade entry deadline September 29, 2008.