



eliminating racism empowering women ywca

YWCA of York News • Winter 2009 • www.ywcaofyork.org

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Victim Assistance Center Merged with YWCA of York

The YWCA of York is pleased to announce that a merger with the Victim Assistance Center (VAC) occurred on January 1, 2009. The merger is viewed by both organizations as an opportunity to strengthen the response to victims of sexual assault and other violent crimes across York County.

According to Keith Wentz, VAC Board President, "This merger makes perfect sense. Both organizations have been serving the community for a long time. Both are rooted in empowering women and children. Both are focused on improving lives and serving as a catalyst for positive change. By joining forces, we are able to combine our success and strengthen our capacity for meeting the needs of crime victims.

The VAC serves victims of sexual violence and other violent crimes across York County. The organization provides a 24-hour hotline, individual and group counseling, art therapy, legal advocacy, crime prevention programs, a Homicide Advocate Rapid Response Team, systems advocacy, and information and referrals. The VAC presents educational programs to community organizations and businesses, providing children and adults with safety tips that may help to prevent them from becoming crime victims.

Since its early beginning in 1891, the YWCA of York has been a place of hope, healing and renewal by empowering women and children and helping them achieve their full potential. In 2008, the community saw the merging of the YWCA and ACCESS-York in a strategic effort to better respond to domestic violence victims and their children across York County.

Romana Li, YWCA Board President states, "As a result of our merger with ACCESS-York, we're stronger. We're better. We're more efficient." Li indicates that when the leadership teams from the YWCA and the VAC initially met to discuss a merger months ago, an immediate synergy existed. According to Li, "An outside facilitator was engaged and an extensive due diligence process was conducted to ensure that a merger was in the best interests of both organizations in serving the community."

The YWCA has a long history of providing community-based solutions—and programming that addresses inequality and tackles violence. "Our commitment is to create a nurturing, violence-free community for all," said Deb Stock, YWCA CEO. "This merger allows for better coordination of services, increased capacity to deliver services and a reduction in overhead costs."

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 to create 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, sexual assault, and other forms of violence, and strengthen our community.

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Anonymous Donor Saves the Day: *YWCA receives generous donation to keep pool afloat*

In this season of giving, an anonymous donor has given the YWCA a gift that will make it possible for the YWCA to repair its pool and continue operating it for the benefit of its members and the York community.

"We were stunned and overwhelmed by this extremely generous donation," said Deb Stock, YWCA CEO. "This gift has given us the financial support to move forward with our original plans to renovate the pool and make improvements that upgrade the mechanical system in order to maintain a safe and healthy pool environment."

The gift came after a recent announcement by YWCA officials that the pool would close due to a major mechanical failure and lack of available funds to make the repairs needed to maintain on-site pool operations. The donor wishes to remain anonymous, and does not wish to disclose the amount of the contribution, Stock said.

The pool is scheduled to re-open in the summer of 2009. Until that time, the YWCA will continue working in cooperation with other facilities, including the YMCA, to provide alternative locations for its aquatics opportunities for community members of all ages.

"The anonymous donor has started a wonderful initiative to save the YWCA pool," said Romana Li, YWCA Board President. "Going forward, we are hopeful our passionate group of pool supporters will join the effort to provide for the long-term sustainability for the YWCA Aquatics Program."

Anyone wishing to support the Capital Campaign or work to establish a pool endowment can contact the YWCA at (717) 845-2631 or send an email to jbaily@ywcaofyork.org.

YWCA Nears Finish Line of Capital Campaign

June 12, 2008. It may have been an ordinary day for many, but it was significant to us...

It was the day when important news arrived telling us that we were awarded a challenge grant through the Kresge Foundation – a prestigious private foundation dedicated to strengthening nonprofit organizations in the United States and around the world. **Our challenge** – to raise \$300,000 by March 31, 2009. So what does this mean? It means that we are getting closer to the finish line in achieving our capital campaign goal of \$6 million. The fact is, we are at 95% of our goal – and victory is within our reach. **Yet, to get there we need your help to get over the finish line.** If successful, we receive matching funds of \$300,000 to support our building renovations.

Since 1891, the YWCA of York has been giving people opportunities to make a better life for themselves and their families – and we have the results to show it. Help us claim victory. We're counting on you so that others can count on us.

Temple Guard becomes a YWCA of York program



The YWCA of York welcomes the Temple Guard drill team as its newest youth program. Temple Guard is headed up by Mike Smith, a YWCA Quantum Opportunities Program Coordinator.

The Temple Guard has been in existence since 1999, with a younger group and an older group. Children in any grade, K-12, may participate, and they perform at least twice a month.

Smith aims to have a program that can attract youth from all ethnic backgrounds and to work more closely with at-risk youth.

Smith wants Temple Guard to be a tool to connect the dots to create a better quality of life for its members. "Temple Guard breeds confidence and self-esteem," said Smith. "The kids become leaders instead of followers. They know their own worth."

Thank you to all of our recent contributors!



◀ As part of their Community Weekend, Bareville Design held a silent auction on October 10 and 11 to benefit the YWCA of York's ACCESS program. On October 22, Andy Newpauer (right), of Bareville Design, presented the ACCESS-York with a \$500 check. Receiving the check is YWCA Chief Community Officer and ACCESS-York Managing Director Jane Conover.



▲ T.S. Dobbins and Brighton Accessories teamed up to donate handbags on September 5, 2008 to the YWCA of York's ACCESS-York program. The donations will be given to victims of domestic violence who are in need of professional accessories. 39 gently used handbags were donated by customers of T.S. Dobbins throughout the month of August. Pictured is Terry Dobbins (left), owner of T.S. Dobbins, and Jane Conover, YWCA Chief Community Officer and Managing Director of ACCESS-York.

▶ Leslie Saffin of the Corporate Tax Department of Dentsply, presented the YWCA of York with a check for \$25,000 to benefit the Quantum Opportunities Program. Receiving the check is Chief Executive Officer Deb Stock.



◀ Members of the York Co. Harley Davidson Owner's Association wore purple ribbons on York Bike Night and distributed them to the public in observance of Domestic Violence Awareness Month in October.



▲ Christ Lutheran Church of Spry donated a sleeper sofa from Bareville Design to ACCESS-York program of the YWCA of York on December 11, 2008. Pictured, left to right, are Bernadette Green of the YWCA, and three representatives of Christ Lutheran Church: Mae Myers, Karen McHenry, and Joann Henry.

Thanks to our grantors over the last three months:

James Hogg Foundation, \$1,500 for ACCESS-York's children's program; **Norfolk Southern Corporation**, \$1,000 for the Quantum Opportunities Program; **York Jaycees**, \$5,000 for shelter's interior upgrades; **Horn Foundation**, \$5,500 for ACCESS-York; **Department of Community and Economic Development/Emergency Shelter Grant**, \$80,796 for ACCESS-York; **Pennsylvania Department of Education**, \$509,750 for Pre-K Counts.

THANK YOU to the **Betty and Leo Balzereit Foundation**, who generously contributed \$2,000 to ACCESS-York program on December 23, 2008.

Girls on the Run, an after-school running program, received a \$74,474 grant from the **Highmark Foundation**, through their Highmark Healthy High 5 community initiative. The two-year grant will cover the 2009-10 and 2010-11 school years.

CONGRATULATIONS to the Synchro-ettes master swimmers, who went to Las Vegas at the beginning of October and competed in the US National Masters Meet. Caroline Weist, Asha Bandall, and Erin McCracken took first in their trio, while the back row took third in their free routine, fifth in their technical routine and fifth overall in their age group.



Back row: Caroline Weist, Heather Burns, Ann Hammen, Felicity Byrnes, Paige Brooks, Debbie Gable, Kathy Warner, Robin Weist.

Front row: Coach Katie Cloutte, Asha Bandal, Erin McCracken & Coach Ginny Lehr.

Girls on the Run is an after-school running program designed to help build a foundation for girls ages 8-11 to become strong, content and self-confident physically, mentally, emotionally and socially. Congratulations to the girls at North Hills, Sinking Springs, Indian Rock and Southern York County elementary schools, for successfully completing the fall session. The girls celebrated with a swim party at the YWCA on December 7.

For more information on the program or to volunteer, contact Tara Neff at 845-2631, ext. 131.

2008 York Halloween Parade

The **59th Annual York Halloween Parade**, sponsored by Highmark Blue Shield, rolled down Market Street at 2:00p.m., Sunday, October 26, 2008. A special Cinderella carriage transported 3-year old Grand Marshall and Make-A-Wish child, Zoe Hagarman, along the parade route. The weather was in complete cooperation as Zoe, dressed as the royal princess herself, enjoyed waving to the crowds along the parade route.



*Dressed as the royal princess herself, the parade grand marshal, **Zoe Hagarman**, and her family ride in a Cinderella carriage provided by Bee Tree Tail of Shartlesville, PA.*

The YWCA of York and its board members would like to thank three core volunteers who have been coordinators of the York Halloween Parade for twenty-plus years. We would like to thank Eric Chronister, Barbara Wernig, and Robert Wernig for their steadfast dedication to the success of the parade and for staying with the YWCA the past three years during its presentation of the parade. The York County community appreciates your commitment to this long standing tradition. Again, thank you!

Thank You 2008 Halloween Parade Sponsors!

Mary Anne Bacas
Baker Door Company
Bon Stores Foundation
C.S. Davidson, Inc.
Linda and David Davidson
Ginger and John Finlayson
Frito-Lay
Highmark Blue Shield
Marty and George Hodges

Hoffmeyer & Semmelman LLP
Jan and John Klinedinst
Stanton S Leboutitz, M.D.
& Lebo Skin Care
Frances McCabe
Office Furniture Outlet
Perform Group LLC
Sheetz Inc.

Judy and Bill Simpson
Stephen Stock
Susquehanna Real Estate
United Way of York County
Vector Security
Coni Wolf
York County Community
Foundation

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

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

NAEYC Accredited

4 Star Keystone Stars

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

3 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

2 Star 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, Coordinator

845-2631, ext. 155

Northeastern — Lisa Young, Coordinator

266-1073

- Nutritious meals and snacks
- Transportation provided to and from schools to the YWCA
- Child care 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

NEW for February 2009 – Conewago Elementary

(call for details)

quantum opportunities program

**After-school program for high school students,
3:30–7 pm**

Dropout prevention program encourages post-secondary training/education.

Join us in making a commitment to help youth achieve their dreams. To contribute, contact Jan Baily at 845-2631 or jbaily@ywcaofyork.org

WINTER 2009

AQUATICS

February 2 - April 11, 2009

Term Prices: \$60 regular classes/10 weeks (limit of 6 per class)
\$80 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. 2 pm Donna
5:30 pm
Wed. 11:30 am Donna
Thur. 11:30 am Donna
2 pm Kathy
Fri. 5:30 pm Kathi
Sat. 10 am Thelred
12 noon Thelred

Level 2
Mon. 2 pm Kathy
6:30 pm
Tue. 11 am Donna
Wed. 10:30 am Donna
Thur. 2:30 pm Kathy
Fri. 5:30 pm Thelred
Sat. 10:30 am Thelred

Level 2 1/2
Mon. 5:30 pm
Wed. 2 pm Donna
Thur. 11 am Donna
Fri. 6 pm Thelred
Sat. 9:30 am Thelred

Level 3
Mon. 7 pm
Wed. 11 am Donna
Thur. 10:30 am Donna
2 pm Donna
Fri. 6 pm Kathi
Sat. 10 am Lisa

Level 4
Mon. 6:30 pm
Tue. 10 am Donna
Thur. 2:30 pm Donna
Fri. 7 pm Thelred
Sat. 10:30 am Lisa

Level 5
Mon. 6 pm
Fri. 6:30 pm Thelred
Sat. 11:00 am Lisa

Level 6
Fri. 7 pm Kathi
Sat. 11:30 am Lisa

Parent & Tot
Tue. 6 pm
Wed. 11 am Kathy

Adult Swim Classes
Beginners
Wed. 2 pm Donna
Stroke Refinement – NEW!
Mon. & Wed. 10-10:30 am
and 1:30-2 pm

Must be a swimmer-great class to brush up on Y-Tri strokes.

YWCA Pool under construction until Summer 2009.
All classes to be held at YMCA at Newberry and Philadelphia Streets temporarily.

AQUA EXERCISE AT THE YMCA FOR YWCA MEMBERS:

Senior Swim & Exercise
Mon-Fri 9-10 am (warm pool)
For people 50 years of age and older, this class combines 40 min. of exercise and 15 min. of swimming in a warm pool with a depth of 4.5 feet.

Arthritis Aquatic Exercise
Mon-Fri 12-1 pm & 1-2 pm (warm pool)
Approved by the Arthritis Foundation. This recreational program helps with arthritis and everyday pain and stiffness. The 1-hour class is in a warm pool with a depth of 4.5 feet.

Hydro-Slimnastics
M-W-F 10-10:40 am (cold pool)
Safe and fun way to control weight and increase your overall fitness level. The water's natural resistance helps improve muscle tone and prevent damage to joints.

Deep Water Exercise
Tues. & Thurs. 8:30-9:15 am (cold pool)

Get a great water workout with no stress on the joints. An instructor-led class utilizing flotation belts and water bells to enhance time in the pool. Also a good opportunity for rehabbing injuries to lower extremities.

Adult Lap Swimmers:
The *YMCA Natatorium Pool* is open for lap swimming or walking (Newberry St.)
Mon.-Fri. 5:30 am—8:45 pm
Sat. 7 am-12 pm & 1pm-4 pm

Graham Aquatic Center is open for laps swimming
Monday-Friday 5:30-9:00am
Saturday 12-2
Sunday 1-4

Basic YWCA members:
Lap swimming only – No Aquatic Exercise Classes

You may use up your lap swim punch card then you must purchase a punch card at the YMCA to continue swimming laps. (They will not take cash at the pool.)

\$25.00 for 10 punches
\$50.00 for 20 punches

YWCA Fitness Members:
Lap swimming & Aquatic Exercise Classes free at the YMCA

You must stop at the YWCA front desk and pick up a Fitness Membership card.

Every time you go to the YMCA to swim you must show your fitness card and sign in.

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 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.

Mondays 5:30–6:30 pm
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 6–7 am, 4:45–5:30 pm
Thursdays 6–7 am, 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 9–10 am

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

Tuesdays 12:15–12:45 pm

Yoga — A series of poses carefully designed to balance the 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, Certified, Physical Mind Institute & National Exercise Training Association.

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)

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.

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

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

TRIATHLON CLINICS

Swimming & Transition Clinic—Sat., Jan. 24, 2009

Place: York College, Grumbacher Sports and Fitness Center

Time: 3-5:30 pm

Registration Deadline: Jan. 19, 2009

Presenter: Donna Newcomer, Triathlete

*Bring bathing suit, towel, goggles & swim cap

Run Clinic—Sat., March 21, 2009

Place: York College, Grumbacher Sports and Fitness Center

Time: 9-11:30 am

Registration Deadline: March 16, 2009

Presenter: Nancy Rossi, Central School District

Cross-Country Coach

*Bring running clothes, running shoes & water bottle

Bike Clinic—Sat., April 11, 2009

Place: York College, Grumbacher Sports and Fitness Center

Time: 9-11:30 am

Registration Deadline: April 6, 2009

*Bring bike, biking clothes, water bottle

Sunday Swim Clinics

Sundays, Feb. 1, 8, 15, 22, 2009

Place: YMCA Graham Aquatic Center

Time: 1-2 pm

Fee: \$40

Coach: Sue Meyer

*Bring bathing suit, cap, goggles & towel

IT'S FOR YOU...

- ◆ If you ever thought of competing in a triathlon
- ◆ Why not join other women for fun while learning how to do a triathlon for your first time or your best time!

The clinics are led by a team of experienced coaches and triathletes. You'll learn about successful training and Race Day expectations. For more information, contact Tara Neff at 845-2631, ext. 131.

FEES: \$15/clinic OR \$35 for all 3 clinics.

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

Domestic Violence Homicides Shock Our Community

Once again our community is struggling to cope with the recent domestic violence related homicides that have occurred in York County. In 2008 ten victims were murdered. This includes women, men, and children who thought that their homes were a safe place to live. These senseless deaths are even more tragic when we think about the many children who have lost their parents and some who have even witnessed the murders. All carry emotional wounds that may never be erased.

York County is not the only community facing the realities of domestic violence. In 2007, according to the Pennsylvania Coalition Against Domestic Violence, more than half of Pennsylvania's counties experienced lethal incidents of domestic violence. Last summer alone, during 31 days, 31 people died as a result of domestic violence bringing the total number of deaths in 2007 to 121; 95 were victims and 26 were perpetrators who committed suicide or were killed by police. The Violence Policy Center studied the number of murder-suicides nationwide during the first six months of 2007 and found that Pennsylvania had the third highest number of murder-suicides in the nation (14). These statistics are alarming and calls for us to take action to end the violence in our homes.

What can we do?

- Become informed about the options and services that are available to victims of domestic violence and their children (Free and confidential services are available at ACCESS-York, a program of the YWCA of York, at 1-800-262-8444)
- Call police if you see/hear abuse
- Ask if the victim is safe
- As an employer, display domestic violence resource information and, in collaboration with ACCESS-York, conduct domestic violence educational programs for supervisors and employees
- As a business owner, provide adequate support services when there are layoffs or business closings
- Volunteer your time at ACCESS-York
- Contact your legislators and demand funding of critical services that keep our homes and community safe. Funding such as Violence Prevention and Services Act (FVPSA) and Victims of Crime Act (VOCA) need your support now.
- Contact your school administrators asking them to mandate programming that addresses healthy relationships

PLEDGE TO END DOMESTIC VIOLENCE



We all share in the responsibility of making our community a safe place to live. Every action we take brings us closer to our vision of peace and safety for all families. To learn more about how you can be part of the solution and how you can help please contact ACCESS-York at 845-2631, Ext. 226, or access@ywcaofyork.org.

Save the Date for the Purple Passion Gala

THANK YOU to all of our generous holiday contributors.

Monetary and in-kind donations were greatly appreciated and went a long way in making the holidays for the women and children we serve so much brighter.

A black-tie gala to benefit ACCESS-York and Still Waters in Hanover, programs of the YWCA of York

Date: Saturday, April 4, 2009

Time: 5 pm – Midnight

Where: Country Club of York

Featuring: Cocktail hour, followed by dinner, music by Clockwork, dancing and auction

Please call 845-2631 for sponsorship opportunities.

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 program in Hanover), and Children's Program.

The current priority items on our wish list are:

- Adult & children's cold medication
- 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
- Calendars

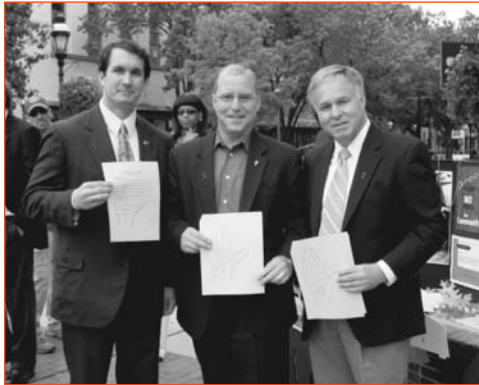
Service Statistics

July 2008 through September 2008

New Adults & Children Sheltered	199	
New Adult Victims Served	401	
Continuing Adult Victims Served	125	
New Children Served	124	
Continuing Children Served	76	
Number of Shelter Nights	2,922	
Number of Counseling Hours	6,129	
Number of Adults & Children in Bridge Housing Program	37-York, 29-Stillwaters	
Number of Trainings & Programs to Community Groups & Schools	42	
Number of People Reached	743	
Volunteer Hours Logged	1,755.75	

Ending Domestic Violence: A Community Effort

ACCESS-York is grateful for the community's support of its efforts to eliminate domestic violence in York County. Our community leaders often show their support by participating in Domestic Violence Awareness Month activities such as proclaiming October as Domestic Violence Awareness Month. Pictured on the left are our government officials pledging to work to end domestic violence, while on the right, our outreach staff educate about the ACCESS-York programs.



Pictured, left to right, are PA State Representative Eugene DePasquale, York City Mayor John Brenner, and York County Commissioner Doug Hoke.



Staff from ACCESS-York's Community Education Department: Pam Hunt, Stacy Kimberly, and Kristen Sechrist.

Educational Programs for Your Business

ACCESS-York partners with businesses by providing domestic violence educational programs to employees and employers. The programs include topics such as:

- How Domestic Violence Affects the Workplace
- Domestic Violence Prevention Strategies
- Warning Signs of an Abusive Relationship
- Ten Principles for Workplace Responses to Domestic Violence
- How to Help Someone in an Abusive Relationship
- Safety and Technology for Victims of Domestic Violence
- Options and Resources Available to Victims of Domestic Violence
- How to Make the Workplace Environment Safe for Victims of Domestic Violence
- Sample Workplace Violence Policies and Procedures

To schedule an educational program, please contact 845-2631, Ext. 226.

The Pennsylvania Association of Mortgage Brokers (PAMB)

held their 11th Annual Christmas Benefit on December 9, 2008, in Camp Hill, for ACCESS-York.

The YWCA and the ACCESS-York program appreciated the effort and the generous donations. Thank you, PAMB, for your support this season and in many past years!

TEN TOO MANY

As of November 2008, York County has experienced ten domestic violence related homicides throughout the year. A community forum was held on December 16, 2008, at St. Matthew Evangelical Lutheran Church to discuss action steps on how to prevent domestic violence deaths.

ACCESS-York would like to thank the York County Task Force on Domestic Violence, for co-sponsoring the event, as well as the guest panelists: Ellen Kramer Adler, Director, Legal Department, Pennsylvania Coalition Against Domestic Violence; Stu Kozak, STOP Detective, York County District Attorney's Office; Lexi Livelsberger, Child/Adolescent Therapist, Victim Assistance Center; Andy Seebold, Director, Business and Product Development, WellSpan Health; and Kristen Sechrist, Medical Advocate/Community Education Coordinator, ACCESS-York, a program of the YWCA of York.

NOTE: Emergency Weather-Related Closing Policy

In order to better accommodate our members, the YWCA of York will do everything possible to keep our facilities open. *We will no longer follow the York City School District's weather-related closings, delays, and early dismissals.

In the unlikely event we MUST close or delay our programs due to emergency weather conditions, effective November 1, 2004, the following methods will be used to communicate:

- Voice message will be recorded on phone system, which can be accessed by calling 845-2631
- Written message will appear on Web site at www.ywcaofyork.org
- Announcement will be made on WSBA radio
- Announcement will be made on WGAL-TV

*Programs offered in schools will follow district's closings, delays, and early dismissals. Please see parent handbook for details.

Camp Cann-Edi-On Rentals

The 227-acre Camp Cann-Edi-On grounds and facilities provide the perfect environment for retreats, meetings, and small conferences, as well as social gatherings. Call Debbie Riek at 266-1073 for more information.

Cabin	\$40/day	Pool	\$300/day
Lodge	\$150/day	Dining Hall	\$325/day
Rec Hall	\$200/day	All Facilities	\$575/day

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Fall Term: February 2, 2009 – April 11, 2009

Registration Begins: January 19, 2009

Please register early to assure a spot in your class!

SAVE THESE DATES in 2009:

January 24 — Swim Clinic

March 11 — Run Clinic

April 11 — Bike Clinic

April 4 — Purple Passion Gala

April 18 — Lady White Rose 5K

April 25 — Race Against Racism

June 28 — 5th Annual YWCA Ladies' Sprint Traithlon