

# YWCA *of* Greater Lawrence

Fall 2003

A United Way Member Agency

## The Gillette Company funds breast and cervical cancer program *Award links medically under-served women to education, screening & support*



With support from The Gillette Company, the YWCA of Greater

Lawrence has improved its ability to link medically underserved and uninsured women to breast and cervical cancer screenings in the Merrimack Valley and northeast region of Massachusetts.

The substantial donation invests in the YWCA's successful grassroots model to reach, educate and link to screening women who otherwise do not access preventive health care.

The Gillette Company's commitment to community includes a particular dedication to cancer screening, research, support, and treatment. In 1997, The Gillette Company established the Center for Women's Cancers in partnership with Dana Farber and Partners Health Care at Massachusetts General Hospital and Dana-Farber Cancer Institute. Later, the company launched the Gillette Women's Cancer Connection at [www.gillettecancerconnect.org](http://www.gillettecancerconnect.org) to link women and their families to a network of support and information.

Locally, the YWCA Women's Health Advocacy Program puts Gillette Company funding to work with small employers, churches, women activists, beauty parlors, social service agencies and the medical community to identify at-risk women and motivate them to get a mammogram and Pap test. Some women are eligible for free medical screenings and others are funded with private donations and grants.

In addition, the YWCA of Greater Lawrence has collaborated with other YWCAs and organizations with similar outreach programs in partnership with the Department of Public Health's Women's Health Network to share effective practices and raise awareness of resources in the region. Ultimately, the goal is to reduce the mortality rate for women's cancers among the poorest and hardest-to-reach women.

Together, in the first six months of funding from The Gillette Company, this partnership linked 462 women to screening and educated nearly 2,500 directly in group and individual sessions.

In Lawrence, YWCA services are completely bilingual and delivered by Latina educators who have become community leaders regarding health and wellness issues locally.

In addition to pre-screening education and support, YWCA staff also provide support during medical visits, screenings and throughout any follow up care that may be necessary.

"Latinas face major socio-economic barriers to accessing preventive health services," explains Vilma Lora, Women's Health Advocacy Director. "The combined effects of limited education,

literacy and income can block a woman's ability to know the facts about preventive care and to access it. Our program works to break down all those barriers."

The Department of Public Health will be working in the coming year with the YWCA to develop a system of peer education, designed to keep women linked to preventive breast and cervical cancer screenings.

The Gillette Company's donation will be joined with other support to make sure working poor and unemployed women do not fall through the cracks and go without screenings or follow up. Other supporters include The Lenny Fund, the McCarthy Family Foundation, the United Way of Merrimack Valley, the Susan G. Komen Breast Cancer Foundation / Boston Affiliate and private donations from YWCA supporters.

*please join presenting sponsor*

**First Essex Bank** at the 2nd annual

## Wine. Tasting and Auction *an evening to benefit the YWCA*

**in conjunction with Messina's Liquors**

With generous support from **First Essex Bank** and **Messina's Liquors**, the YWCA of Greater Lawrence will host its second annual Wine Tasting & Auction to benefit the YWCA. Several fine wines will be represented.

Proceeds will fund important YWCA programs for local women and children.

Tickets are on sale now! Don't wait to get your tickets for this sell-out evening of wine and cheer for a good cause. To reserve your tickets or to donate goods or services to the auction, call Christine Doherty at 978-687-0331 x21 or e-mail her at [cdohertry@ywcawlawrence.org](mailto:cdohertry@ywcawlawrence.org).

**Thursday, November 13, 2003**

**6:30 p.m. to 10:30 p.m.**

**Andover Country Club, Andover**

**Tickets: \$50 / each**

# Rape Crisis Centers Cope with Cuts

In July, despite the valiant and continued efforts of our local legislative delegation, the final state budget slashed Massachusetts Rape Crisis Center funding by nearly 75%.

The cuts forced the YWCA to reduce its response services dramatically. Although the YWCA staffs a 24-hour hotline, we can now only respond in person from 9 to 5. Waiting lists have been started for many services.

"These cuts have forced the YWCA to reduce rape crisis and related services by more than half," said YWCA Executive Director, Becky Hall, in a recent letter to area residents. "We are working to sustain the most critical services, but we need help."

The YWCA Rape Crisis Center primarily serves Andover, North Andover, Lawrence, Haverhill, Boxford, Georgetown, Groveland, Methuen, North Reading and Merrimac, but also links residents of other local towns to the care. On average, the YWCA:

- ✓ Responds to the urgent needs of 1 new victim survivor every 48 hours;
- ✓ Provides on-going counseling to 130 victim survivors annually and many more in group sessions;
- ✓ Supports a victim every 10 days at local hospitals during the difficult process of evidence collection;
- ✓ Counsels 172 victims annually on the hotline -- 21% of whom are younger than 19;
- ✓ Advocates for hundreds of victims during legal, police or medical appointments.

The YWCA estimates that \$90,000 is needed to keep the Rape Crisis Center operational 24-hours a day. If you would like to make a personal or corporate donation, we welcome your support. For more information, contact Christine Doherty at 978-687-0331 x21.

*Special thanks to Sir Speedy Printing of Salem, NH and Wholesale Printing Specialists of Lawrence for their recent printing donations which supported the appeal.*

# Little people, big dreams

Children in the YWCA's technology programs this summer brought their dreams and computers alive with Kid Pics, a software which enabled the children to create their own family trees, autobiographies, and animated stories of their hopes for the future.

Children designed their own animated stories about themselves, filled with information about their families, career goals and their favorite activities and people.

The program helped the children practice skills over the summer months while exploring new software and having fun.

The YWCA's technology programs include the **Fleet Tutoring Center** and the **Verizon Keeping Kids on Track** program, both funded through the **United Way of Merrimack Valley**.

Children's access to technology at the YWCA was expanded last year through a joint gift from the **Celtic's**

**Read to Achieve** program and **IBM**.

This summer, IBM strengthened its support to the program through the donation of four Young Explorer Stations, which are operating in YWCA preschool and kindergarten classrooms. The Young Explorers are preschool computers which teach developmentally appropriate computer and learning skills, helping the youngest of Lawrence's children to bridge the digital divide early in life.

# Mixing it up: the perfect summer for everyone

The YWCA's youth summer program, designed to help inner-city youth enjoy fun, safe and enriching activities, mixed sports, technology and performing arts this summer -- giving every student a chance to enjoy a favorite activity and learn a new one.

Children were placed in groups by age and skill, and then rotated together into sessions for swimming and sports, drama and dance, and computers.

"The summer offered something for everyone," said Youth Services Director Maricelis Ortiz. "The child who preferred computers and the child who likes to run and jump each had the opportunity to shine and to learn from each other."

The sessions included field trips, arts and crafts, teamwork, performances, competitions and showcases of the students' final work. A special anti-violence sports session was offered by the YWCA Violence Prevention & Intervention Program.

YWCA summer programs are funded in part by **Summer in Lawrence**, with gifts from the **Pringle Foundation**, **Northmark Bank** and **Merrimack Valley Partners in Service**.

If I were President I would change it so that there would be six months of school and six months of vacation. I would also inspire people to stop violence and stealing.

-- Elvis

If I was President I would give everybody a home. Another thing I would do is stop violence. There would be peace in the world.

-- Ambar

In ten years from now I plan to be a hip hop dancer finishing college.

-- Chantal



Instructor Andy Polanco (top) brought his expertise as an anti-violence advocate and counselor to the basketball court this summer, with help from afterschool instructor Juan Santana (center). The program mixed lessons in basketball with lessons about gender, tolerance and respect.

## Fun and Fitness for the Whole Family

The YWCA has many new fitness sessions open to the public. For more information, contact Michael Jordan, Aquatics & Recreation Director, at 978-687-0331 x28.

### *Toddler Swimming Lessons*

Is your child ready to learn how to swim and about water safety? Enroll your toddler in the YWCA's 6-week swim class. Your 3-5 year old will join other little ones and specially trained instructors and guards for a fun and safe exploration of the water! Classes are conducted on Thursday mornings. For more information, contact Michael Jordan at 978-687-0331 x28.

### *Wednesday is Women's Fitness*

Get fit, relieve stress and have fun in a comfortable, affordable program. Join the Women's Wednesday Fitness Nights, an evening fitness program mixing water aerobics and traditional aerobics. Sign up for both or just one! Instructors lead women through a low-impact routine suitable for beginners as well as those looking to add a new dimension to their fitness routine. Sessions are \$3.50 each, but get a pass and save: 5 session for \$15, 10 for \$25 or 20 for \$40.

### *Lawrence Senior Center Members Swim with Celebrities*

Members of the **Lawrence Senior Center** were surprised when Lawrence Mayor **Michael Sullivan** and Lawrence Chief of Police **John Romero** dropped by to join the swim group for a morning workout.

"It's a great partnership program," said Mayor Sullivan. "The seniors are having a wonderful time, building their strength and staying social."

The Lawrence Senior Center program was launched by the center's Program Administrator, **Martha Velez**, a 2003 YWCA Tribute to Women honoree and long-time local activist for senior citizens.

The program is open to all Lawrence Senior Center members and is free. The class meets on Friday mornings at 9:30. The swimming and low-impact aerobic activity is designed especially for senior citizens. For more information contact Martha at 978-794-5886 or Michael Jordan at 978-687-0331 x28.

## Helping Women Get Fit and Happy

When **Basilia Rosario** first visited the YWCA of Greater Lawrence, she was taking two different medications to control her diabetes and she was anxious about her health.

But a trip to the beauty parlor changed all that. While waiting at the salon she read a YWCA flyer that, she says, changed her life.

She enrolled in the YWCA Latina 2010 project, an effort to educate and support Latinas about diabetes and cardiovascular disease prevention techniques. The program is funded in part by the **Centers for Disease Control**, in partnership with **Greater Lawrence Family Health Center**.

In less than three months, her doctor eliminated one prescription from her regimen and reduced the second.

"I have learned a great deal about the little things a woman can do to improve her health such as the foods to choose and how to prepare food," said Basilia. "I eat much more salad and more vegetables and I read labels!"

Basilia has also embraced fitness and, although her 8-week Latino 2010 session has finished, she enrolled in the YWCA's new aerobics program sponsored by **Rykä**, the women's athletic shoe company (*see coupon in this issue*).

"I am more relaxed and happier," she said. "I learned to take a little time here and there for myself. I get up a little earlier so I am not rushed and stressed. I listen to



Basilia Rosario took control of her health with help from the YWCA.

music often and I exercise every day."

She says she often repeats the words her YWCA advocate, Alex Luciano, said during the first session: "If you don't take care of yourself, who will?"

"Women can be less stressed if they just did a few little things to help themselves," said Basilia. "We don't have to change everything at once,

every little bit helps. Boil instead of fry. Use canola oil instead of olive oil. Leave five minutes early for your next meeting."

Basilia's new enthusiasm for healthy living is the envy of many of her friends. A good friend recently asked Basilia if she had secretly had surgery or injections.

"I told her I was just taking care of myself," said Basilia in response.

If you'd like to join Basilia and others in a YWCA fitness program, contact Michael Jordan 978-687-0331 x28 or for more information about Latino 2010 classes, call Vilma Lora at x32.



Lawrence Mayor Michael J. Sullivan and Police Chief John Romero stopped by the YWCA to test their stamina with members of the Lawrence Senior Center swim group.

## Answer the Call: Host a Cell Phone Drive

After a successful pilot program in partnership with the **Andover Rotary Club**, the YWCA is expanding its efforts to collect used cell phones which are refurbished to benefit the YWCA's Domestic Violence and Rape Crisis Programs.

The YWCA would like to thank Andover Rotary Club and its members, including 2003 YWCA Tribute to Women honoree **Susan Big** of Smith Barney who was the driving force behind the effort. Participating companies included **Lawrence Savings Bank, Andover Barber Shop, Smith Barney, Danvers Savings Bank, Imagine That Florist, Chrimson Tech, Coldwell Bankers Residential and Yangs Marshal Arts.**

A special thanks also to **Wyeth Biopharma**, which has hosted several successful drives, to **DEC-TAM Corporation** and to **Faith Lutheran Church** of North Andover which has held a continuous, year-long drive.

New cell phone drive sponsors include **Eisai Research Institute, @Wireless, Cambridge Isotope Labs, and Philips Medical Systems**, all of Andover, and **Curves** of North Andover.

To host a corporate drive or become a drop off location, a company provides a drop off box, a staff member to be a liaison to the YWCA and promotes the drive to employees or customers. The YWCA provides a ready-made flyer for distribution or posting and will pick up



Naoko Abe of Keio University in Japan served as a summer intern at the YWCA through Cultural Homestay International. She developed the strategy and materials to launch the regional cell phone drive.

cell phones at your location.

The YWCA pays no cost for shipping or refurbishment, so 100% of the proceeds go directly to services.

The YWCA's goal is to raise \$20,000 by June 30, 2004 through cell phone donations.

In addition to underwriting local services, cell phone drives like these help protect the environment. Experts estimate that 60 million unused cellular phones lay idly in drawers and closets nationwide. This number is expected to rise to over 130 million by 2005.

If you'd like to sponsor a corporate drive or host a public drop off location, please contact Christine Doherty at the YWCA at 978-687-0331 x21.

## Halloween Dance Benefits Women's Health

October is Breast Cancer Awareness Month and to celebrate, the YWCA is hosting the 2nd Annual Halloween Dance to raise money for the Women's Health Advocacy Program, which among its several programs, links women to free breast and cervical cancer screenings.

With support from **Galaxia Night Club, Mega Communications** and **Cristina's Professional Salon**, the benefit dance will offer cash prizes for best costumes, exciting door and raffle prizes and an evening of fun and surprise. YWCA staff and supporters will be joined by a local celebrity panel of judges. Get your tickets at the YWCA or Cristina's Professional Salon. **Tickets are only \$15.**

**YWCA Halloween Dance at Galaxia Night Club**

9 Appleton Street, Lawrence, Mass.

October 30, 2003 from 9:00 pm to 1:00 a.m.



## Special Thanks...

... to the management, staff and customers at **Wild Oats Market** in Andover, which hosted the YWCA as beneficiary of Wild Oats Market's 5% Day in May. Programs for women and girls at the YWCA were selected to receive 5% of a day's proceeds, which amounted to a wonderful donation of nearly \$1,550.



The YWCA's Alex Luciano and Minerva Grullon joined Wild Oat's Market's manager Stephanie Young (center) for 5% Day.

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... to **Quota International of Andover** which elected to donate \$2500 to the YWCA's OASIS Project for formerly battered women and their children. The donation will be used to maintain the facility and fulfill the needs of resident families.



Quota International of Andover members (starting left) Kiki Schneider, past president Nancy Dube and Sue Adams (far right) present Becky Hall of the YWCA with a donation for the OASIS Project.

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...to the **Third Baptist Church Women's Ministry** which adopted the YWCA in its service efforts. The group helped host a fundraising yard sale for the Women's Health Adovacy program and has helped to prepare OASIS apartments to welcome new families. Special thanks to **Nancy Speller, Brenda McKinley, Ruth Jackson and Luverna Harris** for their kind assistance at the yard sale.

# 20th Anniversary Tribute to Women Celebration Honors Leaders



Keynote Speaker Natalie Jacobson of Channel 5 with YWCA Board Vice President Carol Bateson (center) and Sen. Sue Tucker  
*photo: Carol Murphy*

The YWCA's 20th annual Tribute to Women was celebrated with nearly 500 guests this year at the Andover Country Club, honoring 23 women from throughout the Merrimack Valley for their outstanding professional achievements and for their volunteer and civic commitments to improve the community.

**Natalie Jacobson**, NewsCenter 5 anchor, served as honorary chair and keynote speaker, presenting each honoree with her award.

Each honoree is nominated by members of the community as a role model for other women and girls. Each woman honored is enrolled in the YWCA's Academy of Women, a network of honorees who often continue to help others through YWCA efforts.

The Tribute to Women luncheon also raises valuable resources for YWCA programming.

This year the second annual YWCA Bright Future Award was presented to **Jesenia Tejada**, now a freshman at Northeastern University and a graduate of Central Catholic High School. The award included a \$1000 college scholarship underwritten by **Lawrence Savings Bank**.

The YWCA would like to thank the generous contributors who helped make the program possible including

Anniversary Sponsors **Blue Cross Blue Sheild of Massachusetts, DEC-TAM Corporation** and **Wyeth Biopharma**. In addition, several benefactors made generous contributions to the celebration including **Banknorth Massachusetts, Citizens Bank, Eastern Bank, Malden Mills, Northmark Bank, Philips Medical Systems, MJ & Hank Powell, Safety Environmental Control, Unifirst, Wheelabrator North Andover, Inc.** and **Eliassen Group, Inc.**



YWCA Executive Director, Becky Hall with Bright Future Award winner Jesenia Tejada.  
*photo: Carol Murphy*

## Women of Achievement & Compassion

The 20th Anniversary Tribute to Women honored the outstanding contributions of several local women whose professional achievements are surpassed perhaps only by their kindness and compassion to others. We salute them!

Lludi Alvarez  
*Confidence Mortgage*

Susan Big  
*Smith Barney*

Linda Buell  
*Lawrence Savings Bank*

Sandra Cassano  
*Town of Andover*

Jean DeRosa  
*Massachusetts Alliance for the Mentall III*

Jennifer Doyle  
*Lucent Technology*

Quelis Figueroa  
*Women's Resource Center*

Linda Hannan  
*Wholesale Printing Specialists*

Margo Harrison  
*Youville Hospital & Rehabilitation Center*

Sandra Levine  
*Professional Center for Child Development*

Sandra Madruga  
*Greater Lawrence Mental Health Center*

Carmen Millan  
*Greater Lawrence Community Action Council*

Lucy Milton  
*Holy Family Hospital & Medical Center*

Josephine Modica-Napolitano  
*Merrimack College*

Jeanne L. Osborn  
*Greater Lowell Chamber of Commerce*

Adrianna Recchia  
*Siglo 21*

Laura Ridley  
*Town of Andover*

Maureen Saba  
*Maternal Health & Fitness*

Aline Sanz  
*First Essex Bank*

Kathleen Twombly  
*Internal Revenue Service*

Martha Velez  
*Lawrence Council on Aging*

Johanna Webster  
*ERA Home & Family Real Estate*

Beth Wescott  
*Wyeth Biopharma*

## New Programs for Tots

Do you have a busy toddler at home who is ready to try new activities and make new friends? Try the YWCA's new "**Itsy Bitsy**" programs designed especially for little ones aged 3 to 6.

This pay-as-you-go program requires no special membership and opens for enrollment before each 6-week session.

Itsy Bitsy activities will include swimming, soccer, basketball, gymnastics, golf, tee ball and more. Call Michael Jordan for more information at 978-687-0331 x28.

## Child Care Openings

The YWCA has full- and part-time child care openings to help families manage busy schedules. Daily rates for one day start at just \$40, and get lower when a child is enrolled more than one day. YWCA child care is nurturing, fun and instructional. Call Liz Veilleux at 978-687-0331 x50 to learn more.

If you would like to nominate a woman you know to be honored at the **YWCA's Tribute to Women 2004**, call Christine Doherty at 978-687-0331 x21.

# Thanks to recent contributors & volunteers

The YWCA extends its deep appreciation for the donations of time, talent, dollars and items that have been shared with the YWCA in recent months. The following list reflects contributions, excluding event and raffle ticket sales, since December 2003. We regret any inadvertent omission and offer our enthusiastic thanks to all YWCA supporters.

## Corporate

A.C.T. Abatement Company; American Food Products; Andover Animal Hospital, Inc.; Andover Strategic Alliances, Inc.; A.P. Vending & Amusement; Bachini, Olbricht & Associates, PC; Banknorth Massachusetts; Blue Cross Blue Shield of Massachusetts; Citizens Bank; Coca Cola; Danvers Savings Bank; DEC-TAM Corporation; The Dow Company; James Drew, DMD; Eastern Bank; Eisai Research Institute; Eliassen Group, Inc.; First Essex Bank; Fleet / United Way of Merrimack Valley; Flowers By Steve; General GMC, Methuen; General Mills / Colombo Yoplait; Gilbert & Renton LLC; The Gillette Company; Greco Graphics, Inc.; Holland Flowers; Home Instead Senior Care; HRB Associates; IBM Corporation; Lawrence Firefighters Federal Credit Union; Lawrence Savings Bank; Malden Mills; Maternal Health & Fitness; Merrimack Valley Federal Credit Union; Native Sun; New England Scaffolding; Northeast Shotblasting; Northeast Utilities; Northmark Bank; Philips Medical Systems; Professional Center for Child Development; Puma North America; Royal Jewelers; Safety Environmental Control; Law Office of Debra Rahmin Silberstein; Sir Speedy Printing of Salem NH; Sovereign Bank; The Savings Bank; Training Unlimited; Unicare; UniFirst; Wharf Industries Printing, Inc.; Wheelabrator North Andover, Inc.; Wholesale Printing Specialists; Wild Oats Markets; Wyeth Biopharma; Yankee Environmental Services, Inc.



Lawrence Mayor Michael J. Sullivan with the YWCA Women's Health Team, who are members of the Mayor's Health Task Force. Look for October activities about Breast Cancer sponsored by the task force and many community agencies.

## Community

Andover School of Montessori; Susan G. Komen Foundation, Boston Affiliate; Artemas W. Stearns Trust; Josephine G. Russell Trust; Essex County Community Foundation / Summer in Greater Lawrence; Faith Lutheran Church, North Andover; First Parish Church United, Westford; Girl Scout Junior Troops 542 of North Andover and 185 of Andover; Girl Scout Cadet Troop 244 of Andover; Harvard Pilgrim Health Care Foundation; Holy Family Hospital & Medical Center; IRS Andover; Josephine G. Russell Trust; City of Lawrence Emergency Service Grant; City of Lawrence Community Development Block Grant; Mary Immaculate Health Care Services; Massachusetts Vitamin Litigation Settlement Fund; Massachusetts Dept. of Social Services; Massachusetts Executive Office of Public Safety VAWA Program; Merrimack College; Merrimack Valley Partners in Service; Charles C. Pringle Foundation; United Way/ FEMA; United Way of Merrimack Valley; West Parish Church, Andover; Quota International of Andover; Quota International of Lawrence; Rotary Club of Andover; Women In Leadership at Lucent / Merrimack Valley; Youville Hospital

## Individuals

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## Volunteers

Naoko Abe; Doris Baillargeon; Susan Big; Jan Burkholder; Maria Cancel; Robin Calderwood; Sheril Danforth; Erin Diekman; Maureen Duffy; Charlene Estes; Paula Fines; Joy Gallagher; Veronica Holmes; John Joaquin; Jennifer Julio; Kimberly Juscak; Karen Klein; Colleen King; Regina Kmet; Robyn LeBuff; Joelle Lindermuth; Dalma Morales; Nancy O'Connor Stolberg; Mary Lou Retelle; Stephanie Schmidt; Jennifer Sgroi; Lura Smith; Chantel Tape; Maria Valentin; Audrey White; Michele White; Diane Zold-Isenberg



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## State invests in new YWCA housing initiative

*Lt. Governor Healy visits site to announce award*

The YWCA's plans to create a safe and supportive housing complex for women and their families received a critical boost this summer, with word of a \$1.3 million award from the state Department of Housing and Community Development.

The residence will be a safe haven for domestic violence survivors and their children, teen mothers and their young children and for eligible women and their families who are capable of living

independently.

The 20-unit housing complex will offer women a place to live, job training, educational support and counseling services.

"This residence will be more than just a place for families to stay, it will be a place where families will grow strong," said Rebecca Hall, at the press conference announcing the award. "These 20 units are about hope, not just housing."

The YWCA was joined by **Lt. Gov. Kerry Healey**, Andover state **Sen. Susan C. Tucker** and Lawrence state **Rep. William Lantigua** at the vacant lot on Haverhill Street across from Campagnone Common which will become transformed in 2004 as a safe, supportive and enriching housing complex for women and children. Lt. Governor Healy noted her long-time support of the YWCA, including



YWCA vice president Carol Bateson, Lt. Governor Kerry Healy and YWCA president Carolyn Temmallo stand together on the YWCA's new housing site.



Myles Burke, chief of staff to Mayor Michael Sullivan, Becky Hall, Sen. Sue Tucker, Lt. Governor Kerry Healy and Rep. William Lantigua together on the new site.

her service on the board of the YWCA of New York City.

"It's not a pool, it's not a place to work out, it's a women's movement," Healey said as she thanked the YWCA for its continued commitment and announced the important investment combining grants, loans and low-income tax credits. Resources from the City of Lawrence and the Federal Home Loan Bank through member Lawrence Savings Bank are also committed to the project.