

# our voice

eliminating racism  
empowering women

ywca

volume 4.1 fall 2010 southeastern massachusetts

## 15th annual ywca week without violence

# Enough!

Adapted from YWCA USA

Throughout the United States within the next five minutes, 20 women somewhere will be punched, slapped, kicked or otherwise physically abused by a man she knows-often a man in her family, her husband or her intimate partner. We all know these women - she is a family member, a friend, a co-worker, all too often they are us.

In the United States, a woman is battered every 15 seconds and 700,000 women are raped every year.

Violence is a violation of a woman's right to physical integrity, to mental integrity and sometimes even to life. It can go on for years and cause serious long-term health problems beyond the immediate injury. Violence against women is more than broken bodies. It's broken spirits and broken lives.

There are several ironies that create a web of social and political complexity around this crisis.

There's the irony that violence at home is still considered a

private matter by some, which causes many women to suffer in secret rather than risk exposing "their dirty laundry" in public. But, the statistics show that the conspiracy of silence about violence can be deadly.

There's the irony of hopelessness when a woman feels that the legal system, which is supposed to protect her, is indifferent to her plight. Sadly, almost one out of every five victims of domestic homicide has a protection order against her attacker at the time of her killing.

There's the irony that about half of the women who are in prison for a violent crime are there because they retaliated against their abusers. A related irony that is not talked about much is the fact that many of these women are abused again in prison by other inmates or by the coercive sexual misconduct of prison staff.

There's the irony that some men respond to their own social pressures and pain with violent acts against those they love. This, of course, is not an acceptable excuse for violence, but it speaks to the fact that abusers need help too-in programs where men can talk to other men about their interpersonal relationships and conflict resolution.

There's the irony of "hopefulness in a hopeless situation." Many battered women honestly believe that the situation is going to change, if they just stick it out long enough. Many women also stay in these situations simply because they are afraid of being alone. But, a battered woman needs to realize that when she is in an abusive relationship, she's already alone.

Victims of violence must be empowered to break their silence and take action. Perpetrators of violence must be held accountable for their actions. And our collective consciousness as a nation must be that inaction is not an option.

Toward these ends, in 1995 the YWCA began the YWCA Week Without Violence to shine a beacon on the need to end this massive assault on women. Today, the annual commemoration has become a global campaign involving women, men and children in hundred of communities in the United States and in countries around the world.

In a word, the YWCA has declared "ENOUGH!" to this madness.

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## from the executive director



This summer was absolutely wonderful. Our YWkids and Girls Giving and Growing programs participated in many fun, educational and exciting activities, field trips and experiences over the summer. We also provided opportunities for youth from the New Directions summer employment program and interns from area high schools. All in all, it was a fantastic summer.

The YWCA Southeastern MA has a busy fall as we make plans for the annual YWCA Week Without Violence, National Breast Cancer Awareness Month, our Annual Meeting and events for our 100th Anniversary in 2011. This fall we are also implementing a new program for Latino women living in New Bedford that is funded through the Latino Center of Excellence for Eliminating Disparities. The goal of our project is to reduce racial and ethnic disparities in Latina women by implementing the best culturally and linguistically appropriate strategies for early detection and prevention of breast and cervical cancer

and cardiovascular disease.

The YWCA will recruit and train ten New Bedford Latina women to go out into the community and teach 200 New Bedford Latina women about breast, cervical and cardiovascular health. This is an exciting new program that will help many women in our city. The YWCA has made a few program name changes this summer. Our Teen Talk Program changed its name to Tween 2 Teen (name was picked by girls in the program). This program, funded by the City of New Bedford Invest in Kids Program, was implemented at the YWCA in 2004. Over the last two years participants in the program were girls in grades 4 - 6. Girls at this age are "tweens" not teens, so the name was changed to reflect the population served. Program aspects are still the same. The program focuses on economic advancement, racial justice, community service, babysitting/home alone, and etiquette. Older middle school girls are now served through the Girls Exclusive Program, which is funded by the Women's Fund of Southeastern Massachusetts. This is a collaborative program with the Boys and Girls Club of New Bedford that began in 2008 focusing on girls attending Keith, Normandin, Roosevelt and Charter Schools. This fall the program will take place at Dennison Memorial Community Center. The goal of the program is to provide older middle school girls with leadership development opportunities in the community, build their self-worth and self-esteem. We are very excited about this collaborative venture.

The YWCA department name

Women's Collaborative Project also changed its name to Residential Services. Under this department is: A Woman's Place, Another Woman's Place and the Blue Triangle Company job readiness training program for women. All program aspects are the same, the name just better describes the services provided.

As always, thank you for your commitment and support of the YWCA Southeastern MA.

*Gail Fortes*

Gail Fortes  
Executive Director

### safe...caring...qualified

#### **YWkids School Age Child Care**

#### **Accepting Applications!**

Monday - Thursday:  
2:30pm - 5:30pm  
Friday: 1:00pm - 5:30pm  
89 Merrimac Street  
New Bedford

#### **Fees**

- \$20/day
- PACE vouchers accepted
- Contracted slots for those meeting income guidelines
- Supportive slots from the Department of Children & Families

Transportation is available

YWkids School Age Program is designed to offer educational experiences in a structured environment.

Hands-on, theme based activities in subjects such as art, physical education, science, literature and other areas lead children through the discovery process as individuals, partners, and as members of a group.

Emphasis on the creative process guides the program offerings.

For Info Call: 508-993-5858 or 508-992-2332



# 15th annual ywca week without violence



Imagine 7 Days, 168 Hours, 10,080 Minutes,  
604,080 Seconds...

**One Week Without Violence.**

**sunday, oct. 17th a day of remembrance**

church bells will ring at 12pm in remembrance of victims of violence.

**monday, oct. 18th protecting our children**

**kool kid'z peace party!**

Kids join us for a fun day of play at the YWCA! Music, Moonwalk, Games, Crafts, Finger Printing, Face Painting, Treats & More! YWkids School Age Program,

89 Merrimac Street, NB 3pm - 6pm

**tuesday, oct. 19th making our schools safer**

"When I Get Mad I Draw" art contest held among New Bedford students will be on display from Oct. 18th - 22nd. YWCA Levi Standish House, 20 So. Sixth Street, NB 9am - 4pm

**wednesday, oct. 20th confronting violence against women**

The Clothesline Project is a visual display of t-shirts hung to bear witness to violence against women. UMASS Dartmouth Campus Center, 285 Old Westport Road, Dartmouth 9am - 4pm

**thursday, oct. 21st facing violence among men**

Wear a white ribbon acknowledging that men are allies in the fight against domestic violence.

**friday, oct. 22nd eliminating racism & hate crime breakfast**

Please join us for a conversation on racism & hate crimes as it affects law enforcement. YWCA Levi Standish House, 20 So. Sixth Street, NB 8am - 10am. Please RSVP: 508-999-3255.

**saturday, oct. 23rd**

**replacing violence with sports,  
recreation & fun!**

Grab the kids, your friends & family and enjoy a relaxing day of recreation and fun.

Week  
without  
Violence  
eliminating racism  
empowering women ywca

## please join us!



### ywca southeastern massachusetts 98th annual meeting

6:00 pm  
monday, november 15th, 2010  
café funchal  
123 church street  
new bedford, ma

You are invited to attend the YWCA Southeastern Massachusetts 98th Annual Meeting.

The evening will feature the heartfelt stories of YWCA program participants, the annual business meeting and election of board members and officers. Attendees will enjoy complimentary hors d'oeuvres and a cash bar.

Celebrate the accomplishments of the YWCA as we shape the association's vision of tomorrow.

Please RSVP: 508-999-3255 or [www.ywcasema.org](http://www.ywcasema.org)

a voice for women  
an agent for change

## save the dates

### be social

Date: Thur. November 11, 2010  
Time: 5pm - 9pm  
Place: Waterfront Grille  
36 Homer's Wharf  
New Bedford

Reconnect with old friends, meet new friends and just Be Social!

endorsed by:



promoters: Bristol Community College, Child & Family Services, and the United Way of Greater New Bedford

Please RSVP to: [leadingladies@ywcasema.org](mailto:leadingladies@ywcasema.org)

presented by

ywca

Leading Ladies

eliminating racism  
empowering women  
ywca



8th Annual  
Red Dress  
Fashion Show  
and  
Silent Auction

Wednesday, February 16, 2011  
5:30 pm - Cocktail Hour  
6:00 pm - Dinner

Century House  
107 South Main Street Acushnet, MA  
Individual Ticket: \$50.00  
Private Table/Seats Up to 10: \$500.00

Wear your favorite Red Dress

To support HEARTplus  
raising awareness of cardiovascular disease in women

Purchase your tickets before they sell out at the YWCA  
@ 508-999-3255 or Online: [www.ywcasema.org](http://www.ywcasema.org)  
Tickets will not be sold at the door!

## 50 businesses campaign

YWCA Southeastern Massachusetts invites you to become one of fifty New Bedford area companies that will help fund the YWCA's much-needed Levi Standish House building expansion.

Our fifty businesses will be permanently recognized in the first floor lobby of the YWCA's new 12,000 square foot building addition. We would be honored to welcome your participation and we ask you to consider a \$500.00 tax deductible contribution, which can be awarded over two years, to help support the YWCA's \$4.6 million Under One Roof campaign.

The YWCA serves a vital role in New Bedford and across 37 municipalities with diverse programs and services such as: widowed persons, medical transportation, childcare and youth development, housing for women, wellness for women and girls, financial literacy, and programs aimed at eliminating racism in our communities.

The YWCA plays a significant role in improving the lives of women and their families in Greater New Bedford. In 2011 the YWCA will celebrate its 100th anniversary of providing effective human services to people in need.

The YWCA is in the midst of a \$4.6 million project to restore its historic Levi Standish House and construct a LEED-certified three-floor building addition. The goal of this expansion project is to consolidate its programs onto a safe, nurturing and barrier-free center city campus. The YWCA's women's housing and childcare programs will be significantly improved with this new addition. Furthermore, a Teen Center and Women's Resource Center will be created as new resources for our community. The YWCA will better serve over 5,250 women and children annually within its expanded Levi Standish House in a more cost-effective manner.

Please consider being a part of this project by becoming one of 50 Businesses Under One Roof. We would be thrilled to welcome you, and we thank you for your special consideration of this request for support of the YWCA Southeastern Massachusetts.

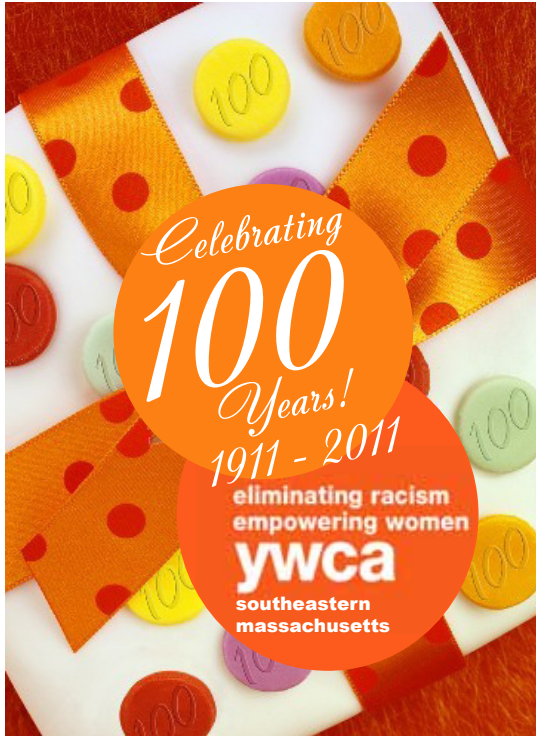
## thank you for becoming one of our 50 businesses

1. *Fiberoptics*
2. *Century House*
3. *Amaral's Bus Company*
4. *E.W. Burman*
5. *Jacqueline's Advanced Skin Care Therapy*
6. *Brewer Banners*
7. *Blanchard & Associates; a financial advisory practice of Ameriprise Financial Services, Inc.*
8. *Sylvia Group of Insurance Agencies*
9. *Hawthorn Medical Associates*
10. *Saunders-Dwyer Funeral Home*



**you have the power to make a difference.**

## celebrating 100 years!



**on april 14, 2011,  
ywca southeastern massachusetts  
will be 100 years old!!**

To celebrate our 100 years of eliminating racism and empowering women and girls, we are collecting stories and pictures of past YWCA programs and participants. We want to put a face on the voices that have left a mark on the YWCA since 1911 and contributed to building decades of ideas that have forever changed the community in which we live.

Please email pictures or stories to Athena Mota: [amota@ywcasema.org](mailto:amota@ywcasema.org) or call: 508-999-3255.

## girls exclusive!

The Boys and Girls Club of Greater New Bedford and the YWCA Southeastern Massachusetts have teamed together to introduce an exciting program for girls ages 12 - 16. "Girls Exclusive" provides goals for the future for each individual girl in a caring adult environment that promotes friendship, creativity, fun and exposure to new ideas and concepts. The program motivates girls to stay in school and apply themselves to their studies to the best of their individual ability. They learn about careers and the necessary educational and training requirements for future career opportunities. The program addresses several areas of impact, such as improving self-esteem, thus reducing the affect of peer pressure and negative social images through education; it also promotes healthy practices, financial literacy, and racial equality.

Girls Exclusive is funded in part by the Women's Fund of Southeastern Massachusetts.

For more information or to join call: Kathryn Nunes, Girls Exclusive Coordinator @ 508-999-3255 or [teenservices@ywcasema.org](mailto:teenservices@ywcasema.org)



**help us reach our goal and move under  
one roof by leaving a legacy...**

Our Under One Roof Legacy Walkway is made up of engraved bricks that will lead up to the steps of the YWCA's new building addition, bringing our critical programs that serve women, children and families to a state-of-the-art center-city campus. It will truly be a place of life and history for the YWCA. Bricks along the walkway are available for adoption by families, friends, participants, volunteers, board, staff and the greater community. This is a beautiful way to honor a loved one or leave your own legacy.

**You can help us reach our goal by purchasing a  
brick for just \$100!**

To purchase a 4 X 8 brick, please call: 508-999-3255

## mass health members see drop in heart attack hospitalizations

By: Judith Coykendall,  
Partners for Clean Air

New Bedford has one of the highest smoking rates (28.7%) in the Commonwealth. The adult smoking rate in New Bedford alone is 78% higher than the statewide average of 16.1% and the rate of smoking during pregnancy is 134% higher in New Bedford than the state average 7.4%.

However, there is hope for people who want to quit. In 2006, the state legislature added a new benefit to MassHealth to help people quit smoking. We're now seeing the immediate results of this benefit. Within one year, users of the benefit had dramatic reductions in expensive health events: a 38% drop in

hospitalizations for heart attacks and 17% fewer emergency room visits for asthma. Researchers also found 17% fewer claims for maternal birth complications since the benefit was implemented.

Additionally, over 40% of MassHealth members who were smokers used the benefit, and within two and a half years of the benefit's implementation, the smoking rate among the MassHealth population decreased by 26%. The implications of these data are clear: people want to quit and when they use these benefits those that do quit are feeling immediate and positive health effects.

Evidence shows that smokers who use FDA-approved

stop-smoking medicines or behavioral counseling to quit smoking are twice as likely to quit for good. Smokers who use a combination of medicine and counseling triple their chances of quitting for good. It takes the average smoker 6-11 quit attempts before they can quit for good. Therefore, smokers who have tried to quit in the past, but returned to smoking should try again using the stop-smoking medicines such as the patch, gum and/or the new prescription medication, Chantix, and phone or face-to-face counseling.

It makes good sense to promote healthy hearts and provide these benefits to all smokers in the Commonwealth who want to quit. Helping people quit smoking will save

taxpayers money, but more importantly save the lives of thousands of our closest friends and family members.

Help is available for smokers who are trying to quit. The Massachusetts Quitline is free to all MA residents and provides confidential online and telephone support at 1-800-TRY-TO-STOP and [www.trytostop.org](http://www.trytostop.org). For those who prefer individual or group counseling, New Bedford is fortunate to have a program at the Wellness Connection, a program of the Greater New Bedford Community Health Center. Call Daphne Carvalho, R.N., a bilingual certified Tobacco Treatment Specialist, at 508-992-6553, ext. 421 to make an appointment.

## why the ywca?

**name:** Annamarie Lopes

**role(s) in the ywca:** Administrative Assistant & Residential Services

**role(s)/hobbies outside of the ywca:** Traveling, Proud Mother, Family

**worked at the ywca for:** 7 1/2 years

**why did you become interested in the ywca?:**

"I did my internship for school at the YWCA and thought it would be an interesting place to work. What I didn't know was how much I would learn and what I was capable of overcoming."

**what do you find particularly inspiring about the ywca?**

"A lot. The mission, the staff, the community that is involved, and the variety of programs."

**one of your proudest moments with the ywca...**

"Having your clients tell you that you have made a big difference in their lives."

**3 words to describe the ywca...**

"Equal, Interesting, Challenging"



## ywca board of directors | ywca staff

President  
Jan Baptist

Vice President  
Tammy Beckman

Treasurer  
Marcia Williams

Assistant Treasurer  
Marie-Frances Rivera

Clerk  
Lena Pires

Carolina Africano, Esq.  
Nicole Almeida  
Yolanda Dennis  
Mali Lim  
Victoria Moniz  
Ine Ogagan  
Rita Ribeiro

Ex-Officio  
Gail M. Fortes

**Gail M. Fortes**  
**Catherine Bourassa**  
**Athena M. G. Mota**

**Executive Director**  
**Director of Programs and Services**  
**Director of Advocacy and Communications**

### administrative services:

Lisa Calvano  
Linda Larsen  
Annamarie Lopes  
Linda Rose  
Jack Davis  
Dave Pires  
Domingo Quinones

Director of Finance  
Office Manager  
Administrative Assistant  
Receptionist  
Facilities Manager  
Custodian  
Custodian

### youth services:

Kathryn Nunes  
Lucinda Colón  
Shawneen Fyock  
Natasha Iraheta  
Karina Andrade  
Beatriz Guerrero  
DeAnn Gyukeri  
Iris Ruiz  
Kelly Amaral  
Shirley Houtman

Girls Exclusive Coordinator  
Girls Exclusive Assistant  
YWkids Site Coordinator  
Kindergarten Coordinator  
YWkids Group Leader  
YWkids Group Leader  
YWkids Group Leader  
YWkids Group Leader  
YWkids Asst. Group Leader  
YWkids Clerical Support

### wellness for women and girls:

Ana Silva  
Valentina Martinez

Outreach Specialist  
Outreach Specialist

### adult services:

Joan Yotides

Widowed Persons Director

### residential services:

Candy Royster

Resident Assistant

**eliminating racism**  
**empowering women**  
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**southeastern massachusetts**

20 South Sixth Street  
New Bedford, MA 02740



United Way  
of Greater New Bedford

# our voice

for information on any of our  
programs & services, please  
call: **508-999-3255** or go to:  
**[www.ywcasema.org](http://www.ywcasema.org)**