

# STATEWIDE PROGRAMS

## YWCA OUTREACH

### HEALTH

#### A MATTER OF BALANCE

Program designed to manage falls and increase activity levels. Learn to: view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home; and exercise to increase strength and balance. Who should attend? Anyone concerned about falls; interested in improving balance, flexibility and strength; who has fallen in the past; and who has restricted activities because of falling concerns. Workshop includes 8 consecutive classes that are held for 2 hours each. Contact Lisa Piscatelli at 769-7450.

#### BREAST CANCER INFORMATION

The Love/Avon Army of Women provides women the life-changing opportunity to partner with the scientists who are conducting the research that will move us beyond a cure and teach us how to end breast cancer once and for all. Sign up at [www.armyofwomen.org](http://www.armyofwomen.org).

#### ENCOREplus®

ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education. YWCA offers community outreach, breast and cervical health education, linkage to clinical screening services and assistance in accessing and navigating diagnostic treatment services when necessary. YWCA also offers support during diagnosis and treatment. If you are over age 40 and have no health insurance or your insurance does not cover breast and cervical screenings every year, you may qualify for FREE services. Rhode Island Department of Health Women's Cancer Screening Program provides a women's health exam including clinical breast and pelvic exams, pap smear, mammogram and follow-up services. For more details call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555.

#### HEALTHY STEPS

Healthy Steps for Girls and Women is an initiative that builds on the connectedness of families in the northwestern Rhode Island communities of Burrillville, Foster, Glocester and Scituate to promote preventive health care and physical activity. YWCA Rhode Island in partnership with nriAHEC worked with a Steering Committee to develop and implement a community assessment and strategic plan. Project is sponsored by Rhode Island Department of Health with support from Rural Health Systems Building Grants. Visit [www.scoop.it/t/healthy-steps](http://www.scoop.it/t/healthy-steps) or call Lisa Piscatelli at 769-7450, for more information.

#### CHRONIC DISEASE SELF-MANAGEMENT

Living Well Rhode Island. If you have asthma, diabetes, heart disease, cancer, arthritis

or another chronic disease, this workshop is for you. You will receive a healthy life book and relaxation CD. Topics: how to manage your symptoms, how to work with your health care team, how to fight fatigue, how to make daily tasks easier, how to eat healthy, how to get more out of life, and more. Workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Contact Lisa Piscatelli at 769-7450.

#### CHRONIC PAIN SELF-MANAGEMENT

Living Well Rhode Island. If you have chronic pain, this workshop is for you. You will receive a healthy life book and program workbook. Topics: Moving Easy Program, pacing, better breathing, relaxation techniques, healthy eating, medications for chronic pain, communication skills, problem solving, and more. Workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Contact Lisa Piscatelli at 769-7450.

#### MINORITY HEALTH PROMOTION

YWCA Rhode Island has been designated as a Minority Health Promotion Center by the Rhode Island Department of Health. It is the only organization in northern Rhode Island to receive such a designation. Our Association develops and implements health information, health education and risk reduction activities that improve the quality of life and eliminate health disparities for Woonsocket's racial and ethnic populations. Call the YWCA Health Office for more information, 769-7450.

### CENTRAL FALLS/PAWTUCKET CAMPUS

YWCA Rhode Island, 324 Broad Street, Central Falls, RI 02863

#### CENTRAL FALLS HAS HEART

YWCA Rhode Island is partnering with CVS Caremark to increase the awareness of the signs and symptoms of a heart attack and the importance of calling 9-1-1 among Spanish speaking Hispanic women living in Central Falls. YWCA will work with local community leaders, implement mass media strategies and use social media as a platform to spread this message. Call for more information, 401-722-3010.

#### SARAH FRANCES GRANT HOMESTEAD

Sarah Frances Grant Homestead is a permanent supportive housing program for homeless women with disabilities. Residents must be 18 and over, unaccompanied by children and have been substance abuse free for at least three months before entering the program. Residents have a single bedroom and share common areas such as the living room, dining room, kitchen and bathrooms. Case management services are offered on-site. Call for more information, 401-722-3010.

#### VOLUNTEER INCOME TAX ASSISTANCE (VITA)

The VITA program offers free tax help to people who make \$50,000 or less and need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation to qualified individuals in local communities. As participants in the Earned Income Tax Credit Initiative, YWCA Rhode Island assists with the necessary paperwork for earners to receive Earned Income Tax Credits from the Federal Government. Appointments are available on Tuesdays and Thursdays from 4-8pm. Call Luz Filpo to schedule, 401-722-3010.

#### WELLNESS

YWCA offers health outreach and information to members of the Central Falls/Pawtucket community. ENCOREplus® (Breast and Cervical Health Outreach) and Heart Health for Latina women. Call Joyce Dolbec for more information, 401-769-7450 x12.

### SHE SHINES™

Share it. Trust it. Smile.  
[www.sheshines.org](http://www.sheshines.org)



She Shines is a YW magazine and radio program, celebrating the aspirations and accomplishments of women.

To reserve advertising space or receive a FREE subscription, call Lisa Piscatelli at 769-7450. Media influence is a powerful economic and cultural force. However, women remain underrepresented both in front and behind the scenes. With YW She Shines, women have an equal voice and equal participation in our society.

Tune in to the radio program on Saturday mornings at 10am on WOON 1240 AM. Presenting sponsors:

- Blue Cross & Blue Shield of Rhode Island
- U.S. Department of Health and Human Services (HHS), Office on Women's Health

### PROVIDENCE CAMPUS

YWCA Rhode Island  
133 Delaine Street, Providence, RI 02909

#### COMMUNITY OUTREACH TEEN PREGNANCY PREVENTION SUPPORT OF YOUNG FAMILIES

eliminating racism  
empowering women  
**ywca**



eliminating racism  
empowering women **ywca**

Yes! I want to join YW Rosie's Circle:  
[www.ywcari.org/donate.html](http://www.ywcari.org/donate.html)

- \$50 will help supply two campers with a set of hand tools
- \$150 provides twelve girls with a day of carpentry instruction
- \$750 provides a full scholarship for one girl to attend YW Rosie's Girls for three weeks

Dear Friend:

During this past summer YWCA Rhode Island in partnership with Sophia Academy and the National Association for Women in Construction, Rhode Island Chapter, co-created and co-delivered the YW Rosie's Girls program.

YW Rosie's Girls combines the best of YWCA Rhode Island and Sophia Academy gender specific programming and offers a unique experience for adolescent girls designed to build self-esteem, perseverance and leadership through learning and applying basic skills in the trades (e.g. carpentry and stone cutting).

YW Rosie's Girls is supported through a mix of funding and donations from individuals, foundations and corporations. The overwhelming majority of our campers require financial aid. In fact, last summer 100% of our campers received full tuition scholarships to attend.

Now that the saws and power tools are packed away, we have begun to plan for Summer 2014. We invite you to join other women and men in becoming a member of YW Rosie's Circle, a group committed to pledging financial support to YW Rosie's Girls to ensure that no girl will be turned away from the camp because of her inability to pay.

Thank you!

Deborah L. Perry, President/CEO  
YWCA Rhode Island



Nowell Leadership Academy  
Real students, real solutions, bright future.

- ✓ Fast track to high school graduation
- ✓ 15 hours in classroom and 15 hours at home online instruction
- ✓ Convenient locations in Providence and on Central Falls/Pawtucket line
- ✓ New Rhode Island public charter high school, sponsored by YWCA Rhode Island.
- ✓ [www.nowellacademy.org](http://www.nowellacademy.org)