

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 722-3010.

CHRONIC DISEASE SELF-MANAGEMENT

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 722-3010.

CHRONIC PAIN SELF-MANAGEMENT

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 722-3010.

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. For details about ENCOREplus® at Central Falls/Pawtucket Campus, call Luz Filpo at 722-3010. 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 sponsored by Rhode Island Department of Health with support from Rural Health Systems Building Grants. Visit www.scoop.it/t/healthy-steps or call Lisa Piscatelli at 722-3010, for more information.

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.

YOUTH ENRICHMENT

GO GIRL GO AFTER SCHOOL

YWCA GoGirlGo! After School is a program, where girls age 5 to 12 build confidence and self-esteem through fun activities, sport instruction, leadership training, games, crafts, nutrition, and building friendships.

ROSIE'S GIRLS AFTER SCHOOL

YWCA Rosie's Girls After School is a pilot program held once a week in locations in Providence, where middle school girls learn radio production and broadcast skills.

YW SHE SHINES™

Share it. Trust it. Smile.
To subscribe, e-mail lisa@ywcari.org.
www.sheshines.org

YW She Shines™ is a magazine, radio program and 'Shining With' series that celebrates the aspirations and accomplishments of women.

Tune in 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

IF YOU FEEL ONE OR MORE OF THESE HEART ATTACK SYMPTOMS, CALL 911.

- ♥ Chest pain, discomfort, pressure or squeezing, like there's a ton of weight on you
- ♥ Unusual fatigue
- ♥ Unusual upper body pain, or discomfort in one or both arms, back, shoulder, neck, jaw or upper part of the stomach
- ♥ Nausea
- ♥ Breaking out in a cold sweat
- ♥ Shortness of breath
- ♥ Light-headedness or sudden dizziness

KEEP THIS MAGNET ON YOUR FRIDGE.
MAKE THE CALL. DON'T MISS A BEAT.
www.womenshealth.gov/heartattack



CENTRAL FALLS HAS HEART

YWCA Rhode Island partnered with CVS Health and Rhode Island Department of Health Office of Minority Health, 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 worked with local community leaders, implemented mass media strategies and used social media as a platform to spread this message.

To learn more, visit and like:
www.facebook.com/YWCARhodeIsland



Yes! I want to join YWCA Rosie's Circle:
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 YWCA Rosie's Girls for three weeks

Dear Friend:

For the 2nd consecutive 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 YWCA Rosie's Girls summer program.

Rosie's Girls summer 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).

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, in 2013 and 2014 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 2015. We invite you to join other women and men in becoming a member of YWCA Rosie's Circle, a group committed to pledging financial support to 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

PROVIDENCE PROGRAMS

YWCA Rhode Island
133 Delaine Street, Providence, RI 02909

COMMUNITY OUTREACH

YWCA SPONSORED SHEILA "SKIP" NOWELL LEADERSHIP ACADEMY

eliminating racism
empowering women
ywca