

she

Shines™

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celebrating the aspirations and accomplishments of women

EMBRACE  
a healthy lifestyle

share it  
trust it  
smile

ENGAGE  
in physical activities

CHOOSE  
nutritional foods

AVOID  
tobacco products

eliminating racism  
empowering women

ywca

published by YWCA Northern Rhode Island • volume 8, number 1 • [www.sheshines.org](http://www.sheshines.org)

# she Shines calendar

Hi Mollie!

photo by  
Deborah L. Perry



## february

Events are listed in the calendar as space allows. Submissions may be e-mailed to [info@sheshines.org](mailto:info@sheshines.org), faxed to 401-769-7454, or mailed to *She Shines*, c/o YWCA Northern Rhode Island, 514 Blackstone Street, Woonsocket, RI 02895.

- **February - May, Wintertime Farmers Market:** Saturdays 10am-1pm and Wednesdays 4-7pm at Hope Artiste Village, 1005 Main Street in Pawtucket. *Ad on page 7.* [www.farmfresh.org/winter](http://www.farmfresh.org/winter)
- **February 15, Healthier Northern Rhode Island Community Meeting:** 3pm at YWCA in Woonsocket. Contact 769-7450.
- **February 23 - March 16, A Matter of Balance:** Managing concerns about falls workshop held Thursdays and Fridays from 1-3pm at the South Kingston Senior Center (eight two-hour sessions). Contact 789-3016 x378.
- **February 25, Fight for Air Stair Climb:** Peak the Plaza - American Lung Association fundraiser. 9am for everyone except firefighters (who will start at 1pm). 1 Financial Plaza. \$35 registration fee, \$100 per person fundraising. 29 floors, 58 flights, 595 stairs. [www.fightforairclimb.org](http://www.fightforairclimb.org)
- **February 26, Guided Zen Meditation:** 9-10:30am at All That Matters, 315 Main Street in Wakefield. This meditation practice teaches us to clear our minds, understand our true selves, and live our lives with clarity and compassion. Begins with a brief introduction and instruction, followed by sitting and walking meditation. No experi-

## march

ence necessary. Free. Donate to Providence Zen Center and ATM Scholarship Fund. Call 401-782-2126.

- **March 3, New-trition for the New Year:** Infinite Nutrition and Performance invites you to attend a seminar on Healthy Eating and Weight Management. Avoid "fad" diets and learn about "Unmindful" eating to help create your personalized diet. 10am at ELR Professional Building in Greenville. Call in advance to register, 556-0972. *Ad on page 9.*
- **March 4, Red Tent Day for Women:** 9:00am-4:00pm, Rhodes on the Pawtuxet at 60 Rhodes Place in Cranston. For a \$20 admission fee, you will be able to partake in: hairstyling, vendor marketplace, hand treatments, mini facials, manicures, reflexology, burlesque shimmy & shake classes, food vendors, makeup application, women's health info, eyebrow threading, massage, henna tattooing, belly dancing, reiki, laughter yoga, hula, and more. Childcare provided by New Era Nannies. After the Red Tent, at 4:30pm, enjoy The VAGINA Monologues. Visit [www.redtentri.com](http://www.redtentri.com) for further event details and tickets.
- **March 9-10, Women in Literacy:** The WE LEARN (Net)Working Gathering & Conference will be held at the University of Rhode Island Downtown Campus, Paff Auditorium in Providence. Open to adult basic education learners, teachers, tutors, college/grad students, administrators, researchers, social community activists. [www.welearnwomen.org](http://www.welearnwomen.org)
- **March 13-17, American Alliance for Health, Physical Education, Recreation and Dance National Convention & Exposition:** Theme is "United We Move" at Hynes Memorial Convention Center in Boston. [www.aahperd.org](http://www.aahperd.org)
- **March 15, Let's Move in School Showcase:** 11:30am-1pm at Marriott Copley Place Grand Ballroom, Boston. A national program that involves all age groups to get kids moving more before, during and after school in an effort to develop healthy lifestyles. [www.letsmoveinschool.org](http://www.letsmoveinschool.org)
- **March 15, Bryant University's Women's Summit:** Themed - Fifteen Years of Empowering Women. Held on campus, 1150 Douglas Pike in Smithfield from 8:30am-5:15pm. [www.wsummit.bryant.edu](http://www.wsummit.bryant.edu)
- **March 16, Voices of Hope Concert:** At the ROOTS Cultural Center in Providence. Rehearsals 1:30-3:30pm on Sundays at Epiphany Church in Rumford. Women and girls of all ages and backgrounds with the goal of making connections and friendships through the magic of music. [www.voicesofhope.org](http://www.voicesofhope.org)
- **March 17, Rhode Island Families in Nature:** 1:00pm at Chafee Nature Preserve in North Kingstown. 2.5 mile hike, moderate-challenging. [www.rifamiliesinnature.org](http://www.rifamiliesinnature.org)
- **March 20, Rhode Island Tobacco Control Quarterly Meeting:** 9am-12noon at 40 Laurel Hill Avenue in Providence. *Ad on page 11.* [www.ritcn.org](http://www.ritcn.org)
- **March 21, National Kick Butts Day:** RITCN Kick Butts event from 4-6pm at State House. [www.ritcn.org](http://www.ritcn.org)

## april

- **April 7, World Health Day:** Aging and health. [www.who.org](http://www.who.org)
- **April 7, New-trition for the New Year:** Infinite Nutrition and Performance invites you to attend a seminar on Healthy Eating and Weight Management. Avoid "fad" diets and learn about "Unmindful" eating to help create your personalized diet. 10am at ELR Professional Building in Greenville. Call in advance to register, 556-0972. *Ad on page 9.*
- **April 7, Mount Hope Farmers Market:** 9am-12noon at Historic Mount Hope Farm in Bristol. Indie Cycle will collect electronic waste and lead batteries. Mini-fridges, air conditioners and dehumidifiers are accepted for a \$10 disposal fee. Sundial, an old-time trio will also be performing. [www.mount-hopefarm.org](http://www.mount-hopefarm.org)
- **April 15, 9th Annual Nutrition Fuels Fitness 5K:** Rhode Island Dietetic Association is hosting a 5K walk/run at Goddard Park in Warwick. Event includes kids' fun runs and obstacle courses, health fair/screenings, massage therapy, "Ask the Dietitian", raffles and healthy snacks. Bring a non-perishable food item, or cash to donate to the Martin Luther King, Jr. Community Center in Newport, and receive a ticket for the raffle. Children's events start at 9:30am, and 5K kicks off at 10am. Proceeds help food pantries, nutrition education and wellness initiatives. [www.active.com](http://www.active.com)
- **April 15, Rhode Island Families in Nature:** 1:00pm at Touisset Marsh Refuge in Warren. Easy, 1 mile hike. [www.rifamiliesinnature.org](http://www.rifamiliesinnature.org)

You wouldn't let your kids eat this much sugar.

So, why let them drink it?

**CUT BACK THE SUGAR. ONE DRINK AT A TIME.**

More than one sugar-sweetened beverage a day can lead to childhood obesity, type 2 diabetes and tooth decay. Learn how much added sugar is in the drinks you buy now, and find healthier alternatives your kids will like at [www.health.ri.gov/ssb](http://www.health.ri.gov/ssb).

volume 8, number 1

celebrating the aspirations and accomplishments of women

published by YWCA Northern Rhode Island



**publisher**  
Deborah L. Perry



**editor**  
Lisa Piscatelli



**website administrator**  
Meaghan Lamarre



**spring edition coordinator**  
Meghan Grady

**contributors:**

*Rhode Island Department of Health*  
Erica Collins, Katy Heneghan  
and Benvinda Santos

*writers*

Angie Ankoma, Elizabeth Castellano, Seema Dixit, Carol Frisk, Jennie Graham, Katy Heneghan, Emily Jodka, Traci Jones, Beth Lamarre, Emily La Plante, Jealani Laughlin, Breonna Lenart, Yvette Mendez, Terri Mrozak, Prajula Mulmi, Priscilla Nascimento, Ana Novais, Nicole Pope, Julie Rawlings, Beni Seballos, Pam Shayer, Amy Shallcross Vogel, Johanna Walczak and Melissa Walsh

*photographers*

Erica Clopton, Erica Collins and Brett Heneghan

*cover artist*

Jennifer Iwasyk

*She Shines*

c/o YWCA Northern Rhode Island  
514 Blackstone Street  
Woonsocket, RI 02895  
p 401 769 7450, f 401 769 7454  
www.sheshines.org  
info@sheshines.org

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"I had a resurgence of inspiration as a painter when my daughter turned five years old. I taught portraiture to a kindergarten class focusing on self-decoration, traditional costume and identity. I used the *Metamorphosis* painting as an example of how my Irish heritage inspired me. In the portrait, I am wearing an Irish linen shirt decorated with ancient double labyrinths. The labyrinth patterns become part of me, weaving into my hair, the earth's plants, leaves and bug wings. An artist is reborn from the dead plants, she is also a mother." - *Jennifer Iwasyk*

**Jennifer Iwasyk**  
*Metamorphosis*

Jennifer Iwasyk has lived in Providence for 25 years. She was born in Wilmington, Delaware and came to Rhode Island to study illustration and painting at Rhode Island School of Design. Upon graduating, she worked as a muralist painting throughout New England in nightclubs, restaurants, hospitals, private residences, high schools, hair salons, senior centers, casinos and a movie set. Her mural for a Rhode Island State Council on the Arts grant project of historic Providence can be viewed at the Westminster Senior Center on Mathewson Street in Providence. Iwasyk also taught art classes to seniors at the Westminster Senior Center and to children throughout Rhode Island.

Iwasyk's portraits convey her love of her diverse community of local residents such as fellow artists, storytellers, businesswomen, activists, children and animals. She reflects on portrait painting, "I feel honored to hear the stories of an individual's life and learn about cultural traditions and perspectives different from my own."

She looks to her community libraries, parks and public spaces for inspiration. Iwasyk has just finished several paintings of Swan Point cemetery inspired by the old stone walls, the Seekonk River, the eclectic species of trees, not to mention the silence. You will continue to get a local's perspective through viewing her paintings. Her work has been shown at AS220, "The Gift of Art Show", University of Rhode Island, Island Arts Gallery, Hera Gallery, TseTse Gallery, Mathewson Street Gallery and presently some of her work is on view at Studio Hop in Providence.

You can also view Iwasyk's work if you friend her on facebook, a blog of her work will be coming soon!



*Photos courtesy of Iwasyk.*

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3 Jennifer Iwasyk, *Metamorphosis*

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**insert**  
YWCA Northern Rhode Island  
spring session brochure

from the publisher

“Establishing healthy behaviors in childhood is easier and more effective than trying to change unhealthy behaviors during adulthood.”

- Deborah L. Perry



## healthy lifestyles

making choices today, for tomorrow

**W**hat do you do to embrace a healthy lifestyle? Physical activity, nutrition, and tobacco related behaviors play a major role in the health of women and their families.

Establishing healthy behaviors in childhood is easier and more effective than trying to change unhealthy behaviors during adulthood. YWCA is working with Rhode Island Department of Health to increase community support to reduce youth access to tobacco products and unhealthy foods through local policy changes that make the healthy choice the easy choice. Adopting behaviors such as eating healthy foods, being physically active, and avoiding tobacco can significantly reduce the risk of developing a chronic illness.

YWCA has long prioritized community health outreach and education to ensure that women and their families make lifestyle choices today, to be healthy, productive citizens tomorrow. ❖❖❖

Very truly yours,

*Deborah*

Deborah L. Perry  
chief executive officer, YWCA Northern Rhode Island  
publisher, *She Shines* magazine

## smart women make smart financial decisions



**Joanne M. Daly**  
Vice President/Financial Advisor  
UBS Financial Services Inc.

Joanne is passionate about helping smart affluent women gain greater control of their financial life. Many of Joanne's clients are women who have become responsible for their financial future. These women typically come to Joanne after experiencing divorce, death of a spouse or inheritance of significant wealth. Joanne works in partnership with her clients to help them become financially empowered and secure in their financial future. She accomplishes this through personal financial coaching sessions, educational workshops and developing their personal financial lifestyle plan. Their plan incorporates a personalized investment strategy and Joanne's proactive wealth management process. Joanne's financial planning knowledge and expertise with her more than 15 years of combined CPA and wealth planning experience, as well as her Masters in Taxation gives her the exceptional ability to offer a boutique of wealth management services and resources exclusively to her clients. Joanne is the chair of the Financial Planning Committee of the RI Society of CPAs and is a past recipient of the YWCA Women of Achievement Award for helping women become financially empowered. Contact Joanne to learn more or to attend a seminar.

One Citizens Plaza, Suite 900  
Providence, RI 02903  
**phone:** 401-455-6731/800-333-6303 fax: 855-870-7984  
**email:** joanne.daly@ubs.com  
**web:** www.ubs.com/fa/joannedaly

## express yourself

Your comments are welcome. Contact *She Shines* at [info@sheshines.org](mailto:info@sheshines.org).

Share it. Trust it. Smile. ❖❖❖

## how to

**contribute.** *She Shines* welcomes letters to the editor, articles, poetry, stories, graphics, photos and calendar events. Contact us if you have an inspiring story to tell or have a suggestion of someone to be featured. Only original contributions will be considered and may be edited due to space limitations. Include contact information: name, e-mail, address, and phone number. Images provided electronically must be high-resolution.

**submit cover art.** The cover is reserved as a gallery of art in keeping with the *She Shines* theme. For consideration, send in a photo by e-mail attachment or mail. This is a wonderful opportunity for local artists to show their work. A biography is published in conjunction with the “Artist Canvas” section of *She Shines*.

**advertise.** Visit [sheshines.org](http://sheshines.org) to view the advertising media kit. *She Shines* reserves the right to refuse to sell space for any advertisement the staff deems inappropriate for the publication.

**receive the magazine.** *She Shines* is a free publication mailed to members and friends of YWCA Northern Rhode Island. To be added to the mailing list, send in the subscription form - available online at [sheshines.org](http://sheshines.org). The magazine is also available at YWCA Northern Rhode Island and at various special events.

from Rhode Island Department of Health

# community, family health and equity

Ana Novais strives to reduce disease and improve lives

**W**hen I began my career in the Cape Verde Islands, I was given a box full of patient files and launched into a clinical psychology practice where there had never been one before. It was a daunting task, at the time. I was only 23 and did not have a mentor to provide me with direction. I took that box of names and developed a culturally sound mental health system that addressed the psychological health needs of the population. It required hard work, grant writing, team building, and development of infrastructure and community support, but eventually it blossomed and grew into a mental health system that is still in place today.

This experience taught me that change does not come by education alone. Public health programs must address the needs of all of us, but specifically those who are most vulnerable to health inequity. Disparity goes beyond race and ethnicity. Public health is also impacted by poverty, geographic location, and cultural misconceptions. Health advocates have shifted their strategies in recent years to improve initiatives through better understanding of these population specific challenges and adoption of effective policies. This edition of *She Shines* will highlight the many Rhode Island women who devote their time to improving the physical activity, nutrition and tobacco control policies in our communities. It is my hope that this issue will provide you with a better understanding of how the Department of Health's Tobacco Control and Initiative for a Healthy Weight programs, as well as many community organizations, work to bring about change.

Regardless of what we look like or where we live, we all deserve smoke free air, access to healthy foods, and a safe environment conducive to physical activity. Despite rising obesity rates, and a tobacco burden that remains the leading cause of preventable death and disease, I have still managed to maintain that same positive attitude when I began my career in Cape Verde. I know that the work we do can have a significant impact on reducing disease and improving the lives of all Rhode Islanders.

Change does not just happen on an organizational level. It begins with you. You can help make communities walkable, increase access to healthier food, and keep tobacco products out of the hands of youth. Volunteer at one of the many community organizations highlighted in this issue and take action. Join us to improve the health of Rhode Islanders. ❖❖❖

Ana Novais serves as the executive director of the Division of Community, Family Health and Equity for the Rhode Island Department of Health. *Photo courtesy of Novais.*

“Public health programs must address the needs of all of us, but specifically those who are most vulnerable to health inequity.”

- Ana Novais



**8 HOURS**  
after you quit smoking,  
your blood oxygen level returns  
to normal.

But right now, you're one cigarette closer to **CANCER.**

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“Youth are a very important target population for the tobacco industry, given they serve as ‘replacement smokers’ for those users who finally succumb to its effects.”

- Seema Dixit



## regulating and controlling the use of tobacco

the only product that if used as directed will harm and kill the user

People just need to quit smoking cigarettes. It’s a bad habit and they shouldn’t be doing it . . . this used to be my reaction when somebody mentioned smoking to me. The solution seemed so easy back then before I started working for the Rhode Island Tobacco Control Program. As I was introduced to tobacco control issues and the complexities surrounding this particular addiction, I realized it is not ‘just’ a habit that people could ‘just quit’. I also learned that smoking kills more people each year than alcohol, AIDS, car accidents, illegal drugs, murders, and suicides combined. I became aware that tobacco is not just a public health problem worldwide but it is also a bigger political problem given tobacco company’s predatory practices.

Prevention is challenging work and planning prevention for a substance like tobacco – which to-date has had such little regulation – is even more challenging. Though the return on investment in prevention is huge, as much as several dollars for each dollar spent, it still is a bitter pill to swallow. It is a difficult challenge to invest in, and implement, healthy practices even though they have been proven to help and prevent disease and death and improve the quality of life.

Yet despite challenges, it is amazing what the tobacco control movement has achieved in Rhode Island and nationally. People do object now when they are exposed to somebody else’s smoke, parents know that their kids cannot be sold tobacco legally and it is quite expensive to smoke cigarettes. But a lot still needs to get done. A variety of cheap smokeless tobacco products are being promoted and marketed to youth. Youth are a very important target population for the tobacco industry, given they serve as ‘replacement smokers’ for those users who finally succumb to its effects. Therefore it is critical that they are protected and do not have easy access to tobacco products.

I have often been asked what exactly I do for a living and it’s as simple as my seven and half year old daughter says “My mommy stops people

from smoking”. I consider it a huge privilege and honor to be able to attempt that. My daughter does question me when we are out and about, as we still see signs for tobacco products and people smoking. “Mommy how and why can this happen? Aren’t you supposed to stop this?”

I question that myself . . . why is it that we are still working to keep tobacco out of our lives, our communities? Why is it that, when the science is clear and there is evidence on what works, we are still fighting the tobacco control war? But, I suppose, that’s exactly what keeps this movement going. There is never a dull moment. The best part of this movement is the experience and knowledge that we can make a difference and we are not alone in this. It is a fascinating movement that actually demonstrates what Margaret Mead said, “Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

The tobacco control movement in Rhode Island has always been, and will continue to be a great living example of this. I continue to remain excited, enthused and curious about what tomorrow will bring. In the words of my former mentor, Betty Harvey, who is now deceased, “There will be a time when our future generations will say ‘You mean people actually smoked this stuff?’”

Seema Dixit administers and manages the Tobacco Control Program for the State of Rhode Island. She has worked with the program in varying capacities for the past eight years. Dixit has multiple graduate degrees in Human Nutrition from India, International Health and Policy from Tufts University, Medford, Massachusetts and Public Health from Tufts University, Boston, Massachusetts. Dixit has over 15 years of public health experience focusing on health promotion and policy change in the areas of Obesity Prevention, Breast Cancer Prevention, Tobacco Control, Healthy Living with HIV and International Nutrition Policy. She has a strong interest in health promotion and health communication and is passionate about developing and implementing population-based campaigns. *Photo courtesy of Dixit.*

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TEENS ARE THEIR  
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**DON'T BE A  
BEAN ORIGINAL  
REPLACEMENT**

Tobacco Control Program

in her words

Katy Heneghan

“It is crucial that young vulnerable populations are educated and have access to fresh healthy foods.”

- Katy Heneghan



## to be healthy is a gift

to keep the body in good health is a duty

The first response I receive from people when they realize that I pursued a career in obesity prevention is “Why obesity?” And, it was kind of by chance. In college I was diagnosed with heart disease after I collapsed on the court during a volleyball pre-season fitness test. I ended up in the hospital for supraventricular tachycardia and underwent a cardiac ablation procedure. Though I forfeited a year of playing Division I volleyball, I was fortunate to fully recover and return back to an active lifestyle. But, it was my overnight stay in the cardiac intensive care unit that really influenced my decision to pursue a career in obesity. I looked around and realized that many people were overweight or obese and consequently suffering from high blood pressure or heart disease. It became obvious to me what a serious health issue obesity had become. My original career choice of being a sports broadcaster changed and I focused the remainder of my undergraduate degree in Communications on analyzing the marketing and media influence of food and beverage choices. I was particularly interested in those targeting children.

After completing my Masters in Public Health and working for the Initiative for a Healthy Weight, I realized that obesity prevention is difficult work and planning prevention policies for such a multifaceted disease like obesity is extremely challenging. One key area often overlooked is obesity policy that addresses changes to the environment. For example, are there grocery stores in the neighborhood that sell affordable nutritious foods? Are there sidewalks, is the community safe so people can go out and walk and ride their bikes?

Despite many obstacles, it is rewarding to see what the obesity prevention effort has achieved in our state and across the country. Rhode Island students in grades K-12 have some of the strictest nutrition guidelines for schools for a la carte and vending machine food items in the country. Sugar-sweetened beverages have been banned from the Department of Health and recently were banned from all public buildings in a few cities across the United States. Our recent “Cut Back the Sugar” campaign generated a great deal of attention among parents interested in learning more on the health risk associated with sugar-sweetened beverage consumption. But we still have more to do because the obesity rates are not declining. Junk food and sugar-sweetened beverages are cheaper than healthy options and are heavily marketing to youth, particularly minorities. We need to improve the nutrition guidelines for children enrolled in early care and education settings so they have the

opportunity to develop healthy habits for life. It is crucial that young vulnerable populations are educated and have access to fresh healthy foods.

I have often been asked what I do to stay healthy and I simply say that it’s a job to be healthy. I exercise an hour a day and follow a heart healthy diet. But I also have to remember that I had the privilege to not think about my health growing up. I was extremely active with my dad enrolling us in a new sport every season. My brother and I followed my mother’s strict rules on screen time and food. I realize that having this strong foundation of a healthy lifestyle was not available to everyone and navigating through all the challenges of living a healthy lifestyle is demanding.

When my friends introduce me at events and try to explain my job, they just say “That’s anti sugar-sweetened beverage Katy,” and then they hide their drinks or when I walk around the Department of Health, people call me the “Food Police.” I try not to consider our obesity efforts to be police-like in nature but rather that we are working to make the healthy choice the easy choice. ❖❖❖

Katy Heneghan received a bachelors of arts in Communications and Media Studies from Fordham University, Bronx, New York in 2007. Heneghan received her masters in Public Health with a concentration in Health Behavior from the University of Kentucky. She is an active volunteer for the American Heart Association, Gabrielle’s Heart Camp, the Boys and Girls Club, and Friends of Bucklin Park. She currently is the communication specialist for the Initiative for a Healthy Weight program at the Rhode Island Department of Health.

Photo by Brett Heneghan.

## Wintertime Farmers Market

Hope Artiste Village • 1005 Main Street • Pawtucket, RI



**Fresh, local food from 60 farmers and producers:** Greens, potatoes, squash, fish, milk, scallops, breads, pasta, wood-fired pizza, radishes, vegetable chili, apple cider, goat cheese, meat, herbs, coffee and more! **Open ‘til May.**

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[www.farmfresh.org/winter](http://www.farmfresh.org/winter)



• Saturdays 10am–1pm and Wednesdays 4–7pm •

“As a family physician, I have started to use walking as a tool for advocacy.”

- Beni Seballos



# why I walk

why I'd love for my patients to join me

I've reached some interesting places simply by putting one foot in front of the other: remote villages in my native Philippines, the summit of Mount Kilimanjaro, a motley assortment of concrete jungles throughout Europe, Asia and the Americas.

Sometimes, I walk to reduce my carbon footprint. Other times, I'm burning off my last caloric indulgence or justifying the next one. More often, I walk to share the experience with a friend. In my more meditative moments, I walk because I imagine myself darting across streets like a little needle, pulling a thread that connects one corner of the world to another.

As a family physician, I have started to use walking as a tool for advocacy. My work often involves addressing diseases seeded in genetics and nurtured by sedentary living. Because medications are only one component of preventing and managing chronic disease, I began inviting my patients to walk with me. This invitation opened a richer dialogue about physical activity than any litany on how exercise helps a

multitude of ailments. At the very least, my offer to walk with them made it harder for my patients to invoke busy schedules or inclement weather as a reason not to walk.

I ultimately convinced a few patients to join my quixotic jaunts around the clinic parking lot and my nascent walking group achieved some successes. Several patients with diabetes improved control of their blood sugar levels. One mom came because it gave her earnest husband, her preteen daughter and her rambunctious 4-year-old a way to spend time together as a family. A patient who battles depression and alcoholism walked because it reminded her of something she used to enjoy doing.

There have definitely been barriers. Much like medication compliance declines when patients can't understand or afford their pills, a walking regimen falters in the face of individual inertia and variable access to suitable walking spaces.

Still, momentum is building. Organizing the walk-

ing groups introduced me to others who believe walking can improve individual and community health. My co-workers now participate in recruitment and planning for the walks. Our clinic has partnered with local groups that organize their own walks or lobby for improved walkability within the city. These partners have responded to the challenges my patients face much more effectively than I could on my own.

These efforts pave the way for a larger movement of habitual, healthful walkers. And while a walk a day may not solve the problems of global warming, obesity, or social fragmentation, it's definitely a step in the right direction.

Beni Seballos works as a family physician and medical director of quality improvement in Thundermist Health Center, Woonsocket. She likes traveling, spending time with friends and family, dinners by candlelight and long walks on the beach. *Photo courtesy of Seballos.*

## Tri-Town Community Action Agency

### DIABETES EDUCATION CLASSES



**Who:** All people with Diabetes and Their Significant Others are Welcome

- What:** Topics Include:
- Understanding Diabetes
  - Meal Planning and Nutrition Education
  - Monitoring Your Blood Sugar
  - How To Handle the Highs and the Lows
  - Prevention of Complications
  - Eating Out & Menu Choices
  - Food Shopping & Label Reading
- and Much More. . . .

**When:** Classes will meet once a week for 6 sessions  
Call for schedule and Information

**Where:** Tri-Town Health Center

**How:** Contact Linnea Turgeon, RD, LD, CDE, C-DOE  
Certified Diabetes Educator  
Call 519-1990 for information and to sign up



Tri-Town  
Community Action Agency  
*Helping people. Changing lives.*

### TOBACCO CESSATION AND TREATMENT PROGRAM

The Tobacco Cessation and Treatment (TCT) program provides quit support to uninsured and under-insured Rhode Island residents. Services are also available to residents who are disparately impacted by tobacco use, including people who are unemployed, people living in low-income households, and young adults aged 18 to 24 years. TCT is a best practice model and adheres to the Standards of Practice and Core Competencies prescribed by the Association for Treatment of Tobacco Use and Dependence. Services are provided by highly trained and culturally diverse Tobacco Treatment Specialists.

#### Services

The following services are provided to clients of the program:

- **Information Sessions:** Monthly sessions conducted by Tobacco Treatment Specialists offer information about program services, dangers of tobacco use, and the benefits of quitting.
- **Assessment Services:** Consult with a Tobacco Treatment Specialist to develop a customized treatment plan based on clients' past and present tobacco use.
- **Counseling Services:** Individual and/or group counseling sessions offered based on clients' treatment plan.
- **Nicotine Replacement Therapy (NRT):** Free NRT is available to uninsured and under-insured clients. Insured clients work directly with their primary care and health insurance providers to obtain quit medications.

For more information or to schedule an appointment, contact Donna Levesque at (401)519-1970 or [dlevesque@tri-town.org](mailto:dlevesque@tri-town.org).

Funded by



*in her words*  
**Carol Frisk**

“It was a natural transition to become a Woonsocket Prevention Coalition employee and continue to educate youth and families about creating healthier community conditions.”

- Carol Frisk

# policy works

ensuring a healthier generation



**B**e it as elementary school principal or middle school assistant principal in the Woonsocket Education Department, my top priority was always to assure parents of the safest, most supportive, healthy learning environment for their child. My guiding educational philosophy has always been that parents and family are the primary teachers of a child with the local school community serving in an important, supportive, secondary role to expand each child’s knowledge.

Most of my daily attention focused on providing students with the best educational opportunities and creating a joy and desire for each to learn. I took seriously and truly enjoyed numerous interactions to learn their names and recognize who they were. Greeting students as they arrived, visiting them during classroom lessons, eating and chatting during breakfast or lunch periods and occasionally joining in a game at recess provided me a window about their health and well-being.

As a principal, I strove to enrich each child’s knowledge in becoming a healthy, productive citizen. As a parent, I know the primary concern parents have is their child’s well-being and safety. As grant coordinator, I empathize with parents about the numerous factors impacting their child’s day.

After my career as a school administrator and educator, it was a natural transition to become a Woonsocket Prevention Coalition employee and continue to educate youth and families about creating healthier community conditions. As Woonsocket Prevention Coalition grant coordinator, my focus has shifted from students in schools to include youth in the broader community still with every intention to promote good health.

In August 2011, YWCA Northern Rhode Island and the Woonsocket Prevention Coalition received a grant as part of the American Recovery and Reinvestment Act

and began work in collaboration with the Rhode Island Department of Health to address the physical activity, nutrition and tobacco use in northern Rhode Island. One focus of the grant is to decrease youth access to tobacco and other highly addictive nicotine products. It’s especially important to keep our children from smoking because tobacco is the #1 cause of preventable death and so many of our youth actually begin smoking at the age of 12. Based on current disturbing tobacco vendor compliance checks in Woonsocket, we know that 20% of local retailers sell illegally to youth. We also know that tobacco companies market flavored nicotine products to entice children to smoke and become addicted.

The second grant focus is to educate and encourage healthy food and beverage choices for our youth. Good nutrition is vital to good health, disease prevention and essential for healthy growth and development. Certainly healthy students are more likely to attend school on a regular basis and in turn decrease high truancy rates. Reports by Yale University from data collected in 2007 indicate rates of Rhode Island childhood obesity over 14% and that 30% more children in Rhode Island were considered overweight. As a member of the Woonsocket Education Department Health & Wellness Committee and the Alliance for a Healthier Rhode Island, work is in process to promote eating a nutritious diet, drinking water rather than sugar-sweetened beverages and keeping active and exercising.

Woonsocket native, Carol A. Frisk earned an MEd in School Administration and a PhD for Educational Leadership. In support of her efforts for Woonsocket Prevention Coalition in tobacco control work, she asks that you send her "your story" about the impact of tobacco or smoking in your life. Submit written stories to [carolfrisk@gmail.com](mailto:carolfrisk@gmail.com) or P.O. Box 1271, Woonsocket, RI, 02895. *Photo by Erica Clopton.*

Nutrition Counseling / Personal Training / Weight Management / Core / Balance / Stability

**Matthew Dirzcius**  
 MS, RD, LDN, CSCS  
 Registered/Licensed Dietitian  
 401-556-0972

Participating Provider for:  
 Tufts Healthplan BCBS UHC Medicare

**INFINITE**  
 nutrition and performance

[mattdirzcius@infinitenutritionandperformance.com](mailto:mattdirzcius@infinitenutritionandperformance.com)

**WOONSOCKET PREVENTION COALITION**

**25 YEARS AND STILL GOING STRONG**

[www.woonsocketpreventioncoalition.org](http://www.woonsocketpreventioncoalition.org)

in her words  
Terri Mrozak

“Each time someone makes an attempt to stop smoking, they are taking a huge positive step forward in their lives.”

- Terri Mrozak



## the power of one

positive steps in cessation and tobacco control

**T**hose of us who work in the field of tobacco cessation paradoxically measure our successes in negative terms: decreased number of cigarettes smoked, quit attempts, lower rates of hospitalization, area smoking bans enforced. Yet, each time someone makes an attempt to stop smoking, they are taking a huge positive step forward in their lives. They are choosing improved health for themselves, their families, and their community.

As a nurse for almost thirty years, I have witnessed, first-hand, the devastation tobacco use wreaks on individuals and their families. On a health-care systems level, I have an acute awareness of the immense financial and resource cost of treating tobacco-related diseases. These were my initial motivators for getting involved in cessation and tobacco control.

Most of my work did involve informing and supporting health care providers in establishing evidence-based treatment protocols for their patients. It has now transitioned into more “behind-the-scenes” committee activity, as well as direct cessation, or quit smoking counseling for individuals and groups. One of my current goals is to help launch a professional association for tobacco treatment specialists in Rhode Island. Tobacco treatment specialists is the certification designation for cessation counselors and I believe a professional organization will provide resources and support for, and give voice to our individual efforts.

Working in cessation and tobacco control, I have come to realize that it is far more than a personal, family, and health systems issue. Tobacco use also directly impacts air quality and the state of our environment. The marketing design that targets youth, and individuals and communities of low socio-economic status is an issue of social and economic justice. It touches, in some way, each corner of our societal structure that holds deep meaning for me; health for children and adults, health of the environment, the health and fairness of our socio-economic structure. My work in tobacco cessation allows me to engage in effecting positive change in each of these arenas and, in that, to live out my highest values.

If my involvement helps just one person to reach a lifetime quit, they will have a decreased risk of acute and chronic illness. Their family and friends will have less exposure to the carcinogens from second and third hand smoke, and so will you and I. If that person smoked a pack a day and quits for even a year, in Rhode Island they will have at least \$2920 more to spend on non-essential, (and sometimes essential) items for themselves and their families. There will be 7,300 less cigarette butts lying around on the planet not biodegrading, and our air and water will be a smidge cleaner.

Tobacco use is a huge issue with far-reaching personal and political implications but those are the outcomes I stay focused on, one person at a time.

Terri Mrozak is a registered nurse with training in Business Management, Electronic Health Records and Tobacco Treatment. She is actively involved with tobacco control initiatives for the March of Dimes, Multi-State Collaborative for Health Systems Change in Tobacco Treatment, The Partnership to Reduce Cancer in Rhode Island, The Rhode Island Prematurity Task Force, The Rhode Island Tobacco Cessation Coordinating Committee, and the Rhode Island Tobacco Control Network. Visit [www.quitnowri.com](http://www.quitnowri.com) for more information about quitting smoking and the resources available. *Photo courtesy of Mrozak.*

**HARD, YES.  
IMPOSSIBLE, NO.**  
Quit Smoking in the New Year!



**No Insurance?**  
Get the resources you need  
Call 1-800-QUIT-NOW  
(1-800-784-8669)

**FREE NICOTINE PATCHES**

- \* Must be 18 or older
- \* Medical restrictions apply
- \* While supplies last

**We are Family**  
THE FAMILY VAN

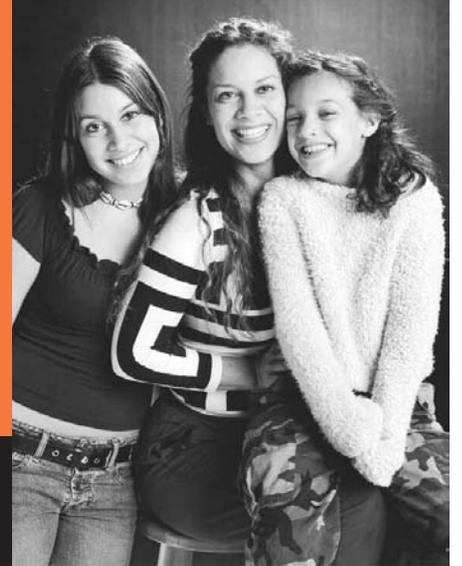
**Tri-Town  
CommunityAction Agency**  
*Helping people. Changing lives.*

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eliminating racism  
empowering women  
**ywca**

WE'RE MAKING A DIFFERENCE  
1923 - 2012



spring session 2012

northern rhode island

## REGISTRATION BEGINS 2/6/12

**SIX WEEK SESSION**  
2/19 - 3/31  
closed 2/20



### VACATION CAMPS

2/21, 2/22, 2/23, and 2/24:  
Reserve your child's space in a YWCA  
Vacation Camp. Register at front desk.

### DOODLE BUGS

For children 2 1/2 to 3 1/2. Winter  
Wonderland theme. Enjoy stories, games  
and activities. 9am-1pm, \$20/day. Early  
Birds and/or after camp options avail-  
able. Families needing additional hours.  
speak with receptionist regarding rates.

### BUSY BEE

For children 3 to 5 years of age.  
Daily Themes: Bears, Bears and more  
Bears on Tuesday. A Wild and Wacky  
Wednesday. Friendship Thursday with  
teamwork activities. Pajama Friday -  
wear pajamas and bring your favorite  
stuffed friend. Enjoy stories, games and  
activities. 9am-1pm or noon-4pm,  
\$15/half-day. Early Birds and/or after  
camp options available. Families needing  
additional hours. speak with receptionist  
regarding rates.

### ADVENTURE

For children 6 to 12 years of age with  
groups divided by age. Junior Leadership  
option available for youth 13 and over.  
Free snack, sports, arts/crafts, cooking,  
dramatic play, imagination/creativity,  
games and sledding at Cold Spring Park  
(weather permitting). 6:30am-6pm,  
\$29/day. \$15/half-day (4 hours of your  
choice). Enroll with paperwork in advance.

## EARLY CHILDHOOD LEARNING CENTER

Now open for child care at 6:30am. For details  
on child care, pre-preschool or preschool call  
Mary Anne Deslauriers, Director of Early  
Childhood Education, at 769-7450.

### CHILD CARE

#### INFANT/TODDLER

Our philosophy is to provide a developmen-  
tally appropriate program for children 8 weeks (6  
weeks with pediatrician consent) to 3 years  
that focuses on a child's individual needs. We  
provide a safe and nurturing program, parents  
can rely upon throughout the year. The Early  
Childhood Learning Center encourages  
healthy social, emotional, physical and cogni-  
tive development. Licensed by the Rhode  
Island Department of Children, Youth and  
Families.

### PRE-PRESCHOOL

#### LITTLE LEARNERS

Pre-preschool for children 2 1/2 to 3 1/2 years  
of age. With a consistent daily schedule mod-  
eled after our existing preschool program,  
children will be offered opportunities for  
socialization, creativity, and toilet training.  
Daily schedule includes circle time, songs, sto-  
rytime, snack, play, and creative projects.  
9am-noon. Two, three, or five day options  
available. Early Birds and Lunch Bunch avail-  
able. Child care option also available for the  
afternoon.

### PRESCHOOL

#### PRESCHOOL

The YWCA preschool is a developmental pro-  
gram for children age 3 to 5. Our philosophy  
is reflected in a "hands on" approach to  
learning through interactive experiences with  
peers, the environment, and adults. Our most  
important function at the YWCA preschool is  
to ensure that each child's first school experi-  
ence is safe, joyful, and enriching. Our cur-  
riculum and assessment align with the Rhode  
Island Early Learning Standards. Two, three,  
and five-day programs with morning, after-  
noon or full day options available. Licensed by  
the Rhode Island Department of Education  
and by the Rhode Island Department of  
Children, Youth and Families.

### STEPPING STONES

Unique transitional program for children  
whose parents are postponing Kindergarten  
entrance. YWCA Stepping Stones is a develop-  
mentally appropriate setting where children  
participate in a program designed to enhance  
growth and development socially, emotionally,  
cognitively, and physically. Our curriculum  
and assessment align with the Rhode Island  
Early Learning Standards. Small class size  
(maximum 15) allows for much individual  
attention and teacher/peer involvement.  
Program meets Mon.-Fri., 1-4pm. Licensed by  
the Rhode Island Department of Children,  
Youth and Families.

### EXTENDED DAY PROGRAMS:

YWCA offers extended day programs to help  
accommodate a parent or guardians' schedule.  
\$6/hour

### EARLY BIRDS

Children enjoy morning activities in a class-  
room environment from 6:30-9am, then are  
escorted to respective classrooms.

### LUNCH BUNCH

Children eat lunch in a social environment  
then are offered activities and gym/playground  
from noon-1pm. Lunches brought from home.

### AFTER PRESCHOOL CARE

Children are engaged in age-appropriate  
activities including gross motor play in play-  
ground from 4-6pm.

## YOUTH ENRICHMENT

Now open for youth enrichment at 6:30am. For  
program details call Nathan Smith, Youth  
Enrichment Program Coordinator, 769-7450.

### APPLE YOUTH ENRICHMENT

For students attending any Woonsocket ele-  
mentary school (public or Catholic) and the  
Woonsocket Middle School. Mon.-Fri., 2-  
6:30pm (3 day minimum). Before school  
option available beginning at 6:30am (not  
available for Woonsocket Middle School).  
Children are bussed to/from YWCA and their  
schools, enjoy a free afternoon snack, partici-

pate in fun activities, offered homework help,  
and special events. Builds on the strengths and  
values of youth by providing them with a sup-  
portive, safe, and culturally diverse environ-  
ment in which they can develop positive quali-  
ties for school success and a productive future.  
Activities geared towards fostering individual  
creativity and imagination and the ability to  
implement the child's own original ideas.  
Library available.

### SERVICES FOR FAMILIES WHEN IT SNOWS, WE'RE OPEN

We are there for you when school is closed.  
YWCA provides an all day youth enrichment  
program for children age 6-15 when school is  
cancelled due to inclement weather and during  
school vacation. In order to participate, you  
must register your child in advance, 769-7450.

### BEFORE KINDERGARTEN CARE & AFTER KINDERGARTEN CARE

Transportation provided. Flexible hours.  
Qualified, friendly staff will provide enrich-  
ment activities for your child in safe indoor  
and outdoor environments. Morning: gross  
motor play in gymnasium, creative play, sto-  
ries, music, movement, free choice play, table  
games, and time to eat (breakfast brought from  
home). Afternoon: sports classes, gymnastics,  
homework time, youth enrichment activities,  
and cooking classes with lunch provided.  
Licensed by the Rhode Island Department of  
Children, Youth and Families.

### BEFORE SCHOOL AGE CARE & AFTER SCHOOL AGE CARE

Transportation provided. Our philosophy is to  
provide a developmentally appropriate pro-  
gram for children in Kindergarten to age 15.  
The program focuses on a youth's individual  
needs. We provide a safe, nurturing and  
enriching program, which parents can rely  
upon throughout the year, especially after  
school, school vacations and during the sum-  
mer. Licensed by the Rhode Island Department  
of Children, Youth and Families. Program  
encourages healthy social, emotional, physical,  
and cognitive development. The **APPLE** Youth  
Enrichment Curriculum includes:  
Academics.  
Physical Education and Recreation.  
Prevention.  
Leadership.  
Empowerment.

## PHYSICAL ACTIVITIES

### GYM PROGRAMS

All physical education classes are under the direction of Debbie Fay.

#### DESIGN YOUR OWN CLASS!

Any age group. Learn t-ball, floor hockey, golf, tennis, etc. Call Debbie Fay, Physical Education Director, 769-7450. Subject to time and space availability. Prices set by usage.

#### BIRTHDAY PARTIES DURING THE WEEK

Let Debbie Fay set up and run a party for your child. Themes: gymnastics, soccer, golf, etc. Call 769-7450 to schedule. Subject to time and space availability. Price set by usage.

#### Walking to 3 years old

#### SUPERSONIC SUPERSTARS

Active class for child with parent. Sports (hockey, tennis, golf, basketball, and soccer), obstacle course, parachute play, and songs. Mon. 9-10am \$35/5wks

#### JUMPING BEANS

Gymnastics play with parent. Tues. 9-10am \$42/6wks  
Thurs. 10-11am \$42/6wks

#### JUMPING BEANS GETS MESSY

One hour of gymnastics play with parent then 1/2 hour of messy activity - crafts or cooking. Fri. 9-10:30am \$63/6wks

#### 2 1/2 to 3 1/2 years old

Independent classes for your child (do not have to be toilet trained).

#### SMALL WORLD I and II:

Children offered opportunities for socialization, creativity and toilet training. Includes storytime, songs, crafts, playtime, and snack.

#### SMALL WORLD I

Deb Nault  
Thurs. 9-10am \$42/6wks  
Fri. 9-10am \$42/6wks

#### SMALL WORLD II

Deb Nault  
Thurs. 10am-noon \$84/6wks  
Fri. 10am-noon \$84/6wks

#### 3 to 5 years old

#### ACTION CLUB

One hour of action packed gym time followed by a light snack prepared by the children. Wed. 9-10:30am \$63/6wks

#### 4 to 5 years old

#### SPORTSTASTIC

A new sport every week, socialization and lunch making for your child. Mon. noon-2pm \$70/5wks  
Wed. noon-2pm \$84/6wks

#### TUMBLING CRAFTY COOKS

Beginner gymnastics skills training combined with cooking and eating.



Tues. noon-2pm \$84/6wks  
Thurs. noon-2pm \$84/6wks

#### GYMNASTIC FANTASTIC

Fantastic activity packed class. An hour of gymnastics followed by lunch and playtime. Fri. noon-2pm \$84/6wks

#### 4 to 6 years old

#### SPORTS SPECTACULAR

An introduction to sports: soccer, basketball, floor hockey, t-ball, golf, kickball, and running games. Maybe even a game of Alligator Pit. Mon. 4-5pm \$35/5wks

## GYMNASTICS ACADEMY

### BASIC GYMNASTICS

#### 3 1/2 to 5 years old

#### BEGINNER GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Preschoolers have the opportunity to advance to higher levels. Fri. 3:30-4:30pm \$42/6wks  
Sat. 10:30-11:30am \$42/6wks

#### 4 to 7 years old

#### BEGINNER/INTERMEDIATE GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels. Thurs. 4:30-5:30pm \$42/6wks

#### 5 to 12 years old

#### BEGINNER/INTERMEDIATE GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels. Fri. 4:30-5:30pm \$42/6wks  
Sat. 9-10:15am \$53/6wks

#### 13 to 18 years old

#### TEEN GYMNASTICS

Specifically designed for teenagers. Tues. 5-6pm \$42/6wks

### CONTINUING GYMNASTICS

All classes listed below require permission from the instructor for participation. Call Jennie Graham or Debbie Fay at 769-7450. YWCA Northern Rhode Island Gymnastics Academy Competitive Coaches are USA Gymnastics Certified.

#### 4 to 7 years old

#### ADVANCED PEE WEE GYMNASTICS-LEVEL I & II

Thurs. 3:30-4:30pm \$42/6wks

#### 5 to 12 years old

#### ADVANCED GYMNASTICS

Tues. 3:45-5pm \$53/6wks

#### COMPETITIVE TEAM:

Monthly fee for all competitive teams:

One day a week \$48/month

Two days a week \$96/month

Three days a week \$120/month

Jennie Graham, Head Coach  
Breonna Lenart, Assistant Coach

#### PRE TEAM

Sat. 11:30am-1:30pm 5 to 12 years old

#### HOT SHOTS 4 to 9 years old

Sat. 9-11am

#### TEAM A 8 to 16 years old

Sat. 10:30am-12:30pm

#### TEAM B 8 to 16 years old

Tues. 4:30-6:30pm (optional)

Sat. 1-3pm

#### TEAM C 8 to 16 years old

Tues. 4:30-6:30pm

Sat. 1-3pm

#### TEAM D 9 to 18 years old

Tues. 4-6:30pm

Fri. 4-6:30pm

Sat. 2:30-5pm

## ART STUDIO

### ART CLASSES

New and returning students welcome. Every session, new artists and projects are covered.

#### 5 to 10 years old

#### ART FOR CHILDREN

Introduces young students to basic color theory via fun, hands on, interactive lessons and creativity games. We'll explore a variety of materials and learn about a famous artist or two. Art material fee included in session fee.

Missie St. Sauveur

Fri. 5-6:30pm: \$63/6wks

#### 11 and 12 years old

#### ART FOR TWEENS

Call for appropriate art class placement, 769-7450. We will gladly try to accommodate.

#### 13+ years old

#### ART FOR TEENS

Appropriate for a range of experience levels. Combines theory and hand-on projects with a relaxed and social atmosphere. Each class is divided into two sections. In the first, a lesson plan that incorporates art theory, history, new materials and/or technique. Second half, student work on guided projects of their own choice. Art material fee included in session fee.

Missie St. Sauveur

Mon. 5:15-6:45pm: \$53/5wks

#### Adults and Teens

#### FEARLESS ART FOR ADULT BEGINNERS

Have you always itched to try painting, sketching or sculpting? In this class, you get an introduction to art-making, and a little art history, in a relaxed, non-judgmental atmosphere. Come have fun. You may be surprised by what you create. Art material fee included in session fee. Note: Teens welcome if attending with adult.

Missie St. Sauveur

Mon. 7-8:30pm \$53/5wks



#### SHE SHINES™

Metcalf Award Winner  
for Diversity in the Media  
www.sheshines.org

Published by YWCA Northern Rhode Island, *She Shines* is a magazine that celebrates the aspirations and accomplishments of women.

Share it. Trust it. Smile. To receive a FREE subscription, reserve advertising space, or contribute to the upcoming edition, contact Lisa Piscatelli at 769-7450.

## WELLNESS PROGRAMS

### EXERCISE

16+ years old

#### AEROBIC DANCE

Improve your aerobic fitness. Benefits include increase in heart health, muscular endurance, mood, energy level and a decrease in shortness of breath. Fees reflect member rates, nonmembers pay an additional \$20.

Colette Doura

Mon./Wed., 7:15-8:15pm

\$60/9wks

#### BELLY DANCING I

Learn exciting moves of ancient Middle Eastern art form: snake arms, figure eights, hip circles, traveling steps and shimmies.

Class is for first time students or those wanting to continue with basics before moving on to more advanced skills. No previous dance experience required. Fun, supportive environment.

Aimee Renaud

Tues., 6:30-7:30pm \$42/6wks

#### BELLY DANCING II

Continue to learn and evolve in the timeless beauty of the belly dance. We will perfect the basics, along with learning new steps, undulations, turns and choreographies. Class is for returning students who are ready for some more advanced moves. Introduction to veil and music theory will be covered as the session progresses. Stay fit while feeling like a goddess!

Aimee Renaud

Tues., 7:30-8:30pm \$42/6wks

### EXERCISE FACILITY

17+ years old

#### WOMEN'S WORKOUT ROOM

Enjoy the privacy of a women's only facility with: a four stack universal machine, bikes, free weights, treadmills and showers. You must pay a \$20 instruction/processing fee and attend an introductory session in order to be eligible to use room. YWCA adult female membership required. For appointment, call Lisa Piscatelli at 769-7450.

### VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay, Physical Education Director. Come prepared to play on organizational nights. Dates subject to change due to weather or other uncontrollable circumstances. To verify times/dates, call Debbie Fay at 769-7450. Volleyball pick-up games for YWCA members. Front desk will collect names and phone numbers of players interested. Night and time will be decided by players availability. \$5 each week you play.

#### INTERMEDIATE MIXED CO-ED

Sunday:

The league is currently in session.

Contact Debbie Fay regarding available



openings, 769-7450.

\$94/16wks & playoffs/plus membership fee.

May pay in two installments.

#### POWER CO-ED

##### JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced players.

League is currently in session. Contact Debbie Fay regarding openings, 769-7450.

\$58/10wks & playoffs/plus membership fee

#### INTERMEDIATE CO-ED

Wednesday: Intermediate or above players.

League is currently in session. Contact Debbie Fay regarding openings, 769-7450.

\$58/10wks & playoffs/plus membership fee

### HEALTH

#### 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).

#### CHRONIC DISEASE

##### SELF-MANAGEMENT WORKSHOP

Living Well Rhode Island. If you have asthma, diabetes, heart disease, cancer, arthritis or another chronic disease, this FREE workshop is for you. You will receive a healthy life book and relaxation CD. Topics: how to manage your symptoms, how to communicate effectively with your doctor, how to lessen your frustration, how to fight fatigue, how to make daily tasks easier, and how to get more out of life. A friend, caregiver or relative is welcome to attend with you. This workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Call for the schedule and to register. For details, contact Lisa Piscatelli at 769-7450.

#### DIABETES

##### SELF-MANAGEMENT WORKSHOP

Living Well Rhode Island. If you have diabetes this FREE workshop is for you. You will receive a healthy life book and relaxation CD. Topics: overview of diabetes and self management, healthy eating, preventing or delaying complications, physical activity, dealing with

difficult emotions, medication usage, communication skills, strategies for sick days, working with your health care professional, planning for the future, and more. A friend, caregiver or relative is welcome to attend with you. This workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Call for the schedule and to register. For details, contact Lisa Piscatelli at 769-7450.

#### 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. The 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.

#### MATTER OF BALANCE

Matter of Balance is a FREE program designed to manage falls and increase activity levels. Participants will 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; anyone interested in improving balance, flexibility and strength; anyone who has fallen in the past; and anyone who has restricted activities because of falling concerns. This workshop includes 8 consecutive classes that are held for 2 hours each. Call for the schedule and to register. For details, contact Lisa Piscatelli at 769-7450.

#### MINORITY HEALTH PROMOTION

YWCA Northern 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.

#### SMOKERS' QUITLINE

1-800-QUIT-NOW (1-800-784-8669)

FREE cessation information, multi-session telephone counseling, and self-help materials. Call the YWCA Health Office for more information, 769-7450.

#### YWCA HEALTH IN CENTRAL FALLS

YWCA Northern Rhode Island in partnership with our sister agency offers health outreach and information to members of the Central Falls community. Contact Joyce Dolbec for further information, 769-7450.

### GOLF

#### WOMEN'S GOLF LEAGUE

Begins May 7 at Melody Hill Country Club. YWCA Membership plus \$50 league fee. All golfers must also pay weekly green fees at Melody Hill Country Club. Call Debbie Fay for details, 769-7450.

### WOMEN'S CLUBS

#### APRES-MIDI

The Apres-Midi Club provides opportunities for women to share activities, information, and gain new friendships. Activities include guest speakers, outings, restaurant tours, luncheons and demonstrations. Membership is open to women 30 years of age and over. Meetings held on alternate Thursdays at 1:30pm from September through June. Call YWCA for details, 769-7450.

#### WALKING CLUB

If interested in participating in a Walking Club, call Joyce Dolbec at the YWCA Health Office, 769-7450.

## PARENTING PROGRAMS

For details, call Deb Smith, RN and Parenting in Progress Site Coordinator, at 769-7450.

### PARENTING

16 to 21 years old

#### PARENTING IN PROGRESS®

Parenting In Progress (PIP) is an alternative education, life skills, and job training program housed at YWCA. Collaborative partners for this YWCA program include: Woonsocket Education Department, Project RIRAL, BVCAP, Connecting for Children and Families, and area businesses. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 21 years old. Mon.-Fri., 9am-1pm.

# YWCA NORTHERN RHODE ISLAND

## CONTACT US

514 Blackstone Street  
Woonsocket, RI 02895  
T: 401-769-7450  
F: 401-769-7454  
www.ywcanri.org

## ANNUAL MEMBERSHIP

6 to 16 years: \$12  
17 to 64 years: \$22  
65 and over: \$17

*Children under 6 must be covered by a parent or guardian membership. Membership fees are not refundable or deductible as a charitable contribution. Reduced rates are available in some classes for members 65 and over. All classes and activities are open to both sexes unless otherwise indicated in the class description. A member may use the membership card at all other YWCAs in the USA.*

YWCA membership, paid yearly, is required for participation in all programming except as otherwise indicated. Special non-member fees are available for some adult programs. Men and boys are welcome as associates. As a YWCA member, you have access to:

- low cost, innovative programs
- special membership events
- volunteer opportunities
- use of YWCA facilities nationwide
- membership in the oldest, largest women's movement in the nation

## HOURS

Monday to Thursday, 9am-9pm  
Friday 9am-6:30pm, Saturday 9am-4:30pm  
*Child care hours: Monday to Friday, open at 6:30am. (arrange with program director)*

## TOURS

Are you new to YWCA? Call for more information or to schedule a tour, 769-7450.

## SCHEDULE

Classes run in consecutive sessions during the school year with a new schedule for summer.

## ROOM RENTALS

Room rentals are available for events. Contact YWCA for details, 769-7450.

## STORM POLICY

For YWCA cancellations and closing announcements, listen to radio stations WOON 1240AM & WNRI 1380AM or watch Channel 6, 10 & 12. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

## EVENTS

*Save the Date for Spring Health Events.  
Contact Joyce Dolbec at 769-7450 for details.*

- **February 15, Healthier Northern Rhode Island Community Meeting:** 3pm at YWCA in Woonsocket. Contact 769-7450.
- **February 17, Block Kids Competition:** At YWCA from 4-6pm. Introduces children to

the construction industry. Open to children in grades 1-6. Sponsored by National Association of Women in Construction of Rhode Island.

- **March 18, Gymnastics State Classic:** At YWCA. Time TBA.
- **April 7, Hearing and Health Screening Fair:** Health Event, 10am till 1pm at Elk's Hall in Woonsocket.
- **April 11, Family Fun Night:** Social family activities plus health and wellness information. From 6-8pm at YWCA.
- **May 2, Senior Wellness Breakfast:** Health Event at 9am, Landmark Medical Center.
- **May 15, Woonsocket Cancer Control Task Force and Landmark Cancer Center:** Health Event at 5pm, Landmark Medical Center.
- **May 17, National Women's Health Program:** Health Event at Women & Infants in Woonsocket.

## BOARD OF DIRECTORS

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## NOTABLE

- American Camp Association Accredited
- Licensed by Rhode Island Department of Education
- Licensed by Rhode Island Department of Children, Youth, and Families
- Member of RI Afterschool Plus Alliance
- Member of National Alliance for Partnerships in Equity
- Member Agency of The Fund for Community Progress
- Participating Organization of Combined Federal Campaign
- USA Gymnastics Certified Coaches



eliminating racism  
empowering women **ywca**



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empowering women  
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YWCA Northern Rhode Island  
514 Blackstone Street  
Woonsocket, RI 02895



YWCA Northern Rhode Island  
is dedicated to eliminating racism,  
empowering women and promoting  
peace, justice, freedom and dignity for all.

**SPRING SESSION 2012**

in her words  
Pamela Shayer

“Parents have a huge role in whether or not children will experiment with substances.”

- Pam Shayer



## educating youth

community efforts in preventing tobacco use

**A**s a child, I remember my brother and I sitting in the backseat of my grandparents Oldsmobile station wagon traveling to their summer home in New Hampshire. Music from the forties would be playing on the radio, while my brother and I played “I Spy” trying to tune out the rhythmic sounds coming from the speakers. My grandfather would light up his Camel cigarette as we began our three hour journey and my brother and I would complain about the smoke that filled the car. None of us knew that the secondhand smoke we were inhaling was dangerous; that is until my grandmother, who never smoked, died of lung cancer when I was a teenager.

Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined and thousands more die from other tobacco-related causes – such as fires caused by smoking (more than 1,000 deaths/year nationwide) and smokeless tobacco use. Tobacco use is the number one cause of preventable death in the United States and around the world. Tobacco killed one hundred million people in the 20th century – and if current trends continue, it will kill one billion people in the 21st century.

As director of the Lincoln and North Smithfield Prevention Coalition and also Students Against Destructive Decisions advisor at Lincoln High School, I am very much aware of the effects tobacco has on youth. I continue to advocate for public policies to prevent kids from smoking, help smokers quit and educate individuals from secondhand smoke. Children spend almost a third of their waking time in school and much of the peer pressure they feel regarding whether or not to smoke occurs in school. Moreover, the vast majority of all smokers begin before leaving high school. The prevention coalitions of Lincoln and North Smithfield offer school-based education programs to prevent and reduce youth smoking. These educational programs not only focus on one aspect of smoking, such as the short- and long-term negative health effects, but also address social acceptability, social influences, negative social consequences from tobacco use, peer norms and peer pressure, resistance and refusal skills, and media literacy as it relates to tobacco marketing and advertising, which is marketed towards youth.

Parents have a huge role in whether or not children will experiment with substances. What parents say, how they act, and the values they communicate through their words and deeds has an enormous influence on children, and that applies to tobacco use, as well. There are numerous studies that have found that parental actions, attitudes, and opinions about smoking have a great deal of influence on whether or not kids smoke.

The Rhode Island 2012 Synar report, which is the state tobacco compliance checks on tobacco vendors finds that the rate of retail sales of tobacco products to children and youth (retailer violation rate) declined to 9.9 percent from last year's 11.1 percent. Working with the local prevention coalitions is a great way to take action to influence local, state, and federal laws and programs to continue to prevent and reduce tobacco use.

Pam Shayer, director of the Lincoln and North Smithfield Prevention Coalitions has a masters degree in education and a bachelors degree in psychology and communications. She is also a certified prevention specialist in Rhode Island.

*Photo courtesy of Shayer.*

### The Rhode Island Tobacco Control Network Needs You!



**Please join us for the RITCN  
'Day at the Statehouse'  
February 8, 2012  
10:00 – Noon  
In the Statehouse Rotunda**

Become a member and help protect all Rhode Island residents from the destructive effects of nicotine addiction and commercial tobacco use.

**Visit us at [www.ritcn.org](http://www.ritcn.org)**

Quarterly Meeting  
Tuesday, March 20  
9am - 12noon  
40 Laurel Hill Avenue  
Providence

sights and sounds  
for the she spirit



## let's zumba

Elizabeth Castellano and coworkers reach fitness goals through dance

**W**orking at Rhode Island Department of Health for the past nine years, I have learned to live a healthier lifestyle. Teaching the Chronic Disease Self-Management Program also taught me that, as a mother of three, I needed to take better care of my health and well-being.

One day, I took a zumba class and was hooked immediately. I asked myself, "Why not? I love dancing and it feels like a party." It was like exercising in disguise.

After doing zumba for a while, I decided to get certified. I can see and feel the change in my body, energy, emotional level and my overall health. My family is more aware of the benefits of exercising and are coming to my classes. Through the Rhode Island Wellness Initiative, I was able to offer zumba at work in the evenings. I started out offering classes once a week and now, a year later, I am teaching three classes weekly.

Now I am further pursuing a career in fitness. I am working to be a certified personal trainer. I enjoy helping others reach their fitness goals.

photo by Erica Collins



Julie A. Rawlings  
Minority Outreach Specialist  
Lifespan

"I embrace a healthy lifestyle by kayaking, swimming and rollerblading. Kayaking definitely tops the list."

photo courtesy of Rawlings

### on the rhode

## how do you embrace a healthy lifestyle?



Nicole Pope  
Tobacco Control  
Program Coordinator  
Urban League of  
Rhode Island

"Creating a healthy lifestyle doesn't have to mean drastic changes. In fact, drastic changes almost always lead to failure. Making small changes in how you live each day can lead to big rewards, so figure out what you can do to be healthy today."

photo by Erica Collins



Melissa Walsh  
Director of  
Community  
Development  
YMCA of Greater  
Providence

"The more I work in the community health field, the more I become conscious of my own health. I eat primarily local and organic foods and avoid sugar-sweetened beverages. I also enjoy walking and yoga, as both exercise and a way to integrate reflective practice within my life."

photo courtesy of Walsh



Johanna Walczak  
Community Building  
Program Coordinator  
Olneyville Housing  
Corporation

"To stay healthy while working full time, I ride my bike to work as much as possible and go to the YMCA a couple times each week. I am able to eat healthier foods by bringing in leftovers for lunch instead of eating out. I cook meals with whole grains, such as brown rice, quinoa, or whole wheat pasta, and lots of vegetables."

photo courtesy of Walczak



Traci Jones  
Resource Coordinator  
Casey Family Services

"I began to embrace a healthy lifestyle about 4 years ago when I gave up smoking. Leading a healthier lifestyle has become even more important since giving birth to my daughter. I believe as parents we must lead by example. At work, I enjoy recruiting foster and adoptive families for Rhode Island children and youth. All children deserve lifelong connections to a safe and caring family."

photo courtesy of Jones

# how do you embrace a healthy lifestyle? ❖❖❖



**Emily M. La Plante**  
Advocacy and Policy  
Coordinator  
Rhode Island Tobacco  
Control Network

"I've always tried to take good care of my body therefore I've never had a cigarette and I don't hang out at hookah bars or at friends houses that smoke. I try to eat as healthy as possible by avoiding sodas and sweets. I also enjoy going for runs as much as possible, walking around Boston with friends, and going to zumba classes."

*photo by Erica Collins*



**Prajula Mulmi**  
Second Year  
MPH Student  
Brown University

"It is extremely challenging to get moving and be healthy, but it is not impossible. It is easy to simply attribute a lack of physical activity to sedentary lifestyle practices and various stressors of being a student. By deeply considering the consequent long-term perils of a sedentary lifestyle, I make efforts conscientiously to move every day. It could mean just a 30-minute walk to the library one day or a 90-minute zumba class the other day – the idea is to incorporate any level of physical activity into my life."

*photo by Erica Collins*



**Priscilla Nascimento**  
Registered Nurse  
Tobacco Control  
Coordinator  
Center For Hispanic  
Policy and Advocacy

"I embrace a healthy lifestyle by eating healthy, exercising regularly and staying away from anything that may harm my body such as tobacco and other substances. I also enjoy helping others and believe that having a close relationship with God and with my family is essential in the quest for a happy, healthy and fulfilling life!"

*photo by Erica Collins*



**Emily Jodka**  
Assistant Director  
Co-Founder  
New Urban Farmers

"I am working to create an urban food system that will help eradicate food deserts and bring local, affordable food to the Pawtucket and Central Falls area. I embrace a healthy lifestyle by growing my own food and teaching people in the community, of all ages, how to grow their own food as well. I hope through my efforts that social barriers will be broken and healthy safe food will be plentiful for all."

*photo courtesy of Jodka*



**Amy Shallcross Vogel**  
Vice President of  
Business Operations  
Dr. Day Care Family

"As a parent, I have made a commitment to my daughter not to serve sugar sweetened beverages to her. As a toddler she only drinks water and milk. Also the child care centers I work for have also made the same commitment, juice and sugar sweetened beverages are no longer on their menus."

*photo courtesy of Vogel*



**Breonna Lenart**  
Assistant Competitive  
Gymnastics Coach  
YWCA Northern  
Rhode Island

"Along with exercising five times a week, I eat many small meals evenly spaced throughout the day."

*photo by Deborah L. Perry*



**Beth Lamarre**  
Manager  
Community Health  
Worker Association  
of RI

"I embrace a healthy lifestyle by making it personal to me – I prepare foods I love, and participate in fun exercise, especially cardio hula hooping!"

*photo by Deborah L. Perry*



**Yvette M. Mendez**  
Grant Programs  
Officer  
The Rhode Island  
Foundation

"I eat a well-balanced diet and exercise regularly."

*photo courtesy of Mendez*



**Jennie Graham**  
Competitive  
Gymnastics  
Head Coach  
YWCA Northern  
Rhode Island

"I eat lots of vegetables and I ride my bike frequently in order to stay healthy."

*photo by Deborah L. Perry*

# wellness begins with a thought

“If ever I had a dream, I’d dream, I was soaring beneath the clouds in the moonlight air. That I had butterflies in my hair and angels by my side, sharing a prayer of freedom and everlasting love.”

I wrote this poem when I was in fifth grade, and it’s been with me since. It’s become my inspiration, guiding me every day so I don’t lose sight of who I am. It is a testament to my faith and my belief that there is beauty everywhere – even in darkness. At the end of every tunnel, there is light.

Remaining healthy in mind, body, and spirit begins for me with the utterance of this poem – the acknowledgment that wellness begins with a single thought. Health is a conscious choice. I choose to focus on the light – the beauty, the freedom, the good. Physical health inevitably follows. ✨



Jealani Laughlin is a freshman at JMW Performing Arts High School in Pawtucket. She is studying voice and musical theater. Her dream is to one day perform on Broadway. Laughlin is a prolific reader and writer. She recently performed an original spoken word piece on her spiritual beliefs at JMW’s annual Cabaret and was one of only two freshmen invited to perform at the school’s holiday concert in December 2011.

Laughlin is also an avid beach goer and commits much of her personal time after school to volunteering with Save The Bay. She is actively involved with her church, Cathedral of Life Christian Assembly.

*Photo courtesy of Laughlin.*

American Heart Association | American Stroke Association  
Learn and Live.

**Is this your idea of a healthy heart?**

When you smoke or breathe secondhand smoke, your heart works harder with less oxygen, increasing your risk for cardiovascular diseases, the nation’s leading killer. The American Heart Association advocates for policies that reduce the burden of secondhand smoke, increase excise taxes on tobacco and expand tobacco prevention programs. Thanks to the hard work of the association’s volunteer-advocates, nearly 70 percent of our nation is now protected by smoke-free laws.

To speak out for healthy hearts and support anti-tobacco policies, join the *You’re The Cure* grassroots network at [www.yourethecure.org](http://www.yourethecure.org).

## LISTEN TO THE STORIES OF WOMEN WHO MAKE A DIFFERENCE

Deb Ruggiero

Host/creator of **AMAZING WOMEN**

- 2011, 2008 Associated Press Award for BEST Public Affairs Show
- 2007, 2005 Metcalf Award for Broadcast Diversity



Sunday Mornings

8:30am on 630 WPRO AM and 99.7 FM

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[www.amazingwomenri.com](http://www.amazingwomenri.com)

Hear the stories of women who make a difference in education, healthcare, business, politics, and the arts.

# community leadership

## Town Councilwoman Mia Ackerman at work supporting policies around health and safety

by Meghan Grady

Over breakfast at a local establishment, Mia A. Ackerman is greeted by the patrons and staff of the restaurant. “I’m not having my regular today,” she tells the waitress as she enjoys a cup of coffee. She begins to talk about her experience to date as a community leader and member of the town council. “I worked on a lot of campaigns and participated in grassroots organizing, then I decided it was my time to run for office,” she says.

First elected in 2006, Ackerman is finishing her third term on the Cumberland Town Council and is one of the few female council members in northern Rhode Island. Her days are jam packed from running a small business, raising two teenage children, and serving the needs of the town of Cumberland. “Even with my busy schedule, I still make a conscience effort to explore health options,” she explains.

“I make home cooked meals every night and work out at a local gym,” she says. Ackerman has been embracing an active lifestyle her entire life. In high school, Ackerman started to explore fitness options outside typical gender boundaries.

“During gym class, the women were assigned to aerobics and the men were assigned to weight lifting,” she says. “I wanted to try weight training so I lobbied for young women to be able to join the men’s class. That was my first experience breaking down gender barriers.” Ackerman went on to teach weight lifting to young women during college and participated in power weight lifting competitions. “Being involved with physical fitness is one of the many things that empowered me and prepared me to be a leader in my community,” she says.

As a member of the town council, Ackerman supports local policies that will improve the health and safety of the community. “I love putting my time and energy behind an issue that will enhance the livability of our community,” she says.

Ackerman encourages physical activity locally by sponsoring a girl’s soccer team in Cumberland – Ackerman Title Services. “It is great to see youth participating in organized sports having fun, learning about teamwork, and gaining new experiences,” she says.



“Being involved with physical fitness is one of the many things that empowered me and prepared me to be a leader in my community.”

- Mia Ackerman

Photo courtesy of Ackerman.



## Susan Gershkoff

Counsellor at Law  
401-333-3550

Lincoln Center  
132 Old River Road, Suite 205  
Lincoln, RI 02865  
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Rhode Island does not have a procedure for certification or recognition of specialization by lawyers.

### YWCA thanks Verizon for their generous support of the Parenting in Progress program!

eliminating racism  
empowering women  
**ywca**



“The You’re the Cure Network is a quick and easy way to stay in touch with legislators throughout the year about the issues that matter to you.”

- Megan Tucker



Photo courtesy of Tucker.

## you're the cure

Megan Tucker advocates for public policies to improve cardiovascular health

by Meghan Grady

**F**or Megan Tucker, director of government relations at the American Heart Association, there is nothing more exciting than seeing advocates at the State House. “There is real positive energy at the State House when passionate advocates are creating a buzz in the hallways,” she says. “Last year, we held a Lobby Day in February that focused on women’s heart health and over 100 women joined us in the State House rotunda dressed in red to show solitary in our fight against heart disease, the #1 killer of women.”

Tucker, who has handled the policy work and grassroots outreach for the American Heart Association for the past five years describes advocating for the organization’s mission as the best part of her role. “I know that when I come to work every day, the work I’m doing is actually making a difference in people’s lives.” She also manages a volunteer led advocacy committee that supports the organization’s public policy agenda. “At the American Heart Association, we are very focused on our volunteers as they are a tremendous help in moving our priorities forward at the State House,” Tucker explains. “We bring our volunteers, who range from heart disease and stroke survivors to caregivers and medical professionals to the State House as often as we can to meet with their legislators and testify before committees on legislation.”

Tucker engages health advocates using You’re the Cure, the American Heart Association’s online grassroots network. “The You’re the Cure Network is a quick and easy way to stay in touch with legislators throughout the year about the issues that matter to you,” she says. “We have over 650 advocates in Rhode Island that we mobilize several times a month on key issues. In 2011, we were able to send over 1500 e-mails to elected officials and decision makers in Rhode Island.”

“There are many ways that individuals can get involved with advocacy. A great first step is becoming a You’re the Cure Advocate online,” Tucker explains. “One of the most important things people can do is share their personal story about heart disease or stroke. Whether it is with the media, legislators, or friends, personal stories are what really resonate with people and help move our mission forward.”

The American Heart Association supports public policies that will help improve the cardiovascular health of all Americans. During 2012, the organization’s advocacy efforts will focus on banning the use of industrially-produced trans fats in restaurants, promoting the use of nationally recognized emergency medical dispatch protocols and establishing sustainable funding for Rhode Island tobacco prevention and cessation programs.

To achieve tobacco control related policy changes, the American Heart Association plans to work closely with other health organizations including the Rhode Island Tobacco Control Network. “Tobacco control has always been a top priority for our organization so when the Tobacco Control Network was formed we were happy to help lead the group,” she explains. “The work of the Tobacco Control Network is important because smoking is still the #1 cause of preventable disease and death in our country.” As a member of the steering and policy committees, Tucker assists with shaping the policy agenda and determining strategy to move the priorities forward. “The Network advocates for evidence-based policies and we really try to engage community partners and the public in our work,” Tucker says. “The hottest issues right now are little cigars, making sure that they are taxed at the same level as cigarettes, and ensuring comprehensive cessation services and coverage for all Rhode Island residents.”

### talking points

**hard, yes.  
impossible, no.**

quit smoking today or  
help someone you know  
go smoke-free

Tobacco is the number one cause of preventable death and disease in the United States. More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined. As women, our health is uniquely impacted by tobacco. Women who smoke have an increased risk for hip fractures and have lower bone density following menopause than nonsmokers. Smoking also has many adverse reproductive effects, including increased risk for infertility, pre-term delivery, still-birth, and low-birth-weight infants. It’s never too late to quit smoking. These six simple steps can help increase your success.

- **Get Ready.** Set a quit date and prepare for it by changing your environment. Get rid of all cigarettes and ashtrays in your home, car, and place of work.
- **Seek support and encouragement.** Studies have shown that you have a better chance of being successful if you have help. Tell your family, friends, and co-workers that you are going to quit and want their support.
- **Get the help you need.** Individual, group, or telephone counseling is available. Counseling doubles your chances of success. Telephone counseling is available free of charge at 1-800-QUIT-NOW.
- **Find other ways to spend your time.** Distract yourself from urges to smoke by talking to someone, going for a walk, or staying busy with a task or hobby. Plan something enjoyable to do every day.
- **Change your routine.** Use a different route to work. Eat breakfast in a different place. Do something to reduce your stress. Take a hot bath, exercise, or read a book. Drink a lot of water and other fluids.
- **Medication can help.** Talk to your doctor about over-the-counter and prescription quit aides. They can help you quit and lessen the urge to smoke. You may also qualify for free Nicotine Replacement Therapy (NRT). Call 1-800-QUIT-NOW for more information.

Regardless of how you decide to quit, whether you use medicines, counseling, or simply stop smoking now, the most important thing is to try and stick to it. Call 1-800-QUITNOW or visit [www.quitnowri.com](http://www.quitnowri.com) for information about quit resources like Tritown Community Action counseling and family van services in your area, free nicotine replacement therapy and much more.

# eat smart move more

## Angie Bannerman Ankoma impacts community health



photo by Erica Collins

My family is from Ghana West Africa. When I think about the African proverb “It takes a village to raise a child,” I see myself as a product of one of these villages. I studied social work and public health at Columbia University in a dual masters degree program and both professional disciplines are a perfect blend for my role at Rhode Island Department of Health.

**Rhode Island Department of Health:** I am the physical activity coordinator for the Initiative for a Healthy Weight (IHW) program. IHW is one of 25 Centers for Disease Control and Prevention (CDC) obesity-funded state programs to address problems of obesity and other chronic disease through statewide efforts. I work on policies and programs that encourage people to be more active. As a public health practitioner and physical activity specialist, I constantly look at everything through a public health lens with a focus on the built environment.

**Obesity Prevention:** First Lady Michelle Obama’s ambitious goal to solve the childhood obesity epidemic in a generation keeps things busy in our program. Currently, over 30% of Rhode Island children entering kindergarten are overweight or obese. Rhode Island was one of six pilot states selected by CDC to focus on early care and education settings (infant - 5 year olds). I worked with a steering committee of child care experts and stakeholders to develop and launch Obesity Prevention in Early Care and Education Action Plan in October 2011 (nutrition, physical activity, decreasing TV and screen time and breastfeeding).

**IHW Top Priorities for 2012:** Ensure that children are cared for in early care settings that provide them the opportunity to develop healthy habits for life. Improve municipal comprehensive plans so that they support healthy eating and physical activity. Promote policies and programs that support people to eat smart and move more.

**Community Projects:** It was really difficult to look at all the public health data available and not do anything to address some of the conditions that impact my neighborhood’s health. A couple of years ago, I watched the PBS series *Unnatural Causes*. One issue that was discussed in that series that jolts me to this day is the fact that where we live, learn, work, or play to a large extent determines why we live sicker, shorter lives. With the data available, I had the option to move to a different zip code or stick it out in my neighborhood and work towards making the necessary changes. I’ve lived in the West End of Providence for over 30 years, so leaving wasn’t an option. I stopped driving my children to neighborhoods with nicer parks and worked with neighbors to establish the Friends of Bucklin Park, a non-profit neighborhood group whose mission is to provide a safe and environmentally friendly space which promotes an active lifestyle in our community. My participation as a board member of West Elmwood Housing Development Corporation (WEHDC) led me to chairing an agency project called Sankofa Market. Sankofa is a Ghanaian Akan word meaning returning to your roots. As one of the most diverse neighborhoods in Providence, WEHDC decided to focus on increasing access to healthy, culturally-appropriate foods to residents.

**To Get Involved:** For early care and education, safe and active commuting, and built environment projects, e-mail [angela.ankoma@health.ri.gov](mailto:angela.ankoma@health.ri.gov). To improve Bucklin Park, e-mail [friendsofbucklinpark@gmail.com](mailto:friendsofbucklinpark@gmail.com). To learn more about WEHDC and Sankofa Market, e-mail [angie.bannerman@gmail.com](mailto:angie.bannerman@gmail.com).

## talking points

### the burden of obesity in Rhode Island

Overweight and obesity have been increasing at alarming rates and research has linked these conditions to life-threatening health problems such as diabetes, and early development of chronic disease, including hypertension and asthma. Obesity is a leading contributor to premature death, second only to tobacco.

- 35% of 2-5 year old Rhode Island children in WIC were overweight or obese
- 32% of kindergarteners were overweight or obese
- 27% of Rhode Island high school students report being overweight or obese
- 61% of adults are overweight or obese
- Children who are overweight or obese are likely to be overweight as adults
- Obesity increases the risk of diabetes, heart disease, stroke, and certain cancers, and is the leading causes of death and disability in Rhode Island

Obesity hurts Rhode Island’s economy. Preventing obesity will save money.

- Rhode Island’s adult obesity-related annual medical expenditures are estimated at \$387 million per year in 2008 dollars
- Obesity in children can result in the early onset of chronic diseases that will cost Rhode Island millions to treat
- For every \$1 invested in community-based prevention, the return amounts to \$5.60

### ideas to create a healthier community

- Look at your community through a health lens. Notice how your neighborhood supports (or doesn’t support) healthy behaviors like walking, playing outdoors, and eating healthy foods, like fresh fruits and vegetables. Is it easier and cheaper to get unhealthy junk foods than healthy foods? Is it safe for people to go for a walk? Do you need a car to get around or can you get to places by foot or bike?
- Get involved in your community’s decision making process. Attend city/town council, planning board, and other public meetings where decisions are made. Think about how your community’s decisions will impact the health of residents and be a voice for healthier policies. Know that your participation can make a difference.
- Get kids walking to school. Gather other neighborhood families and take turns walking the kids to school. If your school isn’t within walking distance, see if you can walk to a bus stop further away with other neighbors. Kids and parents will get to start the day with a little social time and exercise.
- Start a community garden. Churches, schools, parks, and other neighborhood places make great spots for residents to gather and grow healthy foods.
- Start your own garden. Save money by planting your own garden in your yard or in containers.
- Organize a park clean up. People are more likely to use parks that are free of litter and graffiti. A clean park will encourage children and families to get outdoors.
- Report suspicious activity. An active police presence and “eyes on the street” discourage crime and help people feel safe to walk, bike, or play outside.
- Drive carefully. Keep your community safe for walkers, cyclists, and playing children.
- Walk or bike for errands close to home. Ditch the car and get some activity. You’ll also be helping the environment.
- Help limit kids exposure to unhealthy advertising. Food and beverage companies target children with advertising for unhealthy foods and beverages. Limit your child’s time watching TV and surfing the web. Talk to local stores, especially ones near schools, to encourage them not to advertise unhealthy foods in their windows. If your child’s school wants to allow advertising on school busses, encourage them to not allow food and beverage ads.

Source: Trust for America’s Health: Prevention for a Healthier America

# health equity

YWCA strives to offset the effects of social determinants of health

YWCA Northern Rhode Island has long prioritized community health outreach and education programs for under-served populations, in particular people of color. To effectively improve the health of the community much of this work has focused on policy, systems, and environmental change. As a part of these efforts, YWCA staff offer a unique combination of skills and understanding of community based prevention work, risk/protective factors, and knowledge of community transformation.

The policy, systems, and environmental change approach is a method of modifying conditions to make healthy choices practical and available to all community members. These changes make healthier choices a real, feasible, option for every community member by looking at laws, rules, and environments that impact behavior.

Selected YWCA policy, system, and environmental change accomplishments include:

- Serving as a designated Minority Health Center by Rhode Island Department of Health
- Implementing health information, education, and reduction activities that improve the quality of life and eliminate health disparities for Woonsocket's racial and ethnic populations
- Working with "at-risk" youth to link personal transformation to social change
- Meeting with US Senator Sheldon Whitehouse to discuss the unique needs of teen parents and their children
- Working with Woonsocket High School to reinstate a "Health Hut"
- Developing a statewide strategic plan to address teen pregnancy
- Developing radio commercials to encourage youth to talk to medical professionals about sexuality, health, and related concerns
- Serving as an agency partner for "Our Neighborhoods" a Rhode Island Local Initiatives Support Cooperation funded project
- Compiling a neighborhood assessment to assist in planning community-based initiatives to address chronic disease and health disparities in Woonsocket's Constitution Hill and Fairmount Neighborhood
- Offering smoking cessation workshops to community members
- Providing uninsured and under-insured women with education, early detection and screening for breast and cervical cancer through education, outreach, and referrals
- Offering physical education programs and health workshops at Woonsocket Public Housing complexes
- Connecting community members to medical, insurance, and social service organizations to improve community health
- Staffing a community health office that offers support, resources, and referrals
- Offering adult, youth, and children's physical fitness programs including volleyball, belly dancing, yoga, aerobics, golf, gymnastics, and a women's only workout room
- Organizing efforts to increase awareness of HIV/AIDS
- Producing and distributing culturally and linguistically appropriate material
- Coordinating the development of a citywide pedestrian walking plan
- Building community support for policies that limit youth access to tobacco and unhealthy foods

A leader, convener, and collaborator with state agencies and local organizations, YWCA continues to work to offset the effects of social determinants of health. Going forward, YWCA will continue to advance equity for women and their families and for communities of color through broad social change efforts. ❖❖❖



Photos from top: Race Against Racism 5K; HeatSmart Campaign with community recipients, Mayor Leo Fontaine and YWCA CEO Deborah L. Perry; Moving Planet Rhode Island with Congressman David Cicilline and YWCA COO Meghan Grady; and award presented to Parenting in Progress Coordinator Deb Smith, RN, by Community Health Worker Association of RI Manager Beth Lamarre.



# shining

with Alessandra Borges

## supporting a pedestrian friendly city



Alessandra Borges is a teacher in Central Falls, YWCA Board of Director, and Advisory Group member of Woonsocket Walks - A City on the Move. Interview by Meghan Grady. Photo by Deborah L. Perry.

*Tell me about yourself.* “I’ve lived in Woonsocket for over 30 years with my husband and two children. I graduated with a business teaching degree from Bryant University and a master’s degree in secondary school administration from Rhode Island College. I’ve been teaching since 1973 and spent the last 17 years teaching in Central Falls. I’ve always been health conscience and am fighting diabetes. I’m not taking any medication for my diabetes; I am trying to keep it under control by watching my diet and exercising regularly.”

*As an educator, what do you think is the biggest issue facing the health of our youth?* “I’d like to see our youth increase their physical activity and maintain a healthier diet.”

*What is your earliest connection to YWCA?* “Twenty-nine years ago my son and I took a class at YWCA that was incredible. Then, I joined the former Mothers of Preschoolers program and both my children attended the preschool. My daughter also volunteered and worked for YWCA as a teenager.”

*What is your current role with YWCA?* “Most recently, I served as a member of the Woonsocket Walks - A City on the Move Advisory Group. I have been a member of the Board of Directors for the last three years. I’ve taught a class on computers, used the women’s workout room, and taken exercise and yoga classes. Last year, I placed 1st in the walking category for my age group at the Race Against Racism 5k.”

*Why are you passionate about YWCA?* “I believe in the mission of YWCA: empowering women and eliminating racism.”

*How do you embrace a healthy lifestyle?* “I take care of my body by eating well and exercising. Part of my healthy lifestyle is my heritage. I’m Italian and growing up we never had dessert after supper – we always had fruit. That is something I still do today.”

*Why do you choose walking as a form of physical activity?* “First off, walking is accessible. I walk my neighborhood which I love. I have a routine and do errands while I walk. I go to the bank, the library, CVS,

Park n’ Shop, and the post office. If I have to mail something instead of getting in the car, I walk to the post office.” “I’ve always said that if I had a job where I could walk to work, it would be wonderful. I think it feels great to be outdoors while walking. You could probably get the same exercise at a gym, but there is nothing like being outside. Plus I’ve made more friends by walking because I see the same people all the time.”

*Tell us about the Woonsocket Walks - A City on the Move project?*

“Woonsocket Walks is a coordinated community-wide effort to improve the walkability of Woonsocket and enhance the health, safety, and economic development of the city.” “Prior to participating in the Advisory Group, I never thought about walking, other than as something I did for pleasure. The Woonsocket Walks project brought up some excellent points. There are people who don’t have cars or don’t have access to public transportation. I also learned more about the importance of safe and clean sidewalks, and I never really thought about it until the project brought it to my attention.”

*What was your role in the project?* “I participated as a member of the Woonsocket Walks Advisory Group and worked on the mapping part of the project.”

*What are some of the strengths impacting walkability in Woonsocket?*

“People don’t realize how pleasurable walking can be. Having a walking buddy is key. You don’t want to disappoint the buddy and they don’t want to disappoint you so because of that you walk more. Incorporating errands into walking makes it worthwhile because you are getting something done and getting exercise.”

*Is there anything else you would like to share with us?* “My friends and I pick up the spare change we find while walking and put whatever money we collect in a container. It took us two and a half years to collect \$50 because it’s mainly coins. We donate the money to good causes. We’ve done that twice now. Once we gave the money to a cancer patient and just last month, we gave the money to a family in Central Falls who lost their son.”

“I take care of my body by eating well and exercising.” – Alessandra Borges

YWCA Northern Rhode Island  
514 Blackstone Street  
Woonsocket, RI 02895  
T: 401-769-7450  
www.ywcanri.org

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