

*In
this
Issue* *“Sisters With Stories” Partnered with YWCA
New Renovations For The Park Road Facility
A Night Out For The Community*

Dear YWCA Family and Friends:

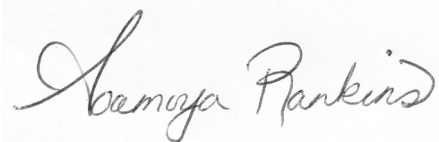
“I don’t do politics.”

How many times have you heard bright, compassionate people utter these words? While we may appreciate the sentiment behind that remark, the truth is that our personal, lived experience IS political. Not “doing” denies the part political decisions play in our day-to-day experiences.

When we assume the soaring incarceration rates for black and brown people are just “how it is,” a judicial system goes unwatched, unobserved, and unchallenged. When we accept the edict that affordable housing cannot really be built in nice neighborhoods, we relinquish our responsibility to make it possible.

Can we ignore how women of color are typically paid 61 cents for every dollar paid to white men? And that all women earn an average of 80 cents for every dollar when compared to their male counterparts?

So DO politics. Our humanity depends upon it.



Soamoya N. Rankins
Board President



Kirsten D. Sikkelee
Chief Executive Officer

A Family’s Success

Tierra Morris is a single mother of four and graduate of YWCA’s Families Together program. After losing her job and unable to pay rent, her family experienced a series of evictions and lost everything they owned.

“It was just a downhill spiral,” Tierra said. “At the time I was doing home health aid work and making about \$9.50 an hour, but I was only working 2-3 hours a day. That’s nothing to live off of, so I wasn’t able to find anything affordable at all.”

Tierra and her children entered a cycle of staying in shelters, their car, or the homes of friends and family. The worry of where they’d be next continued to loom over them. But that changed once they became part of YWCA’s Families Together.

The children were able to relax, and began to excel in school. And Tierra had a sense of comfort too. She didn’t have to worry about where they would be tomorrow and could focus on family time, working, and accomplishing the goals she set with her case manager, Kenya.

After eight months, Tierra accomplished her major goal: find permanent housing. Because of YWCA’s affordable rent, financial literacy workshops, and the countless resources that Tierra accessed, she was able to save money, find a home, and feel better as a parent.

“Being stable and being able to not worry about next steps is what brought us together,” Tierra said.



Today they are settling into a townhouse of their own while Tierra continues to work as a Medical Collector. She plans on completing her education to become a Medical Assistant and eventually go into Nursing.

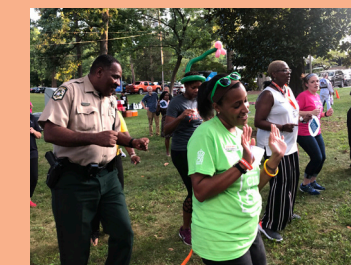
“Never, ever, ever give up,” Tierra said. “I recommend that anyone in my position, or anything even similar, just keep looking for resources because they’re out here and I’m glad I was able to find it.”

YWCA’s Night Out

On Tuesday, August 6, YWCA Central Carolinas hosted National Night Out for the first time. National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. It enhances the relationship between neighbors and law enforcement



while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.



YWCA would like to thank Chief Kerr Putney, our community officer, Officer

Matthew Montgomery, Station 12 Fire Department, Sheriff’s Office, Jamie Kimble Foundation, FBI Citizens Academy, V101.9, Moe’s Southwest Grill Southpark, CMS, Beverly’s Gourmet Foods, Clean Juice, AT&T, Cardinal Innovations, Omega Sports, WCCB’s



Wilson’s World for interviewing YWCA, and all of our amazing volunteers for our event. We were successful thanks to the support from our sponsors Frito Lay, Illusions and Confusions, Trader Joe’s Metropolitan, AT&T, and CLT’s 250 Fun Grant.

We hope to see you at next year’s event on Tuesday, August 4, 2020.

Fitness Highlights - Fall

See more offerings online at www.ywcacentralcarolinas.org

Swimming With The Family

Each family has a tradition. Maybe an annual dinner for the holidays, a recipe that's shared between family members or, in the case of one family at YWCA, swim lessons. It all started with Linda Shipley.

"I began swim lessons when I was six," she said. "My sisters and I took lessons at a YWCA in Northern Kentucky and I just remember how clean and safe that YW was. We all became excellent swimmers."

The feeling of safety and comfort in water stuck with Linda, and when she became a parent she decided to send her children to YWCA Central Carolinas for their swim lessons.

"I chose the YW in Charlotte for the same reasons my mother selected the YW in Kentucky: it was safe, clean, offered a nurturing environment and instructors taught technical swim skills so well. And it's affordable!"



Sam & Charlotte Thurmond at their swim lesson

All three of Linda's children learned how to swim in YWCA's indoor pool and now two of her grandchildren take lessons with YWCA's Aquatics Manager, Jeff Nerret. She expects that in the coming years two more of her grandchildren will join the family in this tradition.

"It is essential that every child learn to swim to ensure they are safe in recreational and in unforeseen situations involving water," Linda said. And the grandkids aren't the only ones making a splash! Linda also finds herself in YWCA's pool for the water aerobics classes or to just relax and tread water.

Wellness Seminar: November

November is National Diabetes month and we'll be talking **Sugar, Sugar, Sugar**. Attendees will learn how sugar impacts your metabolic system and the easy ways to cut the SUGAR.

This seminar will be taking place on **November 14 from 11am - 12pm** in YWCA's Multipurpose Room. Registration is \$10. Questions? Contact Director of Fitness, Starr Gargiullo, at sgargiullo@ywcacentralcarolinas.org

Wellness Seminar: December

On **December 12 from 11am - 12pm**, YWCA and Profile by Sanford will be discussing one thing we all struggle with around the holidays: **Holiday Portion Control**.

Avoiding portion distortion is important. How do you get portions under control and how does plate size impact portion size? What are the healthy snack alternatives at a holiday party?

Healthy snacks will be provided at this seminar! Registration is \$10. Questions? Contact Director of Fitness, Starr Gargiullo, at sgargiullo@ywcacentralcarolinas.org



Wellness Seminar: October

YWCA Central Carolinas, in partnership with Profile by Sanford, is proud to be hosting monthly wellness seminars open to YWCA Fitness Members and the public. Each month seminars will tackle a different topic to give everyone the tools needed to lead a healthy life.

October will be the first of our seminars! **Crocktober: A Healthy Cooking Demo** is for all of us that love delicious healthy crock pot meals when the weather starts to get chilly. We'll be breaking down caloric intake when cooking crock pot meals and using ways to spice up and make food delicious without all the extra fat.

This seminar will be on **October 10 from 11am - 12pm** in YWCA's Multi-Purpose Room. Registration is \$10! You can register here: <http://bit.ly/2lQDVZa> (or on the Events Page of our site: <https://ywcacentralcarolinas.org/events-2/>)

The demonstration will be led by Profile by Sanford's Tiffany Chambers. Tiffany holds a bachelor's degree from Louisiana Tech University, is a Certified Learning & Development Trainer from UNCC, and a Certified Health Nutrition Coach from Sanford Healthcare System. Tiffany's passion in Health & Wellness initiatives comes from her personal story of losing 75lbs.

group exercise and aquatics schedule - Pool is open to all YWCA members during swim lessons.

| monday | tuesday | wednesday | thursday | friday | saturday | |
|-------------------------------------|---|---|--------------------------------------|---|---|---|
| 8am - 8:50am Deep Water Work | 8am - 8:50am Deep Water Work | 8am - 8:50am Deep Water Work | 8am - 8:50am Deep Water Work | 8am - 8:50am Deep Water Work | | <p>★ Pop Up Classes continue so that you may try new classes! View classes on the website via the monthly event calendar.</p> <p>★ Visit the website for details on Swim Lessons!</p> <p>Pool Hours Mon-Thurs 5:45am - 8pm Fri 5:45am - 7pm Sat 8 am - 4:45pm Sun 1pm - 4:45pm</p> <p>12:00pm - 1:00pm Mon-Fri Additional Lap Lane</p> <p>Childcare Hours Mon-Thurs 9am - 12pm & 5pm - 7pm Fri 9am - 12pm Sat 9am - 12pm</p> <p>Get our email updates! sgargiullo@ywca centralcarolinas.org</p> |
| 9am - 9:50am Shallow Water Work | 9:10am - 10am Aqua Arthritis Energizer | 9am - 9:50am Deep Water Work | | 9am - 9:45am Move & Groove | 9:15am - 10am Cycle Class | |
| 9am - 9:45am Move & Groove | | 9am - 9:50am Move & Groove | 9:15am - 10:15am Aqua Yoga | 9:10am - 9:50am Shallow Water Work | 10am - 11:20am Yoga I: Exploring the Details | |
| 10am - 10:55am Aqua Power | | 10am - 10:55am Aqua Power Shallow & Deep | 10:30am - 11:25am Yoga I/II | 10am - 10:50am Aqua Power Shallow | 10:15am - 11am Cardio Strength | |
| 10am - 10:55am HiRIT | 10:30am - 11:45am Align & Refine Yoga | 10am - 10:55am Pilates Fusion | | 10am - 10:30am HIIT | | |
| 11am - 11:45am Cardio Kickboxing | | | | 10am - 10:55am Pilates | | |
| 12pm - 1pm Love to Lift | 12pm - 12:45pm Tabata | 12pm - 1pm Love to Lift | 12pm - 12:45pm Tone/Stretch/Cycle | 10:35am - 10:50am Quick Abs | | |
| 5:25pm - 6:10pm Cycle Class | 5:25pm - 6:10pm Cycle Class | | 5:25pm - 6:10pm Cycle Class | 12pm - 1pm Love to Lift | | |
| 5:45pm - 6:30pm Tabata | 5:35pm - 6:25pm Deep Water Work | 6pm - 6:55pm HIIT | 5:30pm - 6:15pm Aqua Cardio Deep | | | |
| 6pm - 6:55pm Vinyasa Yoga II/III | 5:45pm - 6:30pm Zumba | 6pm - 6:55pm Vinyasa Yoga II/III | 6pm - 6:55pm Yoga I | | | |
| | 6pm - 6:55pm Yoga I | | | Check the Aquatics Calendar for daily pool activity! | Like and follow YWCA Fitness on Facebook to stay in the know about everything fitness! | |

Soamoya Rankins, president

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Sarah Belk Gambrell, board member emeritus

Kirsten D. Sikkelee, chief executive officer

YW Home Improvement

In the last 9 months, YWCA has made some major improvements to our facility built in 1965, or as our CEO likes to say, “when the *Sound of Music* came out.”

- The crumbling front steps leading up to the building were re-poured with new concrete
- The women’s and men’s bathroom were completely renovated with all new tile, lighting and fixtures
- The pool was fitted with a chair lift to assist people with limited mobility entering and exiting the pool thanks to a grant from Healthy Charlotte Alliance. Also, new pool steps were installed



WIT Bathroom Door Before & After Renovation

Thanks to a grant from the Cannon Foundation, the bathrooms in our Women In Transition received new doors, shower fixtures and plumbing.

We would like to thank all of our fitness members, visitors and our participants living above the facility for being patient during these much needed renovations. Thank you!

Mastering Financial Literacy at YWCA

As part of YWCA’s Women In Transition (WIT) program, participants go through financial literacy training and case management. The foundation of the curriculum was developed by staff, but has assistance from outside organizations that volunteer their time and services to our participants. One of those organizations is Common Wealth Charlotte.

“Common Wealth Charlotte brings a trauma-informed approach to financial counseling,” explained Rebecca Stickel, Director of Women In Transition. “Their workshops and services really put a magnifying glass on how you spend your money.”

Common Wealth Charlotte’s curriculum recognizes the physical, psychological and emotional trauma brought on by poverty and a lifetime of scarcity, but also the healing that can occur when the trauma is replaced by positive, uplifting experiences.

Director of Financial Education, Mary Quinn, meets with WIT participants each month to provide workshops on financial stability and planning. During the off months, trained volunteers are on site to do 1:1 financial counseling.

Common Wealth’s Executive Director, Chuck Jones, is just as invested as the rest of his staff and was able to accompany a WIT participant to negotiate the purchase of her car. He helped her advocate for herself in the negotiation, a skill she can use in future financial negotiations.

“They help educate our participants in an empowering way,” Stickel said. “It’s not always enjoyable to talk about your finances, but the staff and volunteers from Common Wealth make the workshops informative and fun.”

\$HAN’s Gallery Opening

Baltimore native and award-winning photographer \$HAN Wallace began her project, “Sisters With Stories,” to explore and highlight the resilience, beauty and everyday survival of the realities experienced by women of color. \$HAN learned about YWCA’s Women In Transition program through our 2018 Woman of Achievement Emerging Leader, Jessica Moss, when \$HAN was artist-in-residence at The Roll Up in the Camp Greene neighborhood.



On a beautiful, cooler evening in August, guests filled the Elder Gallery to view a documentary about how \$HAN reveals the social, cultural and political narratives of black life through her camera lens. Then, attendees walked together through South End over to the Hodges-Taylor Gallery, where the work on display featured a selection of images created during a collaboration this summer with YWCA Central Carolinas. Several women in our

housing program posed for portraits with \$HAN. One of her portrait subjects, Angela, talked joyfully with the guests in the gallery about how empowering the experience had been, to feel seen and celebrated.

What Is Philanthropy?

phi-lan-thro-py (/fəˈlɑːnrəpi/) *noun*
the desire to promote the welfare of others, expressed especially by the generous donation of money to good causes.

The origin of the word philanthropy comes from the Greek language that translates to: “love of humankind.”



Are you one of those caring people who gives annually to YWCA to make a difference in the lives of our women, children and families? If so, would you like to know how you could continue to do that even after your lifetime? Or are you over 70.5 years of age and would like to make a tax-free gift from your IRA? Please contact our Chief Philanthropy Officer, Penelope A. Wilson, MBA, CFRE at 980.585.0498 or pwilson@ywcentralcarolinas.org. All requests for information will remain confidential.



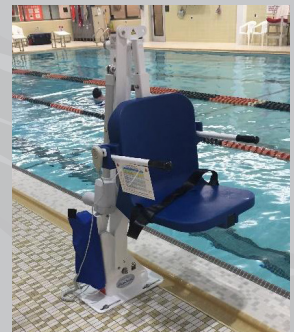
If you have already included YWCA Central Carolinas in your estate plans, please let us know so we can acknowledge your generosity and include your name in our Sarah’s Legacy Society. To see our current list of members, go to our website ywcentralcarolinas.org/how-to-help/planned-giving/

Supporting YWCA’s Co-Ed Fitness Center



Thanks to a grant from our friends at Healthy Charlotte Alliance, our indoor pool now has a chair lift.

Is mobility a challenge? Don’t let that stop you from utilizing our pool! Come on over and check it out!



Save the Date!



November 14 - Book Club
6pm - 7:30pm @ YWCA
We’re reading *The Hate U Give* by Angie Thomas

Refreshments will be served, please RSVP on our site. To learn more contact Claire Lechtenberg at 908-585-0502 or clechtenberg@ywcentralcarolinas.org