

our voice

eliminating racism
empowering women
ywca
Westmoreland County

**YWCA IS ON
A MISSION**

YWCA WESTMORELAND COUNTY Fall Newsletter 2020



Thank you to the staff and volunteers who made the YWCA Summer Used Book Sale a great success!

YWCA Westmoreland County • 424 North Main Street • Greensburg, PA 15601
724-834-9390 • fax: 724-834-9391 • ywcawestmoreland.org
Monday - Thursday: 9:00 a.m. - 5:00 p.m.
Friday: 9:00 a.m. - 4:00 p.m.

Mission: We are dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.

Vision: We live and work in a community that embraces equity, acceptance, and diversity and in which women and girls have opportunities for enrichment and advancement.

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STRONG ALONE, FEARLESS TOGETHER

2020-2021 YWCA Board Members

Diane Hightower (President)
Marcy Karasek (Vice President)
Karen Struble Myers (Treasurer)
Diane Krivoniak (Secretary)
Vanessa Beggs
Lyndsay Burrik
Janice Burruss-Hainesworth
Catherine Caccia
Kelly Carlson
Cheri Cavanaugh
Keisha Jimmerson
Paula Maloney
Carlotta Paige
Rosin Rivera-Bretaña
Theresa Rusbosin
Carlene Williams

YWCA Staff

Gina McGrath, Interim Executive Director
Diana Basick, Thrift Shop Director
Mary Lou Glover, Adult Education Coordinator
Alexis Hough, YWCAmakers Program Specialist
Zea Elkins, Thrift Shop Staff
Ramona Kocinski, PA WORKWEAR Coordinator
Matthew Kolbosky, Facilities Director
Grace O'Donnell, Children's Education Instructor
Janet Rossey, Thrift Shop Staff
Joe Rush, Facilities Assistant
Gabby Skillings, Office & Membership Coordinator
Amy Yemc, Thrift Shop Staff
Cathy Young, Thrift Shop Staff

CIVIC ENGAGEMENT



IMPORTANT UPDATE

Due to COVID-19 the 2020 Census' self-response phase has a new deadline of September 30, 2020.

Visit the YWCA Westmoreland County during regular business hours if you need assistance in completing the census form online using our computers or completing the mail in copy.

MESSAGE FROM OUR INTERIM EXECUTIVE DIRECTOR

The YWCA has been pioneering our way through this pandemic. We continue to offer many of our programs while following the CDC guidelines for COVID-19 to keep both our staff and our participants safe. Technology class enrollment is increasing. We have moved our computers to the large Founder's Room on the first floor so we can keep everyone at a safe distance of at least 6 feet or more. Our Fabulously Fit after 50 is now a Zoom class where you can exercise in the comfort of your own home without a mask as you participate in this vigorous workout. We have scheduled many new workshops and a Craft & Sip so you can have fun creating a Fall craft. Some of our other programs are being put on hold and hopefully we can reinstate them at the beginning of 2021.

The thrift shop is open and fully stocked with beautiful Fall fashions. Visit the YWCAmakers corner in the thrift shop where our makers sell their handmade crafts. Our thrift shop continues to be a shopping pleasure for many, thanks to your clothing donations and our staff and volunteers. We are accepting clothing donations at our thrift shop and we are accepting book donations in our book shed at our main headquarters.

Our fundraisers are being modified due to the pandemic. Last month we welcomed people to our main headquarters for our used book sale. People were

pleased as they shopped for books in the beautiful mansion and they became aware of all that the YWCA has to offer. Thank you to all of the staff, volunteers, and shoppers who made this a great success. Our next fundraiser is our 2020 Girls in Pearls Virtual Fashion Show (details are in this newsletter).

When you purchase a fashion show ticket, you will receive a \$25 gift card to Rizzo's Malabar Inn.

Thank you for your donations, continued membership, volunteering, and everything that you do for the YWCA. Your continued support and membership are vital to this organization so we can continue to offer the programs that support our mission.

Respectfully,



Gina McGrath



SUPPORT THE YWCA

Many of us have fond memories of the YWCA. Perhaps your children went to preschool or camp here, or you attended a wellness or computer class.

You made friends here and this YWCA touched you. It might even have made a difference in your life.

This YWCA supported you. Won't you support your YWCA? Donations are needed now more than ever to help us sustain our association and help us work towards the goal of empowering women and eliminating racism. We can do it together with your help.



The International Women's group gather for a meal in 2019.

ENGLISH AS A SECOND LANGUAGE

Fall ESL Class Schedule

Beginners Class
9:30 am - 11:30 am | Tuesdays & Thursdays
September 8 - December 17
(No Class November 26)

Intermediate Class
9:30 am - 11:30 am | Mondays & Wednesdays
September 9 - December 16

All classes are held at the YWCA Westmoreland County, 424 N. Main St, Greensburg. The classes focus on English speaking, listening, reading, and writing skills as well as grammar, vocabulary, and pronunciation. Students also learn about American culture and holidays. Students are from many different countries and cultures and the teacher creates a respectful and friendly classroom. Tuition is \$50 a month plus the textbook. Call 724-834-9390 to register.

INTERNATIONAL WOMEN'S GROUP

The YWCA's International Women's Group welcomes women of all nationalities to Westmoreland County, Pennsylvania.

The International Women's Group meets the 2nd Wednesday of each month (September - June) at 12:30 pm at the YWCA.

We hope to start our year off with our September luncheon. Programs for the year will be announced. We will abide by the CDC regulations regarding how a luncheon would occur since at this time no sharing of food is recommended.

You may be asked to bring your own lunch to eat. We will provide more specific details by email.



An International Women's group celebration in 2019.

YWCAmakers PROGRAM



Join us for our monthly meet up,
YWCAmakers Meet Westmoreland!
Like us on Facebook for events and
meeting details!

Ready to turn your hobby into a business? The YWCAmakers Program fosters economic development for Makers in Westmoreland County through business skill classes, networking opportunities, and featured selling space in the YWCA Thrift Shop in Greensburg.

Members of the YWCAmakers Program will complete nine weeks of business skill courses in the fall.

To learn more about the program visit YWCAmakers.org or call 724-834-9390.

2020 RACIAL JUSTICE AWARD RECIPIENT

CHRISTOPHER J. KENT



Chief Chris Kent has been Chief of the Southwest Greensburg Police Department for 12 years. He is a highly skilled and respected law enforcement officer who has been working in his field for 29 years. He says he loves his work because “it gives him the

opportunity to serve his community in many positive ways.”

The YWCA acknowledges Chris because he showed positive and professional policing and personal courage and took a Stand Against Racism when he recently documented a local incident of racism by an elected official who has since resigned.

Chris is married with three children and is a resident of Southwest Greensburg.

YWCA THRIFT SHOP

YWCA Thrift Shop News

Back to school or not back to school, that is the question! Regardless, the YWCA Thrift Shop has all your school supplies, backpacks, and lunch boxes. Be sure to stop in for all the bargains.

This is the time we also highlight all of our Steelers, Penguins, and Pirates gear and paraphernalia! This is a must for all sports fans!

The YWCA Thrift Shop is always looking for volunteers. Consignors and cashiers are always needed. Applications can be found online or stop in the shop for a hard copy application.

Important Dates!

August 17	Fall Consignment Begins
September 7	Closed for Labor Day
September 19	Fall Consignments Ends
September 28	Winter Consignment Begins
November 26	Closed for Thanksgiving Day
December 22	Last Day Shop is Open Before Holiday Break
December 23 - Jan 2, 2021	Holiday Break
January 4, 2021	Shop Reopens
Visit our website at ywcawestmoreland.org/ywca Thriftshop to find out what we are accepting for consignment.	

PA WORKWEAR

PA WORKWEAR, a program of the YWCA Westmoreland County, provides women with free professional clothing for job search, training, and employment. Clients are referred by the County Assistance Office (CAO), Private Industry Council (PIC), as well as other county agencies.

We welcome and appreciate your tax deductible donations of:

- Clean business clothes including maternity wear
- Khakis, blue and black denim jeans, polo shirts, sweatshirts, and medical scrubs
- Flat, wedge or low heel, closed-toe professional shoes
- Unopened trial/hotel sizes of hygiene products
- Professional purses that are black or neutral
- Bras
- Clothing store gift cards
- Monetary donations

Designate your items for PA WORKWEAR and drop them off at our Thrift Shop. For more information or to set up a drop-off, contact Ramona Kocinski at 724-834-1383 or email ramonak@ywcawestmoreland.org.

221 S. Maple Ave | Greensburg, PA 15601
724-834-4339
M, T, W, F, Sat: 10 am - 4 pm
TH: 10 am - 7 pm

FALL 2020 CLASSES & WORKSHOPS

REGISTRATION & OTHER IMPORTANT INFORMATION

Please call the YWCA at 724-834-9390 to register for all classes & workshops.

- When applicable, class fees are split into Member rates (M) and Non-Member rates (NM).
- All classes are held at YWCA Westmoreland Co., 424 N Main St, Greensburg unless otherwise noted.
- Parking is free in our lot.
- Enroll early! We determine whether to hold a class based on registrations a week prior to the start date.
- Financial aid is available for most of our computer classes. Call 724-834-9390 for details.
- Due to COVID-19, for all classes we will be following the CDC guidelines to wear face masks and follow social distancing.

WELLNESS CLASSES

Yoga with Nancy Micheals

Fee per session: \$55(M)/\$65(NM)

Thursdays 10:00 am - 11:30 am

Session I: September 3 - October 8

Session II: October 15 - November 19

Session III: December 3 - 17, January 7 - 21, 2021

A series designed to focus on specific areas of the body to strengthen and stretch muscles. Classes will help participants build strength, balance the body's system, increase body awareness, and increase energy while learning specific postures.

Instructor: Nancy Micheals

Managing Joint Pain in the Winter

\$10(M)/\$20(NM)

September 17, 2020 6:30 pm - 8:00 pm

Winter is here and so are potential injuries. Join us to discuss how to prevent winter falls, fractures, and low back pain (ergonomics). Tips for avoiding injuries while shoveling snow will also be offered.

Presenter: UPMC Center for Rehab Services

Fabulously Fit after 50

Fee per session (meets 6 times) \$65(M)/\$75(NM)

This class meets 2 times per week on Mondays and Wednesdays from 10:00 am - 11:00 am

First 3-week session: September 21, 23, 28, 30, October 5, 7, 2020

Second 3-week session: October 19, 21, 26, 28, November 2, 4, 2020

Third 3-week session: November 16, 18, 23, 25, 30, December 2, 2020

These classes will be offered virtually using ZOOM. The instructor will email you weekly with instructions on how to connect to the class. You must have an email address, a computer or tablet, and register for the class at least one week in advance. If you do not have a computer or tablet you may want to take this class with a friend at their home.

The class is geared to women over 50 of various fitness levels, but especially beginners. We will develop strength, balance, flexibility, and cardiovascular fitness in a fun atmosphere. No experience is necessary. If the changes that come with aging are limiting you, it's time to do something about it.

Instructor: Sue Waldrop

Balance and How it Impacts Your Life

\$10(M)/\$20(NM)

December 10, 2020 6:30 pm - 8:00 pm

Learn how you can increase your balance.

Presenter: UPMC Center for Rehab Services

Call 724-834-9390 to register or for more information about the right class for you!

WELLNESS CLASSES

Soul Care for the Caregiver

\$65(M)/\$75(NM)

Meets Tuesdays 6:30 pm - 8:00 pm

Week 1: Sep. 22 - Identify your Core Values by taking a (non-graded) Core Value Assessment Test.

Week 2: Sep. 29 - Dive deeper into your Core Values and how to better nurture them with Simple Soul Care.

Week 3: Oct. 06 - Find your "Right Fit" practice.

Week 4: Oct. 13 - Soul Care is an inside job.

Week 5: Oct. 20 - Take time to understand how to continue to integrate, ebb and flow, with your Core Values in your everyday life.

Week 6: Oct. 27 - A sumptuous experience including seasonal fruit and tea to honor the end of the course.

As a caretaker, we readily support and know how to assist those in our care. But when it comes to our own Soul Care, the road may not be as clear. In this 6-Week course, you will learn how to clear the path and navigate our Soul Care by aligning with our Core Values.

Osteoporosis: Get the Facts about Prevention and Treatment

\$10(M)/\$20(NM)

October 15, 2020 6:30 pm - 8:00 pm

Learn about the symptoms and common associated problems of osteoporosis along with effective management through exercise and a healthy life style.

Presenter: UPMC Center for Rehab Services

There's Physical Therapy for That?!

\$10(M)/\$20(NM)

November 12, 2020 6:30 pm - 8:00 pm

Join us for a frank discussion about urinary and bowel issues and concerns. Types of incontinence and available treatments will also be discussed.

Presenter: UPMC Center for Rehab Services

PERSONAL ENRICHMENT WORKSHOPS

Craft & Sip with Redesigned Frame of Mind

\$40(M)/\$50(NM)

September 1, 2020 6:00 pm - 8:00 pm

Join us for this follow-along craft and sip class! We will make a fun fall craft; a large pumpkin with denim and floral detail with denim upcycled from the YWCA Thrift Shop! All craft supplies are included in the cost of the workshop. Attendees can bring their own adult (or not adult) beverages and snacks! Attendees will leave with their completed project that evening.

Presenter: Tammy Schultz, Redesigned Frame of Mind

First Time Homebuyers Seminar for Women

\$10(M)/\$20(NM)

September 9, 2020 6:30 pm - 8:00 pm

Join us for an educational session about the home buying process. These are some of the topics that will be covered: how to get qualified, renting vs buying, credit fundamentals, the finance process, tax benefits, down payment assistance, and preparing for home ownership.

Presenter: Tomisha D. Stevens, LREA, Vice President & COO, Buypower Eminence, LLC

Choosing a Financial Caregiver

\$10(M)/\$20(NM)

October 14, 2020 6:30 pm - 8:00 pm

Aging can intensify the challenges of managing money effectively and making sound financial decisions. Choosing a financial caregiver is often the best approach, but it's not easy to know whom to choose or how much authority to grant. This session will explore how to facilitate this transfer of responsibility. It contains information on how to select a responsible caregiver, how they should facilitate financial transactions, and in which cases caregivers should be replaced.

Presenter: Anna Frank, Financial Education Program Coordinator, First Commonwealth Bank

Essentials of Personal Banking for Girls

Free for members and girls under 25/\$20(NM)

November 4, 2020 6:30 pm - 8:00 pm

This banking fundamentals workshop will present basic banking topics such as check writing, balancing a checkbook, budgeting, and credit worthiness. This will be an interactive workshop aimed to help girls develop good financial habits while learning the basic principles of banking.

**Presenters: Brandie Saraceni, Branch Manager, Citizens Bank
Joyce Trapletti, Relationship Banker, Citizens Bank**

COMPUTER & TECHNOLOGY CLASSES

Computer Basics

\$80(M)/\$90(NM) + textbook

Thursday Evenings September 3, 10, 17, 24 6:00 pm - 9:00 pm
Wed./Thurs. Mornings December 2, 3, 9, 10 9:15 am - 12:15 pm

This class is designed for the beginner and for all ages to make you comfortable with your computer. You will learn how to use Windows, how to do word processing (typing on the computer) so you can compose your emails or create a letter, how to use the Internet, and your email program. You will also be introduced to the programs that come with Windows that are on your computer.

Google Docs, Sheets, and Drive

\$60(M)/\$70(NM)

Thursday Evenings November 5, 12, 19 6:00 pm - 9:00 pm

A free alternative to Word and Excel, Google Docs, Sheets, and Drive will allow you to easily create and save documents and spreadsheets. Learn how to use these apps, including how to use them on your computer, smartphone, or tablet.

Microsoft Excel 2019 - Beginners

\$80(M)/\$90(NM)

Thursday Mornings October 1, 8, 15, 22 9:15 am - 12:15 pm
Monday Evenings November 2, 9, 16, 23 6:00 pm - 9:00 pm

Excel is a spreadsheet program used to track and analyze information. You will learn how to create and format spreadsheets. Also covered will be sorting, filtering, charts, and simple formulas.

Microsoft Publisher 2019

\$80(M)/\$90(NM) + textbook

Monday Mornings November 2, 9, 16, 23 9:15 am - 12:15 pm

Publisher enables you to create professional looking publications and marketing materials. You will enjoy creating greeting cards, banners, newsletters, signs, gift certificates, and much more!

Microsoft PowerPoint 2019

\$70(M)/\$80(NM)+ textbook

Tuesday Evenings October 6, 13, 20, 27 6:00 pm - 9:00 pm

Learn how to create a professional slide presentation.

Windows 10

\$80(M)/\$90(NM) + textbook

Tuesday Mornings September 1, 8, 15, 22 9:15 am - 12:15 pm
Monday Evenings October 5, 12, 19, 26 6:00 pm - 9:00 pm
Wednesday Mornings Oct. 28, Nov. 4, 11, 18 9:15 am - 12:15 pm

Windows 10 is the latest operating system for your computer. This class will teach you how to use this new operating system and also how to transition from an older version of Windows to this new one!

Microsoft Word 2019 - Beginners

\$80(M)/\$90(NM) + textbook

Wednesday Mornings September 2, 9, 16, 23 9:15 am - 12:15 pm
Tuesday Evenings November 3, 10, 17, 24 6:00 pm - 9:00 pm

Word processing for beginners. This is your tablet in the computer. Learn how to create letters, mailing labels, envelopes, and use the spelling/grammar check, bullets, and numbering.

Microsoft Word 2019 - Intermediate

\$80(M)/\$90(NM) + textbook

Thursday Evenings October 1, 8, 15, 22 6:00 pm - 9:00 pm

Take your word processing skills to the next level and learn how to insert pictures, logos, word art, tables, and headers and footers. Learn how to do a mail merge. This class uses the same book as the Beginners Word class.

Facebook for 50 Plus

\$60(M)/\$70(NM)

Friday Mornings December 4, 11, 18 9:15 am - 12:15 pm

Do you want to learn how to use all of Facebook's features? Are you concerned about your Facebook account and security settings? Do you want to control: who can see your posts, who can message you through Facebook, and what people can see when they find you on Facebook? You will be surprised at the numerous settings that you can control.

Call 724-834-9390 to register or for more information about the right class for you!

COMPUTER & TECHNOLOGY CLASSES

QuickBooks

\$150(M)/\$170(NM) + \$30 manual

Wednesday Evenings **October 7, 14, 21** **6:00 pm - 9:00 pm**

Learn QuickBooks with confidence. In this class you will: setup a company and learn to navigate QuickBooks, add customers and vendors, work with bank accounts and credit cards, enter sales information, receive payments and make deposits, enter and pay bills. Also covered: analyzing financial data, inventory setup, tracking and paying sales tax, doing payroll, customizing forms, and estimating and processing invoicing.

Cybersecurity Tips for Everyone!

\$25(M)/\$30(NM) includes manual

Wednesday Evening **November 18** **6:00 pm - 9:00 pm**

Are you worried about identity theft and the safety of your device? This is the class for you! You will learn what you need to do to protect yourself from spam, scams, phishing, robotic calls, malware, viruses, hackers, and ID theft.

Smartphones/Tablets

\$80(M)/\$90(NM)

Monday Mornings **Sept. 14, 21, 28, Oct. 5** **9:15 am - 12:15 pm**

Mon./Tues. Mornings **December 7, 8, 14, 15** **9:15 am - 12:15 pm**

If you are new to using a smartphone and/or tablet and not utilizing many of their features, join us in this class to learn what your phone and/or tablet can do for you. You will be surprised how smart they are and become more comfortable using your them.

Technology Question & Answer Session (Q & A)

\$10 per person

September 8 ~ October 13 ~ November 10~ December 8

This is a great way to get answers to your questions about your computer, tablet or smartphone in a comfortable, relaxed environment. Start keeping a list of all of your questions and bring them to this session. We meet the second Tuesday of each month from 1:30 to 3:00 pm. Registration is required. Call 724-834-9390.

Featured Workshop: Human Trafficking

October 29, 2020 **6:30 pm - 8:00 pm**

Human Trafficking is happening right here in Westmoreland County. Human Trafficking is a modern-day slavery and millions of women, children, and men are affected by this horrendous crime. It is often "hidden in plain sight." Trafficking victims are exploited for either sex or labor, sometimes both. Victims can be any age, race, gender, or nationality. This training, will cover the many ways traffickers target their victims, identify potential indicators of trafficking victims, and discuss a few supportive strategies when working with victims of human trafficking.

Presenter : Blackburn Center

RENTALS

The Huff Mansion is a historical landmark in Westmoreland County and features a:

- Fully Equipped Kitchen for your Caterer
- Beautiful Portico and Porch
- Elegant Spiral Staircase
- Perfect Venue for Showers, Parties, Family Gatherings, and Meetings

For our business community the main building provides:

- Wireless Internet Access
- Podium and Microphone
- Projector Screens and/or Dry Erase Boards for your Presentations



The entire main floor of the mansion is available for your special events. Call 724-834-9390 for more information and rental rates.

FIELD HOCKEY

Our Fall 2020 YWCA Dragons Field Hockey season has been cancelled due to COVID-19. Our main consideration is the safety of our girls and coaches.

This is only a cancellation for Fall 2020. We will continue to evaluate the safety of running this program for 2021.

We would like to thank Carolyn Domasky (Coach Carrie) for her dedication to this program as she steps down from the Head Coach position. Jeanne Kaylor will continue to coach the team. Thank you to everyone for your commitment to this program and for your understanding that the health and safety of everyone is our top priority.



USED BOOK SALE

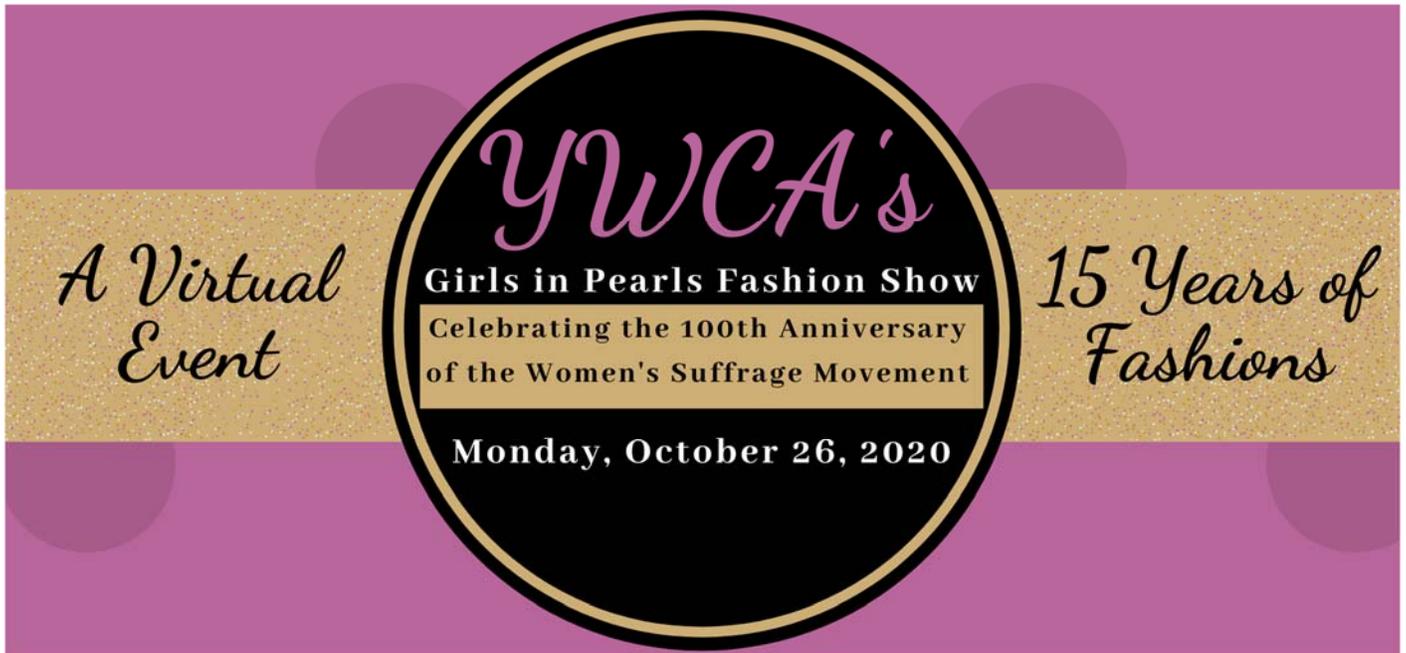
As we make many changes to our lives due to COVID-19, we also decided to make a change to our annual used book sale. We moved it to summer at our main headquarters in the mansion. It was a great success!

Thank you to our staff and volunteers for your hard work and dedication. The book sale is only possible because of you!

We extend a very special thank you to our book sorters who work year round to prepare the books for our sale.



2020 YWCA'S GIRLS IN PEARLS FASHION SHOW



The YWCA Westmoreland County Presents
Girls in Pearls Fashion Show
Celebrating the 100th Anniversary of the
Women's Suffrage Movement

Monday, October 26, 2020 | 5:30 PM
A Virtual Event
Basket Raffle | 50/50 | YWCA Thrift Shop Fashions

Tickets

General Admission \$50

Includes \$25 Gift Certificate to Rizzo's Malabar Inn

Ida B. Wells Warrior VIP Ticket \$100

Includes \$25 Gift Certificate to Rizzo's Malabar Inn + \$20 worth of raffle tickets

RSVP by September 24, 2020
Invitation and RSVP Instructions to follow. Call 724-834-9390 for details.

Join us for this fun evening in a new format!
Expect old favorites and a few surprises!

eliminating racism
empowering women
ywca
Westmoreland County

424 North Main Street
Greensburg, PA 15601
ywcawestmoreland.org

return service requested



If you are receiving a hard copy of the newsletter and would prefer to have it sent via email, please let us know by sending an email to info@ywcawestmoreland.org with the subject line “Email Newsletter.”

A teal rectangular background with a white wavy line at the bottom representing snow. Scattered throughout are white snowflake icons and stylized Christmas trees. The trees are represented by triangles with different patterns: some with horizontal lines, some with dots, and some with diagonal lines. The overall theme is winter and holidays.

The YWCA Westmoreland County invites you to join us for:
WINTER WONDERLAND IN THE MANSION
At the Historic Huff Mansion

Learn about the history of the Mansion and the
YWCA Westmoreland County

DATES AND DETAILS COMING SOON!
CHECK OUR WEBSITE & FACEBOOK PAGE FOR UPDATES.