



A Child's World
a childcare center

The following are the primary needs for the Emergency Shelter and Transitional Housing programs offered at the YWCA Cass Clay:

- Any food donations are appreciated!
- New or gently used vacuum cleaners
- New mattress pads & sheet sets (twin & full)
- Gently used furniture (couches, dressers, full & twin beds, desks)
- Hand wrenches (standard size)
- Air compressor
- Extension cords (outdoor, 25 or 50 ft.)
- Gas & grocery gift cards
- Activity passes (pool, zoo, movies, etc.)
- New pot/pan and silverware sets
- Baby toys (rattles, blocks, nesting cups)
- Kids toothbrushes/paste
- Unscented lotion
- Travel-sized items for school-aged kids (deodorant, body spray, toothpaste, mirrors, lotion, hand sanitizer)

A complete list of needs is available at www.ywcacassclay.org.

Volunteer Opportunities

Hair Stylist

- Days and times are flexible
- Licensed stylists needed for cuts, colors, and perms for shelter residents and their children
- Stylists must provide own sheers; all other supplies will be provided

Donation Sorting & Organizing

- Days and times are flexible
- Sort donated items that arrive at the shelter daily, check for quality, and store/organize donations
- Great for those who love to organize and are self-motivated

Fitness / Yoga Instructor

- Days and times are flexible
- Teach fitness to women at the Emergency Shelter
- Could include: yoga, pilates, aerobics, etc.

For a complete listing of volunteer opportunities, visit impactgiveback.org and search for "YWCA."

Have a volunteering idea? Just ask Amber! Call her at (701) 232-3449 or email at adahl@ywcacassclay.org.



September 2011 Edition

September
Latina/Chicana Heritage Month
National Literacy Month

September 5
Labor Day

September 8
Chocolate Fantasy @
Holiday Inn, 11am - 7pm

September 11
Patriot Day

September 23
Autumn Begins

October
Domestic Violence Awareness Month
National Breast Cancer Awareness Month

October 16-22
YWCA Week Without Violence

Hugs and support encourage success
Study Buddies fills gaps for homeless students

"Why is she crying?" asked Emma, YWCA Study Buddies Coordinator, after the petite 6-year old with pony tails left the room, on her way to lunch.

"She wants to stay in Study Buddies," her older sister explained.

"Well, let's check the schedule and see what we're doing tomorrow," Emma said, as she put her arm around the little girl's shoulder. "We're going to Roosevelt Park to play and do some arts and crafts. Do you want to come with?"

The little girl nodded "yes" as she slowly stopped crying. After a quick hug from Emma, she was off with her sister to lunch.

Small moments like this make a big impact every day in Study Buddies. In the summer, the days are filled with as many learning and fun opportunities as possible: libraries, zoos, pools (a huge hit!), MSUM Planetarium, volunteering for Meals on Wheels and Cherries for Charity, Plains Art Museum, and even gardening. With an extremely limited budget, Emma makes the days as exciting as she can for the homeless children we serve, many of whom have never experienced summer camps or museums.

During the school year, Study Buddies provides curriculum to promote positive study habits and offers a creative environment for students residing in the shelter. In 2010, this program served 243 children from the shelter - an increase of 33% over 2009. When a school-age child enters the YWCA's shelter, it is our goal to enroll them in school within 72 hours (this happens 99% of the time!); most are enrolled within 24 hours.

Continued on Page 3



Chocolate Fantasy is Thursday, September 8

What: *Chocolate Fantasy and Chili, too!*
All-you-can-eat chocolate & chili, celebrity servers, chocolate fountain, live entertainment, and amazing silent auction

When: Thursday, September 8
11:00 a.m. - 7:00 p.m.

Where: Holiday Inn (3803 13th Ave S, Fargo)

Why: To support the Emergency Shelter for women and children

Tickets: \$15/each (Adults)
\$10/each (Ages 65+)
\$5/each (Children in grades K-12)
Groups of 4-7, enjoy \$1 off/ticket; Groups of 8+, enjoy \$2 off/ticket
Purchase online at ywcacassclay.org or call (701) 232-2547



Purchase tickets here!



Become a Chocolate Expert! To volunteer, call Amber at (701) 232-3449.

Thank you to our 2011 Community Collaborators



Community Partners



Everyday supplies needed at shelter Items range from diapers to detergent

Just like providing for your family, keeping up a household of over 1,300 women and children requires a lot of supplies! From the products we all use to get ready in the morning to the items needed to move into a new home, the Emergency Shelter provides these things and more for the women and children we serve.

Every other month, this newsletter provides a brief overview of the current supplies needed at the shelter. The complete list is included below and always kept up-to-date on our website, ywcacassclay.org.

- Twin size sheet sets
- Diapers (size 4)
- Disinfecting wipes
- Toilet paper
- Toilet bowl cleaner
- Any and all food
- New underwear (all sizes)
- New or gently worn fall clothing & shoes
- New children's socks
- New or gently used bath towels & new washcloths
- Liquid, high-efficiency detergent
- Glass cleaner, counter top spray, bathroom cleaner
- Imodium, Pepto-Bismol, anti-itch cream, non-drowsy allergy medicine,
- nighttime cold medicine, & ibuprofen (no Tylenol)
- Hair care products for African-American women & children (hair oil)
- Sunscreen & aloe
- Conditioner (no shampoo), hairspray, mousse, & hair brushes/picks/combs
- Body wash, hand soap refills, & hand sanitizer
- Shaving cream & razors
- Baby wipes & lotion
- Feminine hygiene products
- Cotton balls
- Unscented lotion
- Pre-natal & multivitamins
- Sterile artificial tears

Financial literacy event October 13 Planing ahead: "Someday is Today!"

Please join us for an evening of fun financial food-for-thought. Thrivent Financial for Lutherans and the YWCA Cass Clay invite you and a guest to join us for this special event. Sheri Cooper, Regional Managing Partner for Thrivent Financial for Lutherans will present "Empowering your Financial Future: Someday is Today!"

As part of our shared mission to empower women and give back to our community, the one hour presentation will walk you through the importance of planning ahead and keeping your financial health on track. Topics will include:

- Understanding investment principles
- Avoiding potential financial pitfalls
- Developing a sound savings and investment strategy
- Top 20 Financial Checklist

WHAT: Empowering Your Financial Future: Someday is Today!
WHEN: Thursday, October 13
 5:30 Social; 6:00 Presentation
WHERE: YWCA Emergency Shelter
 3000 South University Drive, Fargo

Heavy hors d'oeuvres and refreshments will be served. Seating is limited and the event is FREE! Please RSVP by Friday, October 14 to Darren Buttke at (701) 232-2547 or dbuttke@ywcacassclay.org.

No products will be sold at this event. For important disclosure information, please visit thrivent.com/disclosures.

New Voluntary Services Committee meets emerging demands Members will serve as liaisons and represent the YWCA in the community

As a YWCA Cass Clay supporter, you have helped us ensure that women and children have a safe place to turn in times of crisis. Without the support of our dedicated community, offering the programs and services at the YWCA would not be possible. For this, we extend our sincere thanks.

At its June meeting, the YWCA Cass Clay Board of Directors voted to create a new committee, Voluntary Services, to help meet our current and future needs. This newly created committee will be comprised of volunteers from across the community involved in business, civic, service, and religious organizations among other groups. A representative from these various entities will take part in occasional meetings where committee members are updated on the needs of the YWCA in terms of volunteer opportunities, supplies, and upcoming YWCA activities. Additionally, members will serve as a liaison between the

YWCA and their organization and represent the YWCA as a volunteer out in the community.

The first meeting of the Voluntary Services Committee will take place Tuesday, September 20 from 4 to 5 p.m. at the YWCA Emergency Shelter located at 3000 South University Drive, Fargo. If you are interested in serving the YWCA in this way, please contact our Volunteer and Donations Coordinator, Amber Dahl, who will be coordinating the Voluntary Services Committee. Amber can be reached at (701) 232-3449 or adah1@ywcacassclay.org.

WHAT: Voluntary Services Committee, Inaugural Meeting
WHEN: Tuesday, September 20, 4-5 p.m.
WHERE: YWCA Emergency Shelter
 3000 South University Drive, Fargo

Upcoming Community Events

Get Involved - Make a Difference



Hunger Action Month

- Entire month of September

One in eleven North Dakotans seek emergency food assistance each year. Nearly 40% of those are children. An estimated 82,500 children, seniors and working individuals who live with, or are at risk of hunger in North Dakota annually. As a member of the Cass Clay Hunger Coalition, the YWCA encourages you to participate in one of the many activities taking place this month. Visit www.lssnd.org for a calendar of events. The YWCA and the clients we serve will benefit, from meals served to items distributed in food baskets.

Chocolate Fantasy

- Thursday, September 8

Join us in supporting the YWCA Emergency Shelter in the tastiest way possible - chocolate! Sample a wide variety of chocolate, feast on a bowl of chili with all the fixings, enjoy live entertainment, and bid on numerous exciting silent auction items. Tickets for this event are \$15 for adults, \$10 for ages 65+, \$5 for children in grades K-12, and can be purchased online at ywcacassclay.org. Follow the aroma of chocolate to the Fargo Holiday Inn, from 11:00 a.m. - 7:00 p.m.

Homeless & Hungry

- October 15-16

The mission of Homeless & Hungry is to empower people to raise awareness for homelessness, to financially assist shelters and their partnering entities, and to change the hearts of participants and sponsors to serve as God's hands and feet. In its simplest terms, Homeless & Hungry is a combination of a 30 hour fast and a campout in cardboard boxes to raise awareness, funds, and donations for area shelters.

Week Without Violence

- October 16-22

Join the YWCA in saying "Enough!" to violence in our community. As part of a national movement, the YWCA locally will participate in activities throughout the week to put an end to violence.

Altrusa Baby Shower

- October 28-29

Hosted by service organization Altrusa, this annual event benefits the mothers and children seeking the safe haven of the Emergency Shelter. Donations of cash and products for both moms and babies are collected and then distributed to those in need.

No easy task, no ordinary organization

Thank you to all of our wonderful donors who support us; whether it be financially, with in-kind donations, or with the gift of time. We are grateful for the significant community support and truly are strong alone, but fearless together! It is our goal to continue to bring peace to women and children facing homelessness by providing a safe haven and supportive services through our emergency shelter.

Listed below are those who have financially supported the YWCA Cass Clay through membership or by sponsoring a day of shelter. Also listed are those who provided a gift in honor or in memory of someone special. We would also like to acknowledge the many donors who have chosen to remain anonymous - their gifts are greatly appreciated even though not publicly recognized.

June 14, 2011 - August 5, 2011

Elaine Ackerman
Norma Anderson
Anderson, Bottrell, Sanden & Thompson
Anonymous
Marlene Batterberry
Vera Baumler
Debra & David Beard
Lois Bekkerus
Alice Benedett
Kathryn Benson in honor of Dr. James & Jerily Forde
Kathryn Benson in memory of Paul Mikkelson
Robert & Sally Berrell
Carolyn & Richard Blaine
Joyce Blouin
Shirley & Richard Bolme
Sarah Bolton
Vickie & Stephen Boutiette
Tracey Braeger
Dawn Brenamen
Maxine Brinkman
Marilyn Bronken
Jody Burgum
Jack Carter
Elizabeth Christian
Ann & Jeffrey Clark
Rachel & Josh Clarke
Lillian Cole
Rae & Patrick Colliton
Patricia Crary
Kay & David Currier
Laverne & Mark Czichotzki
Jim Danielson
Mary Davies in honor of Rose Andersen
(correction)
Edith Dawson
Jean Donahue
John & Janet Donahue
Karen Dufty
Nancy Elliott
Dr. Polly Fassinger
Carol Ferguson
First Presbyterian Church
Noreen Fischer
Lea Flaagan
Collette Folstad
Cherie & Wayne Gadberry
Jeannine Galbreath
Bonnie Gates
Janet Geston
Rose Gudmundson
Delene Gunderson
Delene Gunderson
Jill Gustofson
Gary Haaland
Kathryn & David Hanson

Marcia Hardy
Catherine Haugen
Marlene Hefta
Constance & Wallace Hickman
Connie Hoffman
Sandra Holbrook
Karel & John Holten
Joanne Huckle
Willy & Arland Jacobson
John D. Nore, Inc.
Arlene Johnson
Celeste Johnson
Dorothy & Donald Johnson
Irene Johnson
Neil Johnson
Sandra Johnson
Alice Jondahl
Eunice & Norman Jones
Sindy & Brad Keller
Janet Kenien
Rhonda King
Susan Kinkle & Jonathan Burkhart
Robert Kjos
Charlene Koll
Pat & Leonard Kotta
Laurine & Don Kounovsky
Barb & Tim Kraft in memory of Marna Falk
Barb & Tim Kraft in memory of Vicki Krueger
Beverly Krein
Elaine Larson
Joan Lazorenko
Leona Leapaldt
Roberta Lein
Tessa & Jon Leiseth
Shelley & Keith Lesteberg
Sara Lindberg
Jane Loeffler
Linda J. Magnuson
Mary Markland & Brian Wooton
Andria & John Messelt
Emelet & Ronald Messelt in honor of Margaret Foster
Jean Mikkelsen in memory of George D. Nelson, Sr.
Tammy Miller
Donalene & Clifford Moore
Suzanne Morrison
Juan Munoz
Connie Nelson in memory of Phyllis Lehman
Patricia Nicholson
Marjorie Nienas
Jane Nissen in honor of Susan Nissen
Jo Ann & Robert Nyquist
Christi Offutt
Rae Offutt
Anne Olsgaard
May Olsgaard

Prudence Olson
Lloyd Paulson
James & Beth Postema
Marcia & Kenneth Retzer
Deb Reynolds
Naomi Rice
Mary Jo Richard
Lavon Rieke
Carol Riley
Carmen Rogne
Rough Riders Kiwanis Club
Helen Rudie
Sherri & Gregory Sandvig
Paulette & James Schmitt
Anne Severson
Shear Magic
Kimberly & Noel Shuckhart
Mary Jo Sieg
Karen Silbernagel
Carol Spurbeck
Jeanette Stone
Michelle Stover
Justine Swanson
Kay & Jeff Swenson
Mona Tedford
Rev. Alfred & Betty Thiem
Amanda & Brett Thompson
Annella & Leonard Thompson in honor of Connie Tate
Denise Thompson
Lloyd Thompson
Michelle Thurn
Phyllis Thysell
Lynn Tkachuk
Arlys Torgerson
Rose Marie Trautner
Kathy Tweiten
Marcia Ubbelohde
Lois Vogel
Diane Wanner in memory of Darwin Ecklund
James Wee
Kay Weisgram
Char Wixo
Joyce Wold
Barbara & Walter Worman
Laura Zabel

Are you a snowbird?
Please let us know your alternate address & approximate length of stay.
Call Darren or Nicole at
(701) 232-2547.

Due to space constraints, as of January 1, 2012 we will only list donors who give a gift in honor or in memory of someone special. We look forward to bringing you more stories and pictures with the additional space!

“...I didn’t think there would be that many unaccompanied youth.”

continued from front page

Emma and the Study Buddies program have a very close working relationship with the Fargo Public School District; Emma also serves as the Fargo Public Schools Homeless Student Resource Coordinator. This position is provided through the McKinney-Vento Act, part of which states that all homeless children and youth should be able to attend school and have the opportunity to succeed academically.

Through her role with Fargo Public Schools, Emma serves homeless students throughout the district. Many of these students are not what many would typically describe as “homeless” - they are considered “unaccompanied youth” who are sleeping in cars, hotels, on friends’ couches, or a number of other less than ideal scenarios.

“I was really surprised,” explained Emma. “When I started this position, I didn’t think there would be that many unaccompanied youth, but there are a lot.”

Emma’s goal is to provide homeless students with everything they need to succeed in school: transportation (providing gas cards, bus passes, or cabs), clothing, school supplies, referrals to other services, and any other support they may need.

Through two different yet connected programs, the YWCA is serving the multitudes of homeless children in our community. Whether they need a notebook, new shoes, or simply a hug and words of encouragement, we are here to ensure they have every opportunity possible to succeed.

The YWCA Cass Clay would like to offer our sincere thanks to the Fargo Public School District for their ongoing partnership.



Ideas for how to help your child cope with stressful situations

Extra love, communication, and routine essential



Parents and other adults play significant roles in helping children who are dealing with stress. They provide an example for

children, act as a resource in helping children cope, and give guidance and support in managing emotions. Trying to return to a “normal” routine after a stressor can be difficult since some of these problems may last for weeks or months. The following are suggestions for to help children in times of stress.

Hugs and comfort: Children may naturally seek the comfort and security that comes from being held. Give children extra hugs, smiles and hand holding. Set aside time to sit next to a child, put your arm around them, or hold them on your lap and talk with them about their feelings.

Talk to your child: It is important for children to hear messages of support. Remember to tell them often that you love them, that everything with work out, and that they are safe.

Be honest: It helps children to know that parents may share some of their feelings. Answer your child’s questions in a simple, straightforward way. Share your own thoughts and feelings as appropriate, but don’t overwhelm them.

Ask: Encourage your child to express their feelings and listen carefully to them. Ask them to tell you if they are feeling scared, angry, or frustrated. Let them know that their feelings are normal and can be worked out. Ask them for their ideas on how they might help with other family needs.

Read books: Finding books that show children or families dealing with challenges and overcoming them is a powerful tool to aid your family and child.

Laugh: And laugh some more. Humor, smiles, and laughter relieve tension, especially for children.

Expression: Have your child write, draw, or tell a story about the experience. Children often express emotion and deal with stressful situations through play or expressive behavior.

Maintain routines: As much as possible, try to create routines and consistency for your child. This will help ensure a feeling of security.

Role model: Children learn how to respond to stress by watching adults. Adults should set an example of self-control, maturity and positive resolution in dealing with challenges. This will comfort children and create a secure atmosphere for them.

Stressors happen. They are a part of life that challenges us, but also can make us grow and learn. As a parent, think about the stressors your family may be encountering and make a plan to help your whole family deal with stress. Preparation and planning can become some of the most powerful tools in your arsenal for dealing with all kinds of stressors.

A Child’s World, one of ten nationally accredited childcare centers in North Dakota, provides high quality childcare for children in an environment that supports all families, regardless of income, diversity, or family structure.

F-M Cosmopolitan Club's *Cherries for Charity* raises over \$20,000 29th annual event benefits YWCA and Rape and Abuse Crisis Center



The 29th annual *Cherries for Charity* concluded on July 19 after a week-long fundraising effort by host organization Fargo-Moorhead Cosmopolitan Club, along with event sponsor Hornbacher's. Proceeds from the sales of cherries benefited the YWCA, as well as the Rape and Abuse Crisis Center.

A total of 80,964 pounds of cherries were sold, amounting to a grand total donation of \$20,250!

In 1982, the F-M Cosmopolitan Club started *Cherries for Charity* and, several years later, the event took on its present-day look with Hornbacher's support. To date, *Cherries for Charity* has raised over \$270,000 for the Rape and Abuse Crisis Center and the YWCA Cass Clay – equivalent to over one million pounds of cherries.

The YWCA would like to extend an enormous thank you to all who purchased cherries and donated their time volunteering. Thank you Fargo-Moorhead Cosmopolitan Club and Hornbacher's!



YWCA Executive Director Erin Prochnow and her nephew Jackson Prochnow were a great cherry-selling team!

General Equipment provides new bikes for YWCA housing participants First annual "Equipping Kids with Bikes" combines training with service



On August 4, three children from the YWCA's Transitional Housing program had their dreams come true - they became mobile! In it's first annual "Equipping Kids with Bikes" event, General Equipment and Supplies combined team member training with a community service project.

Groups of team members worked together to assemble a children's bike, with one blindfolded person serving as an assembler while the other group members provide instructions. Once completed, members of Scheels' bike service team inspected the bike to ensure safety and quality.

General Equipment team members further developed communication and problem-solving skills through this event and saw the final product make a positive impact on children in our community.

A grand total of sixteen bikes were donated; three to housing participants and thirteen to the Emergency Shelter. Thank you, General Equipment, for making a difference in the lives of the children we serve!



YWCA ED Erin Prochnow, General Equipment President Don Shilling, and three lucky bike recipients

Shelter Stats through June

- **626** individual served; **315** women and **311** children
- **75%** report domestic violence as the number one reason they sought our shelter
- **26** pregnant women have entered the shelter
- **771** case management hours have been provided
- **2,791** food baskets have been given out to members of our community

Find us on Facebook

Keep on top of all the happenings at the shelter and the entire agency through Facebook. Simply search "YWCA Cass Clay" and receive the latest news about the shelter, A Child's World, Transitional Housing, Shelter Children's Services, and more.



A summer of generosity from the Fargo-Moorhead community Special thanks to those who supported women and children at the shelter

The YWCA Cass Clay would like to thank those who have found unique and interesting ways to support the shelter this summer. It is through your generous spirit that we are able to continue serving the homeless women and children in our community. Special thanks go out to the following:

Lemonade Stand

Young donors can make such a difference! Emily and Alyssa held a lemonade stand because they wanted to give back and make a difference, and State Bank & Trust matched their efforts. They are an inspiration to us and a great example of the younger generation caring for others. Way to go, ladies!

2nd Annual Lobster and Lefse Festival

The YWCA would like to offer a special thanks to the F-M AM Rotary Club for hosting the second annual Lobster and Lefse Festival on August 18-20. A portion of the proceeds were donated to the YWCA Emergency Shelter. Thank you Rotarians!



West Fargo Pub Crawl

Here's a unique and fun way one group chose to support the Emergency Shelter - they held a pub crawl! Not only did they get to have a blast socializing, but a total of \$2,000 was donated to the women and children we serve. Special thanks to Chelsey Klava for organizing the event.

Sponsor a Student

Thank you to those who chose to Sponsor a Student and make their first day back at school a success. Each child was provided with a gift bag full of jeans, shirts, underwear, socks, and shoes in their favorite color and just the right size. Because of your support, these students had one less worry as a homeless student going back to school.

The Golden Drive 4 the Golden Children

The power of one is an amazing thing - just ask Susan Baron. In the span of just six weeks, she collected 2,447 pounds of clothing, food, books, toys, and other donations. In addition, she gathered nearly \$1,500 in cash and gift cards - wow! Susan's theme for the drive was "Think Golden...Be Golden...Stay Golden." You've got a heart of gold, Susan!



Susan Baron with a few of her donations!

Toppers Custom Car Club

This group knows how to have fun! A check in the amount of \$2,500 was presented to the YWCA at the July 21 Toppers car show on Sheyenne Street in West Fargo. Funds will be used to support the women and children at our shelter. This small club has been around since 1953 and is making a big impact in our community. Their continued generosity is greatly appreciated!



Toppers President Wayne Rud with YWCA Volunteer & Donations Coordinator Amber Dahl.

United Way Day of Action

The shelter welcomed an excited group from Bank of the West to tackle a fence staining project as part of the United Way Day of Action. Day of Action is designed to give donors and volunteers an experience volunteering with the agencies supported by United Way of Cass-Clay. The volunteer group did an amazing job and we're so thankful to have the project completed!



The fence looks amazing!

2011 YWCA Board of Directors

Denise Magness, President	Jennifer Dorsey
Sindy Keller, First Vice President	Jessica Foss
Kim Shuckhart, Second Vice President	Katie Hasbargen
Shelley Earsley, Secretary	Kimberlee Hegvik
Lisa Yoney, Treasurer	Kelly Heyer
Annette Ambuehl	Ramona Johnson
Kathy Benson	Chris Linnares Marcil
Becky Cote	Chitra Ramanathan
Georgia Dawson	Carolyn Trana