STAND AGAINST RACISM
Pledge Today

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"The work of eliminating racism is an everyday, all year kind of work."

Theresa Lyons CEO
Greetings,

We hope you're healthy and well during these spring days!

The Annual Stand Against Racism Initiative is held every year during the month of April. This initiative raises awareness and heralds a call to action to be intentional in our commitment to ensure dignity for all peoples. YWCA Alaska, with YWCA's across the nation, launched campaigns and offered programs to educate and inform members of our communities about the reality of racism and its impact on our neighbors, our systems, and our policies.

"...be intentional in our commitment to ensure dignity for all peoples."

In this spirit, we co-sponsored a panel discussion with the Anchorage Public Library on Race and Policing. It was a very candid conversation with our Police Chief and community members about policing in Anchorage and the people they serve. We hosted a youth seminar on Health, Equity, and STEM Careers to talk about the opportunities in STEM and the importance of equity. The line-up of presenters was stellar and their stories inspired us!

The work of eliminating racism is an everyday, all year kind of work. Take the pledge with us to Stand Against Racism everyday. The health and well-being of our communities require it.

Sincerely

Theresa Lyons
CEO
The final Land Acknowledgment Workshop for the program year was held on March 30, 2021. We appreciate Melissa Shaginoff for facilitating this valuable and necessary training for our community. Learning why land acknowledgements are important, and how it's respectfully practiced, is transforming meeting spaces and workspaces across the state of Alaska. YWCA Alaska seeks to provide safe spaces for Alaskans to learn more and do better, to ensure dignity for all.

Let's Talk About It

On April 21st, we hosted a Let's Talk About It Seminar. The event titled, Health, Equity, and STEM Careers was a virtual event for youth (high school and college students). This was an opportunity for Alaskan youth to learn from the lived experiences of STEM professionals. YWCA Alaska thanks presenters:

- Samantha Guz, MSW, PhD
- Danielle Rittman, MPH
- Dasha Filippova, MS PhD
- Anna Joseph, MSW/MPH
- Julia Terry, MS
- Dalecia Young, Doula
- Saara Mohammed, MD
- Sarah Opdycke, DPT
- Molly Weitzel, MS

"I learned that the medical field can often be competitive, but also that its very common to fail. I for a while assumed that you need to consistently have good grades... I didn't realize just how diverse the options are in terms of physical therapy..."

- Student Quote
You've seen that woman who could run her own business.

Tell HER About WE360!

YWCA seeks to equip Alaskan women with the skills to successfully run their own businesses. We are ready to start breaking barriers and building businesses.

WE360 provides education, mentoring, coaching, and access to a nationwide network of entrepreneurs.

Virtual information sessions are hosted weekly

**WEDNESDAYS**

**6:00 P.M.**

**FRIDAYS**

**2:00 P.M.**

Whether you are seeking to launch a new business or gain the skills and tools to enhance a current business, **WE360** is right for you. This comprehensive curriculum is foundational best practices for a successful and thriving business.

WE360 is virtual, therefore Alaskans from across the state are invited to participate.

Sign-up to learn more about WE360 at:

[Click Here](#)
Hello Everyone!
My name is Jenella Morales, and I am the new Outreach Specialist for Women's Wellness at YWCA ALASKA. I am thrilled to be part of this organization! Our goal here is to educate women about women's wellness. Early Detection is the KEY! Our Breast and Cervical Cancer Screening Program provides free health screening and barrier relief for women who qualify. I'm excited to share this information with all women, especially those impacted by health disparities.

Women's Wellness

We seek to empower women by encouraging them to prioritize their health. Women have been greatly impacted by the pandemic of COVID-19. It's been a roller coaster of unexpected events. Many have become unemployed and are experiencing financial challenges. It's easy to forget that our health matters too.

We want women in Alaska to be self-aware and to increase self-care. HEALTHCARE is number one on the list!

Did you know that Early Detection saves lives?

1 out of 8 women are at risk of getting cancer during her lifetime! Women age 50 and older are at higher risk of getting BREAST CANCER.

LET'S GET SCREENED ALASKA!
We invite you to join the YWCA Alaska's Team again this year! We are raising funds to fight breast cancer and support the Annual Alaska Run For Women Fundraising Event. To join our team:

- Register to join our Team
  - Our Team Name is: YW C yA Later!
  - Link to register - [Click Here]
- A donation of any amount is encouraged; many donate $25 or more
- If you choose to join Team YW C yA Later!
  - You'll need to commit to running or walking either 1 mile or 5 miles
    - **Mile(s) must be completed between June 12 – 19, 2021**
      (On your own or with a small group of your family/friends)
    - Download your bib and wear while walking your mile(s)
    - Take photos of yourself and share on social media/email.

**To Donate Only**

- Remember to Support Our Team: YW C yA Later!

Because this event is virtual, you can invite family and friends from all across the nation to participate. That's right, people across American can join us to raise funds to fight breast cancer. Invite someone to join you locally or in another state!

If you have questions, please contact us.

Thanks for your support!
Danielle Rittman grew up outside of Detroit, Michigan and went to the University of Michigan for undergraduate and graduate school. She works as a COVID Epidemiologist for the Washington State Department of Health. She now lives in Anchorage, Alaska.

...and in her spare time, Danielle volunteered at YWCA Alaska. She coordinated the Let’s Talk About It Youth Seminar on Health, Equity & STEM Careers which was held on April 22, 2021. The cast of presenters she assembled for this project were comprised of impressive and very accomplished women professionals in the STEM fields.

YWCA Alaska appreciates Danielle Rittman for her excellent volunteer service!

Love and support us? Why not volunteer? Go to our website and choose the area you are interested in. Get trained and be a part of our mission.

Click Here
Hello YWCA of Alaska community! I wanted to take this opportunity to introduce myself. My name is Cindy Vegetabile, and I’m the new Development Associate here at the YWCA of Alaska. I am very excited to be here, and I’m looking forward to working with all of you to build a stronger, healthier and better community here in Alaska.

I was born and raised in Pennsylvania, but I developed a sense of wanderlust in my early 20s and spent almost a decade working in various nonprofits around the world. From writing grants in Kenya to reducing energy poverty in the urban slums of India to leading volcano treks in Nicaragua, I continually immersed myself in cultures, stretched my comfort zone and found a deep appreciation for the similarities we all share as a global community. I came up to Alaska a few years by way of seasonal work in Cordova, tried my hand at commercial fishing, and eventually settled down in Anchorage. After so much time spent living out of a backpack, I’ve finally set down some roots and I’m loving my new home.

In my free time, I love doing all things outdoors. As you do when arriving in Alaska, I’ve been picking up hobbies like it’s my job. I started packrafting, Nordic skiing and rock climbing these past few years, and taking every opportunity to get outside, find new peaks and explore new ridgelines. Hiking and running are some other favorites, and I’m always joined by my one-year-old adventure pup named Bobo. I’m looking forward to this summer – I’ve got big plans starting a garden and my many trays of starts are quickly taking over my house.

I’d love to hear from you – please feel free to reach out and let me know what’s working, what’s not, and what programs you’d love to see more of here in Anchorage. I can be reached at cvegetabile@ywcaa.org. Thanks so much for all you do to support the YWCA of Alaska! I’m so excited to work with you.

Warm Regards,
Cindy Vegetabile
Join us in a Stand Against Racism. Take the Pledge Here

DONATE TODAY CLICK HERE

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