HAPPY NEW YEAR!

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It is important to make Alaska a safe place for women...
- Theresa Lyons, CEO
Happy New Year! We wish you peace, well-being, and health in 2022!

We are grateful for this great land called Alaska, which is home to us whether we were born or migrated here. We appreciate the communities, comprised of diverse peoples seeking to thrive here. We feel honored to serve others, giving and helping where needed. We are glad to work with our board of directors, our advisory council, community partners, and volunteers. We feel blessed by YWCA Alaska members and sponsors who donate to support the mission of eliminating racism, empowering women, promoting peace, justice, freedom, and dignity for all.

The year is new, but unfortunately the issues facing women are not new. There is yet so much work to do. Alaskans need help in this new year.

The University of Alaska Justice Center’s Alaska Victimization Survey 2020 indicated that out of every 100 adult women in Alaska:
- 48 experienced intimate partner violence
- 41 experienced sexual violence
- 58 experienced intimate partner violence, sexual violence, or both

The National Women’s Law Center reports that:
- 14% of women between the ages of 19 to 64 in Alaska are uninsured
- 10% of women in Alaska live in poverty
- Women in Alaska earn $0.80 for every dollar paid to men
  - Black women in Alaska make $0.63 for every dollar paid to white men
  - Latina women in Alaska make $0.61 for every dollar paid to white men

It is important to make Alaska a safe place for women, a place where women earn equal pay for equal work and a place where women have access to affordable healthcare.

Like you, we’ll continue the good fight, the good work, which is the empowerment of women at every level of our society.

Let’s do our best in 2022 for all Alaskans, especially women and girls!

Sincerely,

Theresa Lyons
CEO
YWCA Alaska’s Economic Empowerment Program provides many different services to Alaskan residents, one of them being Job Lab. We wanted to take this opportunity and share what Stephen Jolley, Anchorage Resident, wrote to our organization after attending a Job Lab session.

"In my latest job search I encountered the challenge of changing careers. As a new college graduate, I was worried whether or not I possessed the professional literacy to be considered as a serious candidate to work in a new field.

Representatives of the YWCA Alaska not only helped me rewrite my resumé to be more tidy and eye-catching, but were also able to present previous experience I possess from a different career path as relevant to the jobs I am now applying for. When I was called for an interview by a prospective employer, YWCA Alaska representatives took the time to run a mock interview for me as well, adding to my preparedness.

They did much more for me than help me build a tidy resumé. They gave me renewed confidence in my own training, skills, and experience. Whereas before, I would have sold myself short with the assumption that I would not get the time of day for certain positions. They helped me to reevaluate what I have to offer and have a more accurate and much more optimistic understanding of what jobs are in my wheelhouse and what I can bring to the table.

Thanks to the YWCA Alaska services I am able to conduct my job search with a confidence in myself that I did not possess previously. I am grateful for all they’ve done and will seek out their help in the future when I need it." - Stephen Jolley

Thank you Stephen for expressing your positive experience with YWCA Alaska. We are grateful and happy to have helped you in your professional development.
YWCA Alaska's Women's Wellness program will now be available for virtual meetings this Spring 2022. Women's health is our priority and we want to make ourselves easily available for all Alaskan residents. You can find our zoom meeting schedule below.

**Spring 2022**
Tuesday | 7:00-8:00 am
Saturday | 9:00-10 am

Have questions about any of the free programs Women Wellness has (Ladies First, Tobacco Cessation, and Diabetes prevention)? Would you like to learn more about our information packets? Need assistance filling out the application forms? We are here to help!

To schedule a virtual meeting contact:

Jenella Morales  
Women Wellness Outreach Specialist  
jmorales@ywcaak.org  
907-310-9607.
Happy holidays to our YWCA members! This fall, the Social Justice department held its first Community Conversation on race, land, and culture co-sponsored by the Alaska Humanities Forum. Our discussion focused on the ways racial and cultural identities influence our ideas of the outdoors. Some questions from our discussion stood out as excellent conversation-starters for your own dialogues with family and friends, which we’ve provided below.

Who can and does feel safe in nature? Why?
How is nature accessible to people of all backgrounds and abilities?
As many companies create and provide outdoor gear for Alaskans, in what ways is the outdoors like an “industry?”
Do you view the environment as an individual or collective resource? In what ways do you interact with the environment in an individual or collective way?

With the recent success of our conversation, we hope to continue this series as a monthly piece of programming set to resume after the holidays in January. Please stay tuned for more updates on how you can join us virtually.

The Social Justice department is also preparing for the YWCA’s national Stand Against Racism Challenge, an event held for 21 days in April 2022 with a variety of daily programming and content centered around four topics of Critical Race Theory, Reproductive Justice, a Living Wage, and representation in Film and Television. Content will be distributed online through YWCA USA’s online platform and registration is set to open online on Monday, January 17th, 2022 (Dr. Martin Luther King Jr. Day.) For more information visit standagainstracism.org or contact Ian Murakami at imurakami@ywcaak.org.

We hope you can join us, and wish you a peaceful and restorative holiday with loved ones as we look toward another productive year.
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