

# y's words

eliminating racism  
empowering women  
**ywca**

St. Paul

For Friends, Members and the Greater St. Paul Community

Fall 2009

## more than a paycheck

### Summer Employment Program Opens Doors for Youth

This summer the YWCA St. Paul is taking the lead in an effort to ensure that hundreds of youth have the chance to earn a paycheck, build their skills and gain valuable work experience. The summer opportunities are funded by the American Recovery and Reinvestment Act (ARRA) of 2009 — federal legislation that provides employment and training services for economically challenged youth between the ages of 14 and 21.

More than summer jobs, the program provides meaningful work experiences and opportunities for youth to explore career paths they might otherwise not have been able to access. “It really opens doors for youth,” offers Billy Collins, Executive Director of YWCA St. Paul. “It is of course, a chance to earn a paycheck, but more importantly, it’s a chance to learn, grow, network and see what can be accomplished with hard work.”

As a Contract Agency for the summer program, the YWCA St. Paul has engaged partners including the City of St. Paul, Northwest Youth & Family Services and Tree Trust to ensure 335 summer jobs are available to youth living throughout Ramsey County. Youth are placed in jobs throughout the community and receive ongoing supervision, job coaching and support through the partner agencies and job sites.

*Continued on page 2*



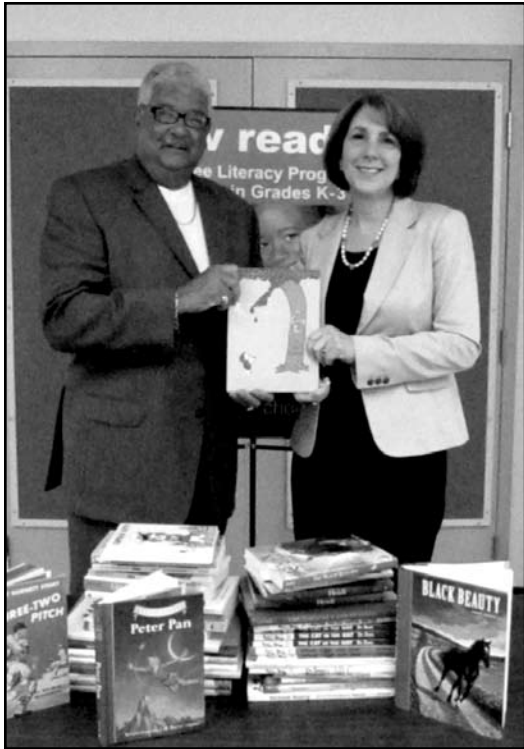
*At the YWCA, young people are working in Youth Development and Building Operations departments. Whether helping to lead activities for younger youth or ensuring that our facilities shine — they are making a difference and earning a paycheck.*

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# snapshots from summer

## A Glimpse at Programming and Happenings



*YW Reads, our new literacy program for youth in grades K-3, received a donation of books from Greater Twin Cities United Way's Board of Directors. Billy Collins (left) and Lauren A. Segal (right).*



*Representatives from Ramsey County Workforce Solutions, State of Minnesota (DEED), City of St. Paul (Youth Job Corps) & YWCA St. Paul joined Paul Fredericks of the U.S. Department of Labor on a site visit and tour of the summer employment program.*



*Target volunteers donated their time at Track and Field Day this June in Boyd Park. They spent the afternoon running events like the football toss, three-legged race and sack race.*

*Continued from page 1*

On a recent tour of job sites, youth were doing everything from building trails and transforming public spaces to working on websites and leading recreation activities for children. "By providing a wide variety of work experiences, we hope to open their eyes to the possibilities and get them thinking about what their next step is," explained IMPACT Program Director, Michael Steward.

For one young person, that next step was a summer job that helps make it possible for others to earn a paycheck. As a teen, Pierre Fulford gained paid work experience, training and help in achieving his academic goals as a participant in our IMPACT program. This summer, Fulford, who will begin his junior year of college in the fall, is employed at the YWCA as a program

assistant. Working with YWCA staff, he's completing site visits, file audits and other administrative tasks required by Ramsey County.

He's also providing job coaching for youth at various sites. Participation in the IMPACT Program, training, hard work and several summers of employment at the YWCA have prepared him to help take the lead. "It's great to see it come full circle," says Steward. "It's really what we are all about."

The summer employment program runs through August. In addition to doubling the number of young people able to secure paid work experience through YWCA's IMPACT program, it also will create opportunity for hundreds of Ramsey County youth.



*Fulford checks in at a job site where youth are assisting with database updates, website maintenance and other projects.*

# raising the bar

## Members Test Their Brawn for Homeless Moms



Join Health & Fitness Members on Saturday, September 19 for a push-up and pull-up contest to benefit the Transitional Housing Program.

When a regular HFC member challenged a fellow member to see who could do more push-ups and pull-ups, he had no idea it would become a sensation. The contest is simple: every three months, members see how many push-ups and pull-ups they can do. It's not the highest count that matters, but the most improvement.

Although it started as a friendly competition between workout buddies, it has already grown to include 45 members! As the challenge gained momentum, the group decided it would be a great opportunity to help support social service programs at the YWCA.

Contest participants are asked to make a \$5 donation to support the YWCA's Transitional Housing Program. Making a donation is not a requirement for participation, but the group hopes it will inspire new donors to step forward.

The next contest will be held on Saturday, September 19 from 7 am to 9 pm. Participants are not required to do both push-up and pull-ups if they have a limitation or injury. If you'd like to join in, simply come to the Health and Fitness Center and ask for the Push-up & Pull-up Contest.

Challenge participants are asked to please bring a check for the donation (not cash) and are encouraged to come to Nina's Coffee Café after the contest to meet fellow challengers, celebrate and connect with a group that is sure to help you reach your fitness goals.

# rapid re-housing

## Helping Families Move Beyond Crisis

Although all of us are feeling the pinch, the recession has been especially difficult for families who were already struggling with limited resources. As unemployment and foreclosure rates have climbed, so has the number of families who are in need of emergency shelter.

Unfortunately, while the demand for shelter and the length of shelter stays are increasing — shelter capacity is not. To address this issue and help families in need, the Greater Twin Cities United Way has funded a Rapid Re-housing Program at the YWCA St. Paul. The \$150,000 grant will serve Ramsey County families in crisis.

Rapid Re-housing provides a jump-start of resources and support that empowers families to move past their immediate crisis, locate and maintain affordable housing and access vital resources and services to support their stability and self-sufficiency. An exciting addition to our continuum of services, Rapid Re-housing is already making a difference in the lives of families. To date, 22 families have been served.



Participants in Greater Twin Cities United Way's "9 Ways to Live United in 2009" raised more than \$9,000 for Rapid Re-housing in just nine hours. Funds will be split between the YWCA St. Paul & St. Stephen's Human Services.

# celebrating success

## Retirement Was Just the Beginning



*Whether running the streets of Boston or leading a group fitness class, Libby Petit inspires us to grow stronger and healthier at any age.*

Four years ago, when Libby Petit retired from her job with Northwest Airlines, she put her lifelong passion for fitness to work and became a certified fitness instructor. In addition to teaching a variety of fitness classes at the YWCA, Libby runs to keep her bones and muscles strong.

Although she ran her first marathon at age 39, she didn't run her second until she was 60. Since then, she's run one marathon a year and says running in her 60s is easier than when she was younger. "Now we have good training, proper shoes and support systems — it's fun to run in a group."

This year, at age 66, Libby ran the Boston Marathon in just four hours and forty-nine minutes! She began the marathon thinking it would be her last, but admits she is having too much fun to stop. She plans to run the Philadelphia Marathon in an attempt to qualify for Boston again next year.

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This newsletter is a publication of the YWCA St. Paul. For more information on YWCA programs and services, please call (651) 222-3741 or check out our web site at [ywcaofstpaul.org](http://ywcaofstpaul.org).

This document is available in alternative formats.



YWCA St. Paul is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

happy  
christmas  
in july!



Thank you  
holiday donors!

Your generosity makes a  
difference in the lives of families.

recycle your old  
cell phone...  
and do good  
at the same time.

Week Without  
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Oct. 1 - Oct. 30

Benefits women & children in our  
Transitional Housing Program.

**Other ways to help:** If your business or church would like to participate, please contact Elisa Pluhar at (651) 222-3741 or [epluhar@ywcaofstpaul.org](mailto:epluhar@ywcaofstpaul.org).

\*Drop boxes available in the Health and Fitness Center.

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St. Paul



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