



What did Housing do last year?

In 2009 the YWCA Central Alabama provided almost **60,000** nights of housing...

5,618 nights of emergency housing and **9,450** meals for **35** families (133 individuals) through our Interfaith Hospitality House

18,436 nights of transitional housing for **42** adults and **58** children in 24 apartments in our downtown and YWoodlawn apartments

24,079 nights of permanent rental housing for **91** adults and **13** children in 77 apartments both in downtown Birmingham and in Woodlawn

3,078 nights of special needs permanent housing for **9** adults and **1** child in Jefferson and St. Clair counties

Resident Newsletter Gets a Name

For the past two months the YWCA has hosted a contest for residents to name the newsletter with the winner receiving a \$100 gift card to Wal-Mart.

We had more creative and clever entries than we could have ever imagined which made it extremely difficult to pick a winner.

The housing department got together in late July to vote on the title. A few of the very close runner ups included: "Ynow Uknow"

"Happenings around the Y" "Who, What, & YWCA" and "Y'z Up."

However, in the end there could only be one winner and that honor went to Ms. Ola Hubbard with her entry "FYI: for YWCA Information."

Ola was so thrilled she won that called back the next day to make sure she hadn't dreamed it up!

Thanks again to everyone who submitted!



Resident Movie Days August 11 & 13



movie matinee showing 2009's *Invictus* (PG-13) starring Morgan Freeman and Matt Damon.

Both events are open to residents of ALL properties, though children will not be permitted to see *Invictus* due to its PG-13 rating.

Here's the moment you've all been waiting for—the announcement of what movies will be shown at the resident movie days on August 11th and 13th in the gym at the YWCA downtown.

The second movie day will be on Friday, August 13th, and we'll be showing the original Karate Kid (PG) at 6pm that spawned the hit remake starring Jaden Smith now showing in movie theaters.



Cokes, popcorn, and other snacks will be served at both showings, but feel free to bring your own favorite movie treats too.

The YWCA will also provide transportation to offsite residents. Details and a flyer will be arriving in your mailbox soon.

On Wednesday, August 11 at 2pm we will have a

ywca central alabama

mission

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

vision

The YWCA Central Alabama's vision is to create a more caring community. The YW plays a leadership and collaborative role as it works to achieve positive change in the lives of individuals and in the community.



August Jokes of the Month:

When does it rain money?

*When there is a
change in weather.*

What kind of shorts do storm clouds wear?

Thunder wear.

Why didn't the Teddy bear finish his supper?

*He was already
stuffed.*

Now Accepting Applications for YWoodlawn

The YWCA Housing Department started accepting applications for the new YWoodlawn housing on July 12 and has already distributed over 300 applications!

The new apartments in YWoodlawn will be available for move in by September-October 2010 and include both 2 and 3 bedroom units ALL with a full-size washer and dryer included!

To qualify, your household annual income must be at least \$14,000 for a 2 bedroom apartment and \$17,000 for a 3 bedroom apartment.

If you or someone you know is interested in applying you may pick up an application from the switchboard during regul office hours.

You may also call
Samantha Masdon,

Housing Administrative Assistant, for more details at 205.322.9922 x329.



My Sister's Closet Reopens



You may have noticed the clothes rack back outside of My Sister's Closet in the afternoon. After a several month-long closing to revamp the YWCA's clothes closet, My Sister's Closet is now back open and ready for business.

Current hours of operation are from 10am-2pm Monday through Friday.

There's also a HUGE sale going on: every item is \$1 through the end of July. After that everything will be \$2.

My Sister's Closet is arranged just like a small clothing boutique, with clothes sized and on racks, and with accessories displayed on

shelves and in display cases.

Many items are brand new and donated from local department stores, so pop in and see what great deals you can find!



Lucky Resident Wins \$250 Rent Credit

Downtown residents, give yourselves a pat on the back! The power bill last month was down 4.77% compared to June 2009, meaning the YW saved about \$1,000! Since we could not have done this without your help we are passing on those savings

to you in the form of a \$250 rent credit for one lucky resident. The resident name was drawn at random and this month's winner was **Cleopatra Lyons!**

Everyone else, keep conserving and hopefully

we'll have another winner next month!



YWoodlawn Cookout Makes a Splash

Thanks to all the residents who came to the 1st annual YWoodlawn resident cookout and made it a huge success! If you weren't able to make it you really missed out.

Andretta Richardson, House Manager at the YWCA's Interfaith Hospitality House, spent the whole day cooking up BBQ chicken, hot dogs, hamburgers, potato salad, and baked beans for all of the residents.

With a heat index of 105 that day it was no easy task to stay cool, but thanks to the help of the two baby pools Angie Eddings from Interfaith provided, children were able to have a great time and avoid the heat.

If you happened to miss the fun then check out these great pictures from the event!



Kids enjoying cooling off in the pool



YWCA staff serving up tasty food, cookies, and fresh lemonade



Residents enjoying Andretta's delicious BBQ chicken

YB Healthy Recipe

Delicious Raspberry, Blueberry, & Almond Sherbert

Ingredients:

6 oz frozen organic unsweetened raspberries

6 oz frozen organic unsweetened blueberries

1/2 cup slivered almonds

1 cup nonfat organic milk (rice or soy milk is fine as well)

2 tbsp agave nectar

1 tbsp fresh squeezed lemon juice

1 tsp almond extract

Directions:

Place all Ingredients except almonds in a food processor and blend until smooth. Once completely blended, fold in almonds. Place in freezer for 30 minutes. Remove and fold to add a little air into the sherbert and place back into freezer. Freeze for 2 hours before serving then enjoy!
Makes 4 under-200-calorie desserts!



Recipe courtesy of YB healthy, a six-week campaign that allows YWCA staff to get healthy and fit in a fun competitive way.

Meet Annette Zinnerman: YWCA Director of Housekeeping

How long have you been with the YWCA?

As [of today] 28 years - 3 months & 3 days.

What is your title?

Director - Housekeeping and Switchboard

What do your daily responsibilities include?

Overseeing the cleaning of the building & set ups for functions making sure that the switchboard has a smooth operation.

What is your favorite memory from working at the YWCA?

When Li Mei was hired and just to watch her grow into the YW family.

What are the biggest changes you've noticed at the Y during your time here?

Cafeteria closing, ending of the Sum/Fun program, ending of the fitness program, renovation of the YW, childcare accreditation, the addition of senior housing and the Interfaith Hospitality House program and the expansion of permanent & transitional housing.

What do you like to do when you're not at work?

SHOPPPPPPPPPPP!

Anything else you'd like to add?

After all, it is still good.



YWCA Computer Lab Gets MAJOR Makeover



DAXKO employees volunteering at the YWCA.

The computer lab at the YWCA's downtown building recently underwent an incredible transformation thanks to employees at DAXKO, a Birmingham based company that provides operations and financial management

solutions to member-centric nonprofits. The group spent the day conducting inventory, cleaning, organizing and testing computer equipment before giving the room a new layout.

The computer lab is an important resource for YW residents and for the children served in our After-School Enrichment Program. Chief Operating Office Carolyn Howell explains, "Residents who are searching for jobs often need to brush up on their computer skills, and it is important for us to have a space with access to technology. We also use the lab to help the children we serve learn basic computer skills and introduce them to educational games." After removing all the equipment from the room and sorting CDs, print cartridges and computer cords, the DAXKO team organized the room into three work zones: one for residents, one for children and another for the YW staff.

DAXKO's work at the YW was part of a company-wide volunteer day organized through the DAXKO Foundation. Since its inception in 2009, the DAXKO Foundation has been involved in several community service projects, including a playground renovation and an after-school tutoring program.