

our voice

eliminating racism
empowering women
ywca
bergen county

Fall 2008

special delivery

YWCA Adapted Programs offer motivation and fun for those with special needs

The YWCA of Bergen County's adapted programs have been serving the needs of the mentally and physically challenged since 1985. Our sports and recreation instruction help individuals of all ages improve their fitness levels by helping them develop coordination and body control.

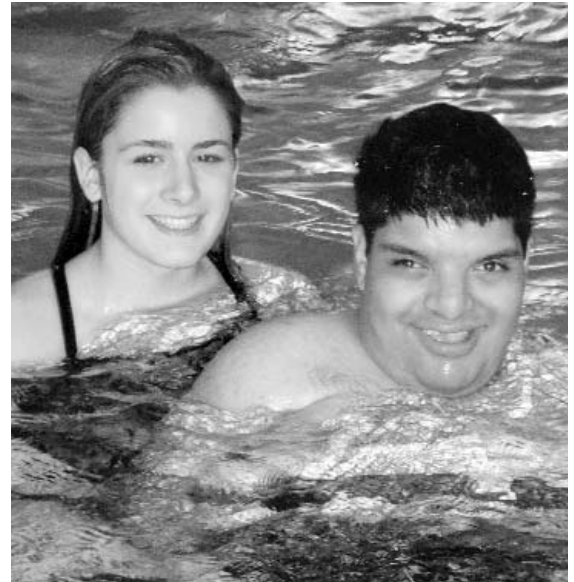
Anyone who has seen the program in action, however, would agree that it is as much about socialization and building self-esteem as it is about physical therapy. Linda Doller, the YWCA's Director of Health and Therapeutics, says it best: "The time our participants spend with us is often the only part of their day when they are free to move, to be with others, and to have fun. The smiles on their faces say it all."

Doller has dedicated most of her career to the program. A graduate of Calvin College with a dual major in Therapeutic Recreation and Psychology, she was running the aquatics programs at a local fitness center when she decided to become a YWCA Special Swim volunteer in 1987. A year later she was named head of the therapeutics department, which includes aquatherapy and arthritis programs as well as the adapted program.

Doller's focus is on providing group and private swimming lessons for ages four through adult and recreation classes for children ages four to eight. Participants currently range in age from 4 to 73 years, and some have been in the program since its inception. "This indicates how much the program means to families," Doller says.

In fact, many families say they do not know what they would do without it. "This is the only swim program in the area for children like Megan and those more severely handicapped," says Christine Ryan, whose 6-year-old daughter was born with a cleft lip and palate as well as developmental challenges in a number of areas. "When Megan started out she couldn't swim at all," Ryan says. "She has been taking lessons for two years, and I can't believe how far she has come. It means so much to know she will be safe in the water." She credits the instructor with her daughter's success. "Megan is excited every week to go swimming, and I feel it is because her instructor makes it fun and motivating."

Doller is proud of the program's growth, which is due in part to the YWCA's commitment to accepting all participants regardless of financial need. "We are fortunate to receive grants and donations that enable us to provide scholarships to help ease the financial burden on families," she says. But the costs to run the program—which requires the use of a pool equipped with a hydraulic lift—are constantly on the rise, and the growing numbers of participants mean an increased need for funding. "We appreciate the generosity of those in our community who believe in what we're doing," says Doller. "We hope that others who have the resources will give to support the families for whom this program is so important."



be a ywca volunteer!

"It's a privilege and delight to work with the participants in this wonderful program. I get to share my love of swimming with them, and what I receive in return—seeing the joy on their faces, knowing the experience is making a difference in their lives—is indescribable."

Veronica Carney, a Special Swim volunteer for the past seven years

The YWCA is always in need of volunteers to help out with our programs for mentally and physically challenged youngsters. Volunteers must be at least 12 years old and no previous experience is required. Classes are held Monday/Wednesday/Friday at 4:30pm, making this a perfect community service opportunity for students and Scouts. Please call the Therapeutics Department at 201-444-5600, x348 for information.

For more information on how to get involved in supporting the YWCA of Bergen County, please visit us at

www.ywcabergencounty.org

ywca mission

The Young Women's Christian Association of the United States of America is a women's membership movement nourished by its roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the Association draws together members who strive to create opportunities for women's growth, leadership and power in order to attain a common vision: **Peace, justice, freedom and dignity** for all people. The Association will thrust its collective power toward the elimination of racism wherever it exists and by any means necessary.

who we are

The YWCA of Bergen County, along with hundreds of other YWCAs across the United States and around the world, comprises the world's largest women's movement empowering women and girls. With offices in Ridgewood and Hackensack, New Jersey and program sites throughout Bergen County, the YWCA provides a comprehensive range of programs designed to empower women and eliminate racism within the communities of Northern New Jersey. The YWCA is also the area's largest provider of child care services, is a leader in health and fitness programs and runs the county's only 24-hour, seven-days-a-week rape crisis hotline. For more information, please visit us at www.ywcabergencounty.org.

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from the ceo's desk



Dear Friends of the YWCA,

September traditionally marks the "unofficial" end of summer's care-free days and the return to more serious pursuits—whether that means "back to school" or "back to business."

At the YWCA of Bergen County, it means our camp staff have said "goodbye" to the 900+ campers enrolled in YWCA camps this summer, and our teachers and child care staff are saying "hello" to approximately 1,500 children enrolled in child care, nursery school or before/after school programs this fall. It means our swimming and fitness instructors are ready for you and other YWCA members to resume swimming and fitness activities indoors. This year, it also means moving full speed ahead with the expansion of the YWCA's "girls only" programming.

Our new initiatives are based on an assessment we conducted to determine the needs of girls in Bergen County that are not being met by other organizations. What came through loud and clear was a need for programs to increase self esteem and develop healthy body images. The YWCA of Bergen County is responding to those needs with a number of targeted classes and workshops.

For girls ages 9 to 12, we created Girl Power, a dynamic health and wellness program that integrates yoga and Pilates with discussion sessions that foster self-acceptance, healthy habits, coping with peer pressure, and leadership skills. Zumba® Girls, based on the popular Latin dance workout, and Girls Walking Strong, an indoor walking class, aim to help 9 to 12-year-olds feel better about themselves by improving their overall fitness in a supportive and non-competitive environment.

High school girls should mark their calendars for October 18th, the date of our Power & Possibilities event. This day-long event will focus on giving teenage girls the tools they need to handle issues ranging from conflict resolution and bullying to financial literacy (details at right). In addition, we will continue to offer intramural programs and lap swimming exclusively for teen girls.

Stay tuned for the launch of more new programs in the months to come, including a week-long Girls Only Vacation Camp for middle school girls. Because, at the YWCA, we don't just focus on business in September—empowering women and girls is our business all year long.

Monica Roers
CEO

you're invited...

upcoming ywca events

power & possibilities: "cracking the code"

On **Saturday, October 18, 2008**, the YWCA of Bergen County Girls Coalition will present the 4th Annual "Power & Possibilities" event at Bergen Community College. This day-long event for Bergen County high school girls will focus on the theme, "Cracking the Code." **Please call 201-881-1726 for details and registration info.**

shopping...with benefits!



The YWCA of Bergen County Rape Crisis Center is offering you three chances to give and receive when you shop this fall! Purchase an advance ticket for Macy's, Bloomingdale's or Lord & Taylor's shopping benefit days and drop it off at the store on the designated day. You'll receive special discounts and benefit Bergen County's only free and confidential 24/7 resource for victims of sexual violence. Tickets (\$5 for Macy's and Lord & Taylor; \$10 for Bloomingdale's) can be purchased at the YWCA at 112 Oak Street in Ridgewood and at 2 University Plaza, Suite 208, in Hackensack. **Call 201-881-1700 for more info.**

- **Macy's Shop for a Cause Day:**
Saturday, September 20th, 9am - 10pm
All Macy's stores nationwide.
- **Bloomingdale's Shopping Benefit:**
Thursday, October 23rd, 10am - 10pm
All Bloomingdale's New Jersey stores.
- **Lord & Taylor's Benefit Bash:**
Tuesday, October 28th, 9am - 10pm
The Fashion Center in Paramus.

thank you!

We would like to express our appreciation to:

Mr. Michael Inganamort
Michael Inganamort Foundation
Paramus, NJ

The foundation's generous contribution will benefit the YWCA of Bergen County's Adapted Program.

ywca usa sponsors presidential debates

voter education essential in historic election year

The YWCA USA will mark another milestone in its 150 year history by becoming a national sponsor of the upcoming 2008 presidential debates. "With so many critical issues at stake in this election that impact women and their families, the aim of local YWCA's nationwide is to be a resource for voter education and empowerment," said Lorraine Cole, PhD, YWCA USA's CEO.

"By sponsoring these debates, the YWCA will be helping to enlighten Americans as they cast their votes in this landmark election." The first presidential debate takes place on September 26, and there will be a total of three debates for the presidential nominees and one for the vice-presidential nominees. For more information, go to www.debates.org and www.ywca.org.

program news

membership draft plan starts oct. 1

New and renewing YWCA members enrolling in our Annual Swim, Body Shop and Aqua-fitness memberships will have the option of choosing our monthly draft plan or paying the full membership fee. What makes this new payment option so easy is that once you are enrolled, automatic monthly payment drafts against your credit or debit card give you the option to be a member for as long as you choose. (No more renewal reminders!) Details will be mailed to current members in September, or you can contact the YWCA Membership Office at 201-444-5600, x341.

save your space with priority swim registration

Want to guarantee your space in our popular group swim lessons? It's easy with Priority Swim Registration. This option (available during sessions 1 and 2 only), allows you to pay for sessions 1 (or 2) through 5 in advance. Then you simply let us know what class you want and we'll reserve it for you before registration opens for other members. Or choose our credit card draft plan: pay for the first and last sessions up front and we will charge your credit card at the time of registration for each of the remaining sessions. Call the Aquatics Department at 201-444-5600, x349 for information.

rodie center offering flexible child care options

The YWCA Rodie Child Care Center is offering parents more options than ever before! In addition to providing all day infant and toddler care, nursery school and all day kindergarten for children ages 6 weeks to 6 years, the Center is now offering a variety of options including flexible weekly minimums and half-day options. Located at 98 Pleasant Avenue in Upper Saddle River, Rodie is convenient to Route 17 and I-287. Hours are 7am to 7pm, Monday through Friday, year-round except major holidays. For more information or to arrange for a personal tour, call Diane Eide, Director, at 201-236-3126.



Preschoolers and their teacher, Ms. Patti, making happy memories at the YWCA Rodie Child Care Center.

positively changing lives

This new column features stories that are shared with us by those whose lives have been positively impacted by our YWCA. Here is one from a parent whose children are enrolled in our after school program:

"I am a single mother, raising three kids by myself. I have been struggling to obtain a permanent job for the last three years since my ex-husband and I separated. I am embarrassed to ask for help, even though I deeply need it. Without financial aid, I couldn't afford to have my children in the After School Program. And without the program I couldn't work.

The YWCA's staff has always been completely professional and my kids love them. I don't ever worry about them because

"Without financial aid, I couldn't afford to have my children in the After School Program. And without the program I couldn't work."

I know the staff is taking care of them. Without this kind of program that offers financial aid, stability for my children, fun-filled activities and peace of mind, I don't think I would be able to succeed in this struggle I call my life. We thank you all so very much for all you do every day to make our lives easier."

your generosity makes all the difference

Every dollar of your donation to the YWCA of Bergen County directly supports such crucial programs as:

- Scholarships for underprivileged children in need of child care or an after school program
- Adapted fitness programs for those with mental and/or physical challenges
- 24-hour Rape Crisis Center hotline
- "Camperships" for children needing a supervised summer program

enclosed is my gift of:

\$50 \$75 \$100 \$250 \$500 other Check MC/Visa Amex

Card # _____ Exp. date _____

Signature _____

Please make check payable to YWCA of Bergen County. Or make your donation online at www.ywcabergencounty.org (click on the "donations" link)

Support for specific YWCA programs _____

Please give my contribution where it is most needed.

Name _____

Address _____ City _____ St _____ Zip _____

Email _____ Home Phone _____ Work Phone _____

Mail to: Jacqueline McLeod, YWCA of Bergen County, 2 University Plaza, Suite 208
Hackensack, NJ 07601



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Ridgewood, NJ 07450

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how to reach us

Hackensack:

2 University Plaza, Suite 208
Hackensack, NJ 07601
201-881-1700

Ridgewood:

112 Oak Street
Ridgewood, NJ 07450
201-444-5600

visit us at www.ywcabergencounty.org

out & about highlights from recent YWCA special events

Martin Luther King Jr. Essay Contest inspires local students

The YWCA of Bergen County honored the winners of its 2008 Martin Luther King Jr. Essay Contest on April 24th. Deborah Frank, Grade 5, Ridge Elementary School; Sidney Kanell, Grade 8, George Washington Middle School; and Michelle Szymanski, Grade 12, Ridgewood High School, were inspired by the theme "Living and Learning the Legacy of Dr. King." YWCA CEO Monica Roers said, "We are inspired by these young authors, who profoundly understand what Dr. King stood for. By sharing their thoughts with others, they can help create a society based on equality and respect." The winning essays were selected from 168 submissions from Bergen County students in elementary school through high school.

Annual Dinner celebrates staff and volunteers

Staff and volunteers were celebrated at the YWCA's Annual Dinner on May 15th at the Stony Hill Inn, Hackensack. The new officers of the 2008/09 Board of Directors were installed, and retiring Board of Trustees and Board of Directors members were acknowledged for their service. Pat Yankus, retiring President of the Board of Trustees, was recognized for her long-time dedication to our organization, and Board of Directors member Susan Borea received the Essie W. Mayer Award, the YWCA's highest volunteer honor. The Order of the Rose for exceptional service was shared by YWCA Finance Director Lois Browne and Human Resources Director Kathy Carter. The Remington Award for professional development went to the YWCA's entire front line staff for providing exceptional education, care and support to our members.

Denim Day raises awareness about healthy dating relationships

The first annual "Denim Day in NJ 2008" was launched by the YWCA of Bergen County Rape Crisis Center on April 28th. This day-long observance was dedicated to raising awareness about sexual violence and the issue of consent. The Center focused on educating young women and men, inviting over 50 county high schools and colleges to get involved via the awareness campaign, "Don't Touch My Jeans 'Til You Know What I Mean." Both Teaneck and Paramus High School organized special events ranging from educational workshops to a benefit concert. YWCA staff also donated to the "Dollars for Denim" campaign in exchange for the freedom to wear jeans to work. Donations supported the Rape Crisis Center's services to survivors of sexual abuse/assault.

TWIN 2008 recognizes NJ women and businesses

43 area women and 30 businesses were honored during the YWCA's 34th Annual Tribute to Women and Industry (TWIN) awards gala at the Teaneck Marriott at Glenpointe on May 1st. The largest awards program of its kind in northern New Jersey, TWIN recognizes women who have made significant contributions to their companies, as well as the corporations that have supported their advancement. The event was hosted by KPMG LLP, the audit, tax and advisory firm that has long been recognized for its commitment to fostering the professional and personal growth of women. KPMG's Chairman and CEO, Timothy P. Flynn, served as honorary chairman and Terrie M. Williams, Founder of The Stay Strong Foundation and President of The Terrie Williams Agency, was the keynote speaker.



L to R: TWIN 2008 keynote speaker Terrie M. Williams with Monica Roers; Sandra Bushby, Director, Women's Initiatives, KPMG LLP; and Kathy Entwistle, TWIN Chairwoman 2008.



Above: Rape Crisis Center staff educates teens on Denim Day about the importance of consent in preventing sexual violence.



Above: Martin Luther King Jr. Essay Contest winners Deborah Frank (2nd from left), Michelle Szymanski (2nd from right), with their families.