

2007/2008 annual report



**eliminating racism
empowering women**
ywca
bergen county

2007/2008 YWCA of Bergen County Annual Report

Dear YWCA Friends,

This report celebrates the achievements and contributions of our YWCA family during the 2007-2008 fiscal year. It was a year during which our staff, volunteers, donors and community partners worked side-by-side to begin implementing the YWCA of Bergen County's 5-year Strategic Plan. This plan, which builds on our 88-year history of providing programs and services that meet the needs of individuals and families throughout the county, is our guide to furthering our mission of empowering women and eliminating racism.

New initiatives the YWCA put in motion this year include the development of programs to help girls build self esteem and develop healthy body images; the initiation of a community-wide effort aimed at preventing sexual violence; the expansion our scholarship programs for child care and summer camp; and the promotion of tolerance and increased racial understanding within our organization.

We have made great strides towards ensuring that the YWCA continues to be a vital resource for the residents of Bergen County, and we extend our thanks to all who have partnered in our efforts. In the face of today's challenging economy, your support is more vital than ever. We urge you to continue to join us in our commitment to leading change and fostering an environment where there is peace, justice, freedom and dignity for all.

Lisa Kender
President, Board of Directors



Monica Roers
Chief Executive Officer



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 of Bergen County 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.ywcabergen.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.

board of directors

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treasurer's report

July 1, 2007 - June 30, 2008

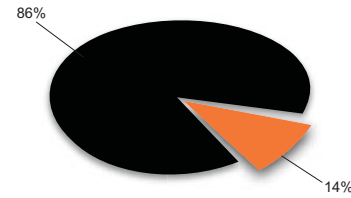
Income

Revenue \$9.4 Million



- Program Fees - 90%
- Government Funds - 3%
- Contributions and Fundraising - 5%
- Membership Dues - 2%

Expenses



- Program Activities - 86%
- Administrative Support & Fundraising - 14%

statement of fund balances

Endowment Fund (Market Value).....	\$1,774,688
Remington Fund (Market Value).....	\$118,053
Designated Funds	\$981,838

2007/08 statistics

Children's Education Services

- Provided full-day child care to 218 children in the Rodie Child Care Center (Upper Saddle River) and Valley Hospital Corporate Childcare Program (Ridgewood)
- Provided academic programs to 208 children in YWCA nursery schools in Ridgewood, River Edge and Upper Saddle River
- Provided 140 children with enrichment classes in the Fun For Kids program
- Provided before and after school supervision for 1,276 youngsters in 24 program sites throughout Bergen County
- Served 985 campers at five summer camps located in Saddle River, River Edge, Dumont and Harriman, NY
- Enabled 1,500 parents to pursue their professional and economic goals, knowing that their children were well cared for
- Provided \$114,348 in financial assistance to 55 child care and summer camp participants

Rape Crisis Center

- Provided 24/7 crisis intervention hotline service to 1,482 callers
- Accompanied 89 individuals who were sexually assaulted or abused to hospitals, emergency rooms, law enforcement agencies and/or legal proceedings
- Presented 95 educational programs aimed at preventing sexual violence and promoting healthy relationships in venues throughout the county

Aquatics & Fitness

- Provided American Red Cross swimming lessons to 1,551 swimmers age 17 and under and 174 adults
- 280 adults and 55 seniors improved their health and fitness in YWCA Body Shop, exercise and aqua-fitness programs
- Provided dance instruction to 175 aspiring ballerinas and judo instruction to 85 children

Health & Therapeutics

- Provided therapeutic and rehabilitation programs to 55 participants in aquatherapy and arthritis classes
- Provided more than 40 mentally and physically challenged individuals ages six months to adult with adapted swimming and sports programs

Tribute to Women and Industry (TWIN)

- Honored 43 women for their professional achievements and the 30 companies that supported their advancement
- Since 1974, TWIN has honored 1,774 women and 211 corporations throughout Bergen, Essex, Hudson and Passaic Counties in NJ and Rockland County in NY

Women's Support & Enrichment

- Newcomers Club welcomed 230 new residents and their families to the community and provided programs to help them forge new relationships
- Writing workshops empowered and inspired over 60 women to express themselves in fiction and non-fiction
- Women for Sobriety, a self-help network for women with addictions, served an average of 15 individuals each week

positively changing lives

Empowering women and girls and eliminating racism are at the YWCA of Bergen County's core—whether we're enabling working women to succeed professionally by providing after-school and summer care for their school aged children; implementing programs to help girls build self esteem; or teaching multicultural principles to hundreds of children in YWCA early childhood programs. The following are highlights from our 2007/08 fiscal year.

empowering women of tomorrow

Providing health and wellness programs in a supportive and friendly environment is one way our YWCA empowers women as healthy individuals. Expanding our programming to provide girls with their own opportunities to strengthen their mind, body and spirit is one of our most important goals. In 2007/08, the

"I knew I needed 'Girl Power' when my healthy, developing daughter began to really worry about her weight. I didn't want her to develop a poor body image, so I enrolled her in the program. In 'Girl Power', she learned about eating healthy, exercise and body acceptance, which has transformed her into a more confident, happy girl."

Jacqueline Einemer, mother of a 10-year-old
"Girl Power" participant

YWCA conducted an informal needs assessment to determine the needs of girls in Bergen County that were not being met by other organizations. Based on the results, the YWCA is developing programs aimed at increasing self esteem and developing healthy body images among girls in our community. New YWCA programs targeted to pre-teens include "Zumba® Girls" and "Girls Intramurals", which help girls feel good about themselves by improving their overall fitness in a non-competitive environment; and "Girl Power", which integrates yoga and Pilates with discussion sessions that foster self acceptance, healthy habits and coping with peer pressure. In addition, more than 80 high school girls took part in the third annual "Power & Possibilities" event in October 2007. Sponsored by the YWCA of Bergen County in partnership with a number of Girls Coalition members, this daylong event featured ABC News anchor, Diana Williams, and model/television host, Emme, as well as interactive workshops designed to raise awareness of the negative impact that unrealistic images of women in the media have on young women and their self esteem.

making child care accessible to all

For over 50 years, the YWCA's child care programs have given working women the security and peace of mind that come with knowing their children are safe, nurtured, and educated—all day and all summer long. The YWCA is intent on making quality child care more accessible to families in our community by expanding the reach of our services and ensuring that they are affordable for families, including those with special needs. In 2007/08, the YWCA of Bergen County provided \$114,348 in scholarships to deserving families in need of all-day child care, before/after school care or summer camp programs. As the 2007/08 year ended, the economy was having a noticeable impact on YWCA members and their families. Requests for financial assistance were on the rise due to the difficult economic climate, and the YWCA has been working hard to meet the growing demand. Our efforts include a renewed focus on strengthening relationships with current donors; cultivating relationships with prospective donors and making them aware of our specific financial needs; and developing partnerships with other organizations involved in similar activities, such as raising funds for camp scholarships.



changing the cycle of violence



The YWCA of Bergen County Rape Crisis Center—the only one of its kind in the county—is a safe, supportive and welcoming place for survivors of sexual assault/abuse, their families and friends. Our dedicated hotline provides free and confidential support 24/7, and our advocates provide emotional support and counseling and accompany individuals who have been sexually assaulted to hospitals, medical clinics, law enforcement agencies and legal proceedings. Despite the fact that better systems of response for survivors have been put in place and better laws enacted, rates of sexual and domestic violence continue at an all-time high. In response to this serious public health issue, the Rape Crisis Center has embarked on a community-wide effort aimed at preventing sexual violence before it begins. The Center received funds from the Division on Women to form a collaborative that will shift the community's focus from supporting survivors to systematically preventing violence. The Bergen County Sexual Violence Prevention Coalition, which includes Shelter Our Sisters, Alternatives to Domestic Violence, Bergen Family Center, local schools, law enforcement personnel and a host of other community partners, is working toward creating a long-term, primary prevention plan aimed at curbing the tide of violence perpetration before it happens.

honoring working women

The YWCA of Bergen County has been a pioneer in empowering women to take charge of their destiny. Our annual Tribute to Women and INdustry (TWIN) provides an opportunity to celebrate the achievements of professional women throughout Northern New Jersey and to recognize the companies whose progressive policies have enabled women to advance to leadership positions. On May 1, 2008, we were delighted to partner with KPMG LLP, the host of this year's 34th Annual TWIN Awards Dinner, to honor 43 deserving women for the wisdom, decision-making and leadership skills that are essential to helping businesses thrive in today's ever changing world. KPMG is committed to fostering the personal and professional growth of women in their firm. And thanks to their generous support, along with that of our 30 corporate sponsors, the YWCA of Bergen County was able to continue to encourage women and girls to aim high—and empower them to pursue their aspirations.

"KPMG is proud to sponsor the 2008 Tribute to Women and INdustry (TWIN) Awards. Our long-standing commitment to being a driving force for women's initiatives and a great place for women to build their careers is consistent with the mission of the YWCA and the philosophy behind TWIN."

Bruce Pfau
Vice Chair, Human Resources/Office
Managing Partner, KPMG LLP, Montvale

thank you

The YWCA of Bergen County acknowledges and thanks all of our donors for their generous support. We are sincerely grateful to those who contribute year after year and welcome new friends who included the YWCA in their charitable giving in 2007/08. Every dollar of your donation directly supports crucial programs such as our 24-hour Rape Crisis hotline, scholarships for children in need of child care or after school programs and adapted fitness programs for those with mental and physical challenges.

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