

2009/2010

ANNUAL REPORT



**eliminating racism
empowering women**

ywca
bergen county

“y the w makes a difference”

2009/2010 YWCA BERGEN COUNTY ANNUAL REPORT

YWCA Bergen County has had much to celebrate during 2009/2010. In January 2010, we kicked off a year-long observance of our organization's 90th Anniversary. The occasion has been an ideal time to recognize our members, volunteers and donors for their support—and to re-dedicate ourselves to the mission of empowering women and eliminating racism.

When the YWCA Bergen County opened its doors in 1920, women had just earned the right to vote, and many were entering the workforce for the first time. Our YWCA was a haven for young women, providing hot meals, social activities, and physical fitness programs. The services offered by the YWCA Bergen County have expanded dramatically over the years, and responding to the changing needs of women, girls, and their families has become the hallmark of our organization.

Today we empower women and eliminate racism annually in a myriad of ways. By caring for an average of 1,500 children daily, we provide peace of mind for working mothers (and fathers). Our girls programs encourage self-reliance through the development of healthy body images and the acquisition of leadership skills. Our health and wellness programs allow women to reduce stress and improve their well-being in a supportive environment. In conjunction with Bergen Community College, we have launched "Knowledge is Power," a resource and networking conference for women in transition. In celebration of our 90th Anniversary, our YWCA served as host for our 36th Annual Tribute to Women in Industry, which has honored over 1,800 working women and 200 companies since 1974. Our 24/7 Rape Crisis hotline, established in 1979, remains the only support service of its kind in Bergen County. Moreover, through activities like the Stand Against Racism held each April, our commitment to eliminating racism remains evident.

At 90 years and counting, we are now the largest YWCA in the northeastern United States, serving over 4,700 members in northern New Jersey and Rockland County. Our "Y the W Makes a Difference" campaign, launched in early 2010, acknowledges the many ways our YW has positively impacted our community. We are proud of the strides we have made, and look forward to the next 90 years with a renewed commitment to developing programs and services that improve lives, inspire change, and create opportunities.



Nisha Cordero
President, Board of Directors



Monica Roers
Chief Executive Officer

YWCA MISSION

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

WHO WE ARE

We are the area's largest provider of child care services, a recognized leader in health and fitness programs, and operator of the county's only Rape Crisis Center. Celebrating nearly a century of commitment to our community, today we improve the lives of thousands of women, girls, and their families.

BOARD OF DIRECTORS

Nisha Cordero, <i>President</i>	Nezabravka Dzhogleza	Barbara Kiernan	Dorothy Mello Laguzza	Patricia Preztunik
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Laura Carabello	Lisa Kender	Amy Labanowski	Cara Murray	Linda Tauscher

2009/2010 STATISTICS AT A GLANCE

EARLY CHILDHOOD & SCHOOL AGE PROGRAMS

- Provided full-day child care to 125 children in the YWCA Early Learning Center in Upper Saddle River, which merged with our Valley Hospital Corporate Child Care Center in September
- Provided academic programs to 205 children in YWCA nursery schools in Ridgewood, River Edge, and Upper Saddle River
- Provided 153 children with enrichment classes in the Fun For Kids program
- Provided before and after school supervision and fun for 1,262 youngsters in 24 and 26 program sites respectively (including one after-kindergarten program) throughout Bergen County
- Served 746 campers at four summer camps located in Saddle River, Dumont, and Harriman, NY, and 15 girls at our first-ever Girl Power Camp
- Enabled 1,500 working parents to pursue their professional and economic goals, knowing that their children were well cared for while they were at work
- Provided \$82,156 in financial assistance to 70 child care and summer camp participants

AQUATICS

- Provided American Red Cross swimming lessons to 1,608 swimmers age 17 and under and to 83 adults
- Provided therapeutic and rehabilitation programs to 73 participants in aqua-therapy and arthritis classes

FITNESS & DANCE

- 258 adults and 71 seniors improved their health and fitness in YWCA Body Shop, exercise, and aqua-fitness programs
- Provided dance instruction to 163 aspiring ballerinas and judo instruction to 54 children
- Enabled 1,000 members of the Bolger Fitness Center to maintain exercise and weight training regimens designed to keep them fit and healthy

SPECIAL NEEDS PROGRAMS

- Provided 76 mentally and physically challenged individuals from six months to adulthood with adapted swimming and sports programs

COMMUNITY ENRICHMENT & SUPPORT

- Newcomers Club welcomed 189 new residents and their families to the community and provided programs to help them forge new relationships
- Women's Empowerment (WE) Series provided intellectually stimulating seminars to over 80 women, and writing workshops inspired 30 women to express themselves in fiction and non-fiction
- Women for Sobriety, a self-help network for women with addictions, provided support to an average of 15 individuals each week

RAPE CRISIS CENTER

- Provided 24/7 crisis intervention to 1,047 callers on the rape crisis hotline
- Accompanied 70 individuals who were sexually assaulted or abused to hospitals, emergency rooms, law enforcement agencies, and/or legal proceedings
- Presented 122 educational programs aimed at preventing sexual violence and promoting healthy relationships in venues throughout northern New Jersey

TRIBUTE TO WOMEN AND INDUSTRY (TWIN)

- Honored 28 women for their professional achievements and the 21 companies that supported their career advancement
- Since 1974, TWIN has honored 1,832 women and 217 corporations throughout Bergen, Essex, Hudson, and Passaic Counties in NJ and Rockland County in NY

TREASURER'S REPORT

July 1, 2009 - June 30, 2010

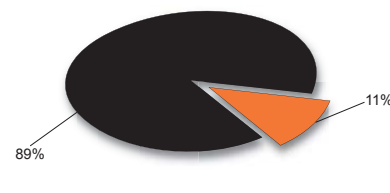
INCOME

Revenue \$8.3 Million



- Program Fees - 88%
- Government Funds - 3%
- Contributions and Fundraising - 6%
- Membership Dues - 3%

EXPENSES



- Program Activities - 89%
- Administrative Support & Fundraising - 11%

STATEMENT OF FUND BALANCES

ENDOWMENT FUND (MARKET VALUE)	\$1,120,843
REMINGTON FUND (MARKET VALUE)	\$130,520
DESIGNATED FUNDS	\$ 1,222,322

CELEBRATING 90 YEARS OF MAKING A DIFFERENCE



Responding to the changing needs of women and girls has been the hallmark of the YWCA Bergen County. Our dual mission of eliminating racism and empowering women is supported by a broad range of initiatives that, like our community, have evolved continuously throughout our 90-year history. The following are highlights from our 2009/2010 fiscal year.

THANK YOU

The YWCA Bergen County acknowledges and thanks all of our donors for their generosity. We are grateful to those who support us year after year and welcome new friends who made a contribution to the YWCA in 2009/2010. Every dollar directly supports vital programs including our 24/7 Rape Crisis hotline, scholarships for child care and after school programs, and special needs fitness programs.

TAKING THE YWORRY OUT OF CHILD CARE

Working parents in Bergen County were hit hard by the recession, and looked to our YWCA to continue to offer them the assurance of affordable, quality child care. Responding to the changing needs for child care in this economy, the YWCA successfully merged our Valley Hospital Corporate Child Care Center in Ridgewood with our YWCA Early Learning Center, Margaret Rodie Campus, in Upper Saddle River in September 2009. As a result, we are providing more families with access to the enrichment programs and flexible scheduling options available at the Rodie Center's state-of-the-art facility. We continued to provide before/after school care to more than 1,200 children at 26 sites throughout the county, and responded to the increased demand for child care scholarships by controlling costs and providing \$60,290 in financial assistance to families in need. This included helping 28 children enjoy a summer camp experience their parents could not otherwise have afforded. We also launched our Girl Power Camp, where 11-to-14-year-olds enjoyed a mix of traditional activities and self-esteem building programs in an empowering "girls-only" environment.



Preschool children at the YWCA Early Learning Center celebrated spring with "Ducky Day."

EXPANDING THE WAYS YWELLNESS WORKS WONDERS

Demand for specialty health and fitness classes was strong throughout 2009/2010, and our YWCA responded by expanding programming to targeted audiences. This included Boot Camp and Soccer for our Ridgewood Newcomers Club members and American Red Cross lifeguard training and courses such as CPR for the Pro-Rescuer and Water Safety Instructor certifications. We took our senior fitness program "on the road" to an active adult community in Park Ridge, NJ, where we quickly expanded our class offerings as enrollment doubled. The year was not without challenges, as families cut back on perceived non-essentials such as swim lessons for infants and toddlers. But we intensified our efforts to send the message that "swim lessons = skills for life," and to partner with community organizations to raise awareness about the benefits of fitness for women, girls, and their families. For example, we teamed up with The Valley Hospital in Ridgewood to promote our indoor walking program during Women's Heart Health Month, and introduced an exciting new fitness option—Zumba® Girls—to 40 teens from local Girl Scout troops.

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EMPOWERING **YW**OMEN IN TRANSITION

Attendees at the first-ever "Knowledge is Power" conference on March 5, 2010 were reminded to put themselves first and support one another in order to achieve satisfying, healthy lives. This day-long resource and networking event, presented by the YWCA Bergen County in partnership with Bergen Community College, featured 30 local panelists and speakers who provided vital information and resources to women dealing with significant change in their personal and professional lives. The YWCA developed the conference in response to research that indicated a growing need for support for women in transition. Topics ranged from financial management, starting a new business, and navigating the current housing market to reducing stress and making decisions on health care options. Guest speakers included Dr. Jennifer Ashton, medical correspondent for the national CBS News and The Early Show, and Caroline Gundeck, Global Wealth Management Executive Director at Morgan Stanley Smith Barney, who urged women to be proactive, saying, "It's absolutely up to you to make your life happen, and today is the day."



Dr. Jennifer Ashton (center), medical correspondent for CBS News and The Early Show, advised women on empowerment through better health at the first annual "Knowledge is Power" conference. She is welcomed by YWCA CEO Monica Roers (left) and former board member Dr. Judith Hayles.

YWORKING TO PREVENT PERSONAL VIOLENCE

YWCA Bergen County has been operating the county's only 24/7 Rape Crisis Center and hotline since 1979. Providing support and advocacy services for survivors of sexual violence and their significant others has long been the center's primary mission; but with the continued growth of sexual violence as a serious public health issue, we have committed new resources to prevention. On April 28, 2010, the YWCA succeeded in its year-long effort to adopt Denim Day as an official statewide observance in New Jersey. An international observance focused on the prevention of sexual violence, Denim Day was launched in New Jersey in 2008 by our YWCA as an opportunity to educate high school students about consent and healthy relationships. This year's observance included a public ceremony honoring the local legislators and supporters who were instrumental in the passage of the resolution. In addition, the YWCA is leading the efforts of the Coalition for Sexual Assault Free Environment (S.A.F.E.) to prevent sexual violence before it occurs. With funding received from the NJ Division on Women, the coalition has conducted a needs assessment and chosen the Green Dot program as its strategy to prevent sexual violence by engaging bystanders. Beginning with implementing the Green Dot program on college campuses across the county, we hope to one day create an environment free from all forms of power-based personal violence.



Students at Teaneck High School posted pledges about consent and healthy relationships as part of Denim Day in NJ 2010.

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The Redwoods Group Foundation
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St. Elizabeth's Outreach
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Evan Steinberg
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Tracy O'Neill
V Linda Plastina
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S Jennifer Rosa
Beverly Rosengren

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V Linda Tauscher
Christine Tausz
Gregory R. Tausz
Teaberry's Tea Room
Nancy Thornton
Carolyn Veenstra
Woman's Club of Haworth
Kristen Wurf



Campers and counselors had plenty to cheer about during Carnival Day at the YWCA's day/residence Camp Ma-Kee-Ya in Harriman, NY.

IN MEMORY OF:

Mary Caldwell
Virginia Woodman

Ann Swenson
Mary Ann Bryan

Richard Clausing
Judith Boxley

Jo Reis
Barbara Eaton

Ann Swenson
Jim Swenson

Ruth Jones
Pam Averso

Deborah Cornell
Beverly Chatfield

Irma M. Delehanty
Christine Tausz

IN HONOR OF:

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Eileen Blair

Anne Blair
Eileen Blair

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Mark Kim

Barbara Kiernan
Gladys Gilsenan

**Bill and Paula
Borea**
Susan Borea

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Christine Tausz

ENDOWMENT FUND

Michael and Patricia
Kraynak



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Victoria Bruni
Lenore Cohen
Nisha Cordero
Barbara Eaton

Barbara Giarmo
Marlene H. Lubinger
Margaret Rodie
Monica Roers
Susan Schink

To become a Charter Member of the Nell Doremus Society, an individual must indicate that they have designated the YWCA Bergen County as the beneficiary of a planned giving vehicle by the end of 2010. By the end of 2011, the planned giving document must be completed or updated. For benefits and more information, please contact Jeanne Patrican, jpatrican@ywcabergen.org, 201-881-1720. All inquiries are confidential and without obligation.

visit us at www.ywcabergen.org

112 Oak Street, Ridgewood, NJ 07450

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