



# 90th anniversary events celebrate yw families, community & mission

YWCA Bergen County's year-long celebration of our 90th birthday is in full swing! We kicked off the festivities on June 2nd with "Tea & History", an event honoring our longtime supporters and volunteers. On July 5th, YWCA Newcomers and summer camp families braved the heat to join the 100th Independence Day celebration in the Village of Ridgewood, where our YW opened its doors in 1920.

The celebrations continue this fall, as we host our first-ever Block Party on **Sunday, September 26**. YWCA members, staff and their families are invited to join "Rockin' Rhonda" and a crew of balloon-making clowns for an afternoon of music, games, prizes and great food courtesy of generous sponsor Applebee's Neighborhood Grill & Bar. Tickets are only \$25 per family and can be purchased at [www.ywcabergencounty.org](http://www.ywcabergencounty.org).

To cap off this special year, our YW is proud to host Rebecca Skloot, bestselling author of *The Immortal Life of Henrietta Lacks*, in her exclusive area appearance. The subject of the book is Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors. Her cells, taken without her knowledge, were the first "immortal" human cells grown in culture. They have been vital for developing the polio vaccine

and uncovering secrets of cancer and viruses, and have been bought and sold by the billions. Amazon named *The Immortal Life of Henrietta Lacks* "Best of 2010 . . . So Far" and National Public Radio (NPR) listed it "One of the Top Five Best of the Bestsellers." Oprah Winfrey recently announced that she is teaming up with HBO's Alan Ball (creator/director of True Blood and Six Feet Under) to produce the film version.

Mark your calendars for **Thursday, November 11**, and join us at the Teaneck Marriott at Glenpointe for an evening that includes a "Meet the Speaker" reception hosted by PNC Bank, as well as a book signing. Tickets can be purchased online at [www.ycaskloot.eventbrite.com](http://www.ycaskloot.eventbrite.com) and sponsorship opportunities are still available. Contact Jeanne Patrican at 201.881.1720 or [jpatrican@ywcabergencounty.org](mailto:jpatrican@ywcabergencounty.org) for details.



Author Rebecca Skloot

## ywvolunteers making a difference: united water new jersey

Summer camp clean-up is a dirty job! But this year the staff at the YW's Camp Ma-Kee-Ya got help from an unexpected source: United Water New Jersey. The company, which provides water service to more than 800,000 residents in Bergen and Hudson counties and is dedicated to giving back to the communities it serves, provided close to a dozen volunteers—with supplies in tow—who spent two long days in June helping spruce things up. "They did everything from cleaning cabins to painting hallways," said Maire Brosnan-Katavolos, Director of School Age Programs. "They were unbelievable volunteers and incredibly hard workers." To show their appreciation, Camp Ma-Kee-Ya's staff invited the volunteers to serve as guest judges at the Camp Olympics in August. While we could have done it without them, they certainly made the work easier and a lot more fun for everyone involved. And that's what making a difference is all about.



## ywout & about

### "tea & history" honors all who have made a difference

YWCA Bergen County honored long-time supporters and volunteers during its "Tea & History" celebration on June 2nd. The Woman's Club of Ridgewood was decked out in the YW's signature shade of persimmon and filled with archival photos, videos and memorabilia highlighting our 90-year history. Guests enjoyed high tea and sharing memories with acquaintances old and new. Our thanks to the many individuals and organizations that helped make this event a success, from the high school volunteers who donated their time to those who provided the entertainment and door prizes!



Seated L to R: Gina Damiano, Francesca Assad, Nina Assad, and Paulette Wright. Standing L to R: YWCA CEO Monica Roers, Dot Jenkins, Betsy Murphy Sparrow, and Barbara Kiernan.

### yw families join ridgewood's 100th July 4th celebration

YWCA Newcomers and summer camp families braved the heat to join the Village of Ridgewood in observing the 100th Anniversary of its Independence Day celebration and our own 90th birthday. Their efforts were rewarded with a post-parade party complete with hot dogs & ice cream.



visit us at [www.ywcabergencounty.org](http://www.ywcabergencounty.org)

eliminating racism  
empowering women  
**ywca**  
bergen county  
"y the w makes a difference"

Fall/Winter 2010

# YWNews

## yworks for change eliminating racism and empowering women is more than just a mission statement

The YWCA's dual mission of eliminating racism and empowering women is an ambitious one. Here in Bergen County, it is supported by a broad range of initiatives that, like our community, have evolved continuously throughout our 90-year history. Two of YWCA Bergen County's most visible initiatives are designed to raise awareness of critical issues that affect our community.

### denim day in NJ goes statewide

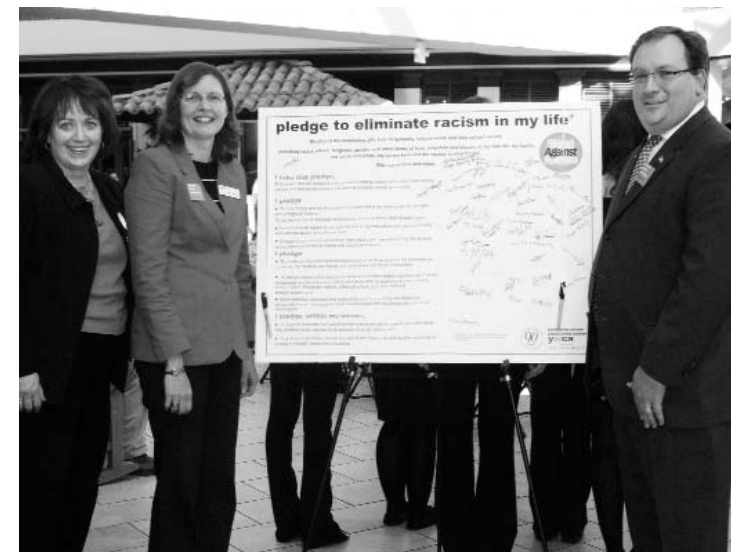
This spring the YWCA Rape Crisis Center celebrated the first official statewide observance of Denim Day in NJ. Denim Day is an international observance focused on the prevention of sexual violence. It was launched in New Jersey in 2008 by the YW Rape Crisis Center, which spearheaded efforts to adopt it as an annual statewide observance. On April 28th, local legislators and supporters who were instrumental in the passage of the resolution were honored during a public ceremony at the Bergen County Justice Center. The center's staff also partnered with high schools in Teaneck, Hackensack, Lyndhurst, and Tenafly to facilitate Denim Day education programs for students.



L to R: New Jersey Assemblywoman Valerie Vainieri-Huttelle accepts a commemorative Denim Day plaque from YWCA Rape Crisis Center advocate Angelae Wilkerson during a recognition ceremony at the Bergen County Justice Center.

### community stands against racism

On April 30th, YWCA Bergen County held its second annual "Stand Against Racism" at the Paramus Park Mall. This initiative, a collaboration of 71 YWCA's nationwide, seeks to engage the community in combating racism and promoting racial understanding. The program featured guest speaker Dr. Joseph Dallan, Jr., Professor Emeritus, Ramapo College of New Jersey; musical performances by the Paramus High School Premiers, and a children's art show created by students in our After School Program. Winners of the YWCA's Martin Luther King Jr. Essay Contest, who represented schools in Englewood, Elmwood Park and Ridgefield, also read their winning entries. We were encouraged by the increased interest of community partners and the general public, and plans are already underway for SAR 2011, set for Friday, April 29. Visit [www.standagainstracism.org](http://www.standagainstracism.org) for details about how you or your organization can show your support!



L to R: Bergen County Clerk Kathleen Donovan, YWCA CEO Monica Roers and Bergen County Freeholder Robert Hermansen pledged to take a "Stand Against Racism" at Paramus Park Mall.



### connect with us on facebook!

Get the latest YW news. Special event updates. Photos and more! Let us know if you like what you see—and be sure to tell your friends.

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Hackensack: 2 University Plaza, Suite 208 Hackensack, NJ 07601  
Ridgewood: 112 Oak Street Ridgewood, NJ 07450  
201.881.1700  
201.444.5600  
how to reach us

## ywhat's happening

### Sunday, September 26

YWCA's 90th Anniversary Block Party  
Sponsored by  
Applebee's Neighborhood Grill & Bar  
1:00 PM to 4:00 PM  
112 Oak Street, Ridgewood  
Tickets \$25/family available at  
[www.ywcabergencounty.org](http://www.ywcabergencounty.org)

### Friday, October 1

A New Decade of Self-Discovery  
The Women's Institute  
Second Annual Conference  
Bergen Community College  
The Moses Center  
400 Paramus Road, Paramus  
For info call 201.447.7488 or visit  
[www.bergen.edu/womensinstitute](http://www.bergen.edu/womensinstitute)

### Wednesday, October 27

"Your Path to Good Health in 2010"  
For Active Adults  
4:00 PM to 8:00 PM  
112 Oak Street, Ridgewood  
Flu shots, screenings, exhibits & more  
Call 201.445.2600 for details

### Thursday, November 11

YWCA Bergen County Presents  
Rebecca Skloot  
Bestselling Author,  
*The Immortal Life of Henrietta Lacks*  
7:30 PM  
Teaneck Marriott at Glenpointe, Teaneck  
General Admission - \$50  
VIP "Meet the Speaker" - \$150  
Purchase tickets at  
[www.ywcaskloot.eventbrite.com](http://www.ywcaskloot.eventbrite.com)

Details about all YW events at  
[www.ywcabergencounty.org](http://www.ywcabergencounty.org)

## ywca mission

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



Dear YWCA Friends,

YMCA's across the country became part of a national re-branding strategy that was officially launched last month. Along with a new logo, YMCA's are now going to refer to themselves as "the Y".

YWCA Bergen County has long been aware of the confusion that exists in the general public about the YMCA and YWCA, which is also referred to as "the Y." This confusion is understandable, especially in communities like ours where the two organizations share a facility! The YMCA and YWCA each were established in the United States over 150 years ago. They have similar acronyms and share the same abbreviated nickname. However, these two distinct organizations have decidedly different missions.

The YWCA's core focus is to empower women and girls and eliminate racism. As the first women's organization in the U.S., the YWCA has been part of every wave of the women's rights movement since the late 19th century, and has been engaged in every phase of the Civil Rights Movement. Unlike the YMCA, the YWCA's core focus is on youth development, health and fitness, and social responsibility.

Based on YMCA research, the YMCA decided to change its identity to "the Y" to embrace the name already used by the majority of the general public. When the YWCA rebranded itself a few years ago, its research led to a different conclusion: the YWCA needed to promote its mission. To this end, the YWCA logo was changed to contain the key words of its mission: eliminating racism, empowering women.

YWCA Bergen County has made a concerted effort to raise awareness of the many ways we bring this mission to life in our community. Through our "Y the W Makes a Difference" campaign, we have emphasized the uniqueness of "YW" programs and services. From running the county's only 24/7 Rape Crisis Center and hosting the annual Stand Against Racism ... to serving working women (and men) as the area's largest child care provider and supporting women in transition through our Knowledge is Power conference ... this is "Y the W" makes a difference.

Even with the YMCA rebranding, we know people will continue to refer to both organizations as "the Y." But our hope is that YWCA will be recognized for its history of advocacy and service as "The Y for Women". To quote YWCA USA CEO Dr. Lorraine Cole, "If only there were Village *Women* to pen a catchy tune for our name!"

Monica Roers, CEO

## board of directors

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Linda Tauscher

## ywprogram news

### you asked for more ywalking classes — and we heard you!

Love to walk but dread the return of colder weather? Try a YWalking class! Our indoor walking program has become so "hot" that we've added two new classes this fall. "Walk-Fit With a Twist" (Wednesdays at 8:45 a.m.) maintains our simple approach to walking while adding a unique "twist" to each class, like walking with strength training, walking with kick-boxing or walking with yoga. More seasoned walkers can take things up a notch with "Walk-Fit Circuit Express" (Thursdays at 6:15 p.m.) Brisk 12-minute miles are alternated with intervals of upper and lower body resistance training, resulting in a power walk that will boost your health and fitness. For more info call 201.444.5600 x351 or visit the YW Web site.

### priority registration guarantees space in popular ywswim classes



Learning to swim means more than just taking a few lessons: it teaches lifelong fitness and safety skills. Members who come to the YWCA to learn these skills have made our swim lessons so popular that they tend to fill quickly—meaning you can miss out on the class of your choice. With Priority Swim Registration, you can guarantee your space in group lessons by pre-paying for Sessions 1 through 5. If you prefer not to pay for all 5 sessions in advance, choose our credit card draft plan. Pay for Session 1 and 5 up front, and we will charge your credit card for Sessions 2, 3 and 4 at the time of each registration. You'll get the same class guarantee! Call Membership Services at 201.444.5600 x341 or the Aquatics staff at 201.444.5600 x349 for details.

### school is back in session at the ywca



Children's voices ring through the halls as our YWCA heads "back to school" this month. We've worked hard over the summer to provide more options for parents, and here's a sample of what's new:

- **YWCA Early Learning Center** is pleased to welcome a brand new Kindergarten class! The center is also offering after Kindergarten care for Ridgewood-area families.
- Our **Ridgewood and River Edge nursery schools** are back in session, and four-year-old classrooms are equipped with new multicultural toys to encourage children to learn respect for others.
- The **YW's** fall session features an expanded schedule of **enrichment classes for children** ages 2 to 7 years, including art, math, pre-reading skills, and science. There's also a new Mommy & Me program for infants and parents, and an enrichment program for afternoon Kindergarteners.
- **YWCA Before and After School** programs are offered in eight Bergen County school districts. New enrichment programs will be piloted in several schools later this year, and the YW's popular Vacation Day program will be made available to families not enrolled in before/after care.

*YWCA Bergen County is the area's largest provider of quality child care. Visit [www.ywcabergencounty.org](http://www.ywcabergencounty.org) for details about all of our children's programs and child care option.*

## The Nell Doremus Society

Planning Your Financial Future and Helping  
YWCA Bergen County with Ours

Since 1920 the YWCA Bergen County has been serving the community, focusing first on the needs of young working women, then expanding its mission to eliminating racism, empowering women and promoting peace, justice, freedom, and dignity for all.

We bring this mission to life by operating the only Rape Crisis Center and 24/7 Rape Crisis Hotline in Bergen County—all services provided at no charge. We offer therapeutic swim and recreation programs for physically or mentally challenged individuals, empowerment classes for young girls, child care for working parents, and a variety of seminars with topical speakers addressing our mission. Whenever possible, we provide financial assistance to those who could not otherwise afford our programs and services.

When you are planning your financial future, we ask you to consider helping us with ours so that we can continue to provide this high level of support to our community. Please consider leaving a bequest for us in your will.

We honor every planned giving donor with membership in the Nell Doremus Society, and we invite you to join us and enjoy the benefits of membership. Nell Doremus was the visionary founder of our chapter of the YWCA and the Society was created exclusively to recognize generous individuals like you. Should you inform us of your intention by the end of this year, you will become a Charter Member in the Society. You will immediately receive complimentary admission to hear bestselling author Rebecca Skloot speak on Nov. 11th, and an invitation to be our guest at a celebratory dinner in the New Year. Information and requests may be directed to Jeanne M. Patrican, 201.881.1720, [jpatrican@ywcabergencounty.org](mailto:jpatrican@ywcabergencounty.org). All inquiries are confidential and without obligation.



**Pictured Right:** Lisa Kender, past president of the YWCA Board of Directors, congratulates Sheryl Slonim, Senior Vice President, Patient Care Services, Holy Name Medical Center, winner of the TWIN Alumnae Association's 2010 Corporate Recognition Award for their ongoing support of women's initiatives and diversity.

## leadership and diversity honored at TWIN 2010

The YWCA Bergen County honored 28 women and 21 businesses at its 36th Annual Tribute to Women and Industry (TWIN) awards gala on April 29th at the Teaneck Marriott at Glenpointe. The largest awards program of its kind in Northern New Jersey, TWIN recognizes the achievements of professional women and the companies that provide them with opportunities to excel.

## ywalking the talk

Beyond the brochures, beyond the mission statements, beyond the pledges, here are some of the ways we are putting our words into action:

- Last summer a 65-year-old man came to the **YW** for help. He could barely walk and keep his balance. Now, a year after therapeutic swim lessons, he is able to swim six lengths of the pool—unassisted.
- This fall the **YWCA**-led S.A.F.E. Coalition (Coalition for Sexual Assault Free Environment Communities) is partnering with local colleges to launch the "Green Dot" program, a bystander intervention strategy designed to help stop personal violence before it happens.
- Parents of a young girl with epilepsy chose a **YW** summer camp for her first camp experience: "Your camp embraced her as a little human being with a need for extra eyes on her at all times. She came home eager to share what she learned, made new friends, and has become more independent. We had such peace of mind."
- A survivor of sexual assault was surprised to hear that others struggled with the same issues, and found the **YWCA's** S.O.A.R. (Survivors of Abuse and Rape) support group to be a safe haven: "This group has been invaluable to me and has made a difference in my life. I am forever grateful that a group like this exists to aid my healing."

## Your Gift is Important

Please help us continue helping the community.

### Enclosed is my gift of

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To donate, go to [www.ywcabergencounty.org](http://www.ywcabergencounty.org) and click on "Give"; use your credit card; or make your check payable to YWCA Bergen County and mail to Jennifer Rosa, YWCA Bergen County, 2 University Plaza, Suite 208, Hackensack, NJ 07601.