



**02** ED letter continued  
Child Care  
AVV

**03** Health & Fitness  
Mentoring

**04** Board of Directors  
Executive Staff  
Connect with Us  
2018 Financials

YWCA CORTLAND

# ANNUAL REPORT

2018

distributed June 2019

Eliminating racism. Empowering Women. Promoting peace, justice, freedom and dignity for all.

## From the Executive Director, Kelly Tobin

YWCA Cortland fulfills its mission of eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all through offering vibrant programs, engaging in advocacy and social change efforts, and creating transformative opportunities for women, girls and families.

What better time to be a part of the YWCA than now? A time when the core mission is being challenged and YW's across the USA are being called to take action, to be bold, to use the YWCA communal voice and break out of being the best kept secret in our local communities.

2018 was a year of speaking up. A year for harnessing our collective power to

respond to local, state and national needs. To name only a few of them, locally we secured grant funding to provide racial justice training for our youngest learners in our after-school programs and licensed day care centers. We offered mindfulness sessions in Cortland and Homer schools. We expanded mentoring programs into Smith School. We added adult meditation classes to our Health and Fitness program. And we held our first Chef's Take A Stand: Men Against Domestic Violence event to raise awareness of domestic violence in the community.

eliminating racism  
empowering women  
**ywca**

The hardest part of exercising our collective voice is having a seat at the table and our association is making progress on this. At the state level, I was honored to accept a position on the Governor's Child Care Availability Task Force charged with examining a systematic change that will benefit all families in New York State (NYS) who rely on early learning care. As both the Executive Director of YWCA Cortland and the Child Care Issue Leader of the YWCA's of NYS, I Chair the Workforce/Business Workgroup of the Governor's Task Force delivering local voices directly to Albany decision makers, so they know that child care is an economic development issue. *(continued on page 2)*

# YWCA IS ON A MISSION

## ED letter continued

Nationally, YWCA Cortland is a member of YWCA USA, which provides resources and guidance for local YWCA associations. We are proud of our former Board Member, Katherine Compagni, who served on the National Board and completed her term during the recent 2019 YWCA USA National Conference. The conference theme was DARE TO BE POWERFUL, honoring the commitment and service to YWCA's dream of a better world. "It is a tremendous risk to use your power. Yet greater risk still, to stay silent and pretend that there is not a world ready for your service. And we know there are risks for speaking up and taking a stand," Saida Agostini, Director of Capacity Building, YWCA USA.

The work of YWCA is never accomplished through any one individual or any one local YWCA. As you read through this annual report, it's easy to see the impact YWCA Cortland has on the Cortland Community and how our work is more critical than ever. This is a call to action! To get involved. To volunteer your time. To move the needle on community change. And most importantly to use your voice. Please join us!

## Child Care

YWCA is the largest provider of child care in Cortland County. The program includes two licensed child day care centers, drop-in care, school-age care, summer care, and summer recreation.

In 2018, we launched a crowdfunding campaign, YWCA Cortland Child Care: **Y**We're **C**ommitted; **A**re you?, to help build a new home that will combine the Here We Grow and Learning Adventure Child Care Centers into a new state-of-the-art facility. We are committed to sustaining quality child care for our community.

### 788 children served in 2018:

- 127 Drop-In Care
- 305 School-Age Program
- 203 Summer Camp
- 87 Learning Adventure
- 66 Here We Grow



### AVV Hotline (3250 calls):

- 2239 domestic violence
- 172 rape
- 168 child sexual assault
- 205 child physical assault
- 466 "other" crimes

### AVV Emergency Housing:

- 55 people housed @ our safe dwelling
- 35 adults
- 20 children
- 25 people placed @ hotels because housing was full

## Aid to Victims of Violence (AVV)

AVV provides comprehensive free and confidential services to victims of domestic violence, sexual assault, child abuse, rape, and other crimes.

YWCA Cortland's AVV program resides in a safe, secured area of the YWCA facility where advocates assist clients with services including legal referral, advocacy, accompaniment, crisis intervention, and phone counseling via a 24-hour crisis hotline.

AVV offers support groups such as the Women's Alliance (formerly Model Moms) and prevention education trainings about healthy relationships, victimology and bystander intervention, among others. It also operates emergency housing off site for victims of domestic violence and their children.

Visit AVV on Facebook: [facebook.com/ywcaavv](https://www.facebook.com/ywcaavv).

2

### 24-Hour Crisis Hotline

LOCAL: 607.756.6363  
TOLL FREE: 800.336.9622



Participants of AVV'S Girls' Empowerment Workshop talk about leadership, self-love, relationships, self-defense, safety and sexual assault prevention. 2018 marked the 2nd year of the week-long summer workshop opportunity for teen girls. AVV plans to continue this program annually.

## Health & Fitness

YWCA exercise and aquatics programs empower women, men and children of all ages through physiological, recreational, social, and cultural experiences.

In collaboration with JM Murray and Walden Place, YWCA gives people with special needs and seniors in assisted living the chance to engage in physical activity. We also partner with the Women's Athletics Program at SUNY Cortland to host an annual Girls Day Out event. Activities are designed to engage, motivate and build confidence in 4-7 grade girls and include sports, health education, an interactive career fair, and team building exercises like passing a hula hoop without using their hands (see photo below left).

- 250+ people / week
- 2 weight rooms: Co-ed and Women's Only
- 14 different exercise classes
- Children's volleyball, basketball and gymnastics
- Yoga, chair yoga, meditation and karate
- Personal training
- Nutrition education coaching and diabetes prevention
- 4 insurance program partners for eligible seniors

## Aquatics

- 90-degree therapeutic pool
- 100+ water exercise members
- 7 distinct adult water classes
- 100+ children learned to swim through Red Cross lessons
- 6 family swim times / week
- Pool parties
- Lifeguard training



### Mentoring:

- 251 families enrolled
- 138 children enrolled
- 12 family events held
- 236 children given holiday gifts
- 65 mentors



*The GEMS (Girls: Empowered, Motivated, Successful) group program gives teenage girls an opportunity to feel empowered, gain self-awareness, improve daily problem-solving skills, develop coping mechanisms, and make healthy decisions. Groups meet weekly at YWCA and Smith School during the school year. The GEMS above visited TC3 to learn about campus life.*

## Mentoring

YWCA mentoring provides positive impacts on youth development by working preventively to improve confidence and self-esteem in kids, so they are less at risk for experiencing serious problems later in life.

Bridges for Kids (BFK) provides individual mentoring for children living in stressful home situations. Adult volunteers give the one-on-one attention so crucial to building self-esteem in children ages 5-12. Together, they participate in enrichment activities designed to increase confidence and resiliency skills in youth.

In Kids Club, children on the wait list for a BFK mentor are paired up with SUNY Cortland recreation majors and sorority members for weekly physical activity sessions. This program gets boys and girls active and moving because countless families cannot afford the high cost of playing sports and do not live in safe neighborhoods where kids can play outside.

## 2018 Board of Directors

Angela Loh <b>President</b>	Merissah Gilbert
Gonda Gebhardt <b>Vice President</b>	Regina Grantham
Camilla Morgan <b>Recording Secretary</b>	Christine Hannon
Kathy Sharer <b>Corresponding Secretary</b>	Mary Clare Hatch-Penello
Rose Bergeron <b>Treasurer</b>	Kathy Hemingway-Jones
Nan Pasquarello <b>Immediate Past President</b>	Denise Hotchkiss
Alice Anderson	Alison King
Ann Blanton	Nancy Kroot
Frances Bonarti	Christine Matos
Richalle Cicioni	Jackie May
Catherine Cullen	Julie McChesney
Jessica Daily	Elizabeth McGrath
Mary Ann Discenza	Ellen Paterson
Kelly Foster	Andrea Rankin
	Bonny Renner
	Maureen Roberts
	Lima Stafford
	Angela Stevens
	Carol Van Der Karr
	Dianne Webster

## Executive Staff

Kelly Tobin <b>Executive Director</b>	Linda Glover <b>AVV Program Director</b>
Julie Ryan <b>Finance Director</b>	Jessica Smith <b>AVV Senior Case Advocate</b>
Peg Davis <b>Asst. Finance Director</b>	Mindy Gardner <b>Mentoring Director</b>
Robyn Hayes <b>Development Director</b>	Jami Bistocchi <b>Child Care Director</b>
Mary Coffey <b>Events Director</b>	Liza Fuller <b>Drop-In Care Supervisor</b>
Meryl Fish <b>Health &amp; Fitness Dir.</b>	Janice Meyer <b>School Age Supervisor</b>
Laurie Green <b>Asst. H &amp; F Director</b>	Tammy Goddard <b>Here We Grow Supervisor</b>
Lori Quail <b>Aquatics Supervisor</b>	Terisa O’Gorman <b>Learning Adventure Sup.</b>
Tara Larrabe <b>Office Manager</b>	Adam Tryon <b>Facilities Manager</b>

## Connect with Us

### WEBSITE

cortlandywca.org



### INSTAGRAM

ywcacortlandny



### FACEBOOK

cortlandywca



### TWITTER

ywcacortland

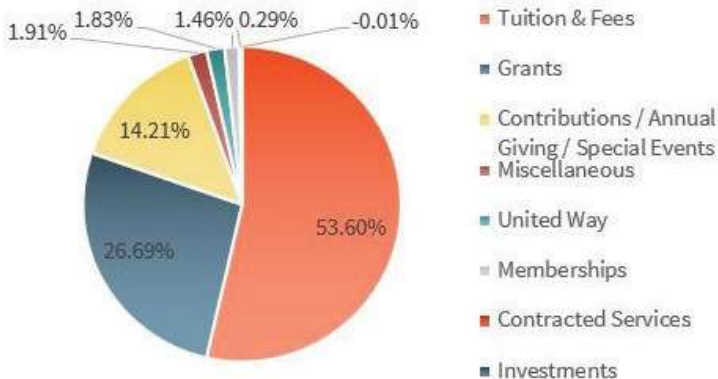


## Thank you for making a difference!

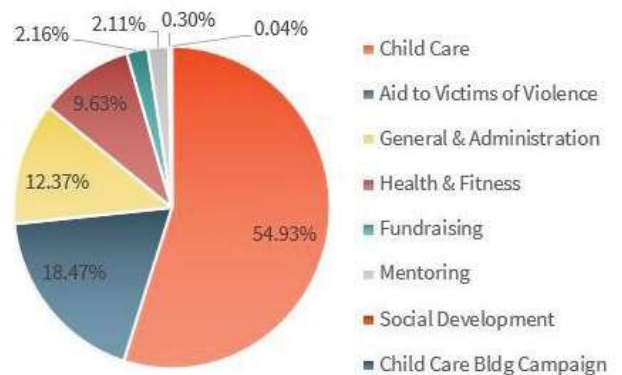
Supporters **LIKE YOU** play an important role in creating a secure foundation for our YWCA. Because of YOU, we are able to provide vital programs to those who need our services most. **YOUR donations change lives —now and for years to come.** Thank you for your continued generosity and passion for our mission. We couldn't do it without you!

## 2018 Financials

### REVENUE BY FUNDING SOURCE: \$2,761,956



### EXPENSES BY DEPARTMENT: \$2,836,681



4

### MAIL

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### 24-HOUR HOTLINE

Local: 607.756.6363  
Toll Free: 1.800.336.9622