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# YWCA CORTLAND ANNUAL REPORT

# 2023

Distributed May 2024

## From the Executive Director, Kelly Tobin

**An intentional reflection on the year is always a welcomed practice. Staff at the YWCA joke that no two days are ever the same in the work we do. It means we work in a fast-paced environment, always ready to respond to the next incoming threat, challenge, or need the community faces.**

Pausing to reflect on the great work accomplished is always profound. As you will see in this annual report, no work is done alone, and I would like to thank our dedicated team of staff, board members, volunteers, donors, community partners, grantors, and sponsors because all of you are what makes the work of the YWCA so meaningful and impactful.

There is a keen focus on the physical infrastructure that supports the vital YWCA programs. Our goal is to ensure a safe and welcoming space for all who enter through these doors.

Last summer, a group of young women from our GEMS (Girls: Empowered, Motivated, Successful) group mentoring service expanded upon a powerful collective lobby mural created in 2021.

The mural expansion (pictured above) was created in the same bold and joyful style as the first and focused on diverse hairstyles, their cultural significance, and different hair accessories and head coverings to raise awareness

about hair discrimination and promote acceptance, celebration, and inclusivity.

You will see significant improvements to the building's accessibility throughout the remainder of this year and into the next. Most recently, we installed new handicap-accessible doors, and soon, you will see a new front entrance ramp that members can access from the parking lot.

Handicap parking will be relocated to the front of the lot, bringing the YWCA ramp into ADA compliance, a goal we have been working on for many years. In addition, new ADA-compliant stairs were recently installed in the pool.

*Continued on report insert*





Here We Grow Daycare Center staff engaging students in constructive play.

## Child Care

**YWCA is the largest provider of childhood learning services in Cortland County. The program includes a licensed child daycare center, school-age care, and summer care and recreation.**

Our programs support and empower parents and children by offering opportunities to gain knowledge and respect of self, family, culture, and community in an atmosphere that is developmentally appropriate, safe, stimulating, and nurturing.

### 316 Unique Children Served in 2023:

(72 children enrolled in both School-Age and Summer Care)

#### 170 Total in School-Age Care

- 19 low income daycare subsidy
- 143 households
- 43 single parent families

#### 74 at Here We Grow Daycare Center

- 19 low income daycare subsidy
- 58 households
- 15 single parent families
- 24 Universal Pre-K (UPK) students
  - 12 graduates transitioned to Cortland City School District

#### 144 Total in Summer Care

- 32 low income daycare subsidy
- 139 households
- 47 single parent families

### AVV Cases:

- 1,257 hotline calls
- Opened 344 new cases
  - 306 domestic violence
  - 20 sexual assault/rape
  - 22 child abuse
  - 1 "other" crime

### AVV Emergency Housing:

- 40 people housed at safe dwelling
  - 25 adults
  - 15 children
- 18 people at alternative housing
  - 11 adults
  - 7 children

### Grace Brown House:

- 92% occupancy rate
- 9 units turned over since opening
- 32 women & 13 children to date
- 14.5 month avg. length of residency
- 38 people on waitlist for apartments

## 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, accompaniment, advocacy, crisis intervention, and phone counseling via a 24-hour crisis hotline.

AVV operates emergency housing off site for female and male domestic violence (DV) victims and their children. It also provides permanent supportive housing services to women DV survivors and their children at the Grace Brown House (GBH), where they are given support and resources to get back on their own feet.

Groups like Power of Change and prevention education trainings offered by AVV staff aim to end the cycle of abuse. Training topics include generational trauma, fostering healthy relationships, victimology, bystander intervention, and more.



AVV staff and winner of "Best Entree" celebrating a night of incredible food and community support at the Lookout at Hope Lake for the 4th Annual Chefs Take a Stand Against Domestic Violence event on Oct. 3, 2023.



## Health and 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 Racker, YWCA gives people with special needs the opportunity to engage in physical activity. In March 2023, Girls Day Out (GDO) took place at Tompkins Cortland Community College and included activities designed to engage, motivate, and build confidence in girls ages 10-13 included a collaborative art project, an interactive career fair, swimming, and more.\*

### Serve 350+ people/week (land & aquatics)

- Co-ed and women's-only weight rooms
- 9 different group exercise classes
- Children's basketball and gymnastics
- Gym parties and rentals
- Yoga, meditation, open pickleball, pickleball workshops
- Personal training
- Social activity program for seniors
- 3 insurance program partners for eligible seniors
- Aquatics programming (see details at right)

## Aquatics

- Over 75 water exercise members
- 90-degree therapeutic pool
- Swim lessons for children 6 mos. - 12 yrs.
- Red Cross swim lessons and private lessons for children and adults
- 3 distinct adult water exercise classes
- Lap and Leisure and open swim times
- Pool parties



\*A GDO participant performing mock surgery with Guthrie at the 2023 GDO Interactive Career Fair.

### Mentoring Totals:

- 220 total enrolled youth
- 102 enrolled families
- 97 youth in group mentoring
- 23 mentors
- 600+ holiday gifts donated
- 200 meals provided

### Mentoring Demographics:

- **Gender:** 130 female, 88 male, 2 other
- **Age:** 15 under age 5, 78 ages 5-9, 116 ages 10-14, 11 ages 15-17
- **Ethnicity:** 172 White, 18 Black, 9 Hispanic or Latino, 21 two+ races

**Special Circumstances:** 34 with one or more parents deceased, 20 with an incarcerated caregiver

**Mentoring Waitlist:** 30 children waiting to be matched

- 17 male
- 13 female



*GEMS from Randall School with members of the SUNY Cortland Philosophy Club after meeting for 10 weeks to discuss philosophy.*

### **There is a need for more mentors!**

Contact Mindy Gardner, Mentoring Director, at [bridges@cortlandywca.org](mailto:bridges@cortlandywca.org) to learn more.

## Mentoring

**YWCA mentoring provides positive impacts on youth development by working preventively to improve confidence and self-esteem, to lessen the risk of experiencing serious problems later in life.**

Bridges for Kids (BFK) provides individual and group 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.

Girls: Empowered, Motivated, Successful (GEMS) is a support group for girls to share experiences, collaborate, get creative, and serve their community. They're working to make smart life choices and become confident leaders.

In 2023, GEMS expanded to Homer and St. Mary's schools, and was also adapted for residents of AVV's Grace Brown House, to include trauma-informed programming.



## Boards: Directors & Trustees

### Board of Directors

Kristina Marty

#### President

Cathy Bischoff

#### Vice President & Treasurer

Phuong-Binh Duong

#### Recording Secretary

Susan Cerretani

#### Corresponding Secretary

Camilla Morgan

#### Immediate Past President

Elizabeth Brando

Gloria Gartenlaub

Barbara Henza

Katrina Hodge

Laura Lusk

Mackenzie Lyman

Nimisha Muttiah

Suzette Pace

Gina Sikora

Jennifer Soprano

Katherine Stemm

Kim Stevens

Jennifer Turck

Carrie Whitmore

Kathie Wilcox

Susan Williams

Deb Wines

Ginny Wright

### Board of Trustees

Angela Loh

#### President

Sue Sherman-Broyles

#### Secretary

Joseph Compagni

#### Treasurer

Carol Janik

#### Immediate Past President

Alice Anderson

Mary Ellen Bloodgood

Merle McKown

\*Lists boards as of May 13, 2024\*

## Executive Staff

Kelly Tobin

#### Executive Director

Julie Ryan

#### Finance Director

Peg Davis

#### Asst. Finance Director

Robyn Hayes

#### Development Director

Amanda Caridi

#### Marketing & Events Spec.

Meryl Fish

#### Health & Fitness Dir.

Laurie Greene

#### Asst. H&F Director

Mindy Gardner

#### Mentoring Director

Jessica Smith

#### AVV Director

Heather Silvanic

#### AVV Senior Advocate

Kyra Upah

#### GBH Case Manager

Jami Bistocchi

#### Child Care Director

Taylor Jandrew

#### School Age Supervisor

Stacey Rorick

#### Here We Grow Supervisor

Patty Condon

#### Office Manager

Nick Loomis

#### Property Supervisor

## Connect with Us



WEBSITE

[cortlandywca.org](http://cortlandywca.org)



INSTAGRAM

[ywca\\_cortlandny](https://www.instagram.com/ywca_cortlandny)



FACEBOOK

[cortlandywca](https://www.facebook.com/cortlandywca)



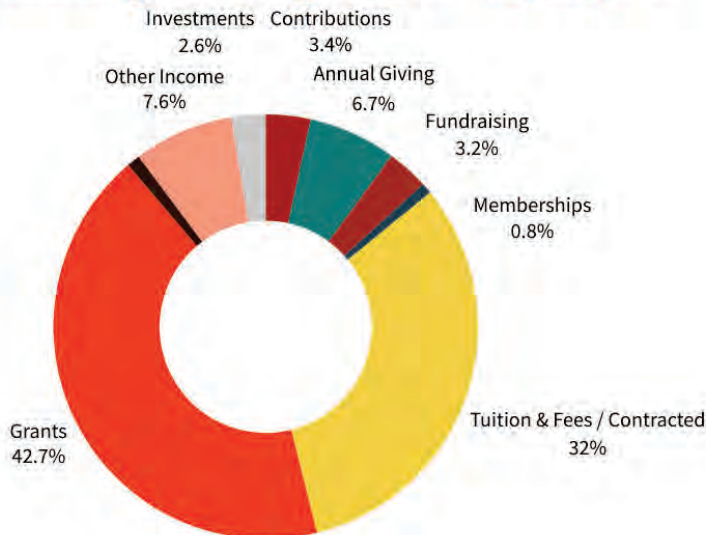
NEXTDOOR

[YWCA Cortland](https://www.nextdoor.com/ywca-cortland)

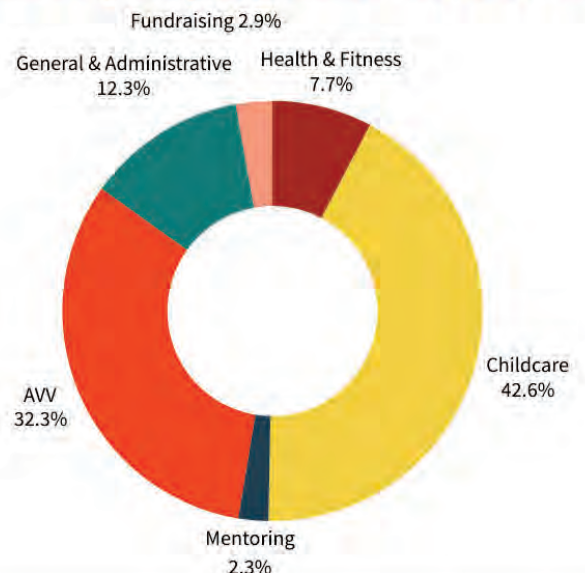
## Thank you for making a difference!

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 and services that meet the ever-changing needs of our Cortland area community.

## Revenue by Funding Source: \$3,453,414



## Expenses by Department: \$3,494,748



04

### MAIL

14 Clayton Ave  
Cortland, NY 13045

### PHONE/FAX

607.753.9651  
607.753.8774

### EMAIL

[info@cortlandywca.org](mailto:info@cortlandywca.org)  
Full staff directory on website

### 24-HOUR HOTLINE

607.756.6363

## Annual Report Executive Director Message Continued

*Continued from Annual Report:*

Continuing with property infrastructure projects, YWCA Cortland was awarded a \$444,484 Historic Preservation Grant that will significantly improve the property's exterior. In addition to the entrance ramp, the brick exterior will be restored along with emergency exits, including the historical Osborn Room exit. To complete the exterior work, the YWCA was awarded a grant that will install a beautiful historic marker in the front yard.

We appreciate your patience over the coming years as we work to complete the above projects and work around the busy schedule of the YWCA.

The YWCA leadership has been diligently working to bring new opportunities to our community as we continue to see its needs grow at an alarming rate. A rate that many service agencies are struggling to keep up with, including the YWCA.

The Health & Fitness program is exploring more wellness-centered programming to positively impact mental health in the community. Members experienced new program offerings to include equine meditation, sound therapy, and the return of Yoga. The Program Committee continues to explore new offerings to support the growing needs of the Social Seniors group.

The Mentoring Director will be completing her certification as a Therapeutic Recreation Specialist and has been infusing her learning into the program. She is excited to continue expanding the program to serve some of Cortland's most vulnerable, at-risk youth. In addition, an adult mentoring program is now being offered to all Grace Brown House residents; we hope to see this program expand and grow.

The Aid to Victims of Violence (AVV) program applied for and was awarded its second Empire State Supportive Housing Initiative (ESSHI) grant. This grant funded the opening of Grace Brown House. The work continues to open a second permanent supportive housing project that will serve women and men victims of domestic violence and their children.

The Child Care program continues to build in social-emotional programming, and it is hopeful that some recent grants it submitted will be awarded to allow further targeted expansion incorporating more in the before- and after-school programs and the licensed daycare setting. You will see some new program offerings in the year to come as we are working to open a small family-licensed daycare where the old drop-in was housed, in addition to fully finishing our basement to expand the licensing for before- and after-school and summer care and recreation services.

It's been a year of growth and many projects, and we anticipate the years to come to be much of the same. Thank you for supporting the vital work of the YWCA.

## Thank you to our 2023 Grant Funders!

**Jim & Julie Boeheim Foundation** (\$5000 Mentoring)

**Florence V. Burden Foundation** (\$500 Child Care)

**CNY Arts** (\$5000 Mentoring)

**CNY Community Foundation** (\$5000 Mentoring)

**Cortland Community Service Club** (\$3411 H&F)

**Cortland Rotary Breakfast Club** (\$1800 Child Care)

**Cortland Rotary Noon Club** (\$7500 Child Care)

**Frechette Family Foundation** (\$2500 Child Care)

**King's Daughters** (\$1500 AVV; \$2000 Child Care)

**Triad Foundation** (\$5000 Child Care)

**Zonta Club of Cortland** (\$2400 AVV; \$2000 Mentoring)

*AVV (Aid to Victims of Violence); H&F (Health & Fitness)*



## 2023 Giving Circle Members

*January 1—December 31, 2023*

**Thank you for your generous gifts, your unwavering support,  
your expert guidance, and your passion for YWCA Cortland's mission!**

*Alice Anderson	Nancy Governali	Julie Ryan
*Charles Anderson	Christine Hannon	Evelyn Sammons
*Anonymous	Laura Hathaway	Maria San Jule
Anonymous	Judy Hayes	Dorothy Sarvay
Anthony Argentine	Robyn Hayes	Kathleen Sharer
Janice Argentine	Joy Hendrick	*Elizabeth Sharp
Sandra Attleson	Bonni Hodges	*Sue Sherman-Broyles
Nancy Aumann	Sandra Holland	Ann Siegle
Catherine Baranello	*Carol Janik	Victor Siegle
Diane Batzing	David Jones	*Amy Simrell
Mary Beilby	Hubert Keen	*Harry Simrell
Roseanne Bergeron	Sally Keen	Lisa Snyder
Catherine Bertini	Laurie Klotz	Scott Snyder
Mary Ellen Bloodgood	*Nancy Kroot	Kathleen Stapleton
*Marcia Bulger	Molly Lane	Michael Stapleton
*Jean Cadwallader	Mary Leary	Connie Steger
Jeanne Cameron	Elaine Little	*John Sternfeld
Julie Campbell	*Angela Loh	*Nancy Sternfeld
Christine Cecconi	Donna Margine	Kimberly Stevens
Trudi Ciccoricco	Mary Lee Martens	Virginia Testa
*James Clark	*Sam & Mary Lou Mason	Angela Thurlow
*Joseph Compagni	Family Fund	Antoinette Tiburzi
*Katherine Compagni	Jackie May	Brian Tobin
*Susan Deer	*Merle McKown	Kelly Tobin
*Marilyn DeLorenzo	*Camilla Morgan	Judith Traxler
Peggy Dennis	*Lynn New	Carol Van Der Karr
Verda Deutscher	Judith Niederhofer	Diane Van Houten
*Steven Ealick	Brenda Nobles	Grant Van Sant
Forrest Earl	Suzette Pace	Jule Van Sant
*Sara Earl	Stella Partis	Deborah Wines
Catherine Farber	Nanette Pasquarello	Sandra Wohlleber
Jacqueline Ferguson	Beverly Patrick	Ellen Wright
Melody Fredrickson	Cheryl "Chopper" Payne	Ginny Wright
Leslee Garrison	*Paul Pitkin	Linda Zubal
Gonda Gebhardt	*Andrea Rankin	
Deborah Geibel	Sandra Ripic	

**YWCA Cortland's Giving Circle is a group of like-minded individuals who come together  
to make a larger philanthropic impact than is possible individually.**

*Giving Circle members donate \$1,000 in a calendar year. Those with an asterisk each gave \$2,000+ in 2023.*

**To join the Giving Circle, please contact Robyn Hayes at 607.753.9651 or [robyn@cortlandywca.org](mailto:robyn@cortlandywca.org).**

Thank you to our 2023 Corporate Partners & Sponsors!

We encourage you to support the businesses that support YOUR local YWCA.

## Persimmon Partners



## Platinum & Presenting Sponsors

**Coffee Mania (CTS)**

**Economy Paving (PnP)**

**EDF Renewables Homer Solar Project (GDO)**

**M&T Bank (CTS)**

**NBT Bank (PnP)**

**Visions Federal Credit Union (SAR)**

Below you will find a legend for YWCA events the business supporters listed above sponsored in 2023:

*Stand Against Racism (SAR) / Girls Day Out (GDO)*

*Pig-n-Par Golf Tournament (PnP) / Chefs Take a Stand (CTS)*

## Gold Sponsors

**Christopher Community, Inc. (CTS)**

**Cortland Harvest (CTS)**

**Grace Christian Fellowship (PnP)**

**Hearing Aid Consultants of CNY (PnP)**

**Mollie Riley Interiors (CTS)**

**Port, Kashdin & McSherry CPA's (PnP)**

**Stiles Contracting of Central NY LLC (CTS)**

**Tompkins Cortland Community College (SAR)**

## Silver Sponsors

Asempe Kitchen (CTS, GDO, SAR) / Beck Equipment (GDO, SAR) /

Cayuga Health (CTS, PnP, SAR) / Contento's (PnP)

Cortland Hearing Aids (CTS) / Crown Construction (CTS, PnP)

D & L Landscaping (PnP) / Goldwyn and Boyland Physical Therapy (PnP)

Harbor Summit Financial (PnP) / Josie's Journey (CTS, GDO)

Lily's Rose Hill Farm (CTS) / Seven Valleys Health Coalition (CTS)

Thoma Development Consultants (CTS)

## Bronze Sponsors

Bailey Place Insurance (PnP) / James J. Baranello Law Office (GDO) / Cortland Area Chamber of Commerce (PnP)

Cortland County Board of Realtors (PnP) / Cortland Health Center (GDO) / Dental Arts Group (PnP)

Dryden Mutual Insurance (CTS) / Fadden & Associates P.T., PLLC (GDO) / Family Health Network (CTS)

First National Bank of Dryden (GDO) / Josie's Journey (SAR) / Kiwanis Club of Cortland (GDO)

Leach's Custom Trash Service (CTS) / McNeil & CO. (PnP) / Meldrim's Paint Center (CTS) / NYCM Insurance (GDO)

Perfetti Law Offices (GDO) / Plan First Technologies (GDO) / Premier Property Service (CTS)

Sciarabba Walker & Co., LLP (GDO) / Tompkins Community Bank (CTS) / Wall Street on Court Street (CTS)

## Corporate Golf Teams

C&D Assembly Inc. (PnP) / Cargill (PnP) / Cross Excavation (PnP)

Holmes, King, Kallquist & Associates, Architects (PnP) / McNeil Development Company (PnP)

O'Shea Tire & Service and O'Shea Collision (PnP) / Pall Trinity Micro (PnP) / Racker (PnP)

ROM-27 (PnP) / Tompkins Community Bank (PnP) / WNDG (PnP)

**Please see the other side of this sheet to reference the legend for YWCA events the  
business supporters listed above sponsored in 2023.**