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YWCA CORTLAND ANNUAL REPORT

2022

Distributed May 2023

From the Executive Director, Kelly Tobin

It is such an honor to be writing this message to you for our first published annual report since the great pandemic. Our leadership has spent the last few years in deep reflection watching as the needs of the community drastically change right before our eyes.

The loss of the pandemic continues as the community shifts from combating the virus to now combating the aftermath of the crises in many areas of our human service sector. The need for housing continues to escalate, the need for more mental health services continues to grow faster than we can keep up, and childcare is still an industry in crisis.

At the YWCA we witness the cries for help from community members and the desperation of service providers who are seeking more support, more resources, and new ways of combating the challenges that were alive and well in our community before the pandemic but now are escalated with more urgency than ever.

The Cortland community experienced great loss: the loss of lives, the loss of businesses, and the loss of exceptional leaders who weathered the pandemic to find retirement waiting on the other side.

The YWCA leadership was not spared this loss, and we still mourn an employee who suffered from

mental health challenges, clients who took their own lives and our hearts ache for the number of teenagers who feel suicide is the answer.

The YWCA took this loss as a time to reflect, to seek a fresh and abiding awareness of our agency. Reflection changed our relationship with the stress of the pandemic as we became aware of the need to grow beyond the reactive states of the pandemic landscape. Our rich history proves our ability to be a leader in change and this new landscape brought new meaning and foundation to the culture and values at the YWCA.

Continued on report insert

YWCA IS ON A MISSION



Child Care

YWCA is the largest provider of child care 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.

345 Children Served in 2022:

147 in School-Age Care

- 14 low income daycare subsidy
- 49 single parent families

147 in Summer Care

- 9 low income daycare subsidy
- 43 single parent families

51 at Here We Grow Daycare Center

- 8 low income daycare subsidy
- 10 single parent families
- 23 Universal Pre-K (UPK) students
 - 11 graduates transitioned to Cortland City School District

AVV Cases:

- 2,345 hotline calls
- Opened 288 new cases
 - 241 domestic violence
 - 17 sexual assault/rape
 - 27 child abuse
 - 3 "other" crimes

AVV Emergency Housing:

- 38 people housed at safe dwelling
 - 30 adults
 - 8 children
- 27 people at alternative housing
 - 17 adults
 - 10 children

Grace Brown House:

- Started housing in May 2022
- All 25 units first filled by Nov 2022
- 27 women & 12 children to date
- 11 from AVV emergency housing
- 2 units have been re-rented
- All classified as homeless or at risk

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.



Grace Brown House (GBH) resident, supported by AVV staff, cutting the ribbon at the official opening of the Grace Brown House, a 25-unit permanent housing solution for women and children survivors of domestic violence.

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 May 2022, Girls Day Out took place at the YWCA. Activities designed to engage, motivate, and build confidence in girls ages 10-13 included swimming, an interactive career fair, and team building exercises.

Serve 250+ people / week

- 2 weight rooms: Co-ed and Women's Only
- 9 different exercise classes
- Children's basketball and gymnastics
- Gym parties/rentals
- Yoga, meditation, line dancing, open pickleball, pickleball workshops, and self-defense classes
- Personal training
- Nutrition education coaching
- 3 insurance program partners for eligible seniors

Aquatics

- 90-degree therapeutic pool
- 50 water exercise members
- 3 distinct adult water exercise classes
- Lap and Leisure plus open swim times
- Pool parties



Mentoring Totals:

- 178 total enrolled youth
- 76 enrolled families
- 65 youth in group mentoring
- 47 mentors
- 206 holiday gifts donated
- 150 meals provided

Mentoring Demographics:

- 107 female
- 51 male
- 140 white
- 17 two or more races
- 8 children in foster care
- 17 with an incarcerated caregiver

Mentoring Waitlist:

- 78 children waiting to be matched with a mentor
 - 44 males
 - 34 females



A mentor and his two mentees on a trip out to a local farm to pick some blueberries.

There is an urgent need for more mentors, especially for male youth. Contact Mindy Gardner, Mentoring Director, at bridges@cortlandywca.org to learn more!

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.

Girls: Empowered, Motivated, Successful (GEMS) is a support group for girls who would like to be part of the community in a fun and unique way. The girls share experiences, learn to stay healthy, do creative projects, and serve the community. They are working to make smart life choices and become confident leaders.

Boards: Directors & Trustees

Camilla Morgan (BOD) President	Mary Lee Martens (BOD)
Kristina Marty (BOD) Vice President	Mary Kate Morris (BOD)
Maryann Kryger (BOD) Recording Secretary	Suzette Pace (BOD)
Susan Cerretani (BOD) Corresponding Secretary	Bonny Renner (BOD)
Jennifer Soprano (BOD) Treasurer	Gina Sikora (BOD)
Carol Van Der Karr (BOD) Immediate Past President	Kim Stevens (BOD)
Alice Anderson (BOD)	Adrianne Traub (BOD)
Cathy Bischoff (BOD)	Susan Williams (BOD)
Phuong-Binh Duong (BOD)	Deb Wines (BOD)
Jeri DuVall (BOD)	Ginny Wright (BOD)
Kristina Furi (BOD)	Angela Loh (BOT)
Regina Grantham (BOD)	President
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Tracy Hudson (BOD)	Secretary
Mackenzie Lyman (BOD)	Mike Stapleton (BOT)
	Treasurer
	Carol Janik (BOT)
	Immediate Past President
	Mary Ellen Bloodgood (BOT)
	Merle McKown (BOT)
	John Whittleton (BOT)

Executive Staff

Kelly Tobin Executive Director	Jessica Smith AVV Program Director
Julie Ryan Finance Director	Heather Silvanic AVV Senior Case Advocate
Peg Davis Asst. Finance Director	Kyra Upah GBH Case Manager
Robyn Hayes Development Director	Jami Bistocchi Child Care Director
Amanda Caridi Marketing & Events Spec.	Taylor Jandrew School Age Supervisor
Meryl Fish Health & Fitness Dir.	Stacey Rorick Here We Grow Supervisor
Laurie Green Asst. H&F Director	Patty Condon Office Manager
Mindy Gardner Mentoring Director	Nick Loomis Property Supervisor

Connect with Us



WEBSITE
cortlandywca.org



INSTAGRAM
ywcacortlandny



FACEBOOK
cortlandywca

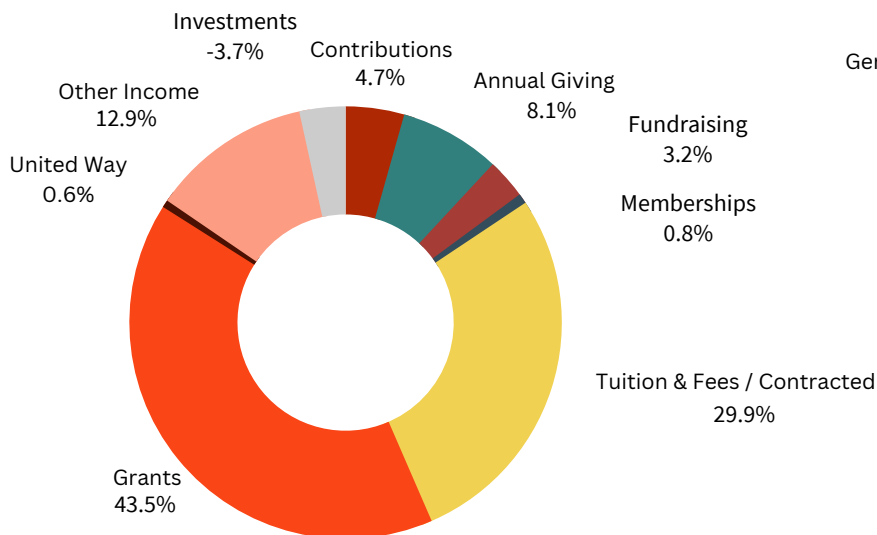


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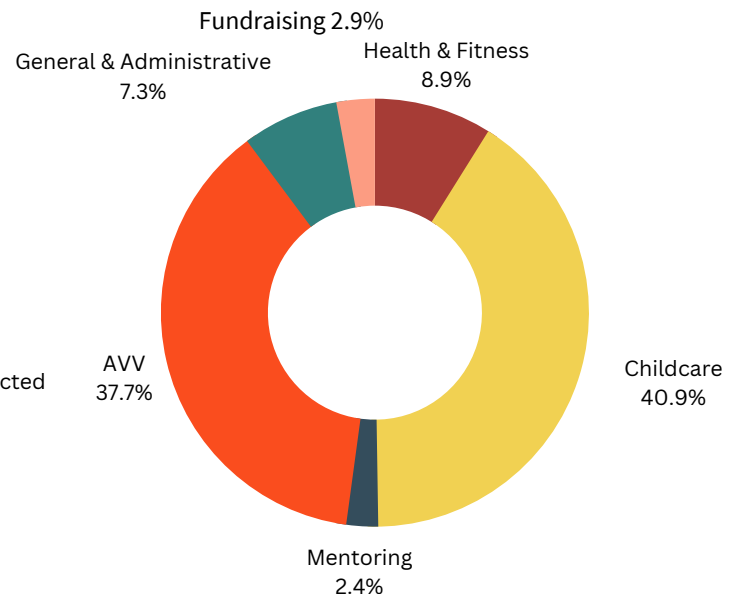
Thank you for making a difference!

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 in our community who need our services most.

Revenue by Funding Source: 2,999,928



Expenses by Department: 2,892,302



Annual Report Executive Director Message Continued

Continued from Annual Report:

In a world confused by noise, opinions, fear, and chaos, people are seeking meaning, stability, and a new style of leadership. At the YWCA, we're committed to the journey of conscious leadership; leadership that requires internal reflection, the ability to be present, and an understanding of the roles that emotions and mindset play in the leadership process. The need to see the whole person of our staff, our clients, and anyone walking through the YWCA doors. The need to shift from making decisions out of fear and pressure to making decisions out of love and consciousness.

I am most proud of this internal work that the YWCA leadership quickly adopted and continues to foster as we are now seeing the fruits of this labor in all we do.

The mental health of our devoted staff quickly became our number one priority. We added a new Employee Assistance Program to bring more support to our teams who were working so hard to weather the pandemic.

We are excited about new program opportunities to bring to our community as we all heal and adjust to the new normal, we are now living. Our Health and Fitness program held its first-ever Women's Meditation Retreat last month and plans to explore more programming to impact the mental health crisis hitting our community. They added a Social Seniors group to create a space for seniors to come to the YWCA to play games, learn and create new friendships.

The Mentoring program has expanded to serving now almost 70 girls through a group counseling curriculum being offered at Randall Elementary, Homer Elementary, and St. Mary's School.

The Aid to Victims of Violence program opened its first permanent supportive housing facility with partner Christopher Community, Inc. The Grace Brown House, with 25 units serving women and children survivors of Domestic Violence features a vast offering of support services tailored for every resident.

The Child Care program is working with the Devereaux Center for Resilient Children and implementing early childhood assessment resources, a strength-based system designed to promote the protective factors central to social and emotional health and resilience in young children.

The YWCA Cortland team expanded our participation in YWCA USA's national Stand Against Racism campaign bringing a month-long virtual learning opportunity to our community to bring them into our work to eliminate racism. In addition, the YWCA Board of Directors is currently going through a Kingian Nonviolence training program based on the teachings of Dr. Martin Luther King, Jr., that we hope to broaden at the YWCA.

The YWCA has been a leader in change for over 109 years in the Cortland Community. We are committed to this work and as you will see in this report, no work is ever done alone. We invite you to join our passion for eliminating racism and empowering women and being leaders of change the community is desperately calling for.

"Managing change is hard. Leading change is even harder". ~Brian Strobel

2022 Giving Circle Members

January 1—December 31, 2022

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

*Alice Anderson	Melody Fredrickson	Evelyn Sammons
*Charles Anderson	Leslee Garrison	Maria San Jule
*Sandra Attleson	Gonda Gebhardt	Dorothy Sarvay
Nancy Aumann	Deborah Geibel	Kathleen Sharer
Catherine Baranello	Nancy Governali	*Elizabeth Sharp
Diane Batzing	Christine Hannon	*Ruth Kay Sherman
Al Beilby	Judy Hayes	*Sue Sherman-Broyles
Mary Beilby	Robyn Hayes	Ann Siegle
Roseanne Bergeron	Joy Hendrick	Victor Siegle
*Catherine Bertini	*Ann Hinchcliff	*Amy Simrell
Joan Branca	Sarah Hinchcliff	*Harry Simrell
Michelle Brooks	*Carol Janik	Jane Snell
*Marcia Bulger	David Jones	Lisa Snyder
Jean Cadwallader	*Hubert Keen	Scott Snyder
Jeanne Cameron	*Sally Keen	Kathleen Stapleton
Julie Campbell	Laurie Klotz	Michael Stapleton
Christine Cecconi	*Nancy Kroot	*John Sternfeld
Susan Cerretani	Molly Lane	*Nancy Sternfeld
Trudi Ciccoricco	Mary Leary	Kimberly Stevens
*James Clark	*Angela Loh	Janet Stratton
Sheila Cohen	Donna Margine	Kathleen Tavarone
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*Katherine Compagni	*Merle McKown	Angela Thurlow
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*Susan Deer	David New	Kelly Tobin
*Marilyn DeLorenzo	Lynn New	*Carol Van Der Karr
Peggy Dennis	Brenda Nobles	Diane Van Houten
Verda Deutscher	Suzette Pace	Grant Van Sant
*Steven Ealick	Stella Partis	Jule Van Sant
Forrest Earl	Nanette Pasquarello	Deborah Wines
Sara Earl	Beverley Patrick	Sandra Wohlleber
Catherine Farber	Cheryl "Chopper" Payne	Ellen Wright
Jacqueline Fergerson	*Paul Pitkin	Ginny Wright
Doris Fernandez	*Andrea Rankin	Linda Zubal
Jeffrey Fredrickson	Julie Ryan	

**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 gave \$2,000+ in 2022.

To join the Giving Circle, please contact Robyn Hayes at 607.753.9651 or robyn@cortlandywca.org.

Thank you to our 2022 Corporate Partners & Sponsors!

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

Persimmon Partners



Platinum & Presenting Sponsors

CFCU Community Credit Union (GDO & CTS)

Christopher Community, Inc. (CTS)

Coffee Mania (CTS)

Economy Paving (PnP)

NBT Bank (PnP)

Visions Federal Credit Union (SAR)

Below you will find a legend for YWCA events the business supporters listed above sponsored in 2022:

Stand Against Racism (SAR) / Girls Day Out (GDO) / Pig-n-Par Golf Tournament (PnP)

Giving Circle Reception (GCR) / Chefs Take a Stand (CTS)

Thank you to our 2022 Corporate Partners & Sponsors!

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Gold Sponsors

Beck Equipment (SAR)

Hage Real Estate (GCR)

Hearing Aid Consultants of CNY (PnP)

Mollie Riley Interiors (GDO)

Port, Kashdin & McSherry CPA's (PnP)

Tompkins Cortland Community College (SAR)

Silver Sponsors

Cayuga Medical Center (SAR, PnP & CTS) / Crown Construction (CTS)

D&L Landscaping (GDO) / David Yaman Realty Services (PnP)

Family Health Network (GDO) / Harbor Summit Financial (PnP)

Bronze Sponsors

ALPLA (SAR) / Bailey Place Insurance (PnP) / Contento's (PnP) / Cortland County Board of Realtors (PnP)

Cortland Health Center (GDO) / Dryden Mutual Insurance Co. (CTS) / Edward Jones (GDO)

Fadden & Associates P.T. (GDO) / Goldwyn & Boyland Physical Therapy (PnP, GCR, CTS)

Hollenbeck's Cider Mill (CTS) / Josie's Journey (GDO & GCR) / Kiwanis Club of Cortland (CTS)

Leach's Custom Trash Service (CTS) / Main Street Farms (CTS) / Perfetti Law Offices (GDO)

Plan First Technologies (GDO) / Tallmadge Tire Service of Cortland (GDO)

Corporate Golf Teams

C&D Assembly (PnP) / Cargill (PnP) / CFCU Community Credit Union (PnP)

Cross Excavation (PnP) / Elizabeth Brewster House courtesy of Richard O'Shea (PnP)

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

ROM-27 (PnP) / Tompkins Trust Company (PnP) / WNDG (PnP)

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