

eliminating racism empowering women



eliminating racism empowering women **YVVC3**Central Massachusetts



Reflection at the Empty Place at the Table display during the Annual Daybreak Breakfast.



A crowd of all ages gathered in solidarity watch a youth performance at the Stand Against Racism.



Young Parents Program participants joining Teen Parent Lobby Day at the State House.



Early Education staff doing musical play with a group of children.



Members of the Fitchburg State University Dance Team attending the Annual Dance for Peace.

Letter from the **Executive Director** and Board President



YWCA Friends and Supporters,

As we begin our 130th year of service to the greater Worcester Community, the YWCA Board launches a vision and plan for the next five years. We spent the better part of a year and engaged stakeholders at all levels to he help us prepare this strategic plan. It is bold and focused with benchmarks and milestones along the way. We addressed stronger Governance practices and Leadership continuity at all levels. Most importantly, the threads of Racial Justice and Women's Economic Empowerment weave through all programs and guide our activities. Finally, we have restructured the organization for better alignment of staff and resources.

With all eyes focused on the future, a Theory of Change model was developed to address the disparity and inequality in health, education, income and power for women and people of color. Our strategies and outcomes are pointed at program participants and our position in community impact for the short and long term. All programs (current and future) will be measured against a Strategy Screen to guide decision making and resource allocation.

At the same time, our learning is grounded in our current successes measured by investment in evaluation and technology.

At the heart and soul of it all, are the thousands of stories of women, girls and families who have survived and even thrived through the generous support of our donors walking hand in hand with the talented staff and volunteers.

Please join with us, once again, on this journey to ensure racism is not tolerated and that women, girls and their families have access to the tools and resources, coupled with their own strengths, to shape and measure their success. Please lend your voices to ours as we seek to shape policy that addresses the disparities and inequalities which impact our communities.

Thank you.

Linda Cavaioli

Executive Director

Linda Cavacori

Linda Looft

Board President

hide C. Loopt

racial & social justice

dvocacy - As the nation's oldest and largest national multicultural women's movement, the YWCA is comprised of over 250 local associations, regional leadership and a national office in Washington D.C. - who all work together, across the nation to strengthen women's voices.

The YWCA brings first-hand knowledge of how federal policies and programs affect women, girls, and their families in communities across the country.

The YWCA Central Massachusetts carries on this long tradition of social action and advocacy to meet the twin goals of women and girls' economic empowerment and racial justice in our community.

Locally, the YWCA's Public Policy Committee is responsible for understanding and presenting national, state, and local public policy issues to the Board of Directors, its members and community stakeholders for information, review, and action.

The Racial Justice Task Force was created to serve as a venue for educating and awareness building around the issue of racial justice.

The Stand Against Racism is an annual public education event that brings together like-minded organizations that share in the YWCA's vision of eliminating racism and celebrating the richness of diversity.

The YWCA Central Massachusetts is a key partner with the City of Worcester in a series of dialogues on race, with facilitators from the Department of Justice.

21

Organizations in Worcester joined the Stand Against Racism for the first time.

300 +

People joined the Stand Against Racism rally at City Hall, a positive celebration of diversity, and call to community action.









womens economic empowerment

Empowering women to build a strong future.

mpowering Women - The YWCA Central Massachusetts seeks to improve the lives of girls and women by increasing leadership development opportunities and by highlighting and promoting the importance of leadership skills, education, and community service among women of all ages.

The YWCA's leadership development programs are designed to help participants build a strong future. The agency works to develop future generations of community volunteers and leaders who will give of their time, talent and treasure to the same community who invested in them.

The Young Parents Program (YPP) helps expecting and parenting teens gain the knowledge and skills needed to earn their high school equivilency certificate and to provide a safe nurturing environment for their children. Through case management, parenting skills education, financial literacy, career/college planning, advocacy, and referral, young parents learn to set goals that lead to long-term self-sufficiency for themselves and their families

YWCA's Transitional Housing Program (THP) offers an affordable housing option, paired with individual case management, for single women who are working or in school. This program is the YWCA's response to the urgent need for safe, quality housing for adult women faced with homelessness





10

Young women graduated from the Young Women's Leadership Program.

15

Students earned their high school equivalency certificate (HiSET).

YPP Students started educational certificate programs or college.

21

THP participants successfully completed the program and found permanent housing.



domestic violence services

A comprehensive program that provides support to survivors of domestic violence.

ictims Services - Designed to meet the needs of all individuals whose lives are affected by interpersonal violence as they journey from victim to survivor. All services are confidential and free of charge. These include two confidential emergency shelters, a crisis hotline, court advocacy, individual short-term advocacy, and support groups.

The YWCA's Outreach and Prevention Program offers violence prevention education services for youth, teens and adults. Our violence prevention services educate the community by equipping individuals with the skills to resist violence and abuse and promote healthy, non-violent interaction.

The Coordinated Community Response Network (CCRN) is a partnership with the YWCA and community agencies and advocates to assist domestic abuse victims in accessing services. High Risk Response Teams bring together the district attorneys office and police and probation departments to identify cases at risk for lethality. Intervention networks partner the YWCA with police departments in Worcester and Leominster.

189

Adults and children found safety and refuge in our confidential emergency shelters.

3,107

Adults received assistance seeking protective orders using the SAFEPLAN program.

5,716

Individuals received prevention education.

1,302

Adults received crisis intervention, criminal justice advocacy, and victim services by an advocate at the Worcester Police Department.



Debbie* entered the YWCA's confidential emergency shelter traumatized and unyielding. At first, she was distant from staff and shared very little about herself and her story.

In the first few months her anxiety spilled over into outbursts of verbal hostility with other participants and staff. As she developed a trust with staff, Debbie began to make great strides in her journey from victim to survivor.

She worked with a licensed therapist to rediscover herself, and with the legal system to clear up her court cases. With a better grasp on daily life, Debbie was able to complete housing applications and work on establishing an income. She also re-established visitation with her son and was able to renew their bond.

After some time and a lot of effort, Debbie found a job and was awarded a housing voucher. She left shelter stronger and equipped to make better choices about her future.

In a letter to staff, Debbie recently wrote: "I couldn't have done it without you. You helped me grow and become a better person and mother. I am so proud of myself for not giving up. Thank you so much you have no idea how much of a positive influence you guys have been to me."

^{*} Debbie's name was changed for confidentiality.

early education and care

Education, school-readiness, and social development opportunities in a safe and nurturing environment.

arly Education & Care - The YWCA's Child Care Centers provide a warm, nurturing, and secure environment for every child. Programs are offered for children age one month to six years, and offer ageappropriate learning in a diverse and fun setting.

The YWCA's after-school program offers a balance of academic support, arts & cultural enrichment, recreation and nutrition. School-age programs are located in two Worcester Public Schools, and offer full day programming during school holidays and vacation.

Camp Wind-in-the-Pines is a summer day camp for school-aged children located on Stiles Reservoir in Leicester. Each session is packed with themed activities, games, and projects, as well as traditional camp activities. The summer literacy program keeps children reading all summer with fun challenges and total camp participation. Scamper Camp offers an exciting and developmentally appropriate introduction to camp for children entering kindergarten.



192

Children served daily in group child care.

98 % of children meet their milestones and are kindergarten ready.



101 Participants in *Learning4Fun* Afterschool Programs.

80%

of youth in K-3 increased reading level after participating in summer literacy program.

> 147 Campers served.



health promotion services

Positive wellness services that are consistent with the YWCA's core beliefs.

Litness Center - The YWCA Health & Wellness Center is a full-service fitness center with a strength & cardio room, gymnasium, swimming pool, fitness classes, personal training, and a full aquatics program.

Health Promotion Services offers so much more than fitness. The YWCA works to benefit communities who have experienced systemic barriers to accessing health services and local, healthy food as part of our Food Justice initiative.

Programs such as the YWCA's Healthy Youth Development program have a positive impact on young people's ability to improve their self-esteem and realize their potential. A variety of activities offered weekly address the needs of youth, including fitness, aquatics, creative and educational initiatives.

Institutional partnerships provide access for underserved local populations and non-profit agency staff to provide access and opportunities to those who may otherwise not have access to a wellness program.

ENCORE plus supports breast cancer survivors by providing valuable emotional and rehabilitative physical support.





1,045
Participants accessed our fitness center.

1,056
YouthConnect participants.

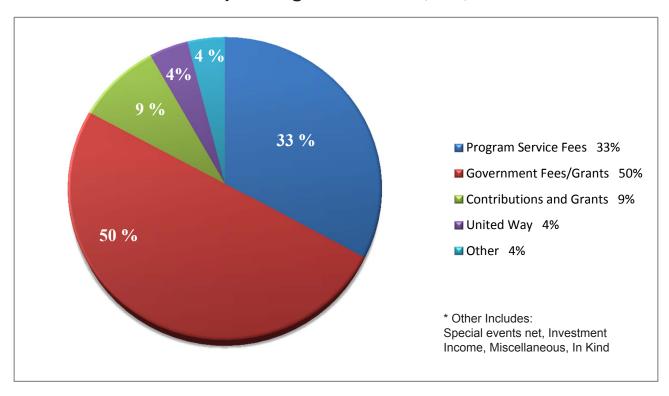
592 Swim lesson participants.

80 Families participated in weekly nutrition workshops as part of Family Fun Friday.

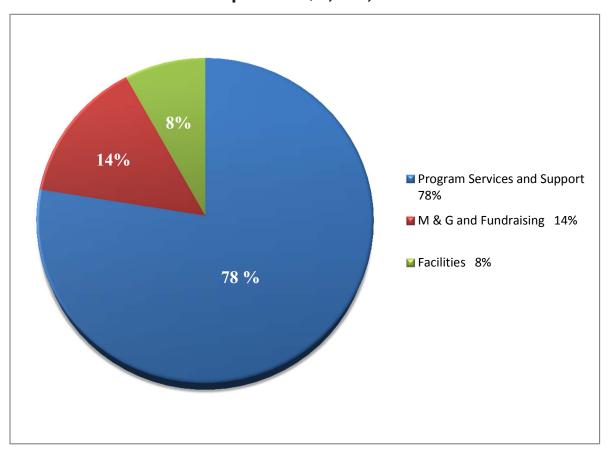
21 ENCORE plus participants.



Income sources for the year ended September 30, 2014. Total operating revenues \$5,865,954.



Expense by program for the year ended September 30, 2014. **Total expenses \$5,994,270.**



Statements of Financial Position September 30, 2014 and 2013

ASSETS		
	2014	2013
CURRENT ASSETS:		.
Cash Investments Program service fees receivable	\$ 4,647 80,307 274,033	\$ 13,704 61,140 227,446
Other accounts receivable Prepaid expenses and other	207,761 46,164	143,131 32,418
Total current assets	612,912	477,839
INVESTMENTS, net of current portion	1,731,644	1,720,796
PROPERTY AND EQUIPMENT, net	3,014,425	3,159,808
Total assets	\$5,358,981	\$ 5,358,443
LIABILITIES AND NET ASSETS		
EIABIETTES AND RET AGGETS		
CURRENT LIABILITIES:		
Accounts payable and accrued expenses	\$ 290,895	\$ 315,235
Current portion of long-term debt Refundable advances	26,873 40,775	25,774 37,693
Total current liabilities	358,543	378,702
Note payable bank	385,674	252,483
Long-term debt, net of current portion	585,997	612,922
Total liabilities	1,330,214	1,244,107
NET ASSETS: Unrestricted:		
Operating	(347,280)	(396,572)
Designated by the Board of Directors Property, plant and equipment	1,101,003 2,401,555	1,086,870 2,521,112
Appreciation of Board designated investments	91,529	107,484
Total unrestricted	3,246,807	3,318,894
Temporarily restricted : Purpose	142,690	187,604
Appreciation of permanently restricted endowment	160,897	129,465
Total temporarily restricted	303,587	317,069
Permanently restricted : Endowment	478,373	478,373
Total net assets	4,028,767	4,114,336
Total liabilities and net assets	\$ 5,358,981	\$ 5,358,443

Statements of Activities and Changes in Net Assets for years ended September 30, 2014 and 2013

OPERATING REVENUES AND PUBLIC SU	OPERATING REVENUES AND PUBLIC SUPPORT			
		2014		2013
Program Service Fees				
Government contracts	\$	2,933,638	\$	2,801,703
Individuals and other		1,939,264		1,958,022
Grants and contributions		524,486		509,502
United Way		243,500		213,750
Special events, net of expenses of \$31,567 and \$36,585 for the years				
ended September 30, 2014 and 2013, respectively		39,226		35,094
Investment income appropriated for operations		95,239		71,159
Miscellaneous income		34,283		45,387
Membership dues		30,055		29,570
Donated materials and services		26,263		12,384
Total operating revenues and public support		5,865,954		5,676,571
EXPENSES				
Program Services Health Promotion Services		471,133		482,473
Child Care		2,131,847		2,171,082
Transitional Housing		125,537		123,820
Women's Economic Empowerment		243,848		212,359
Domestic Violence Services:		240,040		212,000
Daybreak		795,518		789,735
BWR		705,275		762,550
Total program services		4,473,158		4,542,019
Support Services				
Management and General		744,847		628,375
Program Support		170,715		180,981
Facilities		483,285		473,046
Development		122,265		107,492
Total support services		1,521,112		1,389,894
Total expenses		5,994,270		5,931,913
Changes in net assets from operations		(128,316)		(255,342)
NON-OPERATING ACTIVITIES				
Realized gains on sale of investments		107,692		78,130
Investment income, net of fees of \$22,576 and \$16,223 for the years				
ended September 30, 2014 and 2013, respectively		29,105		45,269
Loss on disposal of property and equipment		(1,317)		(1,676)
Investment income appropriated for operations		(95,239)		(71,159)
Unrealized gains on investments		2,506		16,711
Total non-operating activities		42,747		67,275
Changes in net assets		(85,569)		(188,067)
Net assets, beginning of year		4,114,336		4,302,403
Net assets, end of year	\$	4,028,767	\$	4,114,336

DONORS

The YWCA Central Massachusetts is grateful to the many individuals, businesses, foundations and organizations that made cash gifts or pledge payments between October 1, 2013 and September 30, 2014. The following list recognizes those that have provided unrestricted operational and program support as well as restricted and capital gifts.

Salem Society

Membership in the Salem Society recognizes donors who make a commitment to support the YWCA Central Massachusetts with an annual leadership gift of \$1,250 or more. Members provide the unrestricted funding necessary to advance the agency's mission by enabling the YWCA to recruit and retain talented and dedicated staff, maintain and improve the physical plant, enhance existing services, and develop new programs to meet emerging needs among women, children and families.

Salem Society Members:

Margarete Arndt Linda Cavaioli and John Medbury Lori Dawson Linda Doherty Mary Fletcher Liisa Holm Robyn Kennedy Linda Looft Valerie Loring Susan Mailman Linda Maykel

Renee Mikitarian-Bradley Nancy Moscato Charlene Nemeth Judith Ockene Phyllis Pollack George Rand Shelley Rodman Nancy Sala Lorna Stearns Ann Tripp Susan Woodbury

\$50,000+

United Way of Central Massachusetts United Way of Central Massachusetts -Women's Initiative

\$25,000 - \$49,999

Fred Harris Daniels Foundation Greater Worcester Community Foundation Massachusetts Bar Foundation Corinne C. Turner Foundation United Way of North Central Massachusetts

\$10,000 - \$24,999

Allstate Foundation Coghlin Electrical Contractors/Coghlin Network Services Fletcher Foundation Ruth and Peter Metz Family Foundation Stoddard Charitable Trust

\$5,000 - \$9,999

Bank of America Charitable Foundation Berkshire Bank Foundation Linda Cavaioli and John Medbury Fallon Community Health Plan Hoche-Scofield Foundation People's United Community Foundation Rite Aid Foundation TD Charitable Foundation TJX Foundation UniBank for Savings Wyman-Gordon Foundation

\$1,000-\$4,999

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Worcester

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\$500 - \$999

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\$250 - \$499

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In Memory of Jean **Perkins**

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United Way Partners United Way of Central Massachusetts

United Way of North Central Massachusetts

Government

Child Care Resources City of Leominster City of Worcester Mass Department of Children and Families Mass Department of Early Education and Care Mass Department of Elementary and Secondary Education Mass Department of Housing and Community Development Mass Department of Public Health Mass Department of Transitional Assistance Mass Office of Victim Assistance

Girls CHOICE Program

Fred Harris Daniels Foundation Greater Worcester **Community Foundation** Metzger Family Fund United Way of Central Massachusetts-Women's Initiative

In-Kind (\$1,000+)

Shrewsbury Nursing & Rehabilitation Center Worcester Telegram & Gazette

Thank you to all those individuals who attended and supported, and the dozens of local businesses which donated their services and/ or gift items to the YWCA's special events - BWR Dance for Peace Dance-a-Thon, Daybreak Breakfast, and Tribute to Women.

Special Event Sponsors

Dance for Peace

Clinton Savings Bank Fidelity Bank Harvard Pilgrim Health Care Leominster Credit Union Nypro Foundation Workers' Credit Union

Daybreak Breakfast Fidelity Bank

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Bowditch & Dewey, LLP Reliant Medical Group Worcester Telegram & Gazette

Tribute to Women-Katharine F. Erskine Awards Luncheon

Bay Path University Hanover Insurance **Group Foundation** National Grid United Way of Central Massachusetts – Women's Initiative

The YWCA Central

Massachusetts would like to thank the many volunteers who spend time in our programs throughout the year, and those who join us to help with special projects. Your efforts are appreciated by our staff and program participants.

THANK YOU!

Staff make every attempt to ensure that the information included in this list is accurate and complete. If there are omissions, misspellings or other errors, please report them to the Marketing/Resource Development Office at 508-767-2505, extension 3009 and please accept our apologies.

Tiejun Zhang

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eliminating racism empowering women

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get involved. stay connected. www.ywcacentralmass.org









