IT TAKES COURAGE
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LETTER FROM THE EXECUTIVE DIRECTOR

Dear Friends,

Thank you for being on a mission with YWCA-GCR in 2018! It was by far one of the most overwhelmingly joyful and impactful year, because of your support and contribution! As we celebrated the building’s centennial throughout the year during Troy Night Out, we also had the honor to be named the Capital Region Chamber’s Women Business Council Adopted Nonprofit; CAP COM Big Spring Raffle Benefactor; Key Bank Key 4 Women Charity of Choice and a plethora of unforgettable opportunities and moments. We continued our work of changing women and families lives every single day! Our small, yet mighty devoted and compassionate team, cannot do what we do without your support! Thank you!

With your support, we’re able to create life changing opportunities, services and programs for those we serve. With over 135 years of serving women and families, being a beacon of hope; we’re committed to strengthening our services and programs to elevate the lives we touch.

We have come a long way, and yet, still far to go. With community minded people like you, I have faith that our vision and mission will come to fruition. Please take a moment to learn about our impacts and outcomes in 2018 and imagine what more we can do with you as our friend!

YWCA-GCR is a nonprofit business that does not profit. It is those we serve and our community that profit. It’s difficult to imagine what our community would look like without our presence— that’s why need you! Join us as we continue to Eliminate Racism & Empower Women! We cannot do what we do without you!

Thank you from my entire heart for your support, for being a friend and your contribution! Let’s change lives and our community together, for a better tomorrow.

With Gratitude,
Daquetta Jones,
Executive Director

May 8, 2018 Building Centennial Celebration Press Conference & Ribbon Cutting

May 8, 2018 Building Centennial Celebration Press Conference & Ribbon Cutting
Dear Friends,

Thank you so much for being part of our YWCA-GCR this year. The building centennial has given us a wonderful opportunity to reflect on past successes and to appreciate the longevity of our organization. For over 135 years, YWCA-GCR has served women and families in the City of Troy and Greater Capital Region areas.

I am filled with gratitude for the long line of supporters who have come before us, and I’m taking this opportunity to rededicate myself to our common mission. Please join me!

The enclosed report will give you a sense of the important tasks accomplished this year, as well as a roadmap for the challenges we'll climb together in the coming months. With your help, YWCA-GCR will continue to thrive in its next 100 years.

Yours in Eliminating Racism and Empowering Women,
Bridget McGivern,
Board President
YWCA-GCR IS ON A MISSION

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Front Desk Receptionist
SUPPORTIVE HOUSING PROGRAMS

WOMEN IN TRANSITION (WIT) is a 14-unit supportive transitional housing program for both homeless single women (5) and families (9). WIT is a structured program that assists with multiple barriers to permanent housing, such as lack of employment, education, life skills, mental illness, prior incarceration, substance abuse, and domestic violence. Women and families can reside for up to 2 years. During 2018, 33 women and 23 children resided in the WIT Program. The average length of stay was 7 months.

FAMILY APARTMENT PROGRAM provides 4 on-site 1-bedroom apartments for previously homeless women with a small child. The women who enter this program have a disability and are referred from YWCA-GCR’s Women in Transition program and Rensselaer County Continuum of Care Coordinated Entry Taskforce. YWCA-GCR pays a portion of the families' rent, as the family cannot pay more than 30% of their monthly income. During 2018, 5 women and 6 children resided in YWCA-GCR Family Apartment Program. The average length of stay was 2 years.

SINGLE ROOM OCCUPANCY (SRO) Our on-site 76-unit permanent supportive housing program is safe, affordable and the most effective method to address homelessness as well as meet the diverse needs of our residents. Communal living provides shared bathrooms, kitchens, laundry, and a lounge. YWCA-GCR Housing Coordinators and support staff are available to all residents around the clock for assistance at various levels. During 2018, 103 women resided in YWCA-GCR SRO Program. The average length of stay was 4 years.

APARTMENT PROGRAM provides 10 scattered-site apartments across Rensselaer county for homeless women with a disability and their children. Many of these women face multiple barriers to maintaining permanent and stable housing. YWCA-GCR pays a portion of the families' rent, as the family cannot pay more than 30% of their monthly income. The Housing Coordinator also provides case management services and mediation between the tenant and landlord, as needed. During 2018, 11 women and 29 children resided in YWCA-GCR Apartment Program. The average length of stay was 9.5 years.
DEMOGRAPHICS FOR ALL 4 HOUSING PROGRAMS

HIGHEST LEVEL OF EDUCATION
All 4 housing programs:

- Completed GED: 18%
- Graduated high school: 28%
- Did not complete high school: 35%
- Did not complete junior high: 2%
- Secondary school: 13%
- No schooling completed: 4%

CONDITION:
- 2 or More Conditions: 63%
- Developmental Disability: 11%
- Physical Disability: 20%
- Mental Health Diagnosis: 61%
- Mentally Ill & Chemically Addicted: 26%
- Domestic Violence: 55%
- Substance Abuse: 32%

RACE:
- Asian: 2%
- African American: 42%
- White: 49%
- Hispanic: 9%
- Native American: 2%
- Multi-racial: 6%

2018 Annual Report
FOOD PANTRY provides a three-day (nine meals) food package for both YWCA-GCR and Greater Capital Region residents. The food pantry is open Mondays (2:00 - 4:00 p.m.) and Tuesdays - Thursdays (1:00 - 4:00 p.m.). During 2018, 21,645 food packages were provided.

WEEKLY COMMUNITY MEAL is a free community meal open to members of the Greater Capital Region every Thursday from 6-7 p.m. Community members, staff, and volunteers, such as college students and local businesses, participate in meal preparation, serving, and clean-up. Meals may also be prepared by residents with staff assistance.

We often host speakers, health insurance companies, and outreach coordinators from outside agencies on topics focused on education, wellness, health insurance, preventive services, and more. A total of 3,079 meals were served during 2018.

SALLY CATLIN RESOURCE CENTER (SCRC) is open during regular business hours and some evenings, to our residents as well as members of the community, including men. There are four computers with internet access that may be utilized for goal-oriented and/or personal, such as job and apartment searching to sending e-mails and checking Facebook as a means of staying in contact with family and friends. There is a lounge area where residents may visit with family, friends, meet with providers or attend hosted events, like Healing Energy Services provided by Mary Kay McGraw, and more. A variety of local resources are displayed on the bulletin board. Volunteer to “host” the SCRC to assist users with questions, signing in and out and keeping the area clean and quiet. The SCRC was utilized approximately 3,945 times during 2018.
A Special Thank You to 2018 Resourceful Woman of the Year, Nathaalie Carey and her phenomenal Circle of Supportive Women that held a Vision Board Gathering for YWCA of the Greater Capital Region women on Nov 8! It was a lovely, uplifting and EMPOWERING evening. Check out some of the pictures!
SOLUTIONS TO END HOMELESSNESS PROGRAM (STEHP) is a homeless prevention program that provides case management and financial assistance to community members who are facing eviction. Participants learn: new budgeting strategies, employment enhancement skills, resume/cover letter writing, and home organization techniques.

STEHP encourages community resource connections regarding: subsidized housing, appropriate benefits and entitlement procurement, medical care, mental health services, substance abuse treatment, and health insurance. In 2018, YWCA-GCR prevented 52 households and 87 children from becoming homeless.

JAMISON-ROUNDS READY FOR WORK TECHNOLOGY CENTER provides nine computers with internet access for Jamison-Rounds Ready for Work classes. They are available by appointment to residents and community members enrolled in online college courses, to conduct research, perform job searches, and practice computer skills. In addition, our Jamison-Rounds Ready for School Program provides educational support and resources available for a full range of educational needs, including advocacy and assistance with student loan default. In 2018, 58 women utilized the Jamison-Rounds Technology Center approximately 1,160 times.

JAMISON-ROUNDS READY FOR WORK PROGRAM 12-week “Job Readiness” Program that provides women with job readiness training in the form of skill building workshops including on-site work experience at YWCA-GCR: Front Desk, Food Pantry and the Sally Catlin Resource Center as well as local businesses. In each session participants complete 20 weekly training hours. Participants also engaged in workshops and training provided by YWCA-GCR staff and partners. Participants receive one-on-one case management sessions and engage in group discussions and activities.

The JR-RFW Program collaborated with more than 35 providers and supporters in 2018. Some of the partners are Literacy Volunteers of Rensselaer County, Cornell Cooperative Extension, CapCom Federal Credit Union, Peak Partners Team, Alliance for Positive Health, Upper Hudson Planned Parenthood and Questar—just to name a few.

In 2018, 6 women graduated from the Jamison-Rounds Ready for Work program. Of the 6 graduates, 83% went on to find gainful employment and/or enrolled in TASC (formerly known as GED) preparation classes. In 2018, only 2 sessions were held in order to evaluate the program. Stay tuned for program enhancements in 2019!
JAMISON-ROUNDS READY FOR SCHOOL PROGRAM encourages educational growth while providing support, resources, and skills women and men need to further their education, overcoming barriers, and assist them in reaching their educational and life goals. The JR-RFS program is designed to give women and men the opportunity to further their education by putting them on the road to a successful career and life. In 2018, 22 women were served by the program and 5 women entered TASC prep classes. Two women were able to remain in college due to assistance with student loan debt resolution.
YWCA-GCR, in collaboration with The Arts Center of the Capital Region held its 4th Annual BraVa! Fundraiser, emceed by Tamani Wooley, Anchor/Reporter, Spectrum News, on Friday, November 2, 2018 at 5 – 7:30pm at the Arts Center of the Capital Region. Over 500 bras were collected.

D. Colin, Poet. Visual artist. Performer. Educator. was the inaugural featured artist!

BraVa! was created by author, editor and teacher Marion Roach Smith, who taught memoir writing at The Arts Center and Malissa Pilette-McClendon, former staff member at YWCA-GCR. “When we were discussing holiday needs for the residents, Malissa told me that bras are always in desperately short supply,” Roach Smith said.

“This struck a powerful chord with me and we decided right there to do something about it. Once a year we gather to tell stories about the roles of bras in our lives.

The results of that night are the collected bras that allow women, girls and non-binary people in need to go out in public with dignity. Consider that! Would you leave the house without a bra and go register your children from school or yourself to vote? Would you go pick up your medications or do the grocery shopping? Of course not. Give a bra and give someone the freedom to go back into her life.”
2018 Brava! line up of talented writers included:

**Jill Bryce,** “Image of Support”  
**Denise DiNoto,** “Playtex 8267”  
**Carol Durant,** “My Foundation”  
**Pamela Hodges,** “Kilometer 41”  
**Opal Ingram,** “The Bra”  
**Tina Lincer,** “Sis-Boom-Bra”  
**Christine McCue,** “The Biggest Gamble a Woman Can Take”  
**Daniel New,** Back in the Day”  
**Grace Pell,** Confessions from Corsetry”  
**Nareen Rivas,** “My Grandmother at 50”  
**Mary Scanlan,** “Just Like All the Other Girls”  
**Jamere Shelby,** “I Am Your Bra”  
**Leslie Sittner,** “They-Them-Mine”  
**Alyssa Talanker,** “To Strap or Not to Strap”  
**Debra Townsend,** “My Place”  
**Sara Weeks,** “b...b...bra”

Thank you for your support and contribution. We cannot fulfill this need without you!
More than 400 people attended the 19th Annual Resourceful Women’s Awards Luncheon (RWAL) presented by Groff Networks and Troy Web Consulting on Monday, November 19, 2018 at the Albany Marriott.

This year’s RWA Luncheon raised nearly $80,000 to benefit YWCA of the Greater Capital Region’s economic empowerment, homelessness prevention, food security services and programs, including safe and affordable housing to 104 women and over 50 children every day.

Benita Zahn, DPS, NewsChannel13 and Dan Bazile, Spectrum News served as emcees for the event honoring Nathaalie Carey as Resourceful Woman of the Year, Sandra Winnie as the Woman of Inspiration, and SEFCU as the Community Partner recipient, along with thirteen Resourceful Women and a Young Girl On A Mission. Nathaalie Carey, Deputy Commissioner for Administration and Chief Financial Officer of New York State Department of Labor, is an experienced executive at local and state levels of government with a strong background in finance, operations and technology. Nathaalie is a champion of women and girls and it’s an honor to recognize her as the 2018 Resourceful Woman of the Year.

During Mrs. Carey’s speech, she shared with us her blessings, such as her husband, children, family, friends, network, and reminded us to count our blessings, go beyond our blessings and give to YWCA of the Greater Capital Region to make a difference. “Use your blessings to give to others, show your empathy for that which may not be directly affecting you...Give what you can spare and what you have, if it’s not money, give your time; if not time, give your knowledge, because there isn’t a shortage of need” said Nathaalie Carey.
“We could not have accomplished our ambitious fundraising goal without the support of our sponsors, honorary committee members, attendees, raffle donors and devoted Special Events Committee members, and YWCA-GCR staff,” said Daquetta Jones, Executive Director. “I am overwhelmed with gratitude and moved by every single person's contribution and presence. We cannot make the differences in the Greater Capital Region without the compassionate community minded people who helped us nearly reach our goal of $85,000, especially during such a special year as we celebrate our building’s centennial.”

Anne Saile, Interim Director, The Hyde Collection, Founder & CEO, The Sail Group, 2017 Resourceful Woman of the Year, and 2018 RWAL Honorary Committee Chair, led a remarkable financial support ask! Anne's vision was to have everyone standing at the end of the ask. Nearly 100% of our attendees stood demonstrating their support at different levels ranging from $5,000, $2,500, $500, $100 to anything that they could give! Their financial support helped us raise $39,900 at the event along! We are grateful for every single person that supported this empowering event and the good hard work of YWCA-GCR! Thank you for making a difference!
A special Thank You To everyone who helped to make RWAL so special:

**Dan Bazile**, Spectrum News  
**Benita Zahn**, DPS, NewsChannel 13  
**Tarasha Darden-McKoy**, Principle Owner, Tarasha Original Events  
**Working Pictures**  
**Marcy Stryker**  
**Albany Marriott**  
**Honorable Neil Breslin**  
**Honorable John McDonald**  
**Honorable Kathleen Marchione**  
**Salt Den Himalayan Therapeutic Wellness Center**  
**iCRYO**  
**Melissa Clark**, Author, *The She Shift*  
**Lianne DeMieri**, L.Ac, LMT, Center  
**Stillness Acupuncture and Massage Therapy, PLLC**  
**Madeline Kennedy**, Kennedy Coaching  
**The Kettlebell Fitness Center**  
**Erica Fox Photography**  
**Palace Performing Arts Center**  
**SPAC**  
**Times Union Center**  
**Proctors**  
**Annette Nanes**, New World Bistro Bar  
**Dale Davidson**, Umana Restaurant & Wine Bar  
**Janet Tanquay**, Hammock Way of Life, LLC  
**Amy Koren-Roth**, Taste of Troy Food Tours  
**Karen Reb Rudel**, Sight Seeker’s Delight in Paris, France  
**Susan Ungerman & Michelle Sanders**, Seven Blessings Jewelry  
**Bridget Lee Patrick**, Elhosn Eye & Aesthetics  
**Jeanette Lanza**, Black Sheep Antique Center  
**Erin Harkes**  
**Margot Berch Singer**  
**Kema’s K reations**  

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**Lisa Proskin**, India Hicks  
**Caryn Halle**, Beauty Counter  
**Jessica Lubin**, Good Karma Studio  
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**Julie Adler**  
**Susan Axelrod**, Confidence Life Coaching  
**Kat Koppett**, The Mopco Improv Theatre  
**Marla Eglowstein**  
**Lisa Elovich**  
**KB Goodkin**  
**Pilar Arthur-Snead**, PH Gallery + Studio  
**Susan M. Dunckel**, Sweet Sue’s Copper Pot

**Special Events Committee:**

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**Marcia White**  
**Carmen Duncan**  
**Susan Ungerman**  
**Susan Fogarty**  
**Beth Sullivan**  
**Lisa Lagon**  
**Bridget McGivern**  
**Staci O’Neill**  
**Dina Fortune**  
**Benita Lewis**  
**Julie Bush**  
**Corey Jamison**  
**Laurie Ballard**  
**Starletta Smith**  
**Brooklyn Esposito**
ELIMINATING RACISM
On Saturday, August 4, 2018 YWCA of the Greater Capital Region & YWCA NorthEastern NY held it’s inaugural Stand Against Racism Symposium at UAlbany. Stand Against Racism is a signature campaign of YWCA USA held at over 200 sites annually to build community among those who work for racial justice and to raise awareness about the negative impact of institutional and structural racism in our communities. This campaign is one part of our larger national strategy to fulfill our mission of eliminating racism. The campaign was founded by YWCA's Trenton and Princeton in 2007 and adopted by YWCA USA in 2015.

This event featured a keynote address by the Honorable Dr. Dorcey Applyrs, opening remarks by Alfredo Medina Jr., movie screening, panel discussions and several breakout sessions. Breakouts Sessions included: “How to run for Office”, “Working with Communities of Color: Engagement Opportunities and Challenges”, as well as “Racial Justice 101”. The breakout sessions equipped the attendees with tools to connect with like-minded individuals and eliminate racism in their areas of influence.

The SAR Symposium was an engaging and informative experience attended by more than 100 people. A very special thank you to all who helped to make this wonderful event possible.

Honorable D. Dorcey Applyrs, Invision Her
Johnathan Jones, Commissioner, Albany Dept. of Recreation, Youth & Workforce Services
Peter Gannon, United Way of the Greater Capital Region
TJ Kennedy, Troy City Council
Winell J. Soures, Albany County Department of Health
Tabetha Wilson, Albany School Board
Kathy Manley, Esq., Attorney
Dr. Aliya Saeed, M.D
Alfredo Medina, Jr, Executive Director, Office of Public Engagement, University at Albany
Elaine Salisbury, Author & Adjunct Professor, University at Albany
Darren Mack, Just Leadership USA
Jamaica Miles, Citizen Action of New York
Cheryl Lasher, Refugee and Immigrant Support Services of Emmaus Inc.
Christian Sundquist, Albany Law School
Don Boyajian, Esq. Attorney
Honorable Owusu Anane, City of Albany Common Council
Stephanie Schechter, Volunteer and Advocate
Frankie Bailey, Writer, Professor, University at Albany
Carolyn McLaughlin, Retiree, Former President of Albany Common Council
Ariela Perez-Wallach, MSW, Black Lives Matter Upstate NY
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YWCA IS ON A MISSION
EMPOWERING WOMEN
This year marks the Centennial Celebration of the building housing YWCA of the Greater Capital Region (May 8, 1918 to May 8, 2018). Our beautiful building was built for us and dedicated to us for $1 in 1918!

This is the perfect time to reflect on the legacy of our building and the programs and services housed here that have changed the lives of countless women on their journey to improving themselves and providing a better life for their children.

For the past 100 years this building has been the start of positive change for thousands of local women and children. Programs and services offered in this building by YWCA-GCR are designed to help women prepare for school and employment through economic advancement programs. It provides affordable, safe and supportive transitional and permanent housing, food security services, homelessness prevention, and advocates for gender and racial equity. With your support, we will be able to continue to be a catalyst for positive change in the community.

Thank you to everyone who helped support YWCA-GCR this far! Nearly $50k was raised in 2018 to reinvest into our building. Here’s to the next 100 years of eliminating racism and empowering women! We cannot express our gratitude enough to those that made a contribution, participated in TNO events, and stood with us on May 8, 2018.
YWCA-GCR IS ON A MISSION

CREATIVE CROSSWALK FOR THE CENTENNIAL CELEBRATION OF YWCA-GCR BUILDING

YWCA of the Greater Capital Region installed a creative crosswalk in honor of the building’s centennial celebration! Thank you, Barbara Lynne Nelson, Rita Terese, Ellen Randolph, Samantha Adkisson, Jenifer Whiston, Phyllis Schwab Conroy, Deputy Mayor Monica Kurzejeski, Syd and all the volunteers that helped with the first phase of the installation. Thank you to our friends at Working Pictures for filming a portion of the installation!
2018 YWCA-GCR DONORS

Aaron Thiell And Sara Salifan Thiell  
Abagail Aotte  
Aileen Murphy Jesmain  
Aimee McNulty  
Alana McNulty  
Alane Hohenberg  
Albany Barn Event  
Alexandra Luzak  
Alexandra Smith  
Alica Caton  
Alison Reese  
Alissa Prout And Brenda Keil  
Alissa Quinn  
Aliya Saeed  
Amazon Smiles  
American Cancer Society  
Amy Hoag  
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Anne Leiber  
Anne Saile  
Annette Nanes  
Annette Trapini  
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Barbara Stein  
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Christopher Greagan  
Cindy Applebaum  
Claudia Cahill  
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Commercial Investigations, LLC  
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Crystal Dea Moore  
Curt And April Ulrich  
Cynthia Pettit  
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Darlene Hoffman  
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Darlene Shattuck  
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Debra Townsend  
DeFacto Global  
Deidre Greco  
Denise Czerpak  
Denise Horan  
Diane Cameron Pascone  
Diane Delmonico  
Diane Foster  
Diane Ward  
Dianne O’Neill  
Dion Warr  

Dominique Luke  
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Dona Winnowski  
Dorothy Urschel  
Douglas Arthur  
Dougside Syndicate  
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Dwight Plumbing & Heating Inc  
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Earl And Marna Redding  
Ebony Brown  
Ed Skeals  
Edward O’Neill  
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Eleanor & Charlotte Baecker  
Elijah Scott  
Elise Puzio  
Elissa Robinson Prout  
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Elizabeth Hunter  
Elizabeth Hutson  
Elizabeth Muthersbaugh  
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Emma Willard  
Erica Warner  
Erika And Lauren Groff  
Erin Harkes  
Estate Of Adele M Smith  
Faith Lutheran Church  
Find Your Dreams,Inc. D/b/a We Bld.  
Pages  
Frances Mueller  
Francine Dempsey  
Fredda Peritz  
Freddy Rivas  
Frederick Miller  
Friends Of Patricia Fahy  
Friends Of Senator Breslin  
Gail Debose  
Gary Cannon  
Gavin Hogan  
GCAR Community Outreach  
Georgia Kelly  
Grace Ashe  
Greg Foster  
Gwen Krause  
Heather Copp  
Helen Yuzynko  
Hilary Lamishaw
## FINANCIALS

### REVENUE

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
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### EXPENSES

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</thead>
<tbody>
<tr>
<td>Program Services</td>
<td>$1,403,201</td>
</tr>
<tr>
<td>Management &amp; General</td>
<td>$139,313</td>
</tr>
<tr>
<td>Fund Raising</td>
<td>$42,445</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$1,584,959</strong></td>
</tr>
</tbody>
</table>

### TOTAL

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase (decrease) in net assets</td>
<td><strong>$(171,141)</strong></td>
</tr>
<tr>
<td>Net assets at beginning of year</td>
<td><strong>$4,237,085</strong></td>
</tr>
<tr>
<td>Net assets at end of year</td>
<td><strong>$4,065,944</strong></td>
</tr>
</tbody>
</table>

*This report is based on non-audited information

** Expenses include $169,026 for Depreciation which is a non-monetary expense and gets added back into total assets at the end of the year.
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