YWCA
Clinton, Iowa

A guiding light,
a safe harbor,
a beacon of hope,
and a solid foundation
for our community

YWCA IS ON A MISSION
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A message of gratitude to our staff, board members, members, parents, volunteers, and supporters of our YWCA as we celebrate Martin Luther King Day, Women of Achievement, Diversity Book Club, Stand Against Racism, our first Splash for Cash Duck event, a Week Without Violence, and all the other wonderful events from this past year that support, or form part of, our mission-based programs at YWCA Clinton.

The YWCA and the Clinton Community have been a great partnership over the last 104 years. Thank you for allowing us to continue to give hope to families and individuals in the community who may be homeless or at risk of homelessness because of an unexpected financial hardship, job loss, or domestic violence. Thank you to the parents in the community for trusting us to care for your young children and students through YWCA Clinton childcare and youth activities. Thank you to our Fitness Members for helping support our mission with your paid membership. There are many great things coming to our fitness area in 2020. Thank you for being patient with us as we revamp our class offerings and upgrade our equipment.

Our mission strives to create community focused programs to make a difference in the lives of women, children, and families in our community. We continue to offer informed and ever-evolving services to meet the ongoing changing needs of our community. Our YWCA vows to be the voice for those who cannot speak; an advocate for a change on behalf of racial justice, women’s social, economic and self-empowerment, as well as youth development. We continue to be a strong women’s organization while maintaining strong partnerships, and yet recognize the need and desire to develop further key relationships with stakeholders to retain and sustain long-term financial sustainability. Because of you, the YWCA remains committed to undertaking any and all tasks ahead.

Speaking of tasks, this year certainly has been a year of knowing the difference between taking control of the process rather than living in reaction mode. Board, staff, and community engaged in two critical tasks of communication and planning. When you lack those two fundamentals, and sprinkle in reduced funding, that can be the reason any organization would struggle. We are proud of our board, staff, and our community for coming together as we all made the extra time for strategic planning as well as communication strategies. We are moving in the right direction; we’ve taken some bold steps and put them into action!

Speaking of action, women serving on the YWCA Board of Directors have been an integral part of YWCA Clinton serving in all capacities. The YWCA USA bylaws mandated a women-only board, a requirement simply created to safeguard women the opportunity to serve in this type of executive capacity to eliminate the threat of gender discrimination. The Board of Directors has been actively pursuing a gender-neutral board membership since 2013. YWCA Clinton petitioned for an exception to this requirement and received approval for the change earlier this year. We happily welcomed Dave Sivright and Jesse Lawson as the first men to join our board, and we look forward to working alongside one another to eliminate racism, empower women, and promote peace, justice, freedom and dignity for all.

As your Co-Chairs, we are very proud of the staff, board members, volunteers, and community supporters. We look forward to leaping into next year and beyond with enthusiasm and commitment. Your continued support of the YWCA will ensure that we remain a one-of-a-kind resource in this community. We recognize that doing that is not possible without you.

Sincerely,

Missey Sullivan-Pope & Emily Schulz-Stiles
Co-Presidents, YWCA Clinton Board of Directors
**Empowerment Center**

YWCA Empowerment Center received a $9500 grant for our She Rises program from the Iowa Women’s Foundation.

**Children's Center**

Thanks to donors, the Lyons campus was able to complete their infant playground by installing ground surfacing.

**Fitness**

Successfully raised 100K to make important updates to the pool and keep it running.

**Aquatics**

New Desert Aire coil, which reduces the humidity in the pool area, was purchased thanks to funds raised by Splash Sponsors.

**Youth Department**

The Youth Department launched its After School Program onsite at Jefferson, and Eagle Heights Elementary Schools.

**YWCA Clinton**

benefited from 133 Volunteers who donated over 1670 hours of service
46th Annual
Women of Achievement &
Unsung Heroes

Religious Woman of Achievement
Bristi Frahm

Business Leader
Information, Referral & Assistance Services
Regan Michaelsen, Brenda Bousman, & Cindy Warner

County Woman of Achievement
Judy Holesinger

Civic/Community Woman of Achievement
Jennifer Green

Young Woman of Achievement:
Olivia Gossard
Prince of Peace

YWCA Honoree/Unsung Hero
Sarah Brubaker

Professional Woman of Achievement
Pam Pfister

Empowering Women

WOA Giving Club
The Woman of Achievement Giving Club, established last year, has raised over $5,600 to date by honorees or in memory of an honoree.

Eliminating Racism

An important step in eliminating racism is recognizing and ultimately understanding the negative impact it has on our society. YWCA Clinton participates in and hosts a variety of events geared towards educating our community on the effects of racism and shining a light on paths to peace.

Through our YWCA Racial Justice Committee’s Traveling Diversity Library and Diversity Book Club, we invite community members young and old to explore racial and ethnic themes and celebrate diversity. Every spring, YWCA Clinton hosts Stand Against Racism where we celebrate diversity and ask all community members to pledge to eliminate racism from their lives. YWCA Clinton plays an active role on the Martin Luther King, Jr. Celebration Committee and the Clinton Peace Coalition to share the importance of peaceful paths towards racial equality within our community.
YWCA Empowerment Center

Offering programs and services that empower all to grow, thrive & reinvest in our community!

Coordinated Entry
Coordinated Entry is a statewide electronic system used by agencies to ensure that individuals are matched with the most appropriate intervention and not with a "first come, first served" approach.

Rapid Rehousing
YWCA Rapid Rehousing offers financial and case-management services to families with children and individuals experiencing homelessness. On-going services are provided to ensure long-term success.

Homelessness Prevention
YWCA Homelessness Prevention assists families with children and individuals who currently have housing but are at risk of losing it within 14 days.

In 12 months, **294 adults and 86 children in our community** moved from living in places not meant for human habitation into their **own homes** or avoided becoming homeless in the midst of crisis because of YWCA Clinton.

It can happen to anyone...
A woman found herself living in a tent after losing her housing due to large medical and utility bills. She was hospitalized numerous times for sepsis and pneumonia and was unable to work in order to pay her expenses.

She reached out to the YWCA Clinton Empowerment Center for help and applied for the Rapid Rehousing program. She was finally able to get on disability and is now happily settled in a clean and safe apartment in Clinton. She calls the Empowerment Center regularly to check in and thank the staff for all their caring and hard work.

1963 SERVICES for 948 CLIENTS were funded by donation dollars.
YWCA FITNESS

NEW CLASSES!

SilverSneakers® EnerChi
Les Mills GRIT® strength
Cardio Core Extreme
Aqua Strength & Stamina
Piyo

148 children received Worthy Child memberships.

57 members received help with membership costs based on financial need.

We offer over 58 land fitness class sessions each week for all fitness levels. Free babysitting is provided to help parents utilize the facility & model healthy behavior for their kids.

"As a stay-at-home mother of two young boys, the YWCA has been a true godsend for our family. I love that they offer a babysitting room, so while I work out and catch a little breather, I know my children are in great care close by. They offer an abundance of group fitness classes that cater to every age group, and I find myself not only coming for the fitness aspect, but the socialization as well. You're greeted by friendly faces, both members and staff, around every turn."

-Kali P.

Our pool ensures the community has access to year-round lap swimming, open swim, water therapy as well as 39 water-based fitness classes each week!
The 9th Annual Clinton Half Marathon brought together runners, walkers, volunteers, spectators, and sponsors for another successful wellness-focused community event. The last of the HyVee-sponsored Mississippi River Challenge races, this year’s Clinton Half Marathon enjoyed cool weather and positive feedback from participants!
YWCA Aquatics

413 children took swim lessons at YWCA Clinton.

5,876 hours spent safeguarding pool patrons.

YWCA Pool

COST & USAGE INFORMATION

YWCA Pool - An Important Community Resource

822 Average number of patron visits to pool each week

Average Number of Hours YWCA Pool is Open Each Week: 88

People Depend on the YWCA Pool for:

- Swim Lessons
- Injury Recovery
- Family Fun
- Lap Swimming
- Special Olympics
- Community Rental
- 39 Fitness Classes offered in pool each week

$360,000 to operate pool per year

Pool Expenses:

- Staffing = $207,000
- Utilities = $22,000
- Equipment & Tear = $30,000
- All other expenses = $101,000

Total Pool annual expenses = $360,000

On Avg. It Costs $1,000 Per Day to Operate the Pool

Pool Staffing

It Costs $42 Per Hour to Staff the Pool:

- Lifeguards
- Class Instructors
- Management
- Custodians
- Front Desk (portion)
- Swim Instructors

Make a Splash in Our Community

Be a Splash Sponsor - Fund the pool for 1 day for $1000
YWCA Children’s Center is the only licensed facility in Clinton and Jackson counties open 6am to midnight.

Extended Shift Care made possible, in part, by Early Childhood Iowa.

Staff from both centers completed PBIS trainings and received $400 worth of materials for classroom use.

PBIS-Positive Behavioral Interventions and Supports

Center Directors completed NAPSACC training and partnered with Team Nutrition resulting in changes to meal planning and curriculum.

NAPSACC—Nutrition and Physical Activity Self-Assessment for Child Care

Quality Rating System

Downtown and Lyons Center both scored 4 out of 5 on the QRS showing our commitment to early childhood learning.

YWCA Children’s Center provides high quality care in safe & vibrant environments designed to stimulate learning and exploration.

Voted #1 in Daycare by Herald Readers for this year's River Cities Choices Contest!

Halloween House of Wonders

Oodles of Noodles

Family Nights at Up N Trending Kids Zone

Blood Drives
YWCA Youth Programs are DHS licensed for 61 students at YWCA Clinton for Summer Camp and for 30 students at Jefferson Elementary, 23 students at Eagle Heights Elementary, and 24 students at Whittier Elementary school for After School Programs. Our 21st Century Program allows us to work with local elementary & middle school students to provide fitness enrichment. This year, our Youth Department was awarded a $2,250 grant from ADM to go towards our STEAM programming focusing on science, technology, engineering, art, and math!
YWCA Senior Services

Strong & Steady for Life...

Our focus on the health benefits of the YWCA Fitness classes that are geared specifically to seniors' needs.

Promoting Senior Core Goals:
- Fall Prevention
- Improving Balance
- Muscle Strengthening
- Increasing Flexibility

YWCA 50+ Club...
...provides engaging & fun activities and a sense of community to our 50+ population with Breakfast Club, Social Events and Educational Programs.
YWCA Funding

28% of our funding comes from fees for services provided. So, if you have a YWCA Fitness membership or a child in our Children’s Center or Youth programming, you play an important role in ensuring programs like our Rapid Rehousing, Homelessness Prevention, and Preschool Scholarship programs can continue to assist the most vulnerable in our community.

48% of our funding comes from government funds (24%) & government fees for services (24%). This funding stream is dependent on local, state & federal lawmakers prioritizing social services in their annual budgets. Like other grant-based funding, government dollars received are restricted to particular programs. In light of this, we must prioritize our focus on capturing unrestricted individual & corporate donations to ensure organization sustainability.

3% of our funding comes from special events we host throughout the year. Events like Oodles of Noodles, Splash for Cash, Women of Achievement, and Clinton Half Marathon help us to not only raise needed funds for our mission-focused services but also give us opportunities to share the mission of YWCA Clinton with the community.

YWCA Clinton is made possible because of the generosity of donors and supporters! We are incredibly grateful for the many individuals, businesses, and foundations who bless us with gifts big and small. Mark your calendars next year for these annual programs and fundraisers: Trivia, Oodles of Noodles, Women of Achievement, Splash for Cash, and Clinton Half Marathon.
Our heartfelt thanks... your generous donations change lives!

Our thanks to our generous donors! Each of you have made a difference in our community -- helped people in our community to have a hand up, an opportunity for a better life for themselves and their children, thank you! We hope you are proud to be a part of the YWCA, in providing a home for homeless families, helping the many at risk of losing their homes stay in their homes, giving children in need access to quality early education and care, providing enriching experiences for area youth-at-risk, an active retirement for area seniors, a training ground for Special Olympians, and so much more. Thank you for entrusting us with your precious donation dollars, you have made a difference!

To learn more about events, volunteer opportunities, or to donate, please contact me. Thank you for making a difference in our community!
Be Part of Our Mission!

How would you like to get involved?

Our ability to meet our community's needs depends on you.

So whether it's the giving of your time by serving on one of our committees, sponsoring or attending an event, gifting in honor of a loved one, or donating needed items to our Rapid Rehousing program, you know that your gift to YWCA Clinton will be put to work improving the lives of others in this community. Give according to your passion! Donate towards the Children's Center, the operation of the pool, or simply give in support of our mission: to eliminate racism, empower women and promote peace, justice, freedom and dignity for all.

VOLUNTEERING  Memorial Giving  Equipment Donation
Memorial Giving  Equipment Donation
Gifts to Celebrate a Milestone  Event Attendance
Charitable Gift Annuities
Giving Tuesday Donation  Gifts to Honor a Loved One
IRA Charitable Rollover  Supporting Membership
Program Sponsorships
LEGACY GIFTS: CONSIDER ADDING YWCA CLINTON TO YOUR WILL OR TRUST
Gifts to YWCA Clinton Endowment
YWCA IS ON A MISSION

YWCA Clinton has been part of this community for over 100 years. We are on a mission to eliminate racism, empower women and promote peace, justice, freedom and dignity for all.

YWCA Clinton
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