

YWCA PERFORMANCE METRICS: YWCA ADULT, SENIOR AND COMMUNITY PROGRAMS

YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

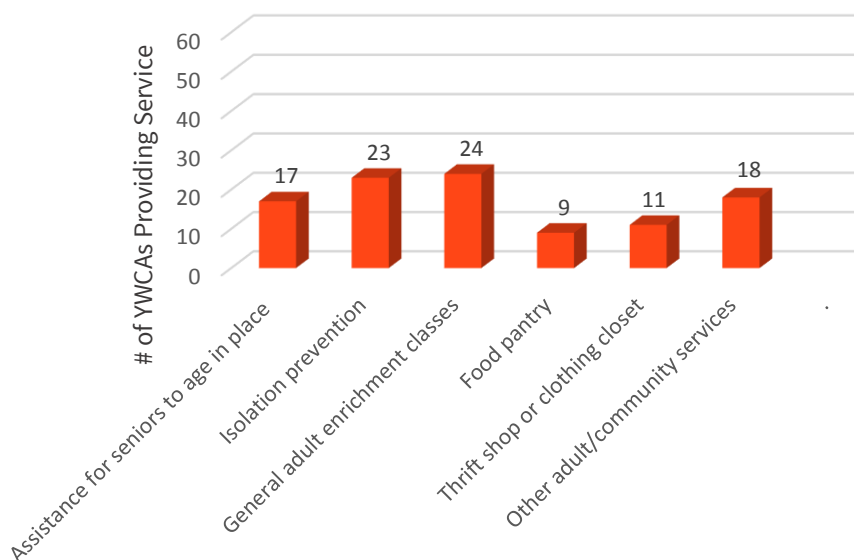
28%, or 57 YWCAs have designated adult, senior and community services as one of their major programs.

As a touchstone for senior citizens and the community as a whole as well as women, YWCAs provide services that prevent isolation, provide access to needed clothing, food and meals, and educate through general adult enrichment and informational classes. In addition, YWCA serves as a volunteer opportunity center to help all adults stay active and involved.

Please find general information about YWCA adult, senior and community services on pages 1-5. Site specifics for YWCAs providing these programs are on pages 6-10.

For more detail on any metric, please send inquiries to nationalimpactreport@ywca.org

42,000 adults, seniors, and families, along with their communities, count on YWCA to meet basic needs and help sustain their lives. 57 YWCAs provide the following services:

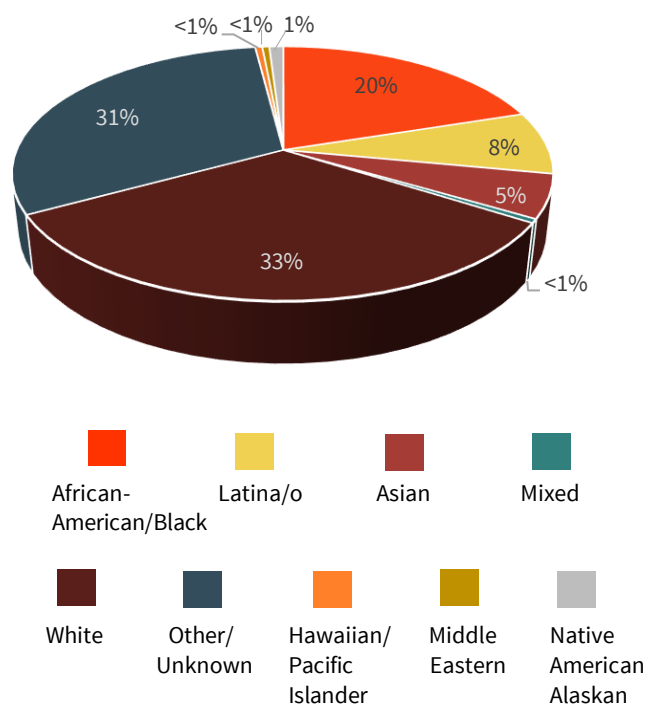
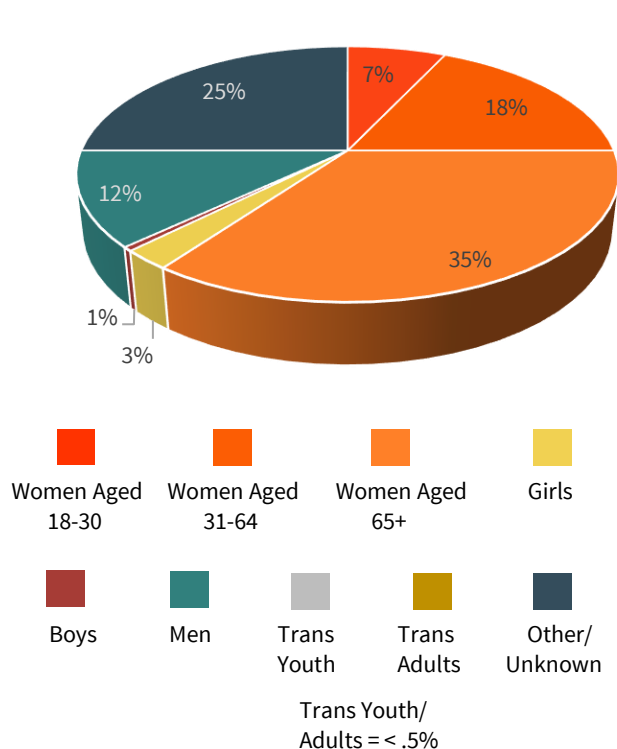


YWCA Adult, Senior, and Community Programs Lead to:

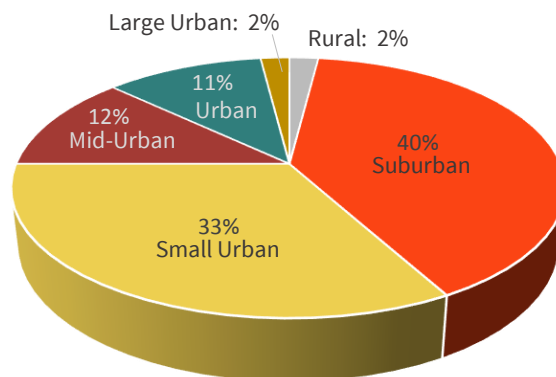
- Abilities to maintain an independent life
- Avoidance of isolation
- Education in areas of interest or need
- Access to needed food and clothing
- Avoidance of crisis level situations, e.g.: gaps in the availability of caregivers for elder family members
- Meaningful involvement and engagement
- Enhancement of one's overall quality of life

82% of those served through YWCA adult, senior and community programs live at or below the federal poverty level.

Service Recipient Demographics



% of YWCAs Providing Adult, Senior and Community Programs Serving Each Size Population Area



Awards

2 YWCAs have recently been presented with community awards recognizing the strength of their adult, senior and community programs.

Common Referral Sources, in order of frequency:

- Neighbor/Friend/Colleagues
- Flyers/Advertisements/Newsletters
- Other organizations
- Other YWCA programs
- Media (print or broadcast)
- Social media
- Hospitals, clinics, health centers
- Municipal/other government
- Internet search
- Schools

Funding

YWCAs report securing a total of nearly \$9 million annually to support adult, senior and community programs from several sources, as follows:

- 72% Government
- 12% Fee for service
- 6% United Way/Federated campaigns
- 3% Contributions
- 2% Foundations
- 1% YWCA general funds
- 4% Other

Adult, Senior and Community Program Curriculums Being Employed

AARP Bereavement Curriculum
Circle of Parents
Fitness & Friendship Friday
Las Comadritas
Silver Sneakers
Strong For Life
Woman Heart Program

Adult, Senior and Community Program Partnerships and Collaborations

Area Agencies on Aging	Meals on Wheels
Assistance Leagues	Medical associations
CalFresh	Parks and Recreation offices
Churches, houses of worship	Planned Parenthood
Colleges and universities	Senior action organizations
Community Care Systems	Senior health programs
Cooperative Extension offices	Senior resident facilities
Department of Labor offices	Senior resource agencies/centers
Diaper banks	Service Learning Centers
Direction Home	Sexual Assault and Crimes Victims Assistance Program
Food banks	Silver Sneakers
Grocery stores	TV Stations
Hospitals, clinics, medical personnel	United Way
Housing Authorities	Walgreens pharmacy
Libraries	Work Force Essentials
Literacy Volunteers	

Evaluation

37% of YWCAs providing adult, senior and community programs are evaluating their results.

A sampling of achievements includes:

- 90% of seniors enrolled in the YWCA case management program move from vulnerable to thriving at program exit.
- 98% of those receiving case management did not move into more restrictive settings.
- 78% of adult programs participants reported positive changes in their activity level, diet and sleep behaviors.
- 100% of participants in Power of Forgiveness indicated increased knowledge.
- 87% of adult program participants demonstrated increases in emotional intelligence.
- Our grandparents program participants showed statistically significant progress in building all protective factors: knowledge of parenting and child development, social connections, concrete support in times of need, and children's social and emotional development.

- 100% of our Home Care Services clients felt that we have helped them be able to remain independent in their own homes.
- 83% of the seniors served report that the meal we supply is their main meal of the day.
- 250 people were able to access 200,000 pounds of food because of our supportive services.

- 96% of Seniors Participating members benefited from socialization.
- 90% of participants in the Widowed Persons Program received emotional and social support through monthly telephone calls from volunteers, support groups, coffee klatches and social activities.
- 93% of individuals referred to the Women's Resource Center received help they needed.

- 90% of our Senior iPad Class participants felt very confident in finding information online after the class session ended, versus 36.35% in the beginning.
- 100% of adult program participants completed a community action project.
- 96% of individuals who took an adult educational class, workshop or training stated that they increased their knowledge and awareness.
- 100% of adult program participants demonstrated an increased understanding of issues affecting their community.

Site Specifics for the 57 YWCAs Providing Adult, Senior and Community Programs

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Senior Citizen Support Services

29 YWCAs

State	YWCA	Website	Age in Place Assistance	Isolation Prevention
AL	YWCA Central Alabama	YWCA Central Alabama		X
AZ	YWCA Metropolitan Phoenix	YWCA Metropolitan Phoenix	X	X
AZ	YWCA Southern Arizona	YWCA Southern Arizona		X
CA	YWCA Greater Los Angeles	YWCA Greater Los Angeles	X	X
CA	YWCA San Francisco & Marin	YWCA San Francisco Marin	X	
CA	YWCA San Gabriel Valley	YWCA San Gabriel Valley		X
CO	YWCA Pueblo	YWCA Pueblo		X
CT	YWCA Greenwich	YWCA Greenwich		X
IA	YWCA Black Hawk County	YWCA Black Hawk County	X	X
IA	YWCA Clinton	YWCA Clinton	X	X
IA	YWCA Marshalltown	YWCA Marshalltown	X	X
IL	YWCA McLean County	YWCA McLean County	X	
MA	YWCA Southeastern Massachusetts	YWCA Southeastern Massachusetts		X
MT	YWCA Great Falls	YWCA Great Falls		X
NJ	YWCA Bergen County	YWCA Bergen County	X	
NY	YWCA Brooklyn	YWCA Brooklyn	X	X
NY	YWCA Queens	YWCA Queens		X
NY	YWCA Yonkers	YWCA Yonkers	X	X
OH	YWCA Alliance	YWCA Alliance	X	
OH	YWCA Piqua	YWCA Piqua	X	X
OR	YWCA Greater Portland	YWCA Greater Portland	X	X
PA	YWCA Bethlehem	YWCA Bethlehem		X
PA	YWCA Bradford	YWCA Bradford	X	
PA	YWCA Butler	YWCA Butler	X	X
RI	YWCA Rhode Island	YWCA Rhode Island		X
TN	YWCA Knoxville	YWCA Knoxville		X
TX	YWCA Corpus Christi	YWCA Corpus Christi	X	
TX	YWCA Houston	YWCA Houston	X	X
VA	YWCA Virginia Peninsula	YWCA Virginia Peninsula		X

General Adult Enrichment Classes

24 YWCAs

State	YWCA	Website
AL	YWCA Central Alabama	YWCA Central Alabama
CA	YWCA Greater Los Angeles	YWCA Greater Los Angeles
CA	YWCA Pasadena-Foothill Valley	YWCA Pasadena-Foothill Valley
IA	YWCA Black Hawk County	YWCA Black Hawk County
IA	YWCA Clinton	YWCA Clinton
IA	YWCA Marshalltown	YWCA Marshalltown
LA	YWCA Northwest Louisiana	YWCA Northwest Louisiana
MA	YWCA Boston	YWCA Boston
MT	YWCA Great Falls	YWCA Great Falls
NC	YWCA High Point	YWCA High Point
NE	YWCA Adams County	YWCA Adams County
NY	YWCA Binghamton & Broome County	YWCA Binghamton-Broome County
NY	YWCA Brooklyn	YWCA Brooklyn
NY	YWCA Greater Capital Region	YWCA Greater Capital Region
NY	YWCA Queens	YWCA Queens
OH	YWCA Piqua	YWCA Piqua
OH	YWCA Steubenville	YWCA Steubenville
OR	YWCA Greater Portland	YWCA Greater Portland
PA	YWCA Bethlehem	YWCA Bethlehem
PA	YWCA Gettysburg & Adams County	YWCA Gettysburg-Adams County
PA	YWCA Greater Harrisburg	YWCA Greater Harrisburg
TN	YWCA Nashville and Middle Tennessee	YWCA Nashville-Middle Tennessee
TX	YWCA Corpus Christi	YWCA Corpus Christi
WA	YWCA North Central Washington	YWCA North Central Washington

Food and Clothing Assistance

18 YWCAs

State	YWCA	Website	Food Pantry	Thrift Shop or Clothing Closet
AL	YWCA Central Alabama	YWCA Central Alabama	X	X
CA	YWCA San Francisco & Marin	YWCA San Francisco Marin	X	
CA	YWCA San Gabriel Valley	YWCA San Gabriel Valley	X	
IL	YWCA Elgin	YWCA Elgin		X
IL	YWCA Quad Cities	YWCA Quad Cities		X
MT	YWCA Great Falls	YWCA Great Falls		X
NC	YWCA High Point	YWCA High Point		X
ND	YWCA Cass Clay	YWCA Cass Clay	X	
NY	YWCA Binghamton & Broome County	YWCA Binghamton-Broome County		X
NY	YWCA Greater Capital Region	YWCA Greater Capital Region	X	X
NY	YWCA Queens	YWCA Queens	X	
NY	YWCA Yonkers	YWCA Yonkers	X	
OR	YWCA Greater Portland	YWCA Greater Portland		X
PA	YWCA Bradford	YWCA Bradford	X	
PA	YWCA Westmoreland County	YWCA Westmoreland County		X
TX	YWCA Houston	YWCA Houston	X	
VA	YWCA Virginia Peninsula	YWCA Virginia Peninsula		X
WA	YWCA North Central Washington	YWCA North Central Washington		X

Other Adult, Senior and Community Programs

State	YWCA	Website	Descriptions of Other Adult, Senior and Community Programs
CA	YWCA Pasadena-Foothill Valley	YWCA Pasadena-Foothill Valley	Senior Ipad Classes, Adult Computer Classes
IA	YWCA Black Hawk County	YWCA Black Hawk County	Wellness Fairs, Blood Screenings
IA	YWCA Clinton	YWCA Clinton	Lunch and Learns, Socials, Hikes
IA	YWCA Marshalltown	YWCA Marshalltown	Community health forums
IL	YWCA McLean County	YWCA McLean County	Retired & Senior Volunteer Program
MA	YWCA Southeastern Massachusetts	YWCA Southeastern Massachusetts	Widowed Persons Program
NC	YWCA Lower Cape Fear	YWCA Lower Cape Fear	Grandparent Support Network
NY	YWCA Brooklyn	YWCA Brooklyn	Film screenings, Wellness programs, Computer classes; Financial empowerment classes
NY	YWCA Greater Capital Region	YWCA Greater Capital Region	Involvement in Stand Against Racism, Week Without Violence and other programs
NY	YWCA Westfield	YWCA Westfield	Senior Fitness
NY	YWCA White Plains & Central Westchester	YWCA White Plains-Central Westchester	Respite and Recreation Program for Individuals with Developmental Disabilities
OH	YWCA Steubenville	YWCA Steubenville	Grandmothers Raising Grandchildren Support Network
TN	YWCA Northeast Tennessee and Southwest Virginia	YWCA Northeast Tennessee-Southwest Virginia	Women's Club
TX	YWCA Corpus Christi	YWCA Corpus Christi	Monthly Mix It Up Lunch; Gardening; Game Room; Health and nutrition campaigns