Imagine the daily struggles of an organization operating in a 95-year-old building. Pipes could rust at any moment, boilers malfunction, and a leaky roof can wreak havoc on everyday life. Unfortunately, this is reality at the YWCA. Our domestic violence, emergency housing, and YES! Residential Recovery programs serve hundreds of women and children each year resulting in the transformation of countless lives within the safety of our walls. We are open 24 hours a day, 365 days a year, rain or shine with the safety and wellbeing of our clients always our top priority.

Over the years, our roof has experienced several emergency repairs, but is now in need of a major overhaul. The current roof is decades old and replacing it will prevent future emergency repairs and further damage to client bedrooms and common spaces.

We have already raised a significant portion of the funds needed to fully replace our roof, and now your support will have double the impact! An anonymous donor has agreed to match up to $50,000 raised for the new roof.

Please consider a donation of any size to help us “Raise the Roof” and guarantee our clients have a safe environment to reach their full potential for years to come.

Donations can be mailed in the enclosed envelope or made directly on our website at www.ywcaevansville.org.

Join the YWCA in the fight to eliminate racism, empower women and promote peace, justice and freedom for all!
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How to Budget and Start Investing
March 12, 2019 | 11:30 a.m. – 1:00 p.m. | YWCA Parlor

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On November 27th, we held our annual Tastes & Treasures Holiday Luncheon at the Evansville Country Club. This year’s holiday boutique offered sweet treats, sparkling accessories, and a variety of unique gifts from local, woman owned businesses. Attendees were also present for the drawing of our Diamond in the Rough Raffle as Amy Word-Smith won the stunning diamond oval hoop earrings! Please save the date for next year’s luncheon on November 21, 2019.
also shown that regular exercise is responsible for several main advantages. However, medical studies have indicated that improvements in flexibility, weight, or current fitness level. Increases in flexibility, better balance, and weight maintenance are the primary benefits of exercise. Flick is quick to emphasize the many benefits of exercise, which are available to people who may need more specialized attention than traditional classes typically offer. “Widening our scope will make these services available to people who may need more specialized attention than traditional classes typically offer.”

For over 30 years, the YWCA has offered fitness classes for women over the age of 50. Beginning in early 2019, the program will be expanded to include senior men, people with mild disabilities, and individuals who are overweight.

“We are thrilled to be able to accommodate a wider range of local citizens,” says YWCA CEO Erika Taylor. “Widening our scope will make these services available to people who may need more specialized attention than traditional classes typically offer.”

The classes will be taught by Elaine Flick, a certified instructor who possesses specialized training with these populations. Having been in the exercise field for 34 years, Flick has been with the YWCA since 2000. She began her own fitness journey to get in shape after having had a baby years ago and has since gone on to become a Silver Sneakers instructor at the YMCA in addition to her work at the YW. She also taught fitness classes at Solarbron for several years.

Flick is quick to emphasize the many benefits of exercise for all people, regardless of their age, weight, or current fitness level. Increases in flexibility, better balance, and weight maintenance are the main advantages. However, medical studies have also shown that regular exercise is responsible for reductions in blood pressure, arthritis pain, risk of osteoporosis, and symptoms of depression and anxiety.

“It’s fun to see improvements with participants after they’ve been with us for a while,” says Flick, who emphasizes the fact that every participant is treated as an individual and is given modifications, if needed, so that the exercises are appropriate for almost anyone. Chairs are available for those who want seated exercise or need stationary support while they work out.

“There is also a social component,” adds Flick, “which is just as important as the physical part.” Past participants in her programs have become friends and check in with one another often.

Classes are held three times a week (Mondays, Wednesdays, and Fridays) from 10:00 a.m. – 11:00 a.m. in the YW’s gym at 118 Vine Street in Evansville.

Want to learn more? Feel free to leave a message for Elaine Flick at 812-422-1191, and she will call you back to discuss details of the program or to determine whether the program is appropriate for your individual situation.

Flick encourages people to give the classes a try (first class is free). “If you come and you’re there, you’re trying,” she says. “And that’s the most important thing.”

MORE INFORMATION

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Pictured above, then top to bottom: The crew at Gerling Law Office were at it again this year, providing thoughtful gifts for our adult clients. Gayle Gerling Pettinga (shown at right) and several of her co-workers visited the YWCA in early December to drop off gift bags filled with blankets, hot chocolate mix, fuzzy socks, and other goodies. In the fall of 2018, the washing machine in the YWCA’s shelter completely broke down. Enter Trinity United Church of Christ on Third Street in Evansville, who donated funds to replace this much-needed piece of equipment. Shown are delivery men installing the new unit. With hundreds of clients spending the night in our shelter annually, every day is “laundry day” at our house! It was a sweet day for the YWCA when our very own 50+ exercise class generously donated a box of dessert mixes for our clients to use throughout the year. Birthdays, holidays, and other special occasions will be much more festive with this thoughtful donation. The YWCA always looks forward to a visit from sisters Delanie and Desie Potts. This delivery included holiday themed craft kits which help our young clients express their creativity.

Pictured top to bottom, then above: Six co-workers in the accessories department at Shoe Carnival decided to forego their regular friendly gift exchange in 2018. In its place, they purchased gift items for YWCA clients who were spending the holidays in our shelter. Shown are Jennifer Greise and Kate Turi, who took time out of their busy day to drop off backpacks, socks, slippers, and plenty of toys. YWCA board member Ashley Bartholomew visited the YWCA at the start of the holiday season to donate much-needed essentials for our clients. She is pictured (left) with YWCA Director of Client Services, Dee Lewis. Many, many YWCA children benefited this past holiday season from the generosity of the PAL Foundation. Along with a monetary gift, PAL representatives David Cook (left) and Michael Sides visited the YW to donate a wide variety of toys for young boys and girls. Christmas morning was made a lot brighter due to these gentlemen and their cohorts! Elizabeth and James Moran brought smiles to many of our clients this year with a large holiday donation of wish list items. James even donated several of his own Lego sets for our young clients to enjoy. Pictured below: The Fabulous Over 30 group, led by Jill Gibson, coordinated an enjoyable movie night for our clients right in our own YWCA gym. A holiday film was shown; popcorn and cookies were served; and fun was had by adults and children alike! The “Fabulous” ladies also donated purses, gloves, and socks for our clients.
DONOR SPOTLIGHT
CONTINUED

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Certified instructor Elaine Flick has been leading the YWCA’s exercise class for over 18 years.

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