



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TODAY TOMORROW TOGETHER

LICKING COUNTY FAMILY YMCA
2018 ANNUAL REPORT





TOGETHER



Dear Friends of the YMCA,

Together. At the Y, we know that when we work **together**, we build a stronger community. Strengthening our community is our cause, and everything we do stems from it. We believe that lasting personal and social change can only come about when we all work **together** to invest in our youth, our health, and our neighbors.

Thanks to the support of our many partners, the YMCA has made tremendous strides towards improving the health and well-being of our community. All people, especially children, deserve an equal chance to reach their full potential. The stories you will read in this annual report put our core beliefs into action: caring, honesty, respect, responsibility and faith. Thank you for believing in our mission and bringing it to life every day. **Together** we can build a better us.

Sincerely,



Edward Bohren
Chief Executive Officer



Crawford Lipsey
Board Chair

YMCA BOARD OF DIRECTORS

OFFICERS

Crawford Lipsey, President

Christian Robertson, Vice President

Barbara Quackenbush, Second Vice President

Debbie Kohman, Treasurer

Wm. Douglas Lowe, Secretary

Matthew Miller, Past President

MEMBERS

Jeremy Fleming

Todd Londot

Michael Massaro

Amy Neu

Veronica Patton

Doug Pricer

Michael Rapp

Trevor Thomas

John Wallace

Bart Weiler

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

YMCA STAFF

Edward Bohren, CEO

Alan Cecutti, Associate Executive Director

Elijah Benton, Aquatics Director

Benjamin (Jake) Bowden, Facilities Director

Beth Grabo, Executive Assistant

Heather Hawkins, Director of Child Development

Dianne Hodge, Gymnastics Coordinator

Gail Humbert, School Age and Camp Coordinator

Adam Jenkins, Sports Director

Dana Moore, Director, Western Branch

Courtney Plaisted, Health and Wellness Director

Kristin Ream, Preschool Director

Kajsa Wermelin, Member Engagement Specialist



OUR CAUSE

At the Y, strengthening community is our cause. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why we focus our work in three areas: youth development, healthy living and social responsibility.

TOGETHER WE ARE FOR...



"My daughter Gabby began attending the Summer ALL for One Camp in 2014. Every year Gabby begins talking about summer Y camp in the spring! Although I only work part time in the summer, the weeks she attends are incredibly beneficial to her because she is able to socially engage with her peers and build lasting relationships with friends and counselors. Gabby especially loves swimming, so the camp gives her the chance to swim almost every day! If given the chance, Gabby would spend all day not active; I love that the YMCA summer camp provides her the opportunities to stay active, make friends and build on her social skills. She is hoping to one day be a Leader in Training for the camp she loves so much! Our family is so thankful for such a positive environment in Licking County!"

"My son has been with the YMCA since he was three months old, so when he started Kindergarten the obvious choice for After School Program was the YMCA. I love knowing that at the end of the day Liam is just going to walk down to the Cafeteria in his school and never leaves the building until my husband or I pick him up. The teachers in the program are a phenomenal pair. They always have an exciting lesson and fun games planned. Also, my family is on a very tight budget and to have a safe place for my son to go to that fits into that budget is amazing. I feel truly blessed to have a YMCA After School program housed in the Newark City School System. Thank you the YMCA staff members for taking such wonderful care of my son and allowing me to focus on finishing my work and not worry about him after school!"



CHILDCARE

- Operated **9** licensed child care facilities and **2** accredited summer day camps to serve our community
- Provided preschool education to more than **250** children
- Cared for **139** children before and after school in Newark, Heath, and Licking Heights school districts.
- Offered a fun, safe and educational outdoor camp experience to over **800** children in Licking County.
- Served over **49,000** meals and over **38,000** snacks to over **13,500** students.



PRESCHOOL EARNS 4- STAR RATING

The Newark Preschool earned a 4 star rating through the State of Ohio's Step Up to Quality Rating program. The incredible team of teachers, support staff and administrators worked hard for this distinction. Four Star level programs have lower staff to child ratios, require higher education standards and completion of more than 20 hours of specialized training every two years for administrators and teachers, and build deeper relationships with families.

YOUTH DEVELOPMENT



SPORTS

- **19** baseball teams at
Don Edwards Ball Park
- **8** baseball tournaments



- **397** youth
participated in
basketball



- **158** youth
participated in
flag football



- **255** youth
participated in
fall volleyball



- **1,744** youth
participated
in Preschool,
Recreational, Home
school and Adaptive
Gymnastics

- **75** gymnasts
participated
in Competitive
Gymnastics

GYMNASICS

TOGETHER WE ARE FOR...



JULIE

"I was born with Spina Bifida, a neurological disorder that greatly limits my mobility and has gotten worse as I have gotten older. My family was told that I was never going to walk or have any kind of quality of life. I was never supposed to live past two years old. When I was younger, I could walk longer distances and I also had a bicycle I could ride (if we strapped my feet to the pedals). Then I discovered the pool, after some lessons, I was off swimming. The only drawback is I can't move my arms and legs at the same time, so I split my time between water walking and the freestyle stroke. I've tried to come to the Y three times per week, twice in the pool and one day on machines. I have to thank the Wellness coach, Kajsa as well. She took the time to talk with me and understand my challenges. Together we came up with the most beneficial workout for me. Thank you YMCA!"



FITNESS

- **40,359** members participated in Group Fitness classes
- **15,799** members participated in Reformer Pilates classes
- **9,453** members took a Cycling class
- **566** seniors joined Active Adult social activities and trips
- **385** members participated in Wellness Coach Appointments
- **195** members participated in the Fitness Challenge
- **106** members participated in the Indoor Triathlon and 5K



HEALTHY LIVING



ALEX



"I became a member of the Y about 6 years ago. At the beginning I was very inconsistent with coming here and exercising. My attitude towards exercising changed around the end of 2015 when I noticed I had not only been gaining weight, but even more concerning was the increase in the amount of seizures I was having (I was diagnosed with epilepsy as a child). I knew exercising was one thing I could do to potentially decrease the frequency of the seizures. As a result, I made the effort to come to the Y more."

A more recent motivator for me was realizing just how strong my right arm had become compared to my left arm, which is considerably weaker. I was born with a physical disability called Cerebral Palsy. In my case it affects the movement and muscle tone on the left side of my body. I was not given much of a chance before others started telling me I wouldn't be able to do certain things. Walking on my own without any type of assistance from things such as leg braces was one. Although I spent most of my childhood in leg braces, as an adult I am not using any type of assistance to help me walk.

Due to the amount of walking/running I do on a daily basis the muscle tone in my left leg has been able to keep up with my right leg. My entire body is stronger. Today, exercise has become a habit for me and I come to the Y five days a week. I've lost weight, have noticed a difference in my strength and my seizures are back to being few and far between. The Y has helped me gain a healthy self-esteem and self-image."

TOGETHER



TOGETHER WE ARE FOR...



SAFETY AROUND WATER

The Y has partnered with Newark City Schools, Ben Franklin, Carson and McGuffey Elementary schools, Hebron Elementary, and Par Excellence Academy to educate first and second graders about water safety. Safety Around Water provides eight lessons that reduce the risk of drowning and give youth confidence in and around water. Through grants and generous donors, the Y has offered S.A.W. at no cost to the elementary schools.



In the 2017-18 school year, the Y Safety Around Water (S.A.W.) program provided education to 683 youth.

SOCIAL RESPONSIBILITY

2 OUT OF 3 CHILDREN
IN LICKING COUNTY
ARE HUNGRY.



RUN RUN REINDEER 5K AND 1 MILE WALK

The Y hosted the 3rd Annual Run Run Reindeer 5k and 1 Mile Walk, originally created by Licking County native Kyle Rice, to benefit the Y Healthy Kids Network. Thanks to generous event sponsors, 367 participants, 79 volunteers and one giant 10 foot inflatable reindeer participated in the event. The run raised \$12,749 to provide backpacks of food for kids in Licking County, which translates to over 4,500 backpacks, or 40,800 pounds of food given to those who need it most in our community.

Y HEALTHY KIDS NETWORK

The Y Healthy Kids Network provides backpacks of nutritious and easy-to-prepare food for elementary students to take home on weekends. Teachers and school administrators identify hungry children and refer them to the program. The YHKN served **20 school districts** across Licking County. Every year, the need for the Y Healthy Kids Network has grown, and in 2018 nearly **100 new students** were added, to serve a total of **535 students**. A dedicated group of **120 volunteers**, including the Presbyterian Church Council, The Food Pantry Network, and school teachers and administrators make the program possible.

The impact of all this hard work is children who excel in school, attend school more regularly and have better behavior and attitudes while in school.



Y Healthy Kids Network

- 535 students
- 20 schools
- 20,000 backpacks of food to elementary kids
- 181,800 pounds of food served
- 98% of students share their backpack of food with their family



TOGETHER WE ARE... BUILDING FOR OUR FUTURE

LET'S BUILD IT TOGETHER

In 2018, the Licking County Family YMCA Board of Directors embarked on a capital campaign to renovate the Western Branch in Pataskala. The Western Branch opened the current facility, a former factory, in 2007. In just 10 short years, membership at the Western Branch increased from 174 members to over 2,000 members. Phase One of renovation will include an Expanded Wellness Center, Locker Rooms, Family Changing Areas, Flexible Program Space, Community Space, Expanded Group Fitness Studios, Expanded Child Watch, Expanded Program Areas, and a Centralized Entrance. The renovation will also result in a partnership with the Licking County Aging Program and Central Ohio Technical College at the Y.



2018 PROGRAMS WESTERN BRANCH

- **16,327** members participated in Group Fitness
- **513** participants in programs such as Gymnastics and Tang Soo Do
- Offered Healthy Kids Day, Operation Feed, Toy Drive and Shoe Drive events to serve our community
- Daddy Daughter Dance with **421** Daughters and **335** Dads
- Superhero Training: A Y Mother and Son Event with **43** participants

"My SilverSneakers™ class is what gets me up on Tuesday and Thursday mornings. Our SilverSneakers™ class is not just a group of people who meet twice a week to exercise, but rather a group of friends who joyfully and excitedly come together to share their time – and their lives. Though many class members have been attending for years, this group is incredibly inclusive and eagerly welcome each new member as a long-lost friend. Our class is a very special place where we build community and relationships, and within those relationships some really great friendships! The members know that they matter and that people care. The camaraderie of this group, and sheer enjoyment of each other's company, extends beyond class with members to getting together each Tuesday and Thursday for lunch. Our Pataskala SilverSneakers™ class is a diverse group of people, who despite our differences, have two main things in common: We are all over 65 and we all love to have fun!"

SUMMARY OF OPERATIONS

LICKING COUNTY FAMILY YMCA

REVENUE 2018

Membership Dues	\$2,663,235
Program Fees	\$3,366,134
Contributions	\$274,762
United Way	\$53,550
Sales of Supplies	\$56,523
Food Program	\$92,058
Investment Income	\$42,599
Financial Assistance	(\$246,967)
TOTAL	\$6,356,411

EXPENSES 2018

Salary & Benefits	\$3,654,762
Supplies	\$580,626
National Dues	\$117,877
Occupancy	\$799,442
Contractual Services	\$242,155
Phone/Postage/Promo	\$63,507
Equipment Maintenance	\$169,068
Conference & Training	\$43,009
Financing	\$64,714
Depreciation	\$398,002
TOTAL	\$6,133,162

MEMBERS 2018

Newark	12,798
Western Branch	1,840
TOTAL	14,818



COME TOGETHER

For over 142 years, the YMCA has been instrumental in addressing community needs. There are many ways you can make a difference in our community such as:

- Become a Volunteer
- Become a Member of the YMCA Heritage Club
- Give a Gift that Gives Back:
 - An outright gift of cash
 - An outright gift of appreciated assets
 - Name the Y in a life insurance policy/will
 - Make a Gift in Memory/Honor of Someone

To Donate visit our website at www.lcfymca.org

Questions? Contact Ed Bohren at 740-349-9688
or edward.bohren@lcfymca.org



TOGETHER
WE PROVIDED \$246,967
IN FINANCIAL ASSISTANCE
TO 1,713 CHILDREN
AND FAMILIES IN OUR
COMMUNITY.

COMMUNITY PARTNERS

The YMCA continues to collaborate with dozens of community organizations to combine resources and share expertise:

- American Red Cross
- Big Brothers Big Sisters
- Center for Disability Services
- Central Ohio Technical College
- City of Newark
- Denison University
- Goodwill Industries
- Granville Community Foundation
- Heath City Schools
- Licking County Aging Program
- Licking County American Red Cross
- Licking County Board of D.D.
- Licking County Foundation
- Licking County United Way
- Licking Heights Schools
- Licking Memorial Hospital
- Licking Valley Schools
- Newark City Schools
- Newark and Pataskala Rotary
- P.A.L.S
- Salvation Army
- Shepherd Hill
- Southwest Licking Schools
- Y.E.S. Club

**SMILE LEADERSHIP WELCOME
YOUTH DEVELOPMENT HEALTHY LIVING
SOCIAL RESPONSIBILITY JOIN
VOLUNTEER TRAIN PLAY UNITE
COMMUNITY THRIVE WELLNESS
CONNECT HONESTY CARING
RESPECT RESPONSIBILITY EDUCATE**

TOGETHER

**FAMILY FOR ALL IMPACT
CAUSE DRIVEN POSSIBILITY MOTIVATE
INSPIRE FRIENDSHIP CAMP
ALL FOR ONE SAFETY AROUND WATER
DISCOVER NURTURING HEALTH
BALANCE FAITH ACTIVE EXPLORE
STRENGTH BELONG GROW LEARN
CREATIVITY IMAGINATION GENUINE**



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