



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER TOGETHER

2019 ANNUAL REPORT

BUCKEYE VALLEY  
FAMILY YMCA



Dear Friends of the YMCA,

2019 was an historic year for the Licking County Family YMCA. In January, more than one hundred community members gathered at the Western Branch to celebrate the construction groundbreaking of the Renovation and Expansion of the Western Branch. In October, the association formally became the Buckeye Valley Family YMCA, with three branches: The Licking County Family YMCA in Newark, the Muskingum County Family YMCA, in Zanesville, and the West Licking County Family YMCA in Pataskala.

We could not continue to grow and serve our community without the support of our many partners. The YMCA continues to make tremendous strides towards improving the health and well-being of our community. We believe 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 and responsibility. Everything we do stems from this.

Thank you for believing in our mission and bringing it to life every day.

Sincerely,



Crawford Lipsey  
Board Chair



Edward Bohren  
Chief Executive Officer

## YMCA BOARD OF DIRECTORS

### OFFICERS

**Crawford Lipsey**, President  
**Christian Robertson**, First Vice President  
**Barb Quackenbush**, Second Vice President  
**Debbie Kohman**, Treasurer  
**Wm. Doug Lowe**, Secretary  
**Matthew Miller**, Past President

### MEMBERS

<b>Jeremy Fleming</b>	<b>Paul Hill</b>
<b>Amy Hoover</b>	<b>Todd Londot</b>
<b>Michael Massaro</b>	<b>Doug Mill</b>
<b>Veronica Patton</b>	<b>Deborah Shafer</b>
<b>Trevor Thomas</b>	<b>John Wallace</b>
<b>Bart Weiler</b>	<b>Kyle Witucky</b>

## YMCA STAFF

**Edward Bohren**, CEO  
**Alan Cecutti**, COO  
**Benjamin (Jake) Bowden**, Facilities Director  
**Beth Grabo**, Executive Assistant  
**Heather Hawkins**, Director of Child Development

### LICKING COUNTY FAMILY YMCA

**Elijah Benton**, Aquatics Director  
**Constance Cunningham**, Health & Wellness  
**Dianne Hodge**, Gymnastics Director  
**Gail Humbert**, School Age and Camp Coordinator  
**Adam Jenkins**, Sports Director  
**Kristin Ream**, Newark Preschool Director

### WEST LICKING COUNTY FAMILY YMCA

**Dana Moore**, Executive Director  
**Jessica Calvelage**, School Age/Camp Coordinator  
**Jamie Goudy**, Health and Wellness  
**Barbara Michael**, Western Preschool Director

### MUSKINGUM COUNTY FAMILY YMCA

**Jeremy Byers**, Executive Director  
**Libby Hardwick**, Aquatics Director  
**Tyler McDade**, Youth Development/ Sports Director  
**Michele Waite**, Membership Director  
**Becky Weir**, Health & Wellness Director



## 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.

## OUR MISSION

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

# MUSKINGUM COUNTY FAMILY YMCA



**CHRISTINE**

"Prior to surgery, it was painful to eat, my activity was limited, and even walking up a flight of stairs was exhausting. Pain was constant. Sleeping, moving, and eating were so challenging. Since my surgery, I have been healing and I am now able to do all of the things I want to do. I can run, cycle, swim, do yoga and pilates, strength train, kayak, climb, and most importantly, play with my grandkids. A big shout to the Muskingum County Family YMCA instructors - they modified things for me each time, until I was strong enough to do the exercises without modifications. I can eat again and I love the variety of foods I can eat now. My scar, while initially a little unsettling to see, is now a part of me that I love. It is my constant reminder of how God healed me. I am so thankful for the healing and my family and friends who have walked with me through this journey."



## AQUATICS

- Hosted Muskingum County High School Swim Teams, with **116** swimmers from **8** schools
- Hosted **13** High School Swim Meets
- Middle School Swim Team with **40** swimmers from **10** schools
- Hosted **4** Middle School Swim Meets
- MCFY Mako Swim Team with **68** swimmers
- Provided **1,000** youth in Summer Camp swim opportunities
- **48** members participated in Scuba Diving
- **436** youth took Swim Lessons
- **20** Lifeguards received Lifeguard Education and Certification
- Provided family activities including the Water Easter Egg Hunt and Swim with Santa



## GROUP FITNESS

- **5,250** members participated in Group Exercise classes
- Over **400** Seniors participated in Active Adult Classes
  - Active Adults enjoy social activities including line dancing, pickle ball and potlucks
  - Snack and Swim with Santa was offered for youth members to enjoy a story, craft, and fun pool games

## YOUTH SPORTS

- **735** Youth participated in:
  - Basketball
  - Flag Football
  - Soccer
  - T-ball
  - Martial Arts

# LICKING COUNTY FAMILY YMCA



**TOM**

"I enjoy the Silver Sneakers program through my health insurance. For the last several years, I have worked out regularly, about three times a week at the Y. I use the two rows of Cybex equipment in the wellness center; they're consistent, predictable, adjustable and invite a reasonable amount of self-discipline. I'm still competitive in my 90's, but it's with myself and not others. The trainers and staff are knowledgeable, helpful and friendly. Some even call me by name, and that's always flattering! My goal is to maintain my sets and reps, and if I can improve my performance occasionally without hurting myself, then that's icing on the cake. In addition to all of the physical benefits of going to the Y, there are social benefits too. I often see friends and new acquaintances and I enjoy greeting and talking with them. The Y is a win-win experience for all ages, with a huge variety of programs and activities offered there.



## HEALTH & WELLNESS

- **10,970** members participated in Group Fitness classes
- **411** members received an orientation in our fitness centers
- **164** members participated in the Fitness Challenge
- **103** youth participated in the 'Kids in the Kitchen' cooking work shops
- **804** seniors joined Active Adult social activities, such as trips, line dancing, card games, potlucks, and cooking demonstrations



# HEALTHY LIVING



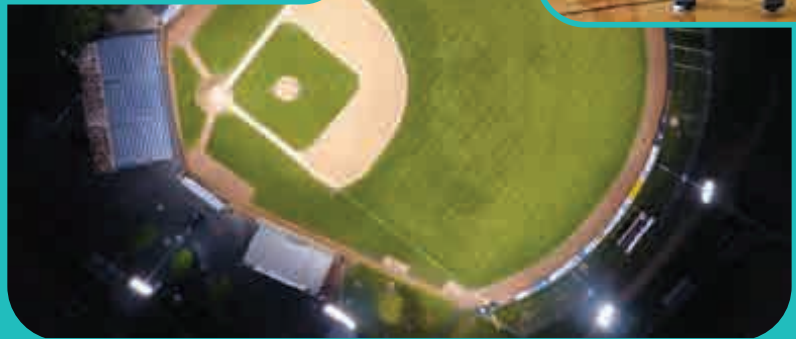
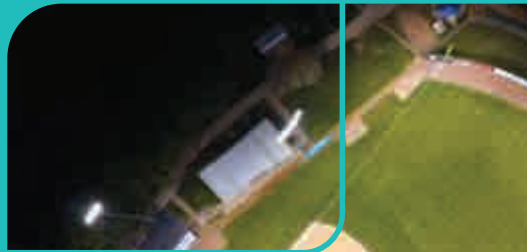
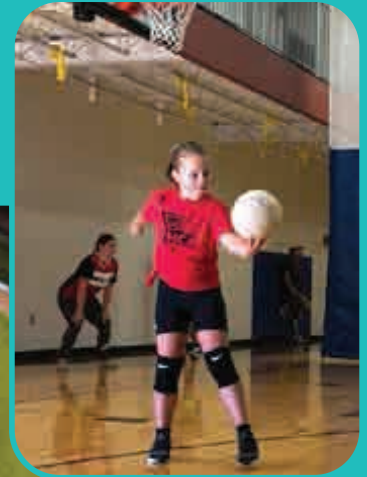
## WELLNESS FOR ALL AGES



# LICKING COUNTY FAMILY YMCA

## YOUTH SPORTS

- › Don Edwards Baseball
  - › Spring League - **19** Teams
  - › Summer League - **17** Teams
  - › Fall League - **14** Teams
  - › **10** Tournaments
  - › **5** Community Events
- › Fall Volleyball - **307** youth
- › Soccer - **52** youth
- › Flag Football - **152** youth
- › Basketball - **432** youth



## GYMNASTICS

- › **1,739** youth participated in Preschool, Recreational, Adaptive and Homeschool gymnastics
- › **69** youth participated on the Competitive Team

# YOUTH DEVELOPMENT

- Licking County Family YMCA operated **9** licensed child care facilities in Licking County and **2** accredited summer day camps, serving children from birth through high school.
- The Preschool programs served over **257** children throughout Licking County.
  - **THE NEWARK PRESCHOOL PROGRAM** maintained the 4-Star High Quality rating from the State of Ohio.
  - **THE LICKING HEIGHTS PRESCHOOL PROGRAM** and the **SOUTHWEST LICKING PRESCHOOL PROGRAM** achieved the 2 Star Quality rating in early 2019, and have continued throughout the year to pursue a higher rating.



- Before and After School Care was provided to school age children in the Heath, Licking Heights and Newark school districts. Optional care was offered on days when school was not in session, and students enjoyed a variety of planned activities including swimming, roller skating, bowling, ice skating, movies, and crafts.



- The Summer Day Camp programs in Newark and Pataskala provided an outdoor camp experience to over **800** children in Licking County. At camp, youth participate in a variety of field trips, swimming, outdoor fun, crafts, learn YMCA values and make new friends. The All for One camp gives children with developmental disabilities an opportunity to experience the fun of summer camp. **29** children attended All for One camp in 2019.



- In 2019, the Licking County Family YMCA provided meals and snacks to participants in all child care programs. The YMCA provided over **57,800** meals and over **42,300** snacks to over **17,000** students!

# LICKING COUNTY FAMILY YMCA

## AQUATICS

- **1,913** youth attended swim lessons
- **80** youth joined the Swim Team
- The Rocktober Swim Invitational hosted **260** swimmers
- The Safety Around Water (S.A.W.) served **627** first graders from **7** Licking County elementary schools at no cost. Swim suits and towels were also provided at no cost to youth in need.



## SAFETY AROUND WATER

Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA Safety Around Water (SAW) Program teaches youth essential water safety skills, which can open up a world of possibilities to satisfy their curiosity safely. Through learning how to perform a sequenced set of skills over eight lessons of 40 minutes each, the risk of drowning is reduced, giving children confidence in and around water. A typical lesson includes:

- Exercises to help them adjust to being in water
- Instruction to "Jump, Push, Turn, Grab" and "Swim, Float, Swim," two skill sets kids can use if they unexpectedly find themselves in the water
- Specific Safety topics, like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills





# SOCIAL RESPONSIBILITY



## Y HEALTHY KIDS NETWORK

The effects of hunger and food insecurity can have lasting damage on children as they age, physically, emotionally and educationally. Hunger can have noticeable physical impacts on children as well; including extreme thinness; puffy swollen skin; or having stomach aches or headaches, particularly on Monday mornings due to lack of access of food over the weekend. The Y Healthy Kids Network (YHKN) addresses these issues by providing students access to food over the weekend. The need for access to weekend meals continues to grow in our community. In the 2016-2017 school year, the YHKN backpack program served 310 children in ten schools. The need grew in the 2017-2018 school year to 475 children in seventeen schools. In the 2018-2019 school year, **YHKN served 560 children in twenty schools.**

## COMMUNITY FAMILY EVENTS

Every year, the Y provides free, family events to our community. Hundreds of families enjoy the annual Bunny Brunch and Halloween at the Y. At the Bunny Brunch, families enjoy breakfast, inflatables, face painting, games, and an Easter egg hunt, all at no cost. Families that attend Halloween at the Y also enjoy fun crafts, games, family activities and trick or treating.

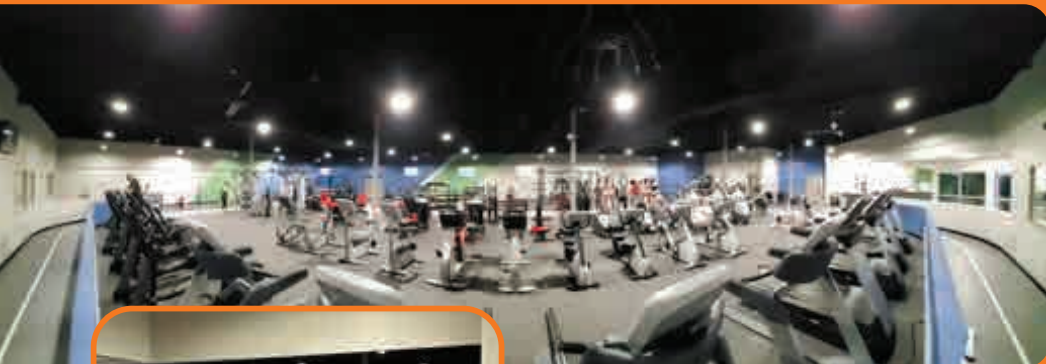


## TOGETHER WE ARE STRONGER

The Y Healthy Kids Network is possible through help from our amazing partners.

- The Food Pantry Network of Licking County
- Presbyterian Church Council
- Newark City School District
- Heath City School District
- Southwest Licking School District
- Licking Valley School District
- Northridge Local School District
- Lakewood Local School District
- Utica School District
- Phoenix Central
- Par Excellence Academy
- The Law Office of Doug Lowe

# WEST LICKING COUNTY FAMILY YMCA



## 2019 PROGRAMS

- **145** youth participated in Gymnastics
- **293** youth participated in Tang Soo Do
- **1,820** Group Fitness classes were offered
- **29** members participated in the Fitness Challenge

## 2019 EVENTS

- **118** members enjoyed a Parent's Night Out
- **103** youth participated in Healthy Kid's Day
- **387** dads and **473** daughters enjoyed the Daddy Daughter Dance. Hosted at Licking Heights, families enjoyed: dancing, raffles, snacks, crafts, games and a photograph. The dance raised \$14,223.
- **39** Superheroes, accompanied by their moms, enjoyed games, target practice, and more at the Superhero Training: A Y Mother Son Event.
- The West Licking Professional Fire Fighters Local 3025 Christmas toy drive, hosted at the branch, served **250** children in **92** families.



**HEIDI**

"I am so thankful to the Y for the journey. I spent all of my life being healthy and fit. After a back injury and steroids, years of yo-yo dieting and lack of exercising, two c-sections, a brain tumor diagnosis and a major hernia repair surgery; I was at my heaviest and was not healthy. My husband and I decided to join the Y because it is close to home, family friendly, and had classes at great times. I started my first cycling class in the early mornings and we came in on the weekends with our boys. We started to eat healthy and pounds and inches began to melt off! My attitude became positive and I felt the best I had in many years! I decided to ask if I could join the Y team as a cardio dance instructor; it has been a blessing. I have lost 55 lbs. and nearly 50 inches. My husband and I have even run our first half marathon and many other 15ks and 5ks (something I never thought possible). I am beyond thankful for my friends and family at the Y who have helped encourage me throughout this journey. It has been a complete lifestyle change and I am glad I chose to make that change. My only limit was me!"

# SUMMARY OF OPERATIONS BUCKEYE VALLEY FAMILY YMCA

## REVENUE 2019

Membership Dues	\$2,646,823
Program Income	\$3,704,490
Contributions	\$253,939
United Way	\$68,000
Sales of Supplies	\$107,978
Food Program	\$109,434
Investment Income	\$42,483
Financial Assistance (\$320,433)	
<b>TOTAL</b>	<b>\$6,612,713</b>

## EXPENSES 2019

Salary & Benefits	\$3,888,887
Supplies	\$728,836
National Dues	\$117,777
Occupancy	\$754,964
Contract Services	\$282,786
Phone/Postage	\$60,481
Equip. Maintenance	\$213,859
Conference/Training	\$27,183
Financing	\$69,095
Miscellaneous	\$2,948
Depreciation	\$439,462
<b>TOTAL</b>	<b>\$6,586,276</b>

## MEMBERS 2019

Licking County Family YMCA	13,049
West Licking County Family YMCA	2,060
Muskingum County Family YMCA	5,012
<b>TOTAL</b>	<b>20,121</b>

**IN 2019, WE PROVIDED  
\$320,433 IN FINANCIAL  
ASSISTANCE TO 1,701  
CHILDREN AND FAMILIES  
IN OUR COMMUNITY.**



For over 144 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

For additional information on how you can help support the YMCA, please contact Ed Bohren, CEO, at [edward.bohren@bvfymca.org](mailto:edward.bohren@bvfymca.org) or 740-349-9688.

## COMMUNITY PARTNERS

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

- Big Brothers Big Sisters
- Center for Disability Services
- Central Ohio Technical College
- City of Newark
- Denison University
- Goodwill Industries
- Heath City Schools
- Licking County Board of D.D.
- Licking County American Red Cross
- Licking County United Way
- Licking Heights Schools
- Licking Memorial Health Systems
- Newark City Schools
- Newark and Pataskala Rotary
- P.A.L.S
- Shepherd Hill
- Southwest Licking Schools



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

ALWAYS HERE FOR YOU  
LIVING HEALTHIER  
BELONGING  
WE ALL WIN  
HERE TO HELP  
POSITIVE CHANGE  
FRIENDSHIP  
WELCOMING TO ALL  
INCLUSIVE  
WE ARE ONE



**BUCKEYE VALLEY FAMILY YMCA**

[www.bvfyymca.org](http://www.bvfyymca.org)

**LICKING COUNTY FAMILY YMCA**

470 West Church Street  
Newark, OH 43055  
P-740-345-9622

**MUSKINGUM COUNTY FAMILY YMCA**

1425 Newark Road  
Zanesville, OH 43701  
P-740-454-4767

**WEST LICKING COUNTY FAMILY YMCA**

355 West Broad Street  
Pataskala, OH 43062  
P-740-964-6522