



STRENGTHENING OUR COMMUNITY

Kishwaukee Family YMCA
2013 Annual Report



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Throughout the DeKalb County Community, countless people know the Y, but there's so much more to our Y than one might think. From exercise to education, from volleyball to volunteerism, from preschool to preventative health, the Y doesn't just strengthen our bodies, it strengthens our community. The Y is so much more than a gym. It's a cause dedicated to youth development, healthy living and social responsibility. Discover how we've helped our neighbors learn, grow and thrive.

Together, we'll take on many of the greatest challenges facing our young people, our health and our community.

Together, we will:

- Teach skills and values that help create a path to success for kids and teens.
- Provide healthy meals, in the summer, so children and families can reach their full potential
- Inspire people of all ages to play, be active, and maintain a healthy lifestyle.
- Engage in work that fosters an inclusive, collaborative, proactive approach in addressing community needs.

Everyone has a role to play. Together, we can achieve so much more.

Rob Wilkinson,
CEO Kishwaukee Family YMCA

Bryan Westerby
2013 YMCA Board of Directors Chair

The Kishwaukee
Family YMCA
is a charitable
association whose
mission is to
promote Christian
Principles through
quality services and
facilities. We strive
to enrich the Spirit,
Mind and Body of all
of our participants,
especially families
and children
regardless of ability
to pay.

2013 OPERATING FUND REPORT

REVENUE	2012	2013
Membership	1,939,327	1,978,490
Program	945,635	1,031,378
Contributions and Grants	234,213	263,822
Other Sources	22,423	9,079
TOTAL REVENUE EARNED	3,141,597	3,282,769

EXPENSE	2012	2013
Programs and Membership	2,222,773	2,353,207
Facility and Depreciation	738,234	773,617
Administration	150,368	153,213
Fundraising	23,131	29,873
TOTAL EXPENSE	3,134,507	3,309,910
OPERATING NET	\$7,091	(\$27,141)

1,130

volunteers donated their time and talents to deliver YMCA programs and services to our community.

12,344

Number of members served in 2013.

\$470,346

Total amount of Financial Assistance scholarships and program subsidies our YMCA awarded in 2013 to low income families and local non-profits.

10,000+ MEALS

were served to youth and families in 2013 through our Summer Food Program in partnership with VAC and Wal-Mart.

YMCA BOARD OF DIRECTORS

- | | |
|-------------------|------------------|
| Cindy Capek | Jeff Keicher |
| Ron Cerutti* | Mark Leach |
| Kathy Countryman* | Jim Lehan |
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| Kristina Garcia | Danielle Schultz |
| Thom Gearhart | Shawn Tilstra |
| Geoffrey Gordon | Tom Vilet |
| Sedgwick Harris | Bryan Westerby* |

*Executive Committee

1 OUT OF 2 CHILDREN



who attended our summer camp in 2013 were given that opportunity through financial assistance.



YOUTH DEVELOPMENT

Nurturing the potential of every
youth and teen

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of adults who care about them and believe in their potential. We see every interaction with young people as an opportunity for learning and development.

DID YOU KNOW...

SUMMER LEARNING LOSS

accounts for about 2/3 of the 9th grade achievement gap in reading.



More than 1 in 4 kids in the United States are unsupervised after the school day ends.

Children whose fathers are involved in their lives are more confident, develop a sense of independence, have higher self esteem, have higher grade-point averages.

THE Y'S SOLUTION

Summer Literacy Program

To help children maintain reading levels, the Y integrates a summer literacy program into the camp curriculum. The Kishwaukee Family YMCA partners each year with DeKalb School District #428 to host their Summer Reading Academy. This teacher-led literacy program measures progress of 2nd and 3rd graders during the summer. Approximately **89%** of children participating in this program at the Kishwaukee YMCA showed improvement in reading accuracy.

Afterschool Program

Students who attend afterschool programs regularly are more likely to improve their grades, test scores and overall academic behavior. Children and teens have a safe place to go in the afternoon where they can begin to realize who they are and all they can achieve. Our partnerships with DeKalb and Sycamore School Districts have allowed us to expand our reach and our programs to provide children at **10** locations with home-work assistance, activities and C.A.T.C.H lessons.

Adventure Guides

YMCA Adventure Guides is a family program designed for a parent and his or her child. The parent serves as a guide in their child's life and presents opportunities for children to explore the world around them through circle meetings and gatherings, expedition adventures and family-oriented activities. Adventure Guides builds assets and character in our young members and reinforces the Y pledge of building strong kids, strong families, and strong communities.



MEET TAWANNA

Watch Tawanna's story at <https://www.youtube.com/user/KishwaukeeFamilyYMCA>

"After my husband retired, we made the decision to care for four foster children. Our youngest foster daughter, Tawanna, was a ward of the state and had experienced neglect early on in her young life. Bringing our kids to the Y helps us a lot. It gives us a chance to get out and allows our children an opportunity to interact with children their own age and be around positive adult role-models. We were able to enroll Tawanna in the Y Preschool program and our daughter is now at a point where she feels comfortable with the staff at the YMCA. She splashes her swim instructors with confidence and has begun to thrive.

Our family has also been able to be a part of the of the YMCA's Summer Food Program during the months while the kids are out of school. This program is excellent because that is one less meal our family has to worry about for the day. The Y helps our family stay healthy both physically and mentally. My husband and I are both diabetic. We need to exercise and our kids look forward to coming to the Y for swimming and time with friends. We believe it is important to be a good role model with exercise. The Y has helped me, my daughter and my family. Our goal is to see our children grow up and we have to stay healthy to see that happen."

- Nancie YMCA Member & Tawanna's mother



SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

With our doors open to all, we work every day to connect people from all backgrounds across DeKalb County and support those who need us most. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

DID YOU KNOW...



of students that attend school district #428 qualify for free or reduced lunch.

19.4%

of Illinois youth live in poverty. Since 2000 the rate of DeKalb County youth living in poverty has doubled.

Many parents are unable to provide the basic school supplies their children need for academic success.

THE Y'S SOLUTION

Summer Food Program

Our YMCA is committed to ensuring the health and well-being of everyone in our community. We are focused on making sure children stay healthy and well nourished because we know that a full belly = full potential. This past summer, with the help of our partners VAC and Wal-Mart, we were able to serve over **10,000 meals** to our summer campers, as well as youth and families in our community.

Scholarships

We believe everyone deserves the Y, so the Kishwaukee Family YMCA and DeKalb Barb City Y offer financial assistance to individuals and families in our community for memberships, preschool programming, summer camp, swim lessons, sports and more. This year we awarded **\$470,346** in financial assistance scholarships to individuals, families and local non-profits.

Back to School Supplies

We want all children to feel prepared and confident on their first day of school. In collaboration with Chicago Metro Y and the Illinois Currency Exchange Charitable Foundation, our Y donated over **1,000** boxes of school supplies to children in our summer camp program, Y families in need and to Sycamore and DeKalb school districts.



Watch Dena's story at <https://www.youtube.com/user/KishwaukeeFamilyYMCA>

MEET DENA

"Due to some health issues I was hospitalized six times in four months and gained 100 pounds because of the steroids I was on. Someone from my husband's work told me the Y offers classes for people with disabilities and suggested that I might qualify for a scholarship. I was on disability and therefore we were no longer able to rely on my income. The Y suggested I try Janie's MS-Recoup class. Because of this class, I am no longer bound to a wheelchair and I am able to maintain a fairly decent weight. The socialization that my class provides has helped me overcome my depression. It's just so nice to be part of a group.

The scholarship program has really helped our family. My daughter has cerebral palsy and while she is able to walk, she is hand held assist. In the pool though, she has this bright smile on her face. It's so much better exercise for her because she is moving both her arms and her legs. I would tell anyone considering the Y that you need to join and get involved. It helps you feel better about yourself and live a better life. For me, The Y helped me get motivated, to lose the weight and feel better about myself. I am now able to take better care of my daughter and my husband."

- Dena YMCA Member



HEALTHY LIVING

Improving the nation's health and well-being

Health and well-being are all about balance. That's why we help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all backgrounds improve their health and well-being, we build a stronger DeKalb County.

DID YOU KNOW...



1 OUT OF 3

U.S. adults has Prediabetes,
only 7% know they have it.

45%

By 2015, baby boomers will
represent 45% of the U.S.
population.



The percent of Illinois
adolescents in grades 9-12
that are overweight or obese.

THE Y'S SOLUTION

YMCA's Diabetes Prevention Program

We believe prevention is key to controlling chronic health issues. The YMCA's Diabetes Prevention Program helps individuals at high risk for Type 2 diabetes take steps to improve their overall health and well-being. Lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of Type 2 diabetes in those at risk for the disease.

Active Older Adult Programs

Physical activity is essential in maintaining a higher quality of life and independence among seniors. Regular exercise provides many practical benefits, including reducing the risk of diseases and conditions such as diabetes, osteoporosis, coronary artery disease and high blood pressure. Stronger muscles, better balance and coordination, and higher energy levels all work together to maintain or improve basic living skills.

We offer a wide variety of classes to keep seniors moving including Senior Water Exercise, MS-Recoup, Strength and Balance, Silver Sneakers to Music and Enhance Fitness.

C.A.T.C.H

We have implemented Coordinated Approach to Child Health curriculum into our Afterschool, Preschool and Summer Camps to help increase physical activity, reduce screen time and teach proper nutrition. We believe the values and skills learned early on are vital building blocks for life. If children can adopt a healthy lifestyle early on, it will be easier for them to maintain throughout their life.



1 OUT OF 3

people will face a cancer
diagnosis in their lifetime.

MEET TAMMY

Watch Tammy's story at
<https://www.youtube.com/user/KishwaukeeFamilyYMCA>

"I was diagnosed with cancer at the age of 35. My friend suggested that I look into LIVESTRONG at the YMCA. I joined the program during my treatment. I was going through chemo and it was my motivation to keep moving. I did not feel good and I probably would have just stayed in bed. The instructors are positive, helpful and make coming to class fun and enjoyable.

You are with people who have been through a similar situation and everyone is very supportive. It doesn't matter if you are young or old, in shape or out of shape, they will help you just get moving and that is the key. The program shows you all the different classes that are available at the Y so you can find what you like to keep yourself active. My journey is far from over but the lessons I have learned from the LIVESTRONG at the YMCA Program will help me keep my body strong so I can continue my life as the SURVIVOR I know I am."

- Tammy YMCA Member

THANK YOU

Thanks to all who supported our mission in 2013.

2013 TRIANGLE CLUB (\$10,000+)

KishHealth System
Ideal Industries Foundation
YMCA of the USA
Wal-Mart Foundation

2013 PRESIDENT'S CIRCLE (\$5,000-\$9,999)

B95 - WDKB*
Bruce & Joan Bickner
Cyrus R. Miller/Cy Miller Foundation
The Jean B. & E.T. Juday Gift Fund
Kishwaukee United Way
The Douglas C. & Lynn M. Roberts Family Foundation

2013 CHAIRMAN'S ROUNDTABLE (\$2,500-\$4,999)

The Gordon Family
Warren & Carol Holdridge

2013 GRAND CLUB (\$1,000-\$2,499)

Anonymous
American Midwest Bank
John and Marybeth Barris
Brian & Amy Bickner
Clean USA*
Crum-Halsted Agency, Inc.
Charles Elmer
Keith & Jan Foster
George and Betty Dutton Foundation
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Suter Company, Inc.
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Upstaging
Rob & Brenda Wilkinson & Family
YEP - Youth Engaged in Philanthropy (DCCF)

2013 SPONSOR (\$500-\$999)

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B-95/WDKB FM
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In Memory of Bob Bukowsky
The Burtons, James, Michelle & Sadie
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Curt & Kathy Countryman
Heather Eade
Frances Erickson
Richard Garrett
Thomas Gearhart
Bill & Vickii Jacob
Katz Family Foundation
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Michael Leopardo
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Mechanical, Inc.
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Monsanto Company
NAPA Auto Parts
Nestle*
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State Farm Insurance, Jeff Keicher*
George & Janie Suter
Wal-Mart
West Bend Mutual Insurance
Jane & Bryan Westerby
Richard & Beth Willey

**2013 PATRON
(\$ 100-\$499)**

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 Allstate Employee Giving Program,
 In Honor of Ed Schmitt
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 United Way of Greater Atlanta
 Tom Vilet, Sr.
 Tom Vilet
 Visiting Angels, Inc.
 Bill Wines
 Sandra Zetti

*** In-Kind Gifts**

While these lists recognize donations of \$100 and above, well over 200 others provided support for our YMCA to ensure that no child, family or adult is turned away. We appreciate all levels of support and recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, connected and secure.

Great care was taken to ensure the accuracy of these lists. If you discover an error or omission please accept our apology and notify us to correct it at 815.756.9577.

The Did You Know... data was gathered through the following sources. (www.cdc.gov; Community Health Assessment: DeKalb County Community Analysis; www.ymca.net, www.afterschoolalliance.org; www.whatkidscando.org; www.cancer.org; Information gathered from District #428; www.diabetes.org)



The Y. So Much More™

Kishwaukee Family YMCA

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