



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTHENING OUR COMMUNITY

KISHWAUKEE FAMILY YMCA | 2011 ANNUAL REPORT



OUR PROMISE

The Kishwaukee Family YMCA is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion. The Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities. Everyday our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good.

MISSION

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.

AREAS OF FOCUS

Youth Development
Healthy Living
Social Responsibility

VALUES

Caring
Honesty
Respect
Responsibility

\$316,522

Total amount of **financial assistance**, scholarships and program subsidies our Kishwaukee Family YMCA awarded in 2011 to low income families and local non-profits who would otherwise be unable to afford to be a part of our programs and services.

1,000

Number of **monthly visits** from local **non-profit groups** who utilize the Y at no cost, to enhance their programs and wellness goals.



120

Number of children who were provided the opportunity, through the **generosity** of our donors, to attend our **Summer Day Camp** program.

1,142

Number of Kishwaukee Family YMCA Volunteers who gave generously of their time to support the YMCA mission.

21,170

Number of hours our volunteers gave in support of the YMCA and our members.

11,291

Total number of **members** we served in 2011





Alexis Ball pictured here with her children Safiya and Khalil.

YOUTH DEVELOPMENT - HEALTHY LIVING - SOCIAL RESPONSIBILITY

WE BELIEVE IN A BRIGHTER
FUTURE

PROVIDING ACCESS TO ALL

At the Kishwaukee Family YMCA **strengthening community** is our cause. Through our focus on youth development, healthy living and social responsibility we **embrace** and **nurture** the promise that lies in all of us. It is our mission to ensure that no one is turned away from the YMCA for an inability to pay. In 2011 our YMCA awarded **2,369** scholarships for membership and programs.

“Being involved at the Y has helped me feel that as a mother I am giving my children everything they need.”

-Alexis Ball

“This past summer was a very difficult time for my family financially. I was working two jobs, my husband was just beginning another so things were starting to look up, but I needed a place to put my kids. I talked with one of the staff here at the Y and she made me feel comfortable about my request and facilitated my kids being able to be in camp on scholarship. While I was working I could now feel confident that my children were being taken care of in a safe environment.

The camp experience has been really terrific and something that we couldn't have done without the scholarship. Just being involved at the Y has helped me feel that as a mother I am giving my children everything they need. The kids have made so many friends. They were able to try many different types of

sports and in the process discovered where their strengths lie.

I've found that the counselors are really interested in making sure that the kids are developing relationships with one another. There are many people from many different places here and I feel great that my kids are able to make contact with all kinds of people and learn about their culture and that it's supported by the Y.

I was recently given a full time position which means we don't qualify for a scholarship anymore, which is very good news. Hopefully someone else will be able to use our scholarship and grow as much as we did from this experience.”

-Alexis Ball

MAKING STRIDES IN YOUTH DEVELOPMENT



At the Y, we strengthen community through youth development because we believe that a community is stronger when children have the opportunity to discover who they are and what they can achieve.

Everyday we engage youth in our swim lessons where they are learning and developing skills, that result in increased **confidence** and **self-esteem**.

Our youth sports programs focus on teaching and demonstrating the values of **caring, honesty, respect** and **responsibility**.

Our Pre-school programs help youth make friends while being supported by **positive adult role-models**.

During Summer Day Camp we are able to impact youth by **nurturing** them to fulfill their **potential** through skill development, positive relationships, and inspiring opportunities to explore and discover.



Taylor Smith-Kent participated
in our LIVESTRONG at the YMCA
pilot program.

YOUTH DEVELOPMENT - **HEALTHY LIVING** - SOCIAL RESPONSIBILITY

WE BELIEVE IN INSPIRING

HOPE

LIVESTRONG at the YMCA

The Kishwaukee Family YMCA launched **LIVESTRONG** at the YMCA locally in 2011. Our **LIVESTRONG** at the YMCA program takes an active role in **empowering** cancer survivors with necessary tools and personal training to live stronger, richer lives. The agenda of **LIVESTRONG** at the YMCA is clear: empowerment of the **spirit, mind** and **body** enabling participants to combat the physical and emotional toll that comes along with cancer treatment.



L I V E S T R O N G ®

“My confidence in myself as a human being to make a life beyond cancer is the gift this program has given me.”

-Taylor Smith-Kent

“LIVESTRONG at the YMCA provided a safe, nurturing environment where I could walk and work towards some of the exercise goals I have had without fear of over exertion or fear of a maniere’s attack. I wasn’t isolated anymore. I was part of a group, a support system that helped keep me going and fighting. Even though I hadn’t done any of the exercises in over four years, I had absolute faith in the Y staff that I wouldn’t be asked to do anything I wasn’t able to do. There was so much support on an individual basis and everybody improved! We did everything from hula hoop to pilates to yoga to tai chi and walking on the track. Everyone found things they liked to do.

The best thing about this program is the camaraderie and support. Every Y is a great facility and there’s always going to be equipment,

but this was about the wonderful team. We all grew tremendously in confidence and felt safe taking those “risks” that will help you be the best you can be, without feeling embarrassed.

When you hear someone tell you that you have cancer, you think maybe there isn’t another chapter to my life – maybe the cancer will come back – maybe soon. Maybe I’ll never be healthy and strong again. The one thing with this program is that I have completely lost that sense that there is not another chapter. I believe there is another chapter, and I’m going to design it; and that I will have the strength and the wherewithal to do it. My confidence in myself as a human being to make a life beyond cancer is the gift this program has given me.”

-Taylor Smith-Kent

MAKING STRIDES IN HEALTHY LIVING

We strengthen community through Healthy Living because we believe that a community is stronger when people have the opportunities to improve their health and well-being.

27.9%

Percentage of adults in DeKalb county with borderline high cholesterol.*

25.6%

Percentage of adults in DeKalb county that are Pre-Diabetic.*

* 2010 Know your Numbers Report

PREVENTION IS A PRIORITY

We believe that everyone has the desire to be well and that well-being is best cultivated by providing supportive relationships and environments. We offer a wide variety of preventative programs including Fitness, Personal Wellness, Water Exercise, Youth Sports, and Aquatics. Additional Signature classes include the YMCA Diabetes Prevention Program, LIVESTRONG at the YMCA, Silver Sneakers, and MS-Recoup.

NEW

YMCA DIABETES PREVENTION PROGRAM

Ours is the only Y in Illinois (and one of only 50 in the United States) selected and approved to run the YMCA Diabetes Prevention Program. The YDPP is a recognized program through the Centers for Disease Control and Prevention (CDC). This evidence-based program has a proven 58% success rate in adults and a 71% success rate in seniors over 60 in preventing the onset of Type II Diabetes. For more information please contact the YMCA at 815.756.9577

DEKALB BARB CITY YMCA

In 2011 the Kishwaukee Family YMCA opened a new, more convenient location for DeKalb County residents. DeKalb Barb City YMCA now offers resources to area residents that will help them maintain a healthy lifestyle.



YOUTH DEVELOPMENT - HEALTHY LIVING - **SOCIAL RESPONSIBILITY**

WE BELIEVE IN A HEALTHIER **COMMUNITY**

PIONEERING HEALTHIER COMMUNITIES

The Kishwaukee Family YMCA was awarded a Pioneering Healthier Communities Grant in 2011. The primary goal of PHC is to expand our efforts to increase **collaborations** between organizations within the **community** to eliminate barriers that are preventing kids, individuals and families from leading **healthier lives**.

KISHWAUKEE PHC COMMUNITY LEADERSHIP TEAM

Y COACH:

Kim Jass-Ramirez: Senior Director of Healthy Living at Kishwaukee YMCA*

PARTNER COACH:

Lisa Cumings: Community Health Liaison at Kishwaukee Community Hospital *

Jim Briscoe: Superintendent of DeKalb School District #428

Cindy Capek: Executive Director of DeKalb Park District*

Kathy Countryman: Superintendent of Sycamore School District #427

Katrina Luetkebuenger: Associate Executive Director of Kishwaukee YMCA

Jane Lux: Administrator at DeKalb County Health Department*

Christy Meyer: Principal at DeKalb School District #428

Kevin Poorten: President and CEO of KishHealth Systems*

Mary Pritchard: Interim Dean, College of Health and Human Services at NIU*

Wayne Riesen: Superintendent of Sycamore School District #427*

Ted Strack: Board President of Sycamore Park District*

Dan Templin: Executive Director of DeKalb Community Foundation

Rob Wilkinson: CEO of Kishwaukee YMCA

The Pioneering Healthy Communities initiative has been the catalyst for engaging community leaders across all disciplines to embrace the goal of building a healthier DeKalb.

-Cindy Capek

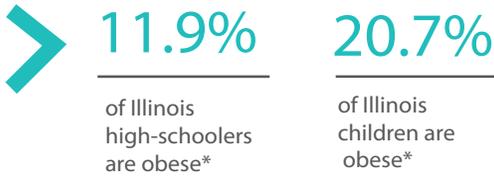
Executive Director of DeKalb Park District

What we have come to realize as a Pioneering Healthier Communities leadership team is that in order to improve health, we need to focus on the more social determinants of health and how they shape our environments and communities. To broaden our impact, we need broad participation and partnerships that engage community members in a movement to create change that supports everybody's health.

-Jane Lux

Administrator at DeKalb County Health Department

* Shown Pictured above



“Our Y is engaging community leaders in policy and environmental change efforts to promote healthy lifestyles”

–Rob Wilkinson, CEO Kishwaukee Family YMCA

“At the Y, we believe that all people deserve to live to their fullest potential. Pioneering Healthier Communities (PHC) is the Y’s signature initiative that engages local leaders in creating environments rich in opportunities for healthy living. Our Y is engaging community leaders in policy and environmental change efforts that promote healthy lifestyles and make the healthy choice the easy choice in all of the places where people live, work, learn and play.

With support from the Centers of Disease Control and Prevention and Y-USA, our Y has convened local leaders and stakeholders over the past year in order to bring about

sustainable change in DeKalb County. The vision of our PHC team is to create Healthy and Active Communities throughout DeKalb County and the mission is to partner with others to create policies and environments that motivate people to eat healthy and be physically active everyday.

Our Kishwaukee PHC Community Leadership Team has selected to focus their efforts on creating a more walkable/bikeable community with safe family-friendly environments and to increase the number of community venues that offer healthy food and beverage choices.”

–Rob Wilkinson
CEO Kishwaukee Family YMCA



MAKING STRIDES IN SOCIAL RESPONSIBILITY

We strengthen communities through Social Responsibility because we believe that a community is stronger when people and organizations give back and provide support for their neighbors.

Our Summer Camp group, Leaders in Training (LIT) learned valuable skills this summer when they participated in **Community Service** and Fundraising projects for **local non-profit organizations**.

Many of our Adult Water Exercise participants pulled together this year and **donated** their **time** and **talents** by sewing bags and selling them to raise money for scholarships to send children to camp.

Pictured above Betty Levinson and Barb Samulowitz working together to sew bags for our camp kids.

* Trust for America’s Health Data Report

KISHWAUKEE PIONEERING HEALTHIER COMMUNITIES

OUR VISION

To create Healthy and Active Communities throughout DeKalb County

OUR MISSION

To partner with others to create policies and environments that motivate people to eat healthy and be physically active everyday.

FOCUS AREAS

To create a more walkable/bikeable community with safe family-friendly environments.

To increase the number of community venues that offer healthy food and beverage choices.

2011 BOARD OF DIRECTORS

LIZ BOCKMAN
 ROSS BUBOLZ
 BOB BUKOWSKY
 RON CERUTTI
 CHERYL COUNTRYMAN
 KATHY COUNTRYMAN
 KEITH FOSTER
 THOM GEARHART
 SHEELA GORAL
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 MIKE KOKOTT*
 MARK LEACH* (Board Chair)
 LAVONNE NEAL
 AARON NEVDAL
 DANIELLE SCHULTZ
 ROGER SCOTT
 BRYAN WESTERBY*
 BETH WILLEY

*Executive Committee members

2011 OPERATING FUND REPORT

REVENUE	2011	2010
Membership	\$1,847,311	\$1,847,623
Program	\$944,627	\$892,840
Contributions and Grants	\$166,458	\$193,666
Other Sources	\$20,930	\$4,078
TOTAL REVENUE EARNED	\$3,006,326	\$2,938,207
EXPENSE		
Programs and Membership	\$2,059,693	\$1,999,534
Facility and Depreciation	\$748,612	\$759,166
Administration	\$152,879	\$143,500
Fundraising	\$26,679	\$27,099
TOTAL EXPENSE	\$2,987,863	\$2,929,299
OPERATING NET	\$18,463	\$8,908

KISHWAUKEE FAMILY YMCA DATA*

Member Units_____	4,449
Members_____	11,291
Adult Units_____	1,559
Percentage of Y Members are Adult Units_____	35%
Family Units_____	2,362
Family Members_____	9,202
Percentage of Y Members are Family Units_____	53.1%
Members Under 18 years_____	4,577
YMCA Area Household Penetration_____	15.3%

*These stats were recorded as of 03/01/2012

THANK YOU

Thanks to all who supported our mission in 2011

2011 TRIANGLE CLUB

(\$10,000+)

Bickner Family Foundation
Centers for Disease Control
Cy Miller Foundation
Ideal Industries Foundation
Kishwaukee Community Hospital
Unlimited Performance

2011 PRESIDENT'S CIRCLE

(\$5,000-\$9,999)

B95 FM-WDKB*
Convocation Center*
JC Penney Afterschool Fund
Kishwaukee United Way
Morning Star Media Group*
NIU Huskie Athletics*
The Jean B. & E.T. Juday Gift Fund
Becky Wardlow*

2011 CHAIRMAN'S ROUNDTABLE

(\$2,500-\$4,999)

Barnaby Printing*
Midwest Orthopaedic Institute
OLT Marketing*
LIVESTRONG Foundation

2011 GRAND CLUB

(\$1,000-\$2,499)

American Midwest Bank
Anonymous
In Memory of John A. and Eleanor Barris
Brian & Amy Bickner
Castle Bank, N.A.
Clean USA*
George and Betty Dutton Foundation
Keith and Jan Foster
Frogs for a Cause Wellness Initiative
(National Bank & Trust Co. & Kishwaukee Community Hospital)
Geoff and Sarah Gordon
Warren and Carol Holdridge
Hyvee*
Bob Johnson
Peter and Char Johnson
Sushil Keswani and Photine Liakos
Lynne King Roberts
Klein, Stoddard, Buck, Waller & Lewis, LLC
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Beth Marchewka
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Nestle Corporation*

Aaron Nevdal
North Central Cyclery, Inc.
Northern Rehabilitation & Sports Medicine Assoc.
In Memory of Dr. William Stach
The Suter Company, Inc.
Vern Viner
Jane and Bryan Westerby
Rob and Brenda Wilkinson & Family

2011 SPONSOR

(\$500-\$999)

The Bockman Family
Bob & Franca Bukowsky
Tom and Sue Choice
Commonwealth Edison
DeKalb Corn Fest
Curt and Kathy Countryman
John and Cheryl Countryman
Richard Garrett
The Gallagher Family
Charlie Irick
Katz Family Foundation
Herman Kussro
Mark & Debbie Leach
The Luetkebuenger Family
The McQuade Family
Mechanical, Inc.
Midwest Energy, Inc.
Adolph Miller Real Estate
Rod Schairer
Richard and Beth Willey

2011 PATRON

(\$100-\$499)

The Alef Family
Anonymous
Arch Vending, Inc.
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Dr. James Burton
Mike Carr
Chevron Humankind Matching Gift Program
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Cortland Flooring*
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Jumpers Island*
Jumpy Jumpers*
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Kent H. Landsberg Co.
Chris and Cory Lamb
Michael and Mary Larson
Denise & Bryan LaVell
Jim MacMurdo
The Madeley Family
Peter and Meg Magnusson
Mark Mannebach
Brittany Marlow
Mason Properties
Alexandra Metcalf
Walter Meyers
The Michel Family
Betty & Bill Mitchell
Bill & Jo Monat
Ken Mundy
Munz Construction*
Sue & Jeff Munz
Dr. LaVonne Neal
Pam & Steve Nelson
Oakcrest Retirement Center
Olympic Chiropractic
John & Miriam O'Connell
PCS Industries
Jim and Susan Pfothenauer
PJ's Courthouse Tavern & Grill
Periakaruppar Ramanathan
Resource Bank
Ahmed Rifai
Ted & Mary Jo Robinson
Ronan-Moore-Finch Funeral Home
Larry & Danielle Schultz
Roger Scott
Julie Sgarlata
Peggy Smoltich
Janie Suter
Ken Taylor
Scott Taylor
Viking Chemical Company
Walgreens*
WALT LTD.
Paul & Emily Weil
Ann Werhane
Bill Wines

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.

* In-Kind Gifts

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



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KISHWAUKEE FAMILY YMCA

2500 W. Bethany Rd.

Sycamore, IL 60178

815.756.9577

www.kishymca.org