



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMUNITY IS OUR CAUSE

KISHWAUKEE FAMILY YMCA
Annual Report 2010



OUR FOCUS

We focus our work in three key areas because nurturing the potential of kids, helping people live healthier, and supporting our neighbors are fundamental to strengthening communities.

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.

2010 BOARD OF DIRECTORS

Tim Beasley	Cheryl Countryman	Warren Holdridge	Aaron Nevdal
Liz Bockman	Kathy Countryman	Sushil Keswani	Elliott Rodgers
Ross Bubolz	Keith Foster	Mike Kokott	Rod Schairer
Bob Bukowsky	Sheela Goral	Kim Launer	Bryan Westerby
Mike Carr	Geoff Gordon	Mark Leach	Beth Willey

CEO/ BOARD PRESIDENT MESSAGE



Dear YMCA Family and Friends,

The past year has been a difficult one for many of our Y families and friends. The economic challenges facing area families and businesses are at an all time high. Throughout tough times the YMCA continues to provide support and services to area youth, families and seniors. Thanks to the 350+ donors to our Strong Kids Campaign, the YMCA was able to provide over 2,200 financial assistance scholarships for memberships and YMCA programs to DeKalb County residents in 2010. In addition, our emphasis on collaboration and partnerships enabled the YMCA to provide facilities and support to over 20 area non-profit organizations and their clients.

In 2010 the Kishwaukee Family YMCA continued to focus on the following strategic initiatives:

- Improving Community Health
- Increasing the 40 Developmental Assets in area youth
- Increasing Impact through Collaboration and Partnerships
- Increasing Programs and Services through Outreach

We are happy to report that in 2010 we were successful in many of these strategic initiatives. Our successes included being selected for two national health initiatives. Our YMCA was one of 16 communities across the country to receive a Pioneering Healthier Communities grant. This grant will focus on improving community health by bringing together community leaders and organizations to collectively create a community health action plan. The Y was also one of 50 YMCAs in the country selected to offer a new Diabetes Prevention Program. This program has been proven to reduce the

onset of diabetes in nearly 60% of adults with pre-diabetes. We look forward to launching the program in late 2011 or early 2012.

We expanded our collaboration to increase the 40 Developmental Assets in area youth with DeKalb County KEYS (Keep Encouraging Youth to Succeed). In November our Y Board of Directors approved a 1 year trial period of having the KEYS staff and Board fall under the umbrella of the YMCA. It is our goal to help the Developmental Assets grow and expand not only at our Y, but to be integrated throughout the county.

The YMCA is excited about joining the 2,000+ YMCAs from around the country in updating our logo and rededication to our mission and focus. You will find throughout this report our new messaging and voices. Our new messaging will focus on the following three areas: **Youth Development, Healthy Living and Social Responsibility.** The stories you will read about on the following pages share our commitment each day to these areas of focus. Through our new messaging we hope to better inform and share with you the positive impact the YMCA has in our community each and every day.

We hope that you find the following report informative and exciting. The Y is committed to improving our community and will need your continued involvement and support in order to meet the growing needs of residents in our communities. Together, we can make a difference.

Mark Leach
Board Chair

Rob Wilkinson
CEO



A NURTURING ENVIRONMENT MAKES ALL THE DIFFERENCE

My name is Michael Gordon. Right now I'm 17 years old and I attend Sycamore High School. ... I've been a part of the DeKalb County Swim Team here at the YMCA for the past 12 years and it has really influenced my life in a number of ways. ... Everyone here on the swim team, whether it's my fellow team mates or my coaches, are really supportive and help you achieve your goals as you get to the next level.

So maybe even if you don't get to your goal right away, you still feel good about yourself – you know you went out there and gave it your best. Another thing I love about the swim team and the YMCA in general is the support system we have here. Whether it's the parents,

my team mates, the coaches...they're always out there congratulating me when I have a good swim, consoling me when I don't do that great, motivating you in practice, telling you maybe you aren't working that hard today – maybe get up and go a bit harder – because they know they're just looking out for your best.

And even outside the swim team, just walking in by the front desk, everyone says "hello, how are you doing today" – even though I'm in for a two hour swim practice. This helps lighten the load I guess. All the staff members here are great and you can really tell that the YMCA focuses on the core values it sets. It really talks the talk and walks the walk.

DEVELOPMENTAL ASSETS

Service to Others–Young person serves in the community one hour or more per week. **Safety**–Young person feels safe at home, school, and in the neighborhood. **Sense of Purpose**–Young person reports that "my life has a purpose."

YOUTH DEVELOPMENT

WE ARE BUILDING HEALTH IN SPIRIT MIND AND BODY, ALONG WITH CHARACTER IN TODAY'S OVERWHELMED YOUTH.

The good news is we're not doing it alone. Thanks to outstanding collaborations and partnerships, including the **Sycamore School District OSCAR Program and District 428 Afterschool Program**, K-5th graders receive afterschool care that includes educational and wellness components.

Partnership with the **DeKalb County KEYS Initiative** is ensuring that community businesses, school programs as well as YMCA Programs are including Asset and Character Development into their

curriculums and educating our community about their importance.

Developmental Assets are 40 key building blocks of development that help youth grow up healthy. (find some of these assets scrolling along the bottom of this report!) While many programs can build assets, asset building is not a program. Instead, asset building is a way of focusing and shaping programs so that they meet the needs and hopes of our members.



BUILDING CONFIDENT YOUTH IN SPIRIT MIND AND BODY

Youth Service Leaders Club for pre-teens and teens holds four community service projects, each year which are planned, organized and executed by youth.

Adventure Guides, is a parent child program that builds family relationships and focuses on community. In 2010 Adventure Guides families joined together to raise donations for Safe Passage, helped with YMCA Strong Kids Campaign and also organized a blood drive.

LIT (Leaders in Training-Camp Group) performed community service at 5 local organizations, and helped raise funds for the YMCA Strong kids campaign. Additionally, this group organized a camp wide effort to raise funds for a selected charity. Organizations came in to discuss their cause and the group made a decision based on the information. Make A Wish Foundation received \$242.75 in donations as a result of their efforts.



DEVELOPING YOUTH AT SUMMER CAMP

By intentionally incorporating asset development into our camp curriculum, our YMCA reports continual increases in developmental assets for our campers.

	CLOSE OF CAMP 2009	CLOSE OF CAMP 2010
% of youth that felt being honest and telling the truth has become more important to them as a result of participating in the YMCA Camp Program.	87%	96%
% of youth that felt they have become more understanding and caring about other people's feelings since participating in camp.	88%	98%
% of youth that believe YMCA activities help them make better decisions.	81%	94%
% of youth that stated that YMCA activities helped them do what is right, even when others are not.	87%	92%
% of youth that believed that participating in YMCA Camp helped them stay out of trouble.	87%	92%



REACHING THE TOP WITH HELP FROM FRIENDS

"On December 1, 2009 I weighed 346 pounds, and I decided a change had to be made. I joined the Y and that was probably the best decision I ever made. When I started here I was so out of shape that I couldn't do anything other than really swim. Marybeth helped me. I was able to go from there and work my way to the wellness center, doing treadmills, doing elliptical.

I was having good success then and the staff suggested maybe I start lifting weights...which was also an awesome piece of advice. "Without the people here I absolutely

would not be where I am today. Everyday I wake up completely happy and I have the Y to thank for it."

The people that work here and the people that work out here – it's a group of people that are absolutely amazing and I believe they genuinely care and they want to see you succeed. They notice when you're not here. They give you encouragement – even people you don't know – and I think that's absolutely amazing. So without the Y, I wouldn't be as happy as I am today. My name is Josh Corn and that's my story.

HEALTHY LIVING

MAKING OUR COMMUNITIES' HEALTH AND WELL-BEING A PRIORITY THROUGH OUTREACH & PARTNERSHIPS.

With DeKalb County Obesity rates at 26% (about 1 out of 4 individuals) and national rates hovering at 30%, the Kishwaukee Family YMCA is devoted to strengthening our community by providing programs, facilities, staff and support to overcome these threats to the future of our community health and well being. Through our Activate America efforts, our YMCA is determined to take on this national health crisis beginning at the most basic levels.



OUTREACH & PARTNERSHIPS

Pioneering Healthier Communities (PHC)

An initiative of the YMCA's Activate America®, that empowers communities with strategies and models for creating and sustaining positive change in support of healthy living. By the end of 2011, the Kishwaukee Family YMCA and its principal partner, KishHealth System, will form a coalition of local leaders to create a Community Action Plan, which is supported through funding from the Centers for Disease Control and Prevention. Sixteen Communities have been selected to join Pioneering Healthier Communities. Ten Communities are joining PHC for the first time, including the Kishwaukee Family YMCA. PHC will expand our efforts to increase collaborations between organizations within the community and to eliminate barriers that are preventing kids, individuals, and families from leading healthier lifestyles.



CREATING PROGRAMS TO MEET SPECIFIC NEEDS IN OUR COMMUNITY

Silver Sneakers

The Silver Sneakers program provides access to our YMCA along with a class specially designed for seniors. The Silver Sneakers class was developed in conjunction with Northern Illinois University. It is designed to help seniors improve balance, lose weight and increase flexibility.

Weight No More

This program is a collaborative effort with Kishwaukee Community Hospital. The program teaches participants how to eat and exercise correctly to lose weight and keep it off.

Re-Coup/MS

This program addresses the individual needs and goals of people with physical challenges in a pool environment. It is perfect for those recovering from an injury or surgery and those with MS.

Pre-Gym, Fit Kids, and Youth & Teen Strength Training Classes

Our YMCA knows that children need to develop good habits early to grow and thrive throughout their life. Fit Kids offers strength training along with active games to get kids on the right path for life.



CONTRIBUTING TO OUR COMMUNITY BUILDS CONFIDENCE

"Our partnership with the YMCA and the impact on young adults who have cognitive disabilities has enriched our program. It has been a win-win collaborative experience.

The YMCA's staff has embraced them, learned about their disabilities and best practices to support them - either as volunteers or those working towards competitive employment. The young adults who volunteer feel good about themselves and are proud to be productive members of our community and enjoy the connection

with the staff and members here at the Kishwaukee Family YMCA.

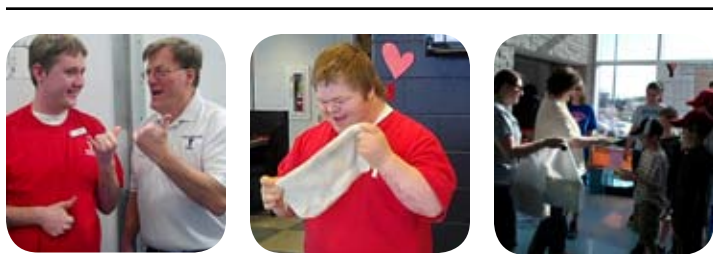
At the Sycamore Life School, Jasmin is learning to follow directions. Volunteering at the YMCA is helping support her progress toward this goal and additionally provides her an opportunity to work in a community setting and build self-confidence through interacting with YMCA staff and members." - Becky Stezko, Sycamore Life School, Sycamore School District 427.

SOCIAL RESPONSIBILITY

WE BELIEVE HEALTH AND WELLNESS ARE FOR ALL OF US, NOT JUST SOME OF US.

ACCESS

In 2010 our YMCA made membership and program participation a reality by providing more than **2,200 scholarships** for memberships, sports, swim team, swim lessons, afterschool, wellness programs and summer day camp. Without assistance these people may not have had the opportunity to empower their lives in a healthy way and thrive as a family unit.



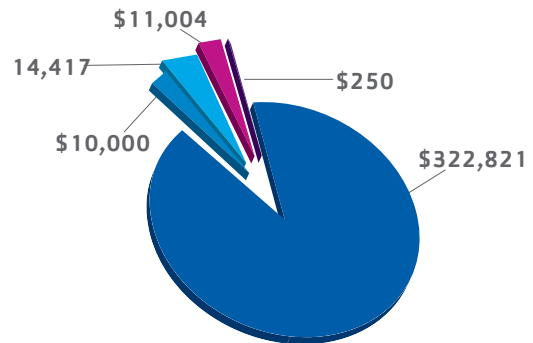
VOLUNTEERISM

Volunteers are the core of the YMCA. In 2010, our YMCA saw **757 volunteers** donate **13,881 hours of service**. Community members come to the Y to volunteer as a means of seeking experience, community involvement, socialization, and even giving back for benefits they received. The services and outreach provided by the Kishwaukee Family YMCA are available in large part due to the number of volunteers we have each week. From Youth Sports, to community events, to Board Members, to office helpers, the YMCA IS STRONG THANKS TO THEM!



(Volunteer Recognition Picnic)

Financial Assistance and Outreach



DIRECT (memberships, summer day camp, afterschool program, sports league, swim lessons, swim team, and wellness classes)	\$322,821
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INDIRECT	
Facilities used by Community Groups and Non-Profits	\$11,004
Outreach support to other community groups	\$14,417
Community Outreach Programs	\$10,000
International Work/Support	\$250

PARTNERSHIPS

Through our partnerships with local non-profits, hundreds of local individuals get connected to YMCA resources. These partnerships include facility access, volunteer opportunities, and special event collaborations.

Groups utilizing YMCA Resources in 2010 include: Sycamore School District 427, DeKalb School District 428, DeKalb Park District, Boy Scouts & Girl Scouts, Sycamore High School Inclusion Program, Sycamore Life School Program, Pay It Forward House, Camelot School, Big Brothers Big Sisters, Opportunity House, Ben Gordon Center, Safe Passage, Hope Haven, and Youth Service Bureau.

THANK YOU

THANKS TO ALL WHO SUPPORTED OUR MISSION IN 2010.

2010 TRIANGLE CLUB (\$10,000+)

Bickner Family Foundation
Kishwaukee Community Hospital
Dr. William Stach
Ideal Industries Foundation

2010 PRESIDENT'S CIRCLE (\$5,000 – \$9,999)

895/WDKB-FM*
Cy Miller Foundation
Kishwaukee United Way

2010 CHAIRMAN'S ROUNDTABLE (\$2,500 – \$4,999)

The Gordon Family
JC Penney
Midwest Orthopaedic Institute
WLBK 1360 AM*

2010 GRAND CLUB (\$1,000 – \$2,499)

American National Bank of DeKalb County
Barnaby Printing*
In Memory of John A. and Eleanor Barris
Bickner Family Foundation
Mark Cerney
DeKalb County Community Foundation
The George and Betty Dutton Foundation
Charles Elmer
Irving Construction Company, Inc.
Kent H. Landsberg Co.
Klein, Stoddard, Buck, Waller & Lewis, LLC
NAPA Auto Care Centers
The National Bank and Trust Company
Nestle Corporation*
NIU Convocation Center
NIU Huskie Athletics*
North Central Cyclery, Inc.
Northern Rehabilitation & Sports Medicine Associates
The Suter Company, Inc.
Target Corporation
Wal-mart
Rob and Brenda Wilkinson and Family

2010 SPONSOR (\$500 – \$999)

Tim Beasley

Bob and Franca Bukowsky
Mr. Campbell
Castle Bank, N.A.
Keith and Jan Foster
Richard Garrett
Ron Grimm
Deb and Mark Hartman
Warren Holdridge
Katz Family Foundation
Sushil Keswani and Photine Liakos
Chris and Cory Lamb
The Luetkebuenger Family
The Marchewka Family
Marybeth and Lance McGill
The McQuade Family
Mechanical, Inc.
Ben Mueller
OLT Marketing*
Prairie View Dental
Resource Bank
Elliott and Frowene Rodgers
Tegant Corporation, Alloy Brands
Jane and Bryan Westerby

2010 PATRON (\$100 – \$499)

Adolph Miller Real Estate
The Alef Family
Arch Vending*
Rachel and Rodney Beach
Anne Berg and Neil Blackstone
J. and L. Bockman
Dr. James Burton
Mike Carr
Selinda Chassteen
David Chuna
Collins Dental Group
Richard Cooler
Ashley Crow
Sandy and Larry Creekmur
Marcus Docter
Heather Eade
Fran Erickson
Farm & Fleet*
The Franklin Family
The Gallagher Family
Drs. Steve & Michele Glasgow
The Goral Family
Michael Gordon
Heather Hassberger
Alexandria Henry
Jeff and Mary Hess
Susan and Jeff Holder
Glenn Hollister
Dionne Horne
Illinois Community Credit Union

Charlie Irick
Benjamin Isaacs
Bill and Vickii Jacob
James V. James
Lynda K. Jobman
Parker Johnson
Pete and Char Johnson
Ken Spears Construction
Janis and Tom Kirts
Herman Kussro
Michael and Mary Larson
Kim and Jim Launer
Denise and Bryan LaVell
Law Office of Amato & Sheen
Mark and Debbie Leach
Mark and Lisa Lenz
Jim MacMurdo
The Madeley Family
Brittany Marlow
Brian T. McCarthy
Walter Meyers
The Michel Family
Midwest Energy, Inc.
Paul Miller
Betty and Bill Mitchell
Bill and Jo Monat
Mitch Moon
Sue and Jeff Munz
Pam and Steve Nelson
Aaron Nevdal
Nike Inc. and Affiliates
Oak Crest Retirement Center
John and Miriam O'Connell
Olympic Chiropractic
PCS Industries
Jim and Susan Pfothenauer
Ahmed Rifai
Rod Schairer
Brian Scholle
Julie Sgarlata
In Memory of Dr. William Stach
Dave Stouffer
Jeff Strack
Cassandra Studer
Janie Suter
Sycamore Elks Lodge No. 1392
Sylvan Learning Center
Scott Taylor
Viking Chemical Company
Walgreens Corporation
WALT Ltd.
Marnel and David Wedeman
Beth and Gabrielle Wenger
Ann Werhane
Richard and Beth Willey
Bill Wines
Wynne's Freight Services

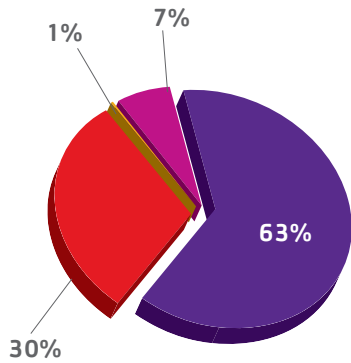
*In-Kind Contributions

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

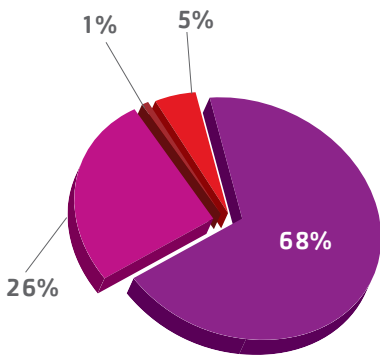
DEVELOPMENTAL ASSETS

Personal Power-Young person feels he or she has control over "things that happen to me." **Bonding to School**-Young person cares about her or his school. **Caring School Climate**-School provides a caring, encouraging environment.

2010 OPERATING FUND REPORT



REVENUE	AMOUNT	PERCENTAGE
MEMBERSHIP	\$1,847,623	63%
PROGRAM	\$892,840	30%
CONTRIBUTIONS AND GRANTS	\$193,666	7%
OTHER SOURCES	\$4,078	1%
TOTAL REVENUE	\$2,938,207	



EXPENSES	AMOUNT	PERCENTAGE
PROGRAM AND MEMBERSHIP SERVICES	\$1,999,534	68%
FACILITY AND DEPRECIATION	\$759,166	26%
ADMINISTRATION	\$143,500	5%
FUNDRAISING	\$27,099	1%
TOTAL EXPENSE	\$2,929,299	

COMMUNITY IMPACT

243,008	Total number of facility visits in 2010
11,103	Total number of members served
9,364	Total number of program participants
4,211	Total number under the age of 18
6,500	Total number of participants in community wide events in 2010
165	Total number of YMCA Staff (full and part time)





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FOR SOCIAL RESPONSIBILITY

Kishwaukee Family YMCA

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