



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATING WAVES OF CHANGE

YMCA OF SOUTHWESTERN INDIANA
2016 Annual Report

THE RISING TIDE

What a year 2016 was for our YMCA! It always amazes me how our topnotch staff and dedicated volunteers continue meeting and exceeding our ambitious goals and objectives.

Camp Carson experienced another record year in 2016, with over 1,300 campers attending. The year also saw the completion of several capital projects at camp and the finalization of plans for Adventure Village in 2018. Mark Scoular and his staff continue to position Camp Carson as one of the premier camps, not only in the Midwest, but the entire country.

Our Community Outreach programs continued expanding their impact throughout the Evansville area. The Summer Learning Loss Prevention Program empowered dozens of kids and positioned them to reach important educational milestones. In 2017, we are working to expand this program by an additional classroom and serve over 100 kids.

While tremendous things will happen programmatically within our YMCA, 2017 may well be remembered for the transformation our Downtown YMCA will begin to make later this year. With the support of the Regional Cities Initiative, we are on track to break ground on the redevelopment

of the Downtown YMCA. This project will bring the physical structure to contemporary standards and provide the space and amenities necessary for more innovative programming to be offered at the Downtown branch.

With over 10,000 members, the Downtown branch is strong yet positioned to grow significantly in the future. In addition to meeting the needs of YMCA programs, the project will provide the opportunity to turn the 1913 YMCA building into an affordable housing development and provide a much needed expansion of housing opportunities in downtown Evansville. 2017 will truly be an exciting and transformational year.

Downtown Evansville is experiencing a renaissance, and our YMCA is a central part of its future. New restaurants and housing developments continue to grow. The new DoubleTree by Hilton hotel recently opened, and the new medical center will be completed within the next year. Our new Downtown branch will allow us to effectively respond to these changing demographics and the changing needs of our downtown community.

I am so honored to be your YMCA President at such an exciting time in our history. I am fortunate and humbled to work with such an experienced and knowledgeable board as well as talented YMCA staff. I believe I speak for all of the board when I say we have one of the finest YMCA staffs in America. I thank all of our board members for their unwavering service to our YMCA. To our staff, thank you for your hard work and dedication. And I thank our members most of all for choosing our YMCA and for their continued support.

Alone we can do so little; together we can do so much. – Helen Keller

Dave Mitchell
Chief Volunteer Officer,
YMCA of Southwestern Indiana

MAKING WAVES

I really enjoy the Christmas season each year, it seems like things slow down and I am able to truly reflect on the challenges, defeats and victories of the year that is coming to an end. As I reflected on 2016, my heart was filled with joy and appreciation for all of the great things that were accomplished through our YMCA ministry.

I could point to instance after instance where we had accomplished things that literally changed individual's lives or helped our community become a better place to live, work and raise a family. I thought about the newly launched LiveSTRONG at the YMCA program and how we supported 28 individuals that are surviving a cancer diagnosis. I thought about Caze Elementary School and how we responded to a call for high quality after school programs in an environment where young people were simply not thriving. I thought about the 92 rising first and second graders that participated in our Summer Learning Loss Prevention Program, all of which became published authors by the end of the summer. I continue to think that in doing all these things, we are doing God's work.

One of my favorite poems is entitled "Drop a Pebble in the Water". The first stanza reads:

*Drop a pebble in the water:
just a splash, and it is gone;
But there's half-a-hundred ripples
Circling on and on and on,
Spreading, spreading from the center,
flowing on out to the sea.
And there is no way of telling
where the end is going to be.*

In many ways, I think that one stanza summarizes the work we do each and every day through the YMCA. We drop pebbles in the water, over and over again.

As you review the statistics in this report, you will get a sense for the breadth of impact of the YMCA. And as you read the stories, I think you will see some of the ripples that are created by those pebbles. Whether it is the single mom that finds encouragement and acceptance in her group exercise class, the senior citizen whose entire social life happens in the lobby of the YMCA, or the DIAMOND who develops the self-confidence to pursue her dreams, those pebbles creates ripples and there is no telling where the end is going to be!

Thank you for your support of the YMCA. I know I speak on behalf of all of our staff, in expressing our sincere appreciation for your support and the contributions of your time, talent and treasure in service to others. Together we are changing lives and making our community a better place.

Derrick Stewart
Chief Executive Officer,
YMCA of Southwestern Indiana

FOR YOUTH DEVELOPMENT

Don't become preoccupied with your child's academic ability but instead:

- Teach them to sit with those sitting alone.
- Teach them to be kind.
- Teach them to offer help.
- Teach them to be a friend to the lonely.
- Teach them to encourage others.
- Teach them to think about other people.
- Teach them to share.
- Teach them to look for the good.

This is how they will change the world.

I came across this saying earlier this year and immediately thought of camp. This is truly the essence of camp — a place where along with all the fun outdoor activity we strive to help kids **ACE** their summers. **Accept** — accept each other for who they are. **Challenge** — set stretch goals for themselves and step outside their comfort zone. **Empower** — to leave camp and go out into the world ready to take on all the challenges and opportunities that come their way, making a positive difference in their communities.

For nine weeks each summer we bring children and staff together from across the region, across the country, and around the world (8-10 nations each summer). In one week, we help them spread their wings and rise to new challenges. Thursday nights, however, are one of those nights you need to experience. This is the night when we talk about what camp has meant to each of us, how it has impacted us and more importantly how the people around us have impacted us. Our campers talk about how they wish the world outside was more accepting and caring. So with that in mind we challenge them to go out and make a difference.

That night our campfire is a glowing ember, and we invite campers to set a goal of doing something positive for others when they leave camp. This may be something as simple as giving a smile or saying hello to everyone they meet, or sitting next to the child who sits alone at school, or helping an elder with their yard. Once they determine their goal, they take a small twig/stick and toss it into the fire. No one throws in anything too big, just something small. But 200 little sticks suddenly bring the fire back to life and there's light. You can see all the faces across the circle. Together we made a big difference. This is the picture we want them to leave camp with. We can each do something to make this world a better place.

As you think about camp this summer, know that all the activities, excitement, and games are really tools we use to develop young people, to help them unplug, to engage them with others, and to lay the foundation of strong values.

Thank you for investing in this little camp in Southwestern Indiana. The small ripples from our waterfront create tidal waves that truly have global reach.

Mark Scoular
Executive Director,
YMCA Camp Carson



33,451

visits to our Youth Activity Centers to engage kids and teens in healthy activities



1,301

youth felt belonging at resident camp at YMCA Camp Carson



91

students learned reading skills in our Summer Learning Loss Prevention Program

\$140,000

awarded in scholarship to kids attending YMCA Camp Carson



2,000+

children served in Outreach Programs



708

children gained confidence and developed skills while participating in Childcare

532

average number of youth served each week in Summer Day Camp



kids learned focus and sportsmanship in Aquatics and Youth Sports programs



5,609

FOR HEALTHY LIVING

Live**STRONG** at the YMCA launched in 2016 and is a 12-week program for adult cancer survivors. The class meets twice weekly for 90 minutes. YMCA instructors work with each participant to meet his or her individual needs focusing on building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self esteem. Our caring coaches are trained in the elements of cancer, post rehab exercise, and supportive cancer care.

The program's ultimate goal is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle, not only as part of their recovery but beyond. The program is provided free of charge, with program costs underwritten by the YMCA of Southwestern Indiana, St. Mary's Medical Center, and Oncology Hematology Associates. In addition to the physical benefits, Live**STRONG** at the YMCA provides participants a supportive environment and a community of fellow survivors, YMCA staff, and members. Even the smallest dose of encouragement within the group can create a surge physically and emotionally, and our pool of survivors continues to swell.

Sherry joined Live**STRONG** at the YMCA in late 2016. She was a bit unsure but ready to embrace the challenge. This is her story:

I was a Live**STRONG** at the YMCA participant this past August.

I can tell you with confidence that I am in better shape physically and mentally today than I was before my cancer diagnosis. I walked and worked out at home but never to the level that I needed to. I can't thank my trainers, Dusty Fiester and Denise Peyronnin, enough for challenging and encouraging me, for challenging us all, to do more while giving us confidence and praise. I remember the time they chatted with us while walking on the treadmill, reaching over, and cranking it UP, but all with such a sweet smile....

I looked forward to every Live**STRONG** at the YMCA class so I could be with my new friends and to try things that I would never have tried on my own. When the BodyPump® class was first mentioned, I thought there was no way I would be able to put a barbell over my head or even really want to. That class is now one of my favorites! Or when we had an aqua class scheduled and were given the option to do something else, I had no problem choosing the something else. I didn't have a swimsuit and hadn't been in a pool for 25 years, but when the Thrivers were invited to join, I gave in because my exercise buddies turned out to be half mermaid. Now I own not one but two swimsuits and look forward to it! I thank my mermaid friends for that.

But my favorite class is the weekly Thrivers class where we are able to exercise together. We laugh, and we cry. But we mostly laugh and keep in touch. The best part of the Thrivers class is that our fearless personal trainer...lymphatic specialist...exercise guru...Dusty Fiester cares so much that we continue exercising that she exercises with us and helps with our ongoing needs. What a blessing! I have had a great experience here and exercising at the YMCA is now my second job because it makes me better at my primary job.

Sherry Meyer
Live**STRONG** at the YMCA Program Participant



41,032

visits to ChildWatch while parents improve their health



325

comrades in the Diabetes Prevention Program, LiveSTRONG at the YMCA and RockSteady Boxing



5,792

ActivTrax workouts logged, keeping members active



145,321

times group exercise classes were attended by members or guests



25,721

members served



1,611

personal training sessions, helping individuals reach their fitness goals

993

friends practicing discipline and endurance in race training programs



5,361

participants registered for our special event races



FOR SOCIAL RESPONSIBILITY

Democracy must be learned by all.

This is the motto of the Indiana Youth and Government program which provides an opportunity for students across Indiana to learn how our State Government works. With the goal of increasing SOCIAL RESPONSIBILITY, this program is seen as a tool to engage young people in the political process but also allow youth to have a voice.

The only group given the autonomy to truly take over the State House, YMCA students begin the process by choosing whether they want to be in the Legislative Branch and author a bill that is argued on the floor of the House and the Senate, to serve in the Judicial branch as a lawyer or Justice during which four actual court cases are presented, to become a media and journalism correspondent, to perform duties of an elected position, or to serve in the Youth Governor's cabinet. Over six months, students study court cases, research bills, hear from guest media correspondents, and learn about the legislative process from elected politicians, attorneys, and local university professors.

The YMCA of Southwestern Indiana has a record 58 students from 11 schools making them the largest delegation in the state. Further, of the ten elected positions, Southwestern Indiana has five including Lani Mobley from Reitz - Chief Justice; Briosha Boyd from Bosse - Secretary of State; Josh Brown from Harrison - Lieutenant Governor; Alexis Chambers from Bosse - Managing Editor; and Olivia Barton from Signature School - Speaker Pro Tempore. These students will lead the conference and learn valuable skills in the areas of public speaking, evaluation of opinions, written material, and debate.

Unique to the learning process is that over 100 bills are authored by students from across the state, highlighting the important issues on the minds of young people. These bills are debated on the floor of the House and the Senate and voted on by their peers. At the end of each conference, a copy of the bill book is sent to politicians.

One such bill in 2016, that passed by an overwhelming majority, was a bill written by two students from Evansville on the topic of Child Abuse Education, requiring that teachers receive 1 ½ hours of annual training. Interestingly, Senator Messmer of Jasper is currently sponsoring legislation that expands the current law to include K-12 students and includes requirements for teachers to receive annual child abuse training. Fast forward to now, and these two students were invited to testify in front of a Senate Committee on February 2nd in support of Senator Messmer's bill, exactly 361 days after they debated the very merits of their own bill among their peers.

The result was the same as it was in 2016. The bill passed, except this time it was unanimous. These two students, along with the rest of their peers, have embraced the importance of SOCIAL RESPONSIBILITY afforded to them because of the many donors and partnerships such as the Evansville Bar Association. Due to such generosity, the YMCA provides this program free of charge to students, but the flood of civic engagement and social ideals that our community receives in return is immeasurable.

Sean Kuykendall
Branch Director,
YMCA Community Outreach



1,248 books with words of encouragement donated to students in reading programs



1,426 volunteers donating time, talent and treasure at special events & programs



425 prayer requests prayed over by YMCA staff



2,308 people served through financial assistance



834 employees making an impact in our local community



\$588,088 awarded in financial assistance



51 youth learned the legislative process in the YMCA Youth and Government programs

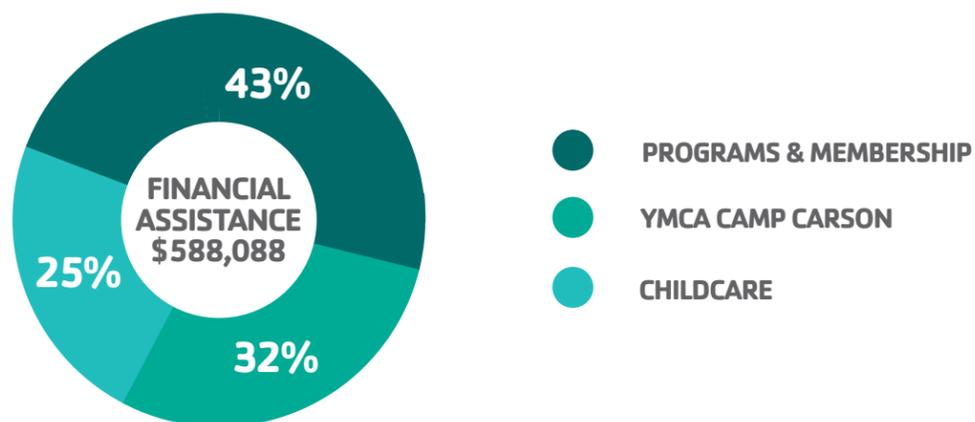
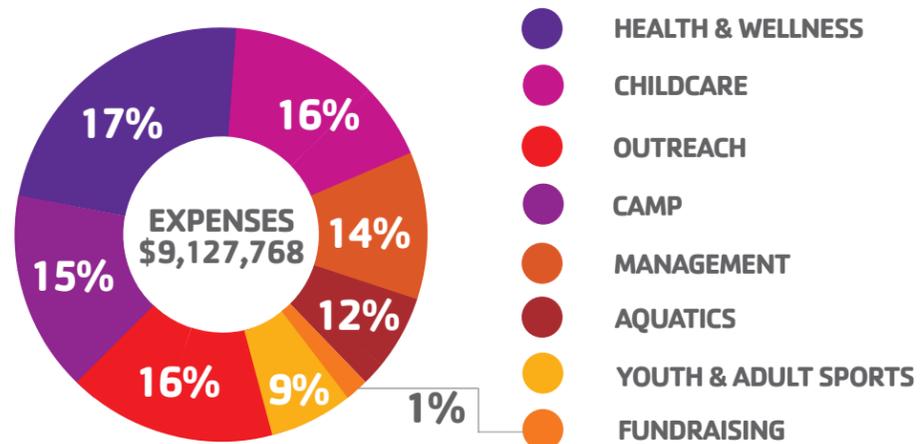
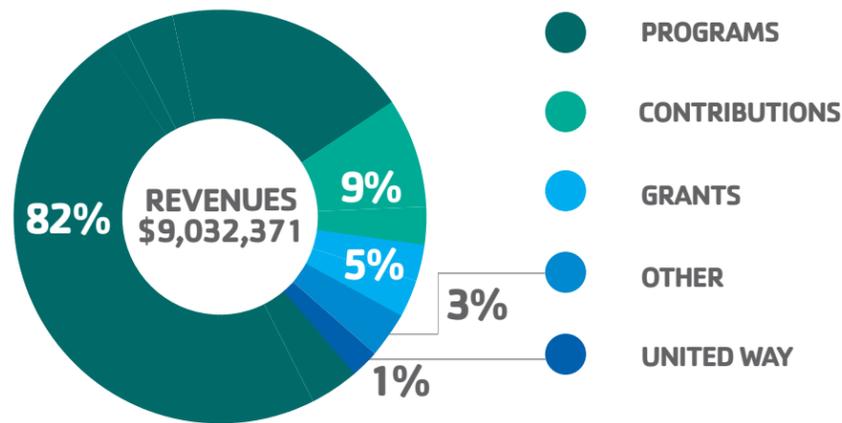


175 youth helped clean up our city parks on Global Youth Services Day



2016 FINANCIAL SUMMARY

The YMCA is dedicated to the effective stewardship of resources entrusted to us by our members and donors. Our goal is to maximize benefits to our members and program participants as we meet expenses and stream remaining funds into our facilities, capital improvements, and community partnerships.



A SURGE OF LEADERSHIP

The Y is a powerful association of men, women, and children of all ages and from all walks of life joined together by a shared passion: to create waves of change in our community.

Together, we're improving the lives of children, adults, and families across Southwestern Indiana.

Volunteer LEADERSHIP

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Drop a pebble in the water:
just a splash, and it is gone;
But there's half-a-hundred ripples
Circling on and on and on,
Spreading, spreading from the center,
flowing on out to the sea.
And there is no way of telling
where the end is going to be.

Drop a pebble in the water:
in a minute you forget,
But there's little waves a-flowing,
and there's ripples circling yet,
And those little waves a-flowing
to a great big wave have grown;
You've disturbed a mighty river
just by dropping in a stone.

Drop a word of cheer and kindness:
just a flash and it is gone;
But there's half-a-hundred ripples
circling on and on and on,
Bearing hope and joy and comfort
on each splashing, dashing wave
Till you wouldn't believe the volume
of the one kind word you gave.

Drop a word of cheer and kindness:
in a minute you forget;
But there's gladness still a-swelling,
and there's joy circling yet,
And you've rolled a wave of comfort
whose sweet music can be heard
Over miles and miles of water
just by dropping one kind word.

— James W. Foley

Our Mission: The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote health spirit, mind, and body.