

OUR MISSION

The Sandusky County YMCA strives to put Christian Principles into practice through Programs and Partnerships that build a healthy body, mind and spirit for all.

OUR VALUES

The Sandusky County YMCA shares beliefs of caring, honesty, respect and responsibility. Our staff shows these values in our YMCA programs by providing healthy connections with our members.

OUR CAUSE

At the Sandusky County YMCA strengthening community is our cause! Every day, we work side-by-side with our neighbors to make sure that everyone regardless of age, income or background has the opportunity to learn, grow and thrive.

OUR FOCUS

Youth Development, because young people need caring adults to provide support, guidance and encouragement as they grow.

Healthy Living, because wellness in spirit, mind and body strengthens our very being, and enhances our interactions with others.

Social Responsibility, because we truly are in this together, and together we can harness our individual strengths and bring about positive change around us.

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTHENING COMMUNITY

2015 ANNUAL REPORT YMCA OF SANDUSKY COUNTY

Our Mission

To put Christian principles into practice through programs and partnerships to build a

Healthy Spirit,

Mind and

Body for All.



COMMUNITY PARTNERSHIPS

American Arthritis Foundation
Silver & Fit Fitness Program
OSU Extension Office
Fremont Ross Athletics
Fremont City School
Dept of Job & Family Services
Toledo Food Bank
Parkview Care Center
WSOS Community Services
SC Juvenile & Probate Courts
Sandusky County Senior Coalition
Birchard Public Library
Sandusky Co. Coalition for Healthy Kids

Healthways Silver Sneakers Prgm
City of Fremont Parks & Rec.
Kiwanis
Vanguard Vocation High School
Boy Scouts
Sandusky Co Board of DD
Promedica Memorial Hospital
Birchard Public Library
Summer Employment Youth Prgm
Experience Works
Oak Harbor School System
Hayes Memorial United Methodist Church
Exchange Club

YMCA of Sandusky County
1000 North Street
Fremont, OH 43420
P 419-332-9622
F 419-332-5973
ATtheY.org

ACTIVITIES OF THE ASSOCIATION

YOUTH DEVELOPMENT

All children need the opportunity to learn, grow and thrive and perhaps this is most important for our youngest citizens. A strong early childhood education can help ensure that a child is successful in school. To help make sure that all children in Sandusky County have this opportunity, our preschool has a strong kindergarten readiness curriculum. Over 100 children are enrolled in our YMCA Pre-school and Child Development. We are a three star rated Step Up to Quality center with ODJFS Bureau of Child Care & Development quality rating system. Classes include swim lessons and gym activities. Our degreed teachers have 70+ years combined experience.

In addition to our pre-school education, Sandusky County children and teens learn self-confidence team work, and a better understanding of themselves through a variety of Y programs and activities including Swim Lessons, Karate, Tackle & Flag Football, Basketball, Volleyball, Summer Camps and Home School PE. In 2015 1,592 children (unduplicated) discovered who they were and what they could achieve under the guidance of adults who care about them and believe in their potential.



HEALTHY LIVING

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. For many older adults, coming to the Y each day is not just about exercise but, also about socializing and maintaining friendships. From Healthways Silver Sneakers and Silver & Fit cardio, yoga and splash, Community potlucks, Noon Year's Eve Celebration, the Y provides a variety of exercise and social opportunities for older adults with 2,094 members over the age of 55 in 2015.

In addition to older adults, the Y provides a welcoming and supportive environment to families and adults of all background, ages and abilities where together people meet their health and well-being goals. We had 4,422 active members at the Y in 2015.



SOCIAL RESPONSIBILITY

The Sandusky County Community Health Assessment gave us vital information about obesity and many other physical attributes of our youth and adults in Sandusky County. 20% of Sandusky County youth ages 13 and younger obese and 35% of Sandusky County Adults are in the obesity risk factor. The YMCA partners with ProMedica Memorial Hospital, Fremont City Schools, and Sandusky County Health Department. Together we are leading efforts to increase opportunities in Sandusky County for physical activity and healthy eating.

In addition to helping our entire community become healthier, the Y is available to every individual regardless of ability to pay membership and program fees. Through the generosity of hundreds of donors and volunteers, 569 individuals were Y members in 2015 through financial assistance. Our financial assistance program, (ACCESS), requires that everyone pay a portion of their membership or program fees, but the Y assists based on household size and income. In 2015, approximately 12.1% of our members received financial assistance with their memberships.



SANDUSKY COUNTY YMCA

Balance Sheet (2014)

Income:

| | | |
|----------------------|------------------------|-----|
| Contributions | \$ 122,601.00 | 10% |
| United Way | \$ 28,920.00 | 2% |
| Government Contracts | \$ 175,160.00 | 15% |
| Program Services | \$ 251,506.00 | 21% |
| Membership | \$ 468,922.00 | 40% |
| Other | \$ 130,826.00 | 11% |
| TOTAL: | \$ 1,177,935.00 | |

Expenses:

| | | |
|------------------|------------------------|-----|
| Program Services | \$ 1,036,834.00 | 88% |
| Fundraising | \$ 8,451.00 | 1% |
| Occupancy | \$ 132,650.00 | 11% |
| TOTAL: | \$ 1,177,935.00 | |

Focus Areas:

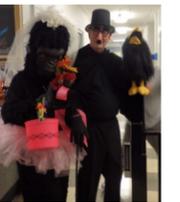
| | |
|-----------------------|--------------------------|
| Youth Development | 2644 Participants |
| Healthy Living | 2386 Participants |
| Social Responsibility | 3150 Participants |
| TOTAL: | 8180 Participants |

Our Members Stories of how the YMCA helps them are our driving force in our ongoing efforts to help our community and county stay healthy and independent. Read on.....

Kenny had always led a very busy life and enjoyed helping others, and even moved to another state to help out his friend's church. However, as the years went by, Kenny gained more and more weight, eventually reaching almost 400 lbs., and contracted bladder cancer. Even though the chemotherapy sessions helped rid his body of cancer, it left him without strength and still severely overweight. With the help of the YMCA thru their ACCESS program, Kenny was able to afford a membership and started coming to the Y every day. When he started, he couldn't even walk 100 yards, but is proud to tell us that he now walks several miles a day and has lost over 100 lbs. He has now become physically active and uses the track, sauna, strength room, bicycles and is beginning to use the cardio equipment, and attend some aerobic classes. His goal is to reach 195 lbs. and the ability to walk 20 miles a day. ...KENNY M (Pic on front)

My husband, Bill and I joined the first week in April of this year and I personally can't get over the difference it has made in our lives, especially mine! When I began this adventure I was doubtful I could do 9 laps around the walking track (1 mile). Today I now am the proud wearer of the 100 mile Y Walking Club tee shirt! Swimming was another challenge. Maybe I could make it once across the shallow end if I went slowly. Now - 20 laps or more whenever I get in the pool. (I use a snorkel, no fins.)

Exercise in the water with the girls is a "hoot". Get me laughing and the rest of the day is great! What a great way to get moving! One more thing I have lost over 30 pounds since joining! I never felt this healthy in my life. Good health, great friends and a positive attitude. All this by trying something new! I especially want to thank Silver Sneakers for having the foresight to help seniors get healthy and stay healthy! God Bless. ...BONNIE & BILL S



AT YMCA HALLOWEEN EVENT



Growing up Rebekah was morbidly obese her entire life. At the birth of her first child, Rebekah's doctor told her she would never see her daughter grow up unless she made a drastic change. She desperately tried many methods to lose weight but was unsuccessful. When she attended the YMCA's open house in January, she says she was "overwhelmed by the helpful staff, welcoming instructors and exciting classes" & "finally found a place where I fit". She says the Y "helped me lose 110 lbs. and get stronger than I ever imagined. You give me the strength, confidence, and stress-relief to be a faster, stronger & healthier ME." ...REBEKAH

SPLASH SWIM LESSONS!

"The fact that it was at no cost for us is the reason I was able to sign up, and I am appreciative they now know how to be safe around water....Again thanks so much from the bottom of my heart!" Mother

