



TRANSFORMING LIVES

**YMCA OF SOUTHWESTERN INDIANA
2019 Annual Report**

FROM CHOOSING TO CONCLUDING

It seems impossible that just one year ago, we shared our commitment to finding the right leader and team to direct our organization into the next decade. Through the work of a wonderful group of volunteer board members committed to the mission of the YMCA of Southwestern Indiana, we selected and welcomed our exceptional new leader, Johnathan Pope.

Throughout 2019, your YMCA team served our great community and navigated change with a positive attitude, an inclusive approach, and a dedicated commitment to strengthening lives. Just a few highlights from our year:

- Our Dunigan and Ascension St. Vincent facilities served over 23,000 members in 2019, with 686,720 visits. Through scholarship, the YMCA was able to make programs and services affordable and accessible by giving over \$480,000 in financial assistance to 4,806 youth and families.
- In September, we opened our new downtown facility in partnership with Ascension St. Vincent, introducing the community to our newest addition to our YMCA programs. The Enrichment Center and STEM lab have both been popular destinations for our members and community partners, as have our new aerial yoga and group classes.
- YMCA Camp Carson celebrated 80 years in 2019, and we are already at 95% capacity for the 2020 Summer. We are sincerely grateful to Mark Scoular for his commitment to building one of the finest summer camp experiences for youth across the country, and we will miss Mark's leadership as he continues his calling at the Flat Rock River YMCA Camp in Indianapolis.
- YMCA Community Outreach is not to be outdone, serving 2,044 kids in 2019 through 37 programs in 25 schools across our community. Our participants represent our organization in many ways, and we are pleased to have Leslie Martin serving as the Youth & Government Governor this year. Bright futures abound in our Outreach branch!

In closing, it has been my honor to serve each of you as your Chief Volunteer Officer for the past two years. We have celebrated success, overcome adversity, and supported each other with a commitment to our YMCA's mission, which is inspiring and humbling. This could not be possible without each of you. God Bless!



Sara L. Miller

SARA MILLER
Board President,
YMCA of Southwestern Indiana

FROM RESOLVING TO EVOLVING

This past year was a transformative one for the YMCA in many respects. We closed the doors on the old Downtown YMCA in late August, opened the doors to the new Ascension St. Vincent YMCA in early September, and began an innovative facility partnership with St. Vincent Hospital. Indeed the Y experienced a dramatic shift in form and function, yet the most significant transformations were in the individuals that consider the Y their home, their safe place, and their sanctuary.

This Annual Report contains a few examples about how the Y has been a conduit for change in someone's life, but there are countless other testimonials.

Take the 30+ participants in Rock Steady for example; a program designed to utilize boxing to combat the effects of Parkinson's. To watch the instructors guide the class through stations where participants work on cadence and balance is to witness transformation in an individual as they regain a little piece of their independence.

Similarly, our Y's work in LiveSTRONG at the YMCA, a cancer survivor program, has helped individuals get back on their feet and experience significant increases in physical activity, overall quality of life and fitness performance as well as decreases in cancer-related fatigue.

These types of transformations are encouraging and continue to fuel our work.

The landscape has shifted around us. Social determinants of health and quality of life issues are very different than when we opened our doors in 1857. The need to build and reinvigorate the YMCAs of the future was paramount so that we can tackle the issues not just of today, but of tomorrow. We are grateful to the many donors (Annual, Capital, and Legacy) for replenishing the Y's resources and renovating the organization's infrastructure so that we can meet community needs head on and create real impact in people. With our new look, coupled with consistent values (honesty, respect, responsibility, caring and Faith), we are poised to continue transforming individuals and re-shaping our community in Southwestern Indiana for decades to come.



JOHNATHAN POPE
Chief Executive Officer,
YMCA of Southwestern Indiana



FROM ALONE TO ALLIED

I remember moving to Evansville with my wife and daughter, a move that we didn't expect to make and under circumstances that we wouldn't have chosen for ourselves. I was in a dark place in my life, traveling to a city I once said I'd never return to, struggling to find a church home, being severely overweight, and lacking a community to call my own. I didn't want help from anyone. This is when I found my home with Team 13.

I remember walking up to the courthouse steps for the first time. For someone as prideful as myself, I was content to sit there with my headphones in, blocking out the noise, and eventually finding someone to chase and challenge myself. But then JoAnn Meth found me, as she does with most new members. She extended an outstretched hand, contagious smile, and unwavering support. Even after our initial meeting, I still felt like I wasn't out to make friends. Even when my pride took over, I couldn't shake JoAnn's smile and genuine care for a new member of the group. Truthfully, it was the only thing I wanted to remember from that first run because, after a quarter-mile, you could probably hear me from a mile away. I struggled, and I contemplated quitting.

I struggled during a two-mile run, and I felt like everyone noticed. No one ever said anything though, but if it wasn't for JoAnn, I likely would not have returned. I found myself coming back that Thursday to see her again, this time being offered a side hug and being introduced to others. I met others and began to connect with people who were like-minded and at the same fitness level as me. Funny thing is, it doesn't matter where you start but where you finish. The people and community of Team 13 kept bringing me back.

Team 13 focuses on challenging yourself but remembering to enjoy the journey. Every one of us has a story, and I'm certainly not any different. My story doesn't supersede others because we all struggle and we all find ourselves with doubts. What we do with those doubts, though, matters. That summer, I found myself starting around a 14:00 minute run/walk mile but eventually exceeding beyond a 9:15-9:30 average over a long-distance run. I found myself meeting new people and completing distances I never thought possible. Sure, I had trained my body in a way that would lead me to my first 10k, 15k, and eventual half-marathon finish, but more importantly, Team 13 had taught me that our minds can overcome our own limitations.

More than anything, Team 13 taught me about community and family. I struggled with my move here, but I know that I have a family to support me. I felt like I fell short on so many runs, but the unwavering support kept bringing me back. I sit here at 205 lbs, in the best shape of my adult life, having found a wonderful church home for myself and my family, and with a community that continues to reach out beyond that program's "season." Every day is a day to challenge yourself, but knowing that you have that family behind you, to support you, hold you accountable, and pick you up when you fall short, means everything. Thank you to members of Team 13, Meghan Craven, the YMCA, and the communities of Evansville & Newburgh for showing me that God finally has me home where I belong.

Proverbs 3:5-6: "Trust in the Lord with all of your heart and lean not on your own understanding; in all your way submit to Him, and He will make your paths straight." I'll see you all in the spring, where I look forward to volunteering for this wonderful group.

DUSTIN ROBINSON
Outsider Turned Team 13 Insider



Members served

23,052

Participants registered for
our special event races

6,050

HEALTHY LIVING

68,287

Visits to Child Watch and
Youth Activity Centers while
parents improved their health

686,720

Total member visits to our
wellness centers



FROM ADOLESCENT TO ADULT

My name is Robert (Bobby) Racey and I am a staff accountant at the YMCA of Southwestern Indiana. My journey with the YMCA started when I was just a kid. The YMCA has been a big part of my life and has helped me personally and professionally. I started my time with the Y at young age at a place called Camp Carson.

My first summer at Camp Carson was when I was 7. It was my first overnight camp experience and a life changing one at that. It was a place that I could be myself and feel accepted no matter what. One of my counselors was from South Africa and to me he was the coolest guy in the world. I got to play and do activities I had never done before. After that first summer I knew I wanted to go back, and it was all I wanted for birthdays and Christmas.

The first couple of years, camp was all about the fun. It was magic. There were activities that I had never done before. My favorites were sailing, archery, and the alpine tower. Camp was fun but more so it became my second home. I felt safe and happy there, a place that I could talk to the counselor about anything. I made lifelong friendships and bonds with the other campers and the staff.

As I grew up through camp, it helped me get out of my comfort zone and test my limits. It was a place I could challenge myself and grow. I spent most of my time working on the various levels of activity areas and talking with anyone and everyone. There was even a summer where I paid for an extra week of camp with my own money. For a 12 year old, \$500 for a week of camp was a lot but it was worth every penny to me!

Eventually I became old enough to attend Leader in Training and Counselor in Training summer sessions. I learned how to work with others on a whole new level. I learned leadership skills, personal communication skills, critical thinking, and so much more. Those two years were some of my favorites. I learned so much and wanted to give back to kids just as my counselors had to me. My own counselors became people I look up to and will never forget, and I wanted to be that for kids who needed it.

I volunteered most of my summers and eventually got hired onto the Camp Carson staff as a cabin counselor. I got to help kids from all backgrounds, and I love that camp doesn't care where you are from. It's a place where kids are just kids and can connect with one another. I feel honored to be a part of that. After four years in various camp positions (Land Director 2 years, Water Front Director 1 year Head Boys Counselor 1 year), I realized it's not just camp that serves a greater mission, but the entire YMCA. As my college years came to end and I finished my accounting degree, I got a job recommendation at the YMCA of Southwestern Indiana. Two days after camp ended, I was on the phone discussing training for a full-time position. I am blessed to have this opportunity and a great group of people who helped open doors for me. I have amazing friends, coworkers, and role models who have helped me become the person I am today. I attribute much of who I am to the YMCA and its mission to serve youth.

ROBERT RACEY
Participant Turned Staff



YOUTH DEVELOPMENT

263



Students learned reading skills in programs like Summer Learning Loss Prevention and Y-READ

1,367



Youth felt belonging at resident camp at YMCA Camp Carson

1,999



Children discovered new things in Before & After School Care and Summer Day Camp

2,044



Children served in free Outreach Programs

Books and learning resources distributed to students in Outreach Programs



3,419

Kids learned focus and teamwork in Aquatics and Sports Programs



5,668



FROM GIRL TO GOVERNOR

At the start of my freshman year, I believed that my life was set in stone. Get good grades, attend a local college with maybe a scholarship if I'm lucky, attend law school, and live out my days as a criminal defense lawyer. Never did the world of policies, service, or community involvement cross my mind. But my future changed the moment the YMCA Community Outreach Director, Sean Kuykendall, visited my class to highlight a particular program - Indiana Youth and Government (INYaG). Alongside Mr. Kuykendall was Josh Brown, whom Sean introduced as the Youth Governor of Indiana, and I was in shock that a youth, my own peer, could hold such a prestigious title. I attended the next INYaG meeting, and remember saying, "when I'm a senior, I want to be the Youth Governor of Indiana". As I write this, I am preparing for the Indiana Youth and Government Conference next week, where I, a junior from Central High School, will serve my fellow delegates as the Indiana Youth Governor.

My first year in INYaG was an experience I will never forget. I was mentored by a group of seniors and elected leaders. Under their guidance, I served as the House Committee Chair of Public Health, was appointed as my delegation's Conference Life Committee Representative, successfully ran as the Speaker of the House (succeeding my mentor Matt Gilreath), was awarded the Outstanding Delegate Award and the 2018 Conference on National Affairs scholarship, and was one of twenty-five (out of 700) to be awarded the Outstanding Statesman award at the 2018 Conference on National Affairs.

During my sophomore year, I served as the House Committee Chair of Public Health once again, presided as the 2019 Speaker of the House, and successfully ran for as the 2020 Indiana Youth Governor with a platform focused on improving the mental health of Hoosiers. I attended the Conference on National Affairs again, but this time as a Media delegate instead of a legislative delegate. I was sent to Washington D.C. for the 2019 YMCA Youth Governor's Conference, which is a week-long event that prepares Youth Governors from around the nation to serve their state delegates. As I continued into my junior year, I partnered with the Indiana American Foundation for Suicide Prevention to train INYaG leaders in recognizing the signs of suicide and taking the necessary steps to save a life. More recently, my advisor Brent Wake and I applied and received a grant from Y-USA to provide scholarships to INYaG delegates who encourage the youth of Indiana to be more civically engaged through scheduled civic lessons and activities.

I share all of this not to list of my achievements but to showcase the lifechanging opportunity the Y has provided to me and thousands of other outstanding youth and servant leaders. These opportunities go far beyond providing awards or prestige. They have given me lifelong friendships, experiences like private White House tours, and a passion for civic engagement and servant leadership. The most important gift the YMCA has given me though is the opportunity to have a seat at the decision-making table, to use my voice, and to make a change.

LESLIE MARTIN
Spectator Turned Legislator



SOCIAL RESPONSIBILITY



155

Lifeguards trained - more than any other local organization



420

People learned lifesaving skills in First Aid, CPR, and Certification classes



932

Employees made an impact in our local community



1,332

Volunteers donated time and talent on our boards, at events, and in programs



4,806

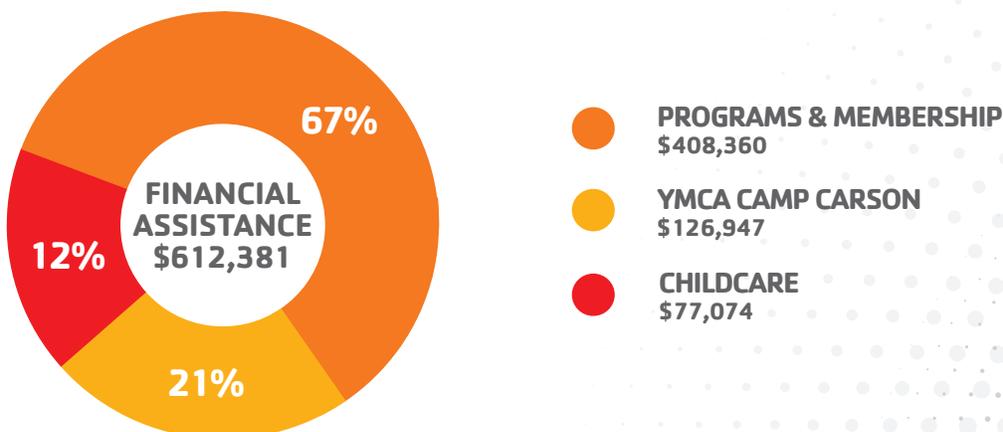
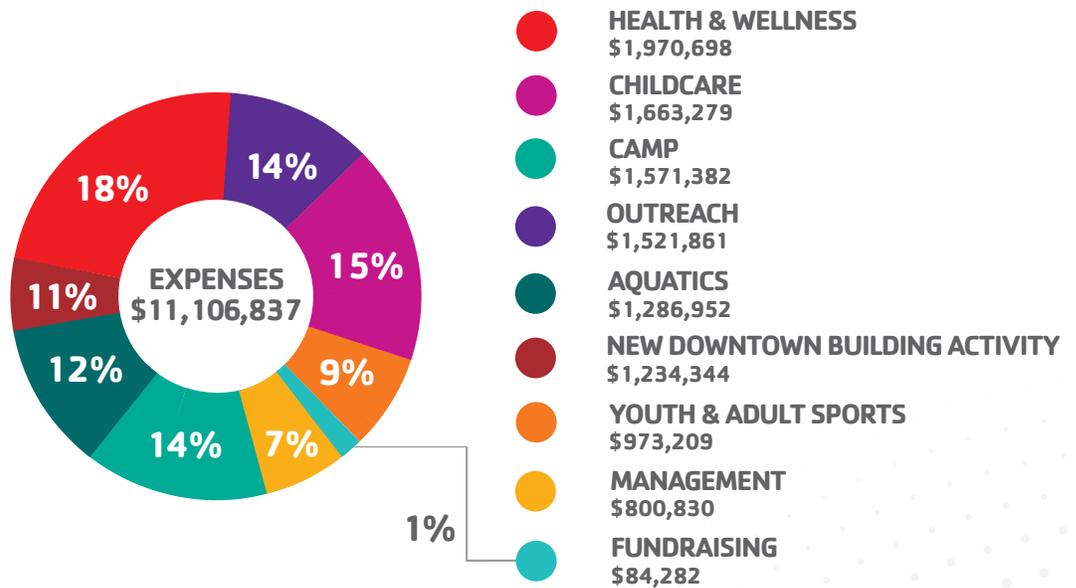
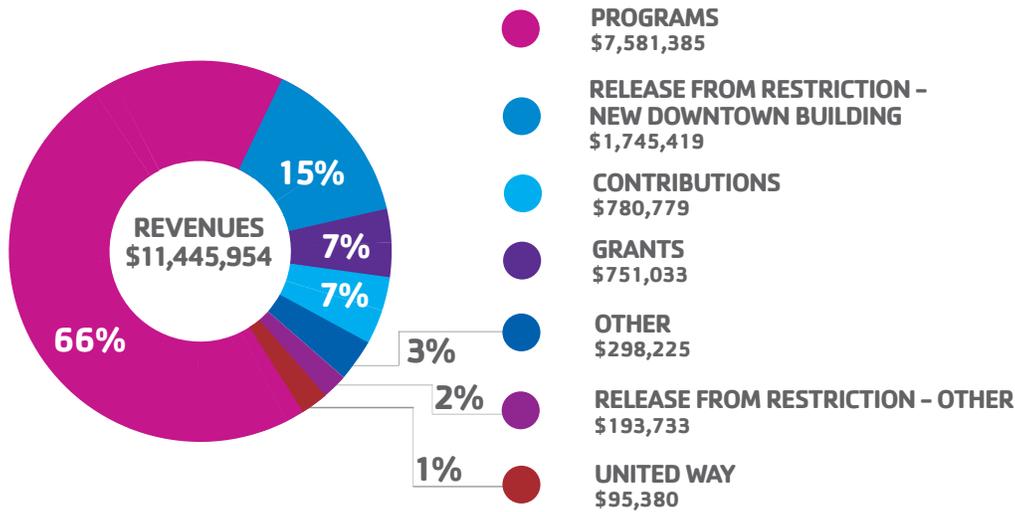
People served through financial assistance



\$612,381

Awarded in financial assistance

2019 FINANCIAL SUMMARY



FROM DECIDING TO DIRECTION

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 strengthen our community.

Together, we're transforming the lives of children, adults, and families in Southwestern Indiana.

Volunteer LEADERSHIP

METROPOLITAN BOARD OF DIRECTORS

Sara Miller, President
Brian Hancock, President Elect
Rodgers Greenawalt, Treasurer
Doug Annakin, Secretary

Alex Abbott	Dave Mitchell
Dave Abbott	Pete Mogavero
Doug Annakin	Rick Moore
Rob Bernardin	Bob Musgrave
Nick Cirignano	Doug Petitt
Sarah Dauer	Denny Quinn
Marco Delucio	Michelle Quinn
Dick Dubé	Amelia Roberts
Steve Fritz	Mark Samila
Jake Fulcher	Jim Sandgren
John Greaney	Steve Schaefer
Rodgers Greenawalt	Scott Schroeder
Brian Hancock	Charley Storms
Cory Kuhlenschmidt	Daniela Vidal
John Lamb	Patricia Weinzapfel
Paul Linge	Steve Witting
Sara Miller	

Executive LEADERSHIP



Johnathan Pope
Chief Executive Officer



Jennifer Brown
Chief Operating Officer



Cathy Hoffmann
Chief Financial Officer



Tricia Blazier
Human Resources
Director



Kelly Boylls
Executive Director
YMCA Childcare Services



Mark Scoular
Executive Director
YMCA Camp Carson



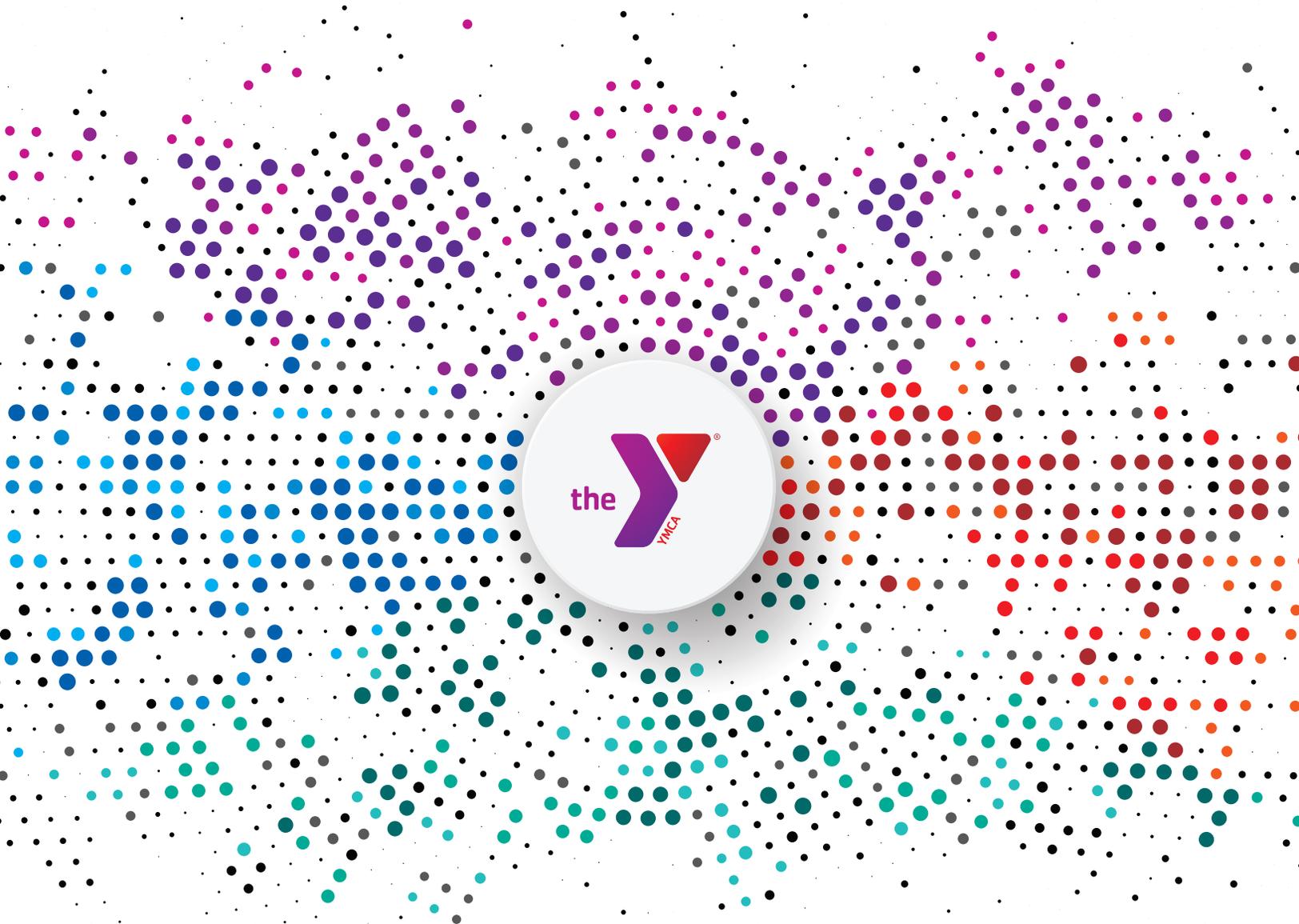
Sean Kuykendall
Executive Director
YMCA Community Outreach



Crystal Paroyan
Executive Director
Ascension St Vincent YMCA



Barb Dykstra
Executive Director
Dunigan Family YMCA



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 healthy spirit, mind, and body.