



# WE RISE

**YMCA OF SOUTHWESTERN INDIANA**  
2022 Annual Report

# WE RISE FOR EACH OTHER

Your YMCA continues to have an incredible impact, and it is humbling to be affiliated with an organization that exists to RISE UP and meet the ever changing needs of the people we serve. During this past year we have celebrated 165 years of serving the needs of the Southwestern Indiana community, and I don't take it lightly when I say I honestly believe our best days are ahead of us. Here are just a few of the community impact statistics from 2022, and we serve each of these people with the highest of expectations.

- 17,325 members served in health and wellness
- 1,952 youth served in our Outreach programs
- 1,485 campers attending our summer camps
- 315 young students participated in academic programs to reduce summer learning loss

While rising up to meet the needs of all these people, our community partners and the YMCA's amazing staff have helped move forward two other longtime dreams. We will have two new facilities rising up, the CenterPoint Energy YMCA on South Garvin Street (opening in 2023), and the Toyota Indiana YMCA in Princeton (opening in late 2024 or early 2025). These will be two beautiful additions to our communities, and will be a place people can gather, grow, and serve!

With the previously referenced statistics highlighting those we have served, and with two new buildings in construction while I write this, it's worth noting that the YMCA is ultimately not about statistics and not about buildings, our YMCA is about people. Our mission clearly notes that the YMCA follows the example of Jesus Christ, and Jesus met, served, and changed people's lives ONE AT A TIME while he walked on earth. Yes he spoke to and drew large crowds, but he changed lives one at a time. He saw people, loved them, met their needs, and the Bible contains many stories of Jesus impacting a life through serving an individual.

Personally, I love that about this YMCA and specifically this annual report. We get to hear some of the ONE AT A TIME stories. These are real people, and some of these stories lead to lifelong relationships and friendships. So my thanks to the staff and volunteers who have met with and served the community, one person at a time, and I encourage all of us to make ourselves available for a ONE AT A TIME encounter.

It is said, the best ability is availability, and I am so thankful that at this YMCA we make ourselves available and WE RISE UP to meet the needs of our community, one person at a time.



A handwritten signature in black ink, appearing to read 'Rodgers Greenawalt'.

**RODGERS GREENAWALT**  
**Board Chairman,**  
**YMCA of Southwestern Indiana**

*Rise up; this matter is in your hands. We will support you, so take courage and do it.*

**- Ezra 10:4**

If we had a crystal ball for the year 2023 one thing would be certain; it would look completely different from 2022. Each year has its own identity and its own set of challenges and opportunities. Whatever is looming on the horizon, especially where we came from, we look forward with an unbridled optimism to the impacts that the Y will soon make. I am confident that the staff and volunteers of the YMCA of Southwestern Indiana are poised to make this the best year yet!

A new Y will begin taking shape and form at 215 W. Water Street in Princeton, Indiana. The Toyota Indiana YMCA (slated to open in late 2024 or early 2025) will serve as another gathering place for kids, families, seniors and individuals to connect with one another and live healthier lives. We anticipate meeting significant construction milestones in the next 18-months and many more transformations in the Gibson community for decades to come. More imminent is the rededication of the former Caldwell Community Center which will transition into the Centerpoint Energy YMCA. With the inclusion of a commercial kitchen that will serve nutritious and well-balanced meals, a STEM Lab that will expose children to science, technology, engineering, and math, and a Community Room for celebrations, connection, and dialogue - we look forward to doing our part to ensure that the youth and families in the Caldwell Public Housing and Glenwood neighborhood have a better opportunity to thrive.

We understand that the challenges of yesterday do not disappear with the turning of the calendar so we will continue to commit our resources towards fighting chronic disease through our Community Integrated Health initiatives (Rock Steady Boxing, Live Strong and others), providing safe environments for our children afterschool and in the summer (Community Outreach, Childcare, Camp Carson), and ministering to others through our Christian Emphasis programs (Pastoral Care, church partnerships, and Residential Chaplaincy at Camp).

We are grateful for our advocates (Policy & Program Volunteers, Donors, Staff, Community Leaders) that continue to support our work. If you aren't a part of this family of impact drivers, then consider joining us as we transform lives in this new year.



A handwritten signature in black ink, appearing to read 'J. Pope'.

**JOHNATHAN POPE**  
**Chief Executive Officer,**  
**YMCA of Southwestern Indiana**

*Then Jesus asked, "What is the kingdom of God like? What shall I compare it to? It is like a mustard seed, which a man took and planted in his garden. It grew and became a tree, and the birds perched in its branches."*

**- Luke 13:18-19**



# WE RISE FOR HEALTH

When I first started running (one of my earlier pictures as runner #133), I didn't have such a lofty goal. I started with Team 13 training, which introduced me to our local running community. I absolutely loved it. I made life-long friends that I continue to run with to this day. I ran in the YMCA's Evansville Half Marathon, and then I graduated to full marathons. My running mates Ellen VanRoyen and Miki Fields would travel around with me to complete additional races and marathons. I've completed marquee races like the Boston Marathon and the New York City Marathon and even a few international races in London and Berlin. But after finishing a number of marathons across multiple states, we set out to become part of the 50 States Marathon Club where we complete a marathon in each of the fifty states. It took about 15 years to do, but we continued to train together and finish races together. And it all started at the Y. They provided the knowledge, support and community we needed to keep going and keep growing.

For us, the important part was that we could do this together, as friends. We got to travel all over our beautiful country and experience other regions together. We always made it a point to have a little vacation and experience the local flair of each area like eating at local restaurants, etc. Once we set our sights on 50 states, it took a lot of planning, coordination, and dedication. COVID delayed our plans for our 50th marathon, but we persevered and stuck with it....stuck with each other. In December 2022, we finished our 50th race in Hawaii. Running has certainly helped keep me healthy, but it's the friends and memories along this journey that have been the best for my heart!



**- Laura Hudson**  
**YMCA Personal Trainer**

*I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.*

**- John 15:1-3**



**497,069**

Total member visits  
to our wellness  
centers

**46,701**

Visits to ChildWatch  
and Kids Zones while  
parents improved  
their health

**28,152**

People served  
through membership  
and program  
activities

**17,325**

Total members  
served

**505**

Participants  
of Community  
Integrated Health  
programs

A self-proclaimed “Gym Rat at Sixty” and “YMCA enthusiast”, Karen Austin is not only feeling the benefits of regular exercise, but she is also sharing her “why” with others. Karen is a long time member who has found her fitness home at the YMCA of Southwestern Indiana, Inc. She has seen positive changes in her muscle tone, heart health, balance, flexibility, circulation, posture, digestion, cognitive function and mood. While all of those changes are great, she also credits her role models and fellow fitness enthusiasts, both instructors and members, for the benefits one may not think of; the socialization, decreasing levels of anxiety, the ability to cross-train by taking a wide-range of classes and focus, without distraction, on filling her cup. RPM, Tai Chi, Yoga, Sh’Bam, Body Pump, Core, Barre, Athletic Stretch, and Body Step are all classes that Karen enjoys taking at the Y. Karen’s key to success is making a plan that takes care of the whole self. Her health metrics are proof that exercise is, in fact, the best medicine.



**- Christen Mitchell, Senior Wellness Director - Ascension St Vincent YMCA**



# WE RISE FOR YOUTH

Since 1940, YMCA Camp Carson has made an impact with campers and families through progression-based and innovative programming. YMCA Camp Carson is committed to youth development, and to helping every child become the best version of themselves.

Beyond the personal and individual growth of our campers, YMCA Camp Carson is forging new community relationships in the region and state using our unique property. These relationships are allowing us to have a greater impact within the community, engage more local campers, and reach more campers through scholarships.

In 2022, we hosted the North Gibson Archery Bullseye Shoot in Indiana, in partnership with North Gibson Archery, Prince Lodge Masons, Knights of Columbus Princeton Indiana, Boy Scouts, and Princeton Band. This community event was a NASP (National Archery in Schools Program) outdoor archery shoot – the first and only outdoor shoot in Indiana in 2022. It began with a tour of the camp, which led to community-leader introductions, more tours of the camp, and a realization that kids and the community should utilize YMCA Camp Carson more.

412 archers from 28 schools throughout Indiana registered for the event, with 1,200 people in attendance over two days. Seven scholarships were awarded to new campers, and the exposure with community partners significantly increased the number of Gibson County campers served in 2022.

We are already making plans to grow the NASP event for 2023, and we continue to build relationships to find ways to serve our community in unique and meaningful ways.

**- Jim Sexstone, Executive Branch Director  
YMCA Camp Carson**

*Let my teaching fall like rain  
and my words descend like  
dew, like showers on new  
grass, like abundant rain on  
tender plants.*

**- Deuteronomy 32:2**



Our Mission Statement specifies following the examples of Jesus Christ, we respond to community needs by serving all people, especially youth through relationships and activities that promote a healthy spirit, mind, and body. Swim lessons provide children with the confidence to participate in aquatic activities. They become stronger and build endurance, which teaches them that swimming can be a wonderful form of exercise.

Once they become more comfortable in the water, they also become more comfortable visiting the swimming pool with their peers. The lessons help them overcome the barrier of embarrassment that may come from fear of the water. Our instructors benefit from our work with youth as well. They are given the opportunity to be mentors by empowering youth to try hard things and celebrate every accomplishment in the learn-to-swim journey. Our greatest successes lies in each small victory, when a swimmer is no longer afraid of the deep end or learning a new stroke. By teaching lessons to those who would not have the opportunity otherwise, we truly fulfill the purpose of our mission, which states that we serve ALL people.

The students that attend after-school programming at CenterPoint Energy YMCA have had the benefit of year-round lessons and free swimming within our organization. A group of 6-10 swimmers comes once a week to the Ascension St Vincent YMCA for lessons. The parents appreciate the kids' lessons because they would be unavailable to them otherwise. In the last few years, we have been able to provide lessons every week during the school year, providing consistency and allowing faster growth in water comfort and swim skills. Those same students are rewarded with free swimming for fun several times per month at our Dunigan Family YMCA.

The directors at CenterPoint Energy YMCA as well as the children's guardians have talked about how much more confident the children are when swimming in lessons and when they have the opportunity for recreational swimming outside of the YMCA.



**- Heather Polley,  
Aquatics Director  
Ascension St Vincent  
YMCA**



*The Earth is the Lord's, and everything in it, the world and all who live in it; for He founded it upon the seas and established it upon the waters.*

**- Psalm 24:1-2**



# WE RISE FOR FAMILIES

The terms equity and equality are often used interchangeably, but although related, these concepts have important differences. "Equality" is treating everyone the same, while "equity" is giving everyone what they need to be successful. The Y believes everyone should have the opportunity to be successful and live a fulfilling life. Far too many people, especially those in under served groups and communities, lack equal access to resources, opportunities or support systems. The Y levels the playing field, identifies and eliminates barriers, and helps to develop solutions and support systems – so that all individuals can successfully realize their potential.

One area of support and resource for families is YMCA Child Care Services. As the largest childcare provider in the region, the Y provides safe, fun, and affordable childcare options through Before & After School Care, Summer Day Camp, and School Day Out programs. To ensure childcare is accessible to all, the YMCA provides financial assistance to families in need. Here are a few stories parents shared with us in 2022:

"My wife is a full-time student, and we are a household of 6 with one-income because my wife can barely work (only 8 hours a week). Without childcare financial assistance, my wife won't be able to successfully attend nursing school, and we will be placed in a very bad financial situation. Having Before & After School care for my kids benefits us all."

"This is my final year of school. During the school year, I am limited to the number of hours I can work due to my schedule and commitment to my program and education. I will be commuting to Murray, KY five days a week, dedicating my time to the clinic there (practicum) and finishing up my final courses. During my spare time, I have agreed to work 4 shifts at a local hospital here. Without the support of this community over the years, I would have never been able to finish my Bachelors degree, let alone a Graduate degree! I am ready to finish out this final year and give back to this community. Thank you YMCA for all you do for us. As a single mom, I can say it truly takes all the support you can get, and I am grateful!"

"I just received full legal custody of my daughter and I'm moving to a new job that allows me to be with her more after school. I've incurred heavy bills fighting for custody and my new job pays less, but being with her more is worth it! Financial assistance for your childcare programs has helped tremendously as well as allowed my daughter to learn and grow."

Our mission is to ensure that ALL families have access to quality childcare. It's essential for parents to be able to work and provide for their families.

**- Kelly Boylls, Executive Branch Director - YMCA Child Care Services**





*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*

**- Galatians 5:22-23**

**2,329**

People discovered  
YMCA Camp Carson  
through a corporate  
group, non-profit, or  
retreat

**1,935**

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

**1,562**

Children served in  
free Community  
Outreach programs

**1,551**

Kids learned focus  
and teamwork in  
Sports Programs

**1,320**

Youth felt belonging  
at resident camp at  
YMCA Camp Carson

**761**

Youth experience  
camp through  
outdoor education  
groups

**686**

Children learned  
confidence and  
safety around  
water in aquatics  
programming

# WE RISE FOR COMMUNITY

We know that when we work as one, we move people and communities forward. That's why we are committed to providing support to our neighbors and opportunities for kids, adults and families to give, join in or advocate in the name of stronger communities. One such example is the YMCA Youth & Government program.

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. The YMCA Youth & Government program instills a sense of civic duty among today's youth, allowing kids to see the inner workings of our legislative process. The YMCA of Southwestern Indiana continues to have the biggest delegation of students in the state and is also home to the current Speaker of the House, Kerry Ao.

Kerry Ao learned at a young age to take advantage of every opportunity. Ao, 18, a senior at Signature School, is not only the residing Speaker of the House but was also selected to be a part of the United States Senate Youth Program, the first since 2020. "The reason why public service is so appealing to me is that, in me participating, I can now represent my community, and in a sense, give back to the people that have helped me so much," he said.

A second-generation Chinese American, Ao's parents always told him to take the opportunities he got, a big reason for them coming to the U.S. "They said they moved here for the opportunities. And that's something that I've tried to live by: Given the opportunity, you should always take it," Ao said. "If I ever regret something, I hope it's something that I did, not something that I chose not to do," said Ao.

In addition to the YMCA's Youth & Government program, Ao is president of Signature School's business club, a member of the yearbook staff, and working for his company, Intertwined, an educational platform that teaches financial literacy to students. As the highest ranking official in the YMCA Youth & Government program, Kerry also occupies the student advisory seat on the YMCA of Southwestern Indiana Board of Directors.

**- Lisa Verkamp, Marketing & Annual Campaign Director  
YMCA of Southwestern Indiana**



*Photo by Denny Simmons, Evansville  
Courier & Press*

**57**

Branches and  
program sites  
serving our  
community

**378**

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

**1,015**

Employees made  
an impact in our  
community



The YMCA has always brought together people of all ages, abilities, backgrounds, and perspectives. The Y is a safe place of diversity, inclusion, and togetherness where we can all build relationships that deepen our sense of understanding and belonging.

In 2022, YMCA Community Outreach partnered with Skool Aid to provide disability awareness to our outreach youth. The Skool Aid Disability Awareness Program is a unique presentation that dispels myths about persons who live with disabilities. Skool Aid visited the Dunigan Family YMCA to “tell it like it is” about life with a disability and encourage our outreach youth to overcome challenges with the power of positivity.

Skool Aid also demonstrated the fundamental skills needed for wheelchair basketball and gave students the opportunity to play an exciting game themselves – all while learning about the commonalities we all share, regardless of different abilities.

The program provided motivation to youth, as well as point out how overcoming obstacles in life can provide the tools needed for success.

**– Sean Kuykendall,  
Executive Branch Director  
YMCA Community  
Outreach**



**4,000**

People celebrated  
with us at our 165th  
anniversary event

*Remain in me, as I also remain in you. No  
branch can bear fruit by itself; it must  
remain in the vine. Neither can you bear  
fruit unless you remain in me.*

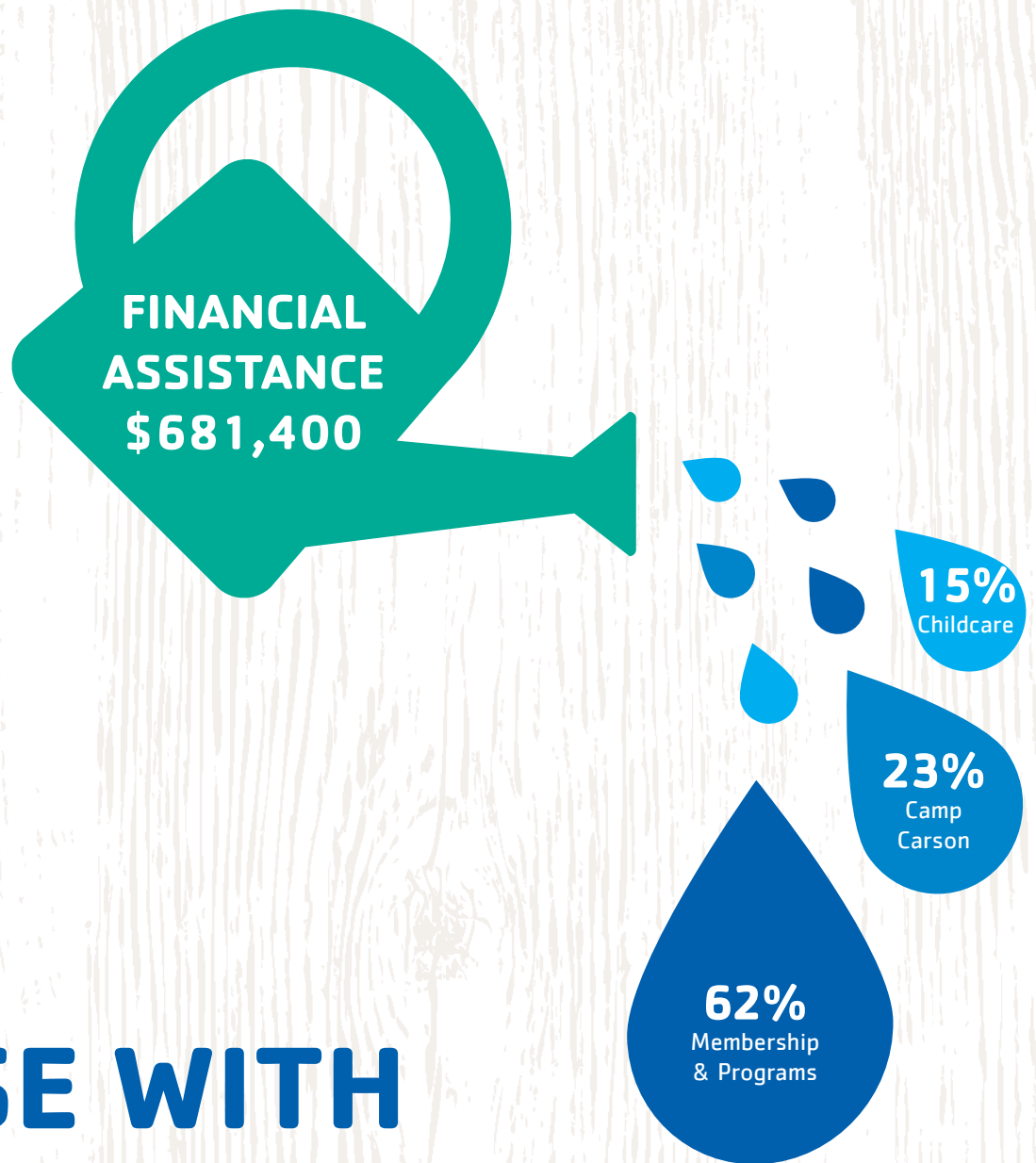
**– John 15:4**

**5,821**

People served  
through financial  
assistance

**\$681,400**

Awarded in financial  
assistance



# WE RISE WITH OUR RESOURCES

## 2022 Financials

*If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.*

**- John 15:7-8**



**INCOME**  
**\$ 10,922,314**

**65%**  
Programs

**9%**  
Capital  
Restriction  
Release

**14%**  
Grants

**1%**  
Other

**9%**  
Contributions

**2%**

Other Restriction Release

**1%**  
New DT Bldg  
Activity

**17%**  
Outreach

**1%**  
Fund-  
raising

**6%**  
Management

**12%**  
Aquatics

**8%**  
Youth & Adult

**18%**  
Camp

**17%**  
Health &  
Wellness

**20%**  
Childcare

**EXPENSES**  
**\$ 10,369,835**

# WE RISE TOGETHER

## Volunteer LEADERSHIP

**Rodgers  
Greenawalt**  
| Board  
President

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 planting the seeds for future generations and growing our impact on children, adults, and families in Southwestern Indiana.

**Rob  
Bernardin**  
| Board  
President-  
Elect

**Bob  
Musgrave**  
| Board  
Treasurer

**Daniela  
Vidal** | Board  
Secretary

## METROPOLITAN BOARD OF DIRECTORS

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Dr. Rob Shelby  
Tynesha Smith  
Charley Storms  
Daniela Vidal  
Steve Witting

*You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you.*

**- John 15:16-17**



## Executive LEADERSHIP



*The one who plants and the one who waters have one purpose, and they will each be rewarded according to their own labor.*

**- 1 Corinthians 3:8**



## 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.

### Five branches deeply rooted in serving Southwestern Indiana

Ascension St Vincent YMCA | Dunigan Family YMCA | YMCA Child Care Services  
YMCA Community Outreach at the CenterPoint Energy YMCA | YMCA Camp Carson