



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STRENGTHENING

OUR

BONDS

2017 Annual Report
YMCA OF CENTRAL OHIO

40%
of U. S. POPULATION
identifies as Hispanic/Latino,
African American,
Asian/Pacific Islander,
Multiracial or
Native American*

6,966
CENTRAL OHIOANS
benefited from Early
Childhood Resource
Network+ services

146k+
COLUMBUS RESIDENTS
were born outside the U.S.
Top 5 countries of origin:
India, Mexico, Somalia,
China and Ghana**



CELEBRATING DIVERSITY

“For all” is a simple but powerful phrase. Without it, the Y’s mission is incomplete. Our commitment to inclusion creates better communities, a better country, and a better world.

Communities are changing rapidly and today, many are experiencing critical social divides. At the Y, we are uniquely positioned to build bridges and create spaces for people from all backgrounds, walks of life, and viewpoints to come together.

On a large scale, the bonds and partnerships that the Y has forged with other organizations in Central Ohio in the name of diversity serve to lift up the community as a whole.

The Y recognizes the critical need for programs such as these to expand, for new ideas to surface, and for the entire Central Ohio community to join forces in this important work.

On a small scale, the Y’s initiatives impact anyone welcomed into a branch, but they stretch beyond the Y’s walls to improve quality of life for children, adults, and elders in surrounding neighborhoods — regardless of age, religion, language, sexual orientation, income status, or background.

In coordination with other YMCAs across the nation and the world, the YMCA of Central Ohio strives to make the world a better place — for all.

In 2017, the YMCA delivered the following programs and

- Designated “Global Center of Excellence YMCA,” which signifies the YMCA of Central Ohio met the Y’s national standards for implementing behaviors and policies making it easier for a diverse combination of people to call the YMCA home
- Offered our first Spanish-speaking Diabetes Prevention class at Hilltop YMCA
- Celebrated New Americans Festival, which honored the rich culture and heritage of immigrants and refugees with hundreds of newcomers at North YMCA
- Ensured parents and children with special needs and diverse abilities have access to the tools and resources to learn, grow, and thrive through our Early Childhood Resource Network+ program

services to foster a more inclusive community:

- Partnered with Refuge Columbus for a dinner series to build bridges, create safe spaces with refugees, and empower local residents to be welcoming hosts
- Welcomed 350 Y Leaders from the U.S. and 10+ countries to Columbus for the 10th annual Diversity & Inclusion Global Innovation Network Conference
- Participated in New American Forum with other Columbus-area organizations
- Continued to serve the Linden community through YMCA Without Walls, now in its second year
- Opened New American Welcome Center at North YMCA to connect refugees in Central Ohio

*Source: Projections of the Size and Composition of the U.S. Population: 2014 to 2060 by U.S. Census
**Source: 2016-2017 The Global Report, Columbus Council on World Affairs



STRONGER FAMILIES

New to the community, the Cortes family sought out the Hilliard/Ray Patch Family YMCA as their place for health and wellness. What they discovered was so much more than a gym.

"I found out they had preschool, and immediately enrolled our oldest son into class," said Nilda. "Liam loved it, because he was being challenged, but also having fun. He started making friends, which was huge, because we were new to town and didn't know anyone."

While Liam was thriving in preschool, Eddie and Nilda were able to strengthen their relationship with each other as well as with others in their community by working out regularly together. "We can still get that fitness aspect, which is important, but also the social aspect that you don't find at most gyms."

You get that connection with people you know live in the neighborhood. You feel integrated [in the community], and that's important."

The Cortes' have now found their home away from home at the Y. "Everyone here has been unbelievably nice. They've watched our family grow up. We don't have family here; they are our family. They've celebrated milestone moments with us."

The future for the Cortes family is bright. "The kids want to do it all! Swimming, soccer, basketball, and now our youngest son is in preschool. They love Child Watch. It's nice to know our kids are in good hands."

1,127 CHILDREN

prepared for kindergarten in our Preschool and Head Start programs

96% SUCCESS RATE

in Kindergarten Readiness Skills for our Preschoolers

14,700+ FAMILIES

continue to strengthen their bond through Family Membership



Strong Communities Start with Strong Families

We believe in the power of family bonds.

Serving families has always been at the heart of the Y. We are a place they can find respite from social, economic, and educational challenges, and learn how to overcome them.

We desire for every family to build stronger bonds, achieve a greater work/life balance, and become more engaged with each other and within the community.



Through programs and services that are affordable, close to home, and fun, the Y will continue to enhance its reputation as the go-to place for families to spend quality time together in a safe and enriching environment.

Programs and Events Include:

- Father/Daughter Dances
- Mother/Son Superhero Parties
- Family Fun Run/Walks
- Family Camps
- And more

Parents and children involved in Y activities learn to be healthy and caring individuals, peers, and role models through opportunities to teach, learn, and demonstrate positive values that set the foundation for positive, lifelong relationships.

HIGHLIGHTS

Don M. & Margaret Hilliker YMCA Joins YMCA of Central Ohio

In January, the YMCA of Central Ohio welcomed the Don M. & Margaret Hilliker YMCA. This partnership in Logan County aids in our efforts to expand our impact to the far northwest region of Central Ohio.



Community Park YMCA to Open in Whitehall in Partnership with City

The fall brought us together with the City of Whitehall to announce Community Park YMCA. This unique branch will offer a safe space for youth and teens in addition to sports and recreational activities.



Strengthening Youth at Arnold SportsWorld Youth & Teen Expo

2017 marked the Y's second appearance and a growing partnership with the Youth & Teen Expo. Youth had the opportunity to compete at the Arnold in a 3-on-3 basketball tournament, and also enjoyed camp and aquatic safety activities.



Reynoldsburg Community Center YMCA Breaks Ground

After residents passed a levy of support, preparation for the new Reynoldsburg Community Center YMCA began. "From out of the ashes of the Reynoldsburg Swim Club will arise the Reynoldsburg Community Center YMCA," said Mayor Brad McCloud. The new YMCA will open in late 2019.



Always Welcome: Nationwide Membership

We launched our participation in YMCA of the USA's nationwide reciprocity, giving our members access to nearly 2,700 Y's in 10,000 communities across the United States.

Buckeye Valley Local Schools Offers Y Club

Y Club, our Before & After School Child Care programming, expanded to Buckeye Valley Local Schools, making it our 10th school district in Central Ohio.

OPERS Partners with YMCA's Diabetes Prevention Program

This partnership with the Ohio Public Employees Retirement System (OPERS) offers the program at no cost to those enrolled in OPERS' Medical Mutual plan. The Diabetes Prevention Program helps those at risk for type 2 diabetes adopt and maintain healthy lifestyles as well as reduce their chances of developing the disease.

Raising Awareness of Childhood Sexual Abuse

We strengthened our commitment to preventing childhood sexual abuse by participating in the 5 Days of Action, aimed to increase awareness about sexual abuse, see warning signs, and respond quickly.

Focus on Healthy Aging and Chronic Disease Prevention

In 2017, of the 860,000 who call Columbus home, 76,000* residents are age 65+. As the baby boomer generation continues to mature, we're committed to help them live in the best way possible by offering a variety of programs to help boomers stay safe, healthy, and connected.



LIVESTRONG® at the YMCA

is a 12-week small group program offered at no cost to participants. It focuses on improving the mind, body, and spirit of those living with, through, or beyond cancer.

YMCA's Diabetes Prevention Program

is a year-long program dedicated to reversing prediabetes for the 1 in 3 American adults living with the disease through various lifestyle changes.

OhioHealth Delay The Disease

is a Parkinson's exercise program aimed to increase balance and mobility through evidence-based movements, which can also minimize fatigue and reduce rigidity.

A variety of classes are offered to give Active Older Adults opportunities to try different exercises to keep them moving at a pace that's right for them.

Beyond programs and classes, we offer a community atmosphere that may be just as important as a healthy lifestyle.



CONNECTING COMMUNITY

"People talk to me at the Y, and that doesn't always happen. People are afraid to talk to people with disabilities."

Every Tuesday and Thursday without fail, you will see Mary Hiland and her guide dog, Dora, at the Gahanna/John E. Bickley YMCA — swimming in the pool or 'rewarding' herself with a relaxing dip in the hot tub.

"I have found that swimming is a really good exercise. It relaxes me and is something I can do independently."

Although Mary is blind, she has never let that stop her from being as independent as possible.

Since joining the Y in 2015, both her independence and sense of inclusion within her community have been strengthened.

"At the Y, I have something very constructive to do.

It's not just the exercise, it's the people to talk to... It's fun to go to the Y to see the people I see every Tuesday and Thursday, it's fun to chat before and after my workout... that's almost as important as the workout itself."

Mary credits the friendly and caring staff as well as her fellow members for making her experience what it is. She appreciates them not only for helping her when she needs it but also for simply talking to her like a person.

"If not for the YMCA, I would be very limited in the exercise I could do for my body and the social interaction with people in my community."

12k+
MEMBERS AGE 65+
lived healthier through
Y membership and
programs

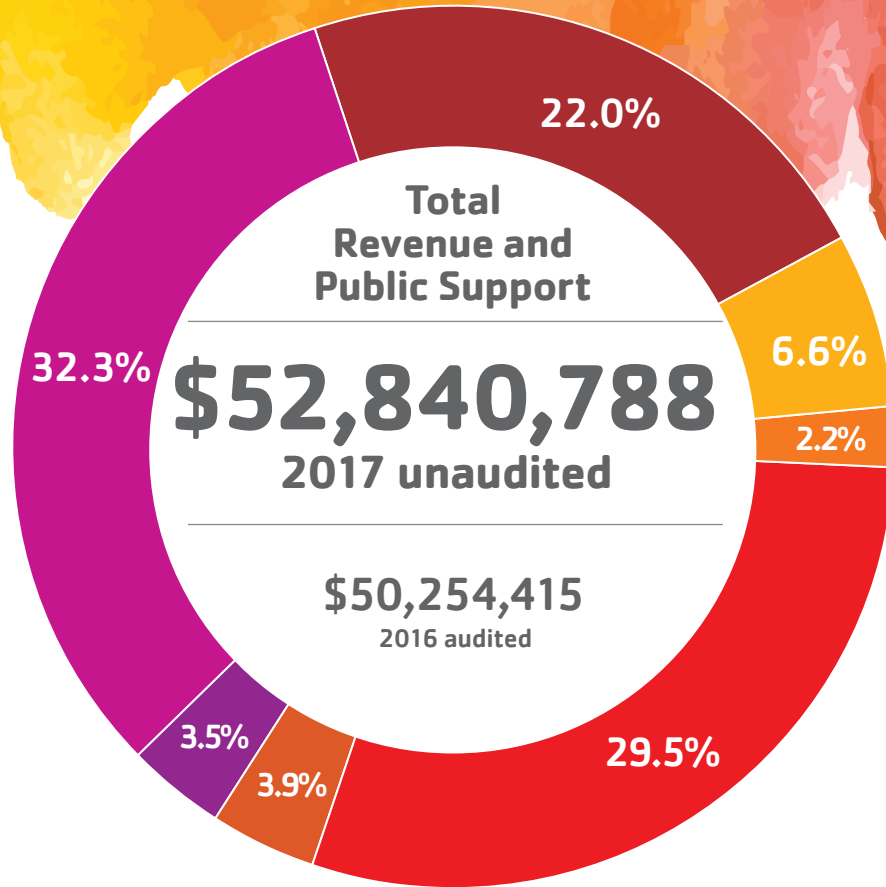
76k+
CENTRAL OHIO
RESIDENTS
are age 65+*

19%
of AMERICANS
live with diverse
abilities**

*Source: Columbus.gov, Columbus Community Profile, 2017

** Source: Nearly 1 in 5 People Have a Disability in the U.S., Census Bureau Reports, 2012

FINANCIALS



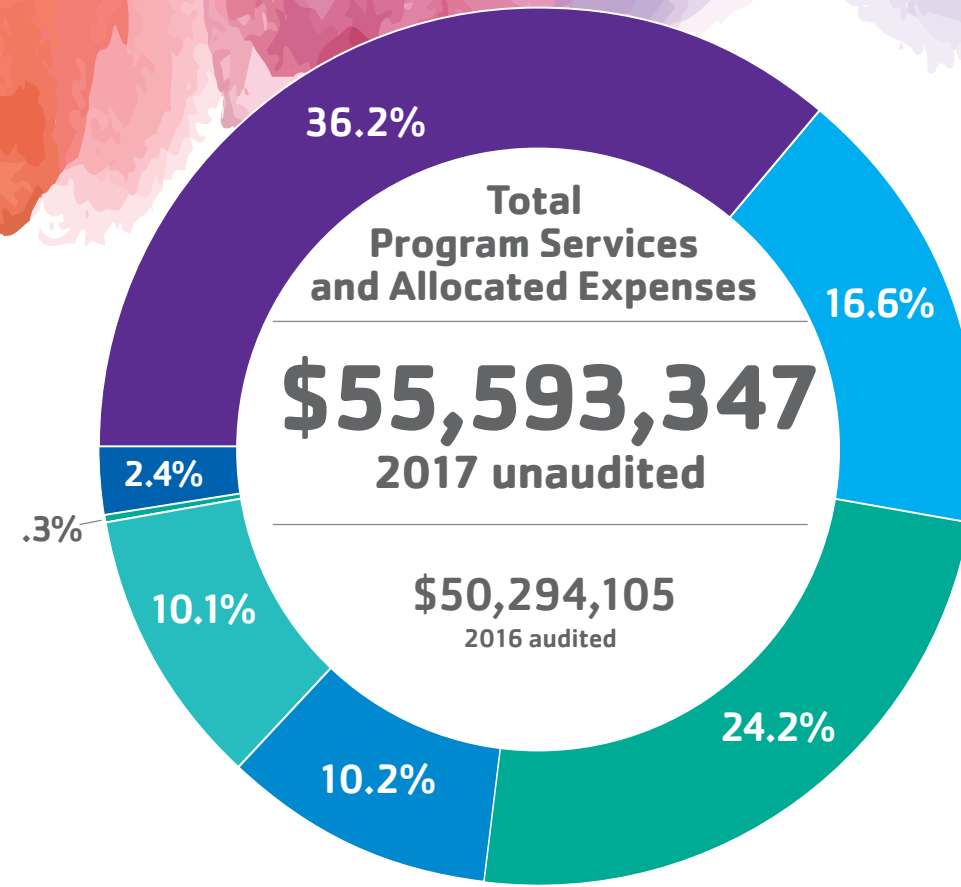
EARNED REVENUE

Membership	\$17,068,012
Programs	\$11,633,785
TOTAL	\$28,701,797

PUBLIC SUPPORT

Contributions	\$3,461,538
United Way	\$1,205,009
Government Grants	\$15,585,366
Resident and Related Services	\$2,043,370
Other*	\$1,843,708
TOTAL	\$24,138,991

*Interest Income, real/unreal gains/losses, sale of assets, misc.



PROGRAM EXPENSES

Youth Development	\$20,129,973
Healthy Living	\$9,223,155
Social Responsibility	\$13,435,949
Head Start	\$5,705,258
TOTAL	\$48,494,335

ALLOCATED EXPENSES

Support Service to Programs	\$5,632,597
Finance Costs	\$142,487
Fundraising	\$1,323,928
TOTAL	\$7,099,012

Net Income/ Change in Net Assets	(2,752,559)
Non Cash Depreciation	\$3,361,862
Net Cash Flow from Operations	\$609,303

155k+

LIVES TOUCHED

by our YMCA through membership, program participation, giving, volunteering, and staff leaders

2,487,425

MEMBER VISITS

to Y facilities were logged

7k+

CHILDREN, WOMEN, AND MEN

received safe shelter and support for long term success at Van Buren Center, Franklin Station, and the residence at the Downtown YMCA

\$1,381,656

IN FINANCIAL ASSISTANCE

gave Central Ohioans in need the opportunity to grow through the Y

2,600+

VOLUNTEERS

shared their time and talents with the Y to strengthen the community



YMCA Community Corps: Linden Begins Recruitment

In collaboration with AmeriCorps, YMCA Community Corps: Linden began recruiting members to help serve the north side neighborhood. Members are given a living allowance and education award for serving 900 hours on community projects, including youth development and neighborhood beautification.



Taking the Y on the road: Family Fun Factory is born

In 2017, we created our newest social enterprise: YMCA Family Fun Factory. In 2018, thanks to a grant from the Columbus Foundation, we will bring a mobile unit of bounce houses, gaga pits and other activities around Central Ohio to entertain and enhance families outside of our YMCA walls.

YMCA Food Program Helps Feed Central Ohio

We are committed to ensuring kids have nutritious and delicious food. Our Child and Adult Care Food Program provides food at no cost to ages 1-18. In addition, we promote understanding nutrition's role in the physical, mental, and social health of children and help develop positive food attitudes.

BEYOND OUR

WALLS

The YMCA is a safe place that nurtures and strengthens families and communities. Our buildings are focal points, but our programs are our tools for bringing the community together.

We believe our commitment to our neighbors extends beyond our walls and into communities.

Our first neighborhood-strengthening initiative took place on the city's north side; in partnership with Battelle, we launched YMCA Without Walls: Linden.

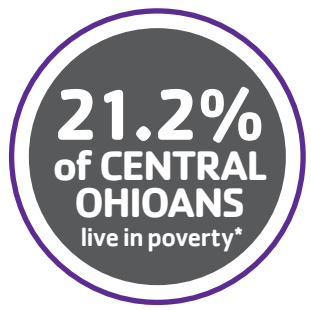
Through this program, we can offer more children and families access to Y programming. Our first effort was in June 2017, when we began operating a youth sports program at St. Stephen's Community House.

We continued serving youth with an 8-week summer camp at Linden and Douglas Community Centers.

Our initiative was also involved with leadership cohorts that offered advice on company improvements and strategic goals to businesses in Linden.

In the future, we will continue to leverage a ServeOhio grant and work with AmeriCorps to begin YMCA Community Corps: Linden. Members of this program will serve in the Linden area to beautify neighborhoods, provide safe routes to school, and operate mid-day health and wellness opportunities.

AEP's commitment to our partnership will allow us to expand YMCA Without Walls to the Hilltop area.



* Source: U.S. Census, 2016

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LEADERSHIP

OUR WHY

Throughout the rapidly expanding and diverse Central Ohio region, we will engage communities in order to grow in a sequence that supports long-term sustainability and deepens impact.

We will double the number of people we impact as members, participants, and volunteers.

We will realize this vision by:

- » expanding our footprint
- » creating new programs
- » partnering with others
- » leveraging YMCA social enterprise initiatives

FAMILY STRENGTHENING

Because we believe in the power of family bonds

- The Y will be the go-to place for families to bond together in a wholesome, inviting, and fun environment
- Program scheduling will be flexible and convenient for families
- The Y will be known as the best place for families in Central Ohio



HEALTH AND WELL-BEING

Because it is our responsibility, and we are a trusted partner in improving the health outcomes of our community

- The Y will influence healthy behaviors such as physical activities and nutrition
- Programs and activities will focus on healthy aging and chronic disease prevention
- Evidence-based initiatives will be deployed
- We will engage in health initiatives for the community



YOUTH DEVELOPMENT

Because we believe in the power of inspired young people

- We will create an environment where youth experience a sense of wonder
- Our menu of programs will be non-traditional, diverse, innovative, and impactful
- Youth programs will increase young people's experience of belonging, achievement, and positive relationships



COMMUNITY STRENGTHENING

Because we believe in the power of strong community connections

- We will have an intentional focus on diversity and inclusion across all programs and services
- Our housing initiatives will strengthen bonds between people with economic advantage and people experiencing severe poverty
- The Y will be accessible for all regardless of race, gender, or ability
- The Y will prioritize protection of children from sexual abuse and safety around water

YMCA OF CENTRAL OHIO

BRANCH

- 1 Delaware Community Center YMCA
- 2 Don M. and Margaret Hilliker YMCA
- 3 Downtown YMCA
- 4 Eldon & Elsie Ward Family YMCA
- 5 Gahanna/John E. Bickley YMCA
- 6 Grove City YMCA
- 7 Hilliard/Ray Patch Family YMCA
- 8 Hilltop YMCA
- 9 Jerry L. Garver YMCA
- 10 Liberty Township/Powell YMCA
- 11 North YMCA
- 12 Pickaway County Family YMCA
- 13 Vaughn E. Hairston YMCA

EARLY LEARNING

- 14 KIPP Columbus Early Learning Center
- 15 YMCA Early Learning Center
- 16 YMCA Hilltop Educare Center

SUPPORTIVE HOUSING

- 17 Downtown YMCA
- 18 Franklin Station
- 19 Van Buren Center

ASSOCIATION OFFICE

- 20 Metropolitan Offices
- 21 YMCA Youth & Family Services

OUTDOOR/AUXILLARY

- 22 Hilltop YMCA/Cherry Creek
- 23 Hoover YMCA Park
- 24 YMCA Camp Willson

HEAD START

- 25 Future Scholars Early Learning Center
- 26 Hilltop YMCA/Cherry Creek
- 27 Norton Road Head Start Center
- 28 Vaughn E. Hairston YMCA

