



2021 IMPACT REPORT | YMCA OF CENTRAL OHIO



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LETTER OF REFLECTION

There's no doubt that 2021 was another extraordinary year of hard-won lessons and community impact achieved by the support of our donors and partners and the resilient spirit of our stakeholders and staff. We are determined to continue serving our neighbors in the hopes of cultivating strong communities where all people reach their full potential. We believe that health and well-being is the foundation of a thriving society and our future is measured by the development and care we pour into our children.

Throughout 2021, we delivered services to Central Ohio communities by helping people achieve goals, build relationships and develop a feeling of belonging through programs and services designed to strengthen the spirit, mind and body. Below are a few highlights of our work:

- Provided 4,194 women, men and children a warm bed and safe place to stay when they had no home
- Taught over 4,5000 children and adults lifelong skills to keep them safe in and around the water through swimming lessons
- Arranged rental assistance for 950 families
- Cared for 2,588 children in our after-school programs, offering a safe place to help them with homework, a snack and positive interactions with adults
- Helped 1,311 children achieve and learn in summer day camp adventures
- Welcomed 68,000 children, adults and seniors to our YMCA's in our 13 communities

Building on the progress we have made, I look forward to 2022 and what we can accomplish together. It's a great privilege to serve alongside the dedicated and gifted staff and volunteers that make this remarkable organization. As we move into 2022, I want to say thank you to our partners, volunteers, staff and donors. **Because of you, we can create impact and transformation in the lives of those we serve.**

In-Service,
Tony Collins, President & CEO





OUR MISSION

To serve the whole community through programs expressing Judeo-Christian principles that build a healthy spirit, mind and body.

OUR PURPOSE

YMCA of Central Ohio is a leading nonprofit committed to strengthening the community through nurturing children of all ages, improving the collective health and well-being and helping the most vulnerable neighbors. Throughout our 167 year history, we are known as the original social enterprise and continue to connect people to their potential, purpose and community.

OUR VALUES

To fulfill our purpose of strengthening community for all, the Y is proud to be an inclusive, anti-racist organization, leveraging our collective impact to address social inequities and spark change on our communities. We live by the golden rule and center our interactions around four core values – Caring, Honesty, Respect and Responsibility.

OUR VISION

Strong communities where all people reach their full potential.

2021 AT A GLANCE

4,500

swim lessons were taken by children & adults to **prevent them from drowning**

1,823

people were served through our **community housing** program

1,388

families and children experiencing homelessness had a **hot meal and a warm bed** to lay in at our Van Buren Center

1,530

men experiencing homelessness had a **place to call home**

1,057,816

members and YMCA neighbors scanned in to our 13 YMCAs to improve their health and wellness by working out, taking classes, participating in programs and **connecting with their community**

950

families received **rental assistance** to remain stably housed

227,600

visits to the Y by seniors helped them to **connect with others**

1000+

families were provided comprehensive services and support to help **combat economic or family instability**

261

trainings were taken by YMCA staff to **reduce implicit bias and racism**

1,311

children participated in YMCA Day Camp, giving them a **safe place during the summer** to make friends, improve their reading skills and connect to others

816

children focused on **kindergarten readiness** in 2021 through YMCA child care programs

739

newcomers were served through our **New American Welcome Center**

6

employee resource groups were made available to YMCA staff to foster a diverse and **inclusive workplace**

1,276

women experiencing homelessness had a **place to call home**



ACHIEVING GOALS

Bringing people together to create opportunities sparks change and transformation in the lives of our neighbors. Throughout the pandemic, our spirits and determination to help others only strengthened.

YMCA Student Success

The YMCA of Central Ohio works to make sure children in our community are supported, heard and have the resources they need to succeed. It is important to create a space where all children have the ability to thrive socially and emotionally alongside their academic work. We are able to do this through collaborative partnerships with school systems.

In 2021, the Y's before and after school child care services expanded to include an enhanced partnership with South-Western City Schools. This partnership provided Social Emotional Learning Skills (SELS) development during the school day within all 16 Elementary Schools and all five Intermediate Schools.

Social Emotional Learning Skills (SELS) are tools that empower children to strengthen relationships within themselves and others. Social Emotional Learning Skills help all young people develop healthy identities, achieve goals, manage emotions and maintain supportive relationships.

This partnership uplifted youth, equipping them with lifelong skills that will remain with them. The Y continues to make a difference in South-Western City Schools.





Doing Good Together

Through partnership with OhioHealth, the YMCA offers the Delay the Disease™ Parkinson's exercise program, aimed to improve balance & mobility through evidence-based movements that delay symptoms such as limited movement, shaking and stiff muscles. Strategic movements and vocal exercises also help each person to fight against the effects of Parkinson's disease. By keeping these muscles engaged, the symptoms are greatly improved.

Unable to meet throughout 2020 due to COVID restrictions, many people were left without the help and guidance needed causing progress to slide backwards or become stalled. In the Fall of 2021, OhioHealth's Delay the Disease™ program returned to our Ys, providing much needed support and community once again. Many participants have shared how they benefit from the class:

“During the pandemic when the class wasn't happening, I stopped doing my activities,” John Miles said. “It felt good to be back. As I was doing the exercises, I started to feel better.”

About 60,000 people are diagnosed with Parkinson's Disease each year.¹



¹Parkinson's Foundation

Tragedy Into Triumph

In early 2021, Hilltop YMCA member Odia Kieta faced an unthinkable tragedy outside of the Y; something she wasn't sure she'd be able to get past. "My brother died in the water," Kieta said. "I was standing right there. He fell in the water and couldn't swim. He ended up drowning. I wanted to go get him, but I didn't know how to swim. People had to hold me back."

She remembers every single detail, but they are hard to relive. After watching the drowning, she went into a dark place in life. For months, she felt depressed, alone and overwhelmed with sadness. In addition to her grief, fear took over and she was terrified of water. The thought of ever getting into a body of water brought tears to her eyes. "I wanted to learn how to swim," she said. "I was just terrified of the water."

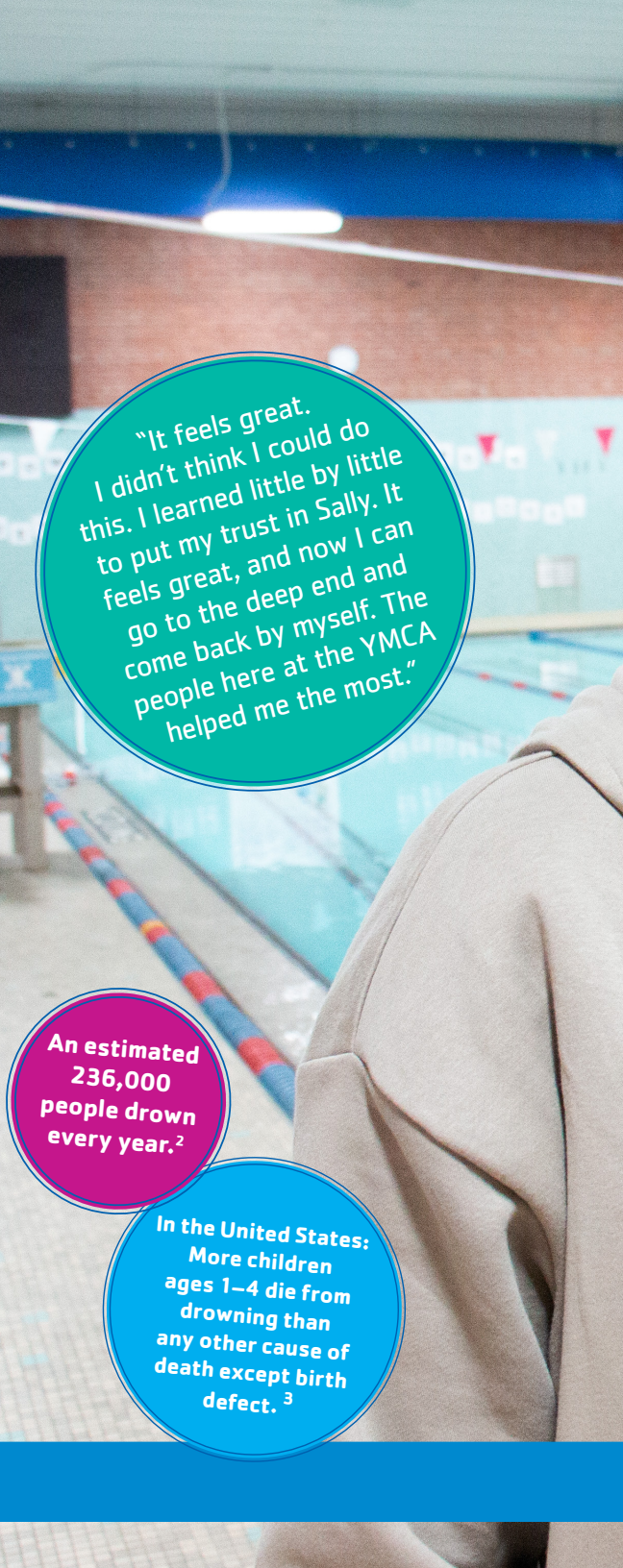
Fearful and determined, Kieta came to the Hilltop YMCA. She confided in Member Experience Leader and Swim Instructor, Sally Meanor – telling her story. Kieta recalls, "She was so kind and nice. She really convinced me to try it. She told me she would not let anything happen. So I went to swim lessons. The first class I went to, I cried. Sally and the staff gave me the courage to keep going."

The swim lessons started small and step by step, Kieta made incredible progress. One year later, she is now swimming in the deep end and going underwater with ease. She is also taking water fitness classes for fun. She says the new skills have not only helped her physically but mentally as well.

"My close friends and family have noticed that I am doing so much better. It helps me mentally to be able to meet people and talk about it more." She says the support of the YMCA pulled her through the darkest time of her life, bringing life changing relationships, new skills and joy.

² World Health Organization

³ Center for Disease Control



"It feels great. I didn't think I could do this. I learned little by little to put my trust in Sally. It feels great, and now I can go to the deep end and come back by myself. The people here at the YMCA helped me the most."

An estimated
236,000
people drown
every year.²

In the United States:
More children
ages 1–4 die from
drowning than
any other cause of
death except birth
defect.³



BUILDING RELATIONSHIPS

Strengthening Family Bonds

Family is the “true north” and focal point for this unique YMCA program, Adventure Guides. The purpose of this program is to bring families together to connect with one another and other families, while deepening bonds and forming community.

The YMCA is committed to helping families have more quality time together through programs like Adventure Guides. When you're immersed in nature, it's easy

to put the phones away
and take in the
sights and sounds
to unplug, rest
and explore the
outdoors. “There
is nothing like
getting away

for an entire weekend and getting to spend time with your son or daughter,” Adventure Guides Dad Matt Butler said.

“Everyone is so busy between school, sports, homework and work. This is one chance to shut off our devices and disconnect. You can spend time with your child one-on-one.” Adventure Guides helped 50 families connect with each other in a safe way and gain access to the great outdoors while teaching new skills and forming lasting bonds. The program, which includes camp outs and fun family activities, helps mold memories that last for generations to come.

⁴American Academy of Child & Adolescent Psychiatry

On average, children ages 8-12 in the United States spend 4-6 hours a day watching or using screens, and teens spend up to 9 hours.⁴



scan to
learn more

Supporting Families

Inside of the Van Buren Center, dozens of volunteers and YMCA staff members help transform a room into a back to school one-stop shop for families who need a hand. Clothes, shoes, coats and school supplies fill the space as children run in to pick out their favorites for the year.

"I really like the way the shelter has set up this particular back to school rally," volunteer Kalah Leone Smith said. "It allows the families to get to choose. I've seen kids picking out t-shirts and clothing that is their style, things that they like."

Dozens of children wait in line to pick out their favorite backpacks, trying them on to make sure it's the right fit. Families bring their children in to select what they need to start the school year off successfully. Children of all ages have access to clothing that fits their size and style. Multiple racks of shirts, pants, coats and shoes fill the room.

"Have a blessed day!" One young student shouted to the volunteers. Her mother said she was going into the first grade, and couldn't wait to pick out a new pair of shoes to wear on her first day. "It's a good feeling," volunteer Mary White said. "You see the joy right on their face. That is what keeps me coming back every year."

Families have faced a tough time dealing with the pandemic, virtual learning and the unpredictability the last 20 months has brought. Families experiencing homelessness are having an even tougher time. The Van Buren Center works to connect families with crucial resources to make life a little easier. "Times are hard," volunteer Suzie Fairley said. "People are struggling and this is a wonderful outreach for them."

With the help of staff, partners and volunteers, the center helped around 100 kids get the supplies they needed to return back to school. "Everyone is so grateful and I am grateful to be a part of something like this," Smith said. Children waved and many thank yous were exchanged as they gained the confidence to start a new year.





Inspiring Each Other

Grateful for the opportunity to serve more teens and young adults through workforce development, the YMCA was proud to receive funds from the City of Columbus that allowed us to launch the YMCA Earth Service Corp.

The City of Columbus and YMCA of Central Ohio partnered to create a litter collection program in city neighborhoods that employed 400 teens in 2021. The unique and powerful program gave teenagers the chance to gain job experience and learn about leadership while making their community a better place.

The program focused on teamwork, leadership skills and work ethic, while continuing to instill the core values of the YMCA – Caring, Honesty,

Respect and Responsibility. Teenagers also gained a deeper knowledge about the importance of recycling and keeping our neighborhoods clean. The Y is grateful for this opportunity to empower our youth while instilling our core values and environmental education in the next generation.





A SENSE OF BELONGING

Safe Summers At The Y

Last year was a tough year for families dealing with virtual school and worrying about their child's progress. Ashley Walls knows that worried feeling, firsthand. She became nervous about her soon-to-be second grader's skills. Walls wondered, will she be ready? She enrolled her 7-year-old daughter Annalee in a YMCA summer enrichment program to help get up to speed.

"If your kid really needs the help. Go for this," Mother Ashley Walls said. "Going from all virtual to a hybrid and all of the changes. My daughter was a little behind on her reading and writing. This was a good program to give her some extra help so she can catch up and be on the same level as everyone else when she goes into second grade."

With new friends, fresh knowledge and the confidence to take on the school year, 1,311 kids stepped into the 2021-2022 school year ready to learn. The Y's summer day camp and enrichment programs also help to build character using the Y's core values and solid social and emotional learning skills for children.

On average, students lost 17-34% of the prior year's learning gains during summer break⁵

⁵ NWEA

Inclusion Matters

With confidence and joy, Asher Will ran toward the water with wide eyes checking out the kayaks on the shore of Darby Bend Lakes.

"We'll go very fast," Asher yelled in excitement.

Asher and his dad carefully climbed into the kayak and pushed out onto the lake, the August sun shining above them. The two plunged into the opportunity to take on the outdoors, together. Kayaking, fishing and hiking are all skills many parents never thought their kids would be able to try. Asher was diagnosed with autism when he was 2-years-old, a realization that impacted the entire family.

"When you have a child who is special, they may be on display when they are in public because of non-typical behavior," Asher's mother, Sarah Will said.

With the help of the YMCA's Early Childhood Resource Network (ECRN+), children with developmental disabilities like Asher can play, learn and thrive in a safe environment, with no judgment surrounding them. ECRN's Outdoor Inclusive Adventures provided that

safe space for families to explore the great outdoors while spending quality time together. The event celebrates all abilities by including all children, teens and young adults no matter their diverse ability

"This is just so beautiful and so awesome for these kids," Mother, Yolanda Howard said. "My son does have sensory issues. This is just awesome. I will be coming back next year."

More than 500 families got the chance to kayak, hike, fish and play games together. With the help of our partners, Franklin County Metro Parks and the American Kayaking Association, a safe space was created for all who participated.

"It's really great because there is no judgment or paranoia about your child possibly making some sort of scene. It's so fabulous to see our special kids be able to enjoy things and learn without pressure, Sarah Will said."

The YMCA is committed to creating a space where all people can reach their full potential. Our mission continues with events like this to make sure no one is left behind.



OUR LEADERSHIP

Board of Trustees

The YMCA of Central Ohio is led by volunteers from across our community who have stepped up in their own way to steward our assets and direct us in our mission. We are honored to have had the following leaders on the Executive Committee of our Board of Trustees in 2021.

Without their support and resilient spirit, this year's events would not have been possible.

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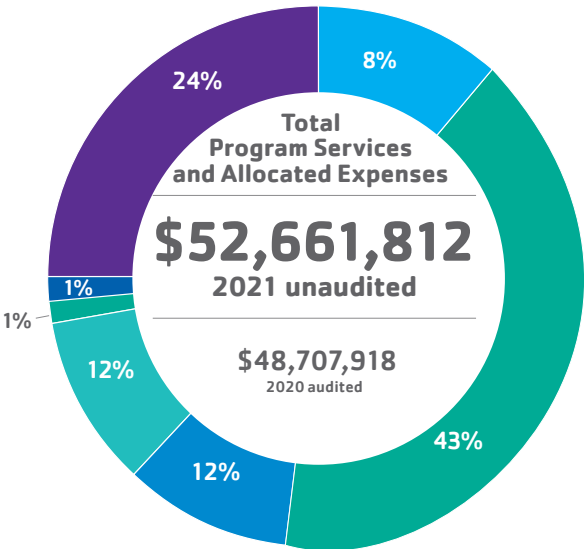
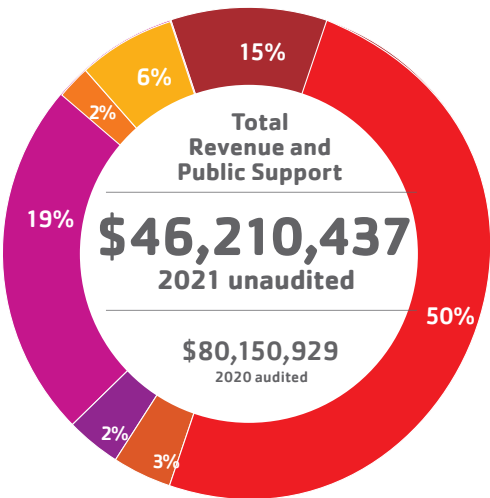




TOGETHER WE CAN

Because of our members, donors, partners, stakeholders and staff, the YMCA of Central Ohio is able to create impact and spark transformation in the communities that we serve. We believe our existence is intertwined and know that we will get farther together than we ever will on our own.

Every single one of us has been greatly affected by the changing tides of this pandemic and we see how resilient our communities are. We have witnessed the change that we can create together and we are forever grateful. **Thank you.**



EARNED REVENUE	
Membership	\$8,856,052
Programs	\$6,732,294
TOTAL	\$15,588,346

PUBLIC SUPPORT	
Contributions	\$2,999,577
United Way	\$2,086,010
Government Grants	\$23,173,743
Resident and Related Services	\$1,443,899
Other*	\$918,862
TOTAL	\$30,622,091

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

PROGRAM EXPENSES	
Youth Development	\$12,813,033
Healthy Living	\$4,207,578
Social Responsibility	\$22,614,677
Head Start	\$6,191,331
TOTAL	\$45,826,619

ALLOCATED EXPENSES	
Support Service to Programs	\$6,200,302
Finance Costs	\$364,796
Fundraising	\$270,095
TOTAL	\$6,835,193


Net Income/ Change in Net Assets	(6,451,375)
Non Cash Depreciation	\$4,083,547
Net Cash Flow from Operations	-\$2,367,828

GET INVOLVED

There are so many ways to get involved with the YMCA – from membership and program participation to volunteering, fundraising or working at the Y, we rely on support from our neighbors to strengthen community. Your involvement with the Y helps bring about positive and meaningful change. **Learn more about being part of the greater good at ymcacolumbus.org**





Get Involved  ymcacolumbus.org