



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IT'S BEEN A BIG YEAR

GLAD YOU'VE BEEN PART OF IT

Annual Impact Report to the Community 2014

YMCA of Greater Erie

It's been a big year in our 153 year history. Through the hard work of our staff and volunteers, we've successfully provided various services across the County and have touched more than 35,000 people with programs designed to nurture the potential of kids and teens, support healthy lifestyle behavior change and give back to our neighbors.

Taking center stage is a national YMCA movement to articulate more clearly the work we are doing in our community. Our Y sits at the forefront of several key issues facing the Erie community including:

- Adult and childhood obesity
- Nutrition awareness
- Drowning prevention
- Early learning readiness
- High school graduation rates

We took big steps in 2014 to "walk the walk and talk the talk" with organizational commitments outlined in our three-year strategic plan. Of note, are action items in support of:

- Teen-led programs focused on cognitive and social growth
- Early-learning readiness programs to build the assets of informal caregivers
- Healthy eating and physical activity standards to develop healthy habits and nutritional awareness in kids
- Safety in and around water programs to teach kids and adults water safety skills to reduce their risk of drowning
- Lifestyle and chronic disease prevention programs to improve overall health and well-being in adults and kids.

Some organizations exist to find a cure for cancer. Others exist to feed the hungry. Our Y exists to strengthen the foundations of our community through Youth Development, Healthy Living and Social Responsibility.



# 2015 EMPLOYEE & VOLUNTEER RECOGNITION

## EMPLOYEE OF THE YEAR

Haley Lucas, *Camp Sherwin*  
Margy Ritchey, *County*  
Brian Ramey, *Downtown*  
Mike Wright & Ray Meyers, *Eastside Family*  
Dan "Dino" Licata, *Glenwood Park*  
Elizabeth Hess & Kim Ozimek, *CCSB*  
Cara Kaliszewski, *Metro*

## VOLUNTEER OF THE YEAR

Mikki Bort, *County*  
Kevin Arrington, *Downtown*  
Missy Tingley, *Eastside Family*  
Ken Heberle, *Glenwood Park*  
Curt & Julie Cardman, *Metro*

## VOLUNTEER FUNDRAISER OF THE YEAR

Elliot Spaeder, *Downtown*  
SilverSneakers Class, *Glenwood Park*  
Paul & Gretchen Lorei, *Metro*

## YMCA SPIRIT AWARD

Maria Schall, *County*  
Jeanne Moss, *Downtown*  
Judy Boboshko, *Eastside Family*  
Cynthia Johnson, *Glenwood Park*  
David Waples, *Metro*

## CORPORATE PARTNER

Maple Donuts, *Camp Sherwin*  
Sprague Farm & Brew Works, *County*  
PNC Bank, *Downtown*  
Onex, Inc., *Eastside Family*  
Northwest Savings Bank, *Metro*

## EMPLOYEE 5 YEARS OF SERVICE

Emelie Anderson  
Michele Apa  
Alyse Boswell  
Dennis Browne  
Linda Chrzanowski  
Cionia Dickerson  
Joshua Dolecki  
Kurtis Fox

Lydia Guianen  
Jenna Hershelman  
Rachel Hiles  
Shaunquill Hill  
Peggy Jacquell  
Joseph Johnson  
Grace Johnson  
Rebecca Lander  
Patrick Milkowski  
Daniel Monroe  
Jared Payne  
Keila Peck  
Kirstie Prae  
Emily Rhoades  
Kathryn Richards  
Emily Rocco  
Tammy Roche  
Erin Rzepka  
Tobi Sala  
Martin Seibert  
Michelle Stalmach  
John Voli  
Chad Weaver  
Joycelyn Wingo

## EMPLOYEE 10 YEARS OF SERVICE

Kathleen (Kas) Finke  
Jerry Fralick  
Tara Jaraczewski  
Amanda Miller  
Danielle Moyer  
Renee Owens  
Etta Pulliam  
Laura Rosecky  
Gretchen Scavella  
Paul Semrau, Jr.  
Laura Shoffner  
Cynthia Slivinski  
Cecelia Strasser

## EMPLOYEE 15 YEARS OF SERVICE

Tammy Crawford  
Missy Fuller  
Tim Kaliszewski  
Cherie Kinem  
Karen Reagan  
Cat Kern

**EMPLOYEE 20 YEARS  
OF SERVICE**

Heather Clark Celio  
Stephanie Hargest  
Mark Hatheway  
Craig Latimer  
Pamela Rodland  
Phyllis Rosenthal

**EMPLOYEE 25 YEARS  
OF SERVICE**

Mary Fitch

**EMPLOYEE 35 YEARS  
OF SERVICE**

Rich Ham

**YMCA OF GREATER ERIE  
METROPOLITAN BOARD  
OF DIRECTORS**

Ron Lord, *CVO*  
Ken Slaney, *Immediate Past CVO*  
Carl Wolfrom, *First Vice Chair*  
Josephine Lubiejewski, *Secretary*  
Pete Eaglen, *Treasurer*  
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Paul Sallie  
Renee Slabic  
Mike Sparks  
David Waples  
Dennis Wilkins  
Julie Wilson

**YMCA BOARD OF TRUSTEES**

David Matthews, *Chairman*  
Susan Dunn  
Michael Fetzner, Esq.  
Ginny McGarvey  
Richard Merwin  
Tom Myers, Esq.  
Gary Popson  
Ken Slaney  
Bill Taylor, Jr.

**YMCA HERITAGE CLUB MEMBERS**

The following individuals have made a lasting investment in our community through their commitment to the YMCA Endowment Fund. Below is a partial list of members as some prefer to remain anonymous.

Peter & Mary Bates  
Paul Bowers\*  
Carl Cannavino  
Louis Close  
Lyman & Marilyn Cohen  
Andrew Connor, Esq.  
Gordon & Barbara Osborn  
Charles Dailey\*  
John Dauber  
Joe & Lisa Dobrich  
Tom\* & Carol Doyle  
Gary & Emy Dougan  
John & Susan Dunn  
Harold Durst\*  
Jeffrey & Emily Evans  
Marjorie Ferguson  
Michael & Sandy Fetzner, Esq.  
Jack & Jeanne Finn  
Jim & Carla Fryling  
Fletcher & Elsie\* Gornall, Esq.  
Jack & Sharon Gornall, Esq.  
Barbara Gunnison

Betty Haller\*  
Allen & Beth Hawthorne  
Bill\* & Audrey Hirt\*  
J. Douglas James\*  
Dr. Jim & Laura Johannes  
Sheldon Kaercher\*  
Thomas & Kimberly Kennedy  
Frank Knauer\*  
Bob\* & Betty\* Kilgore  
Bill\* & Verle Lander  
Kevin Larson  
Craig & Kathy Latimer  
Dick & Sharon Levick  
Mark Lucas  
Bob & Gayle Magee  
David & Margaret Matthews  
Ray\* & Ginny McGarvey  
Richard Merwin  
Tom Myers, Esq.  
Gary & Charlene Popson  
Elizabeth Reslink\*  
Don\* & Betty\* Robins  
Allan & Pat Schell  
James & Frances Schlabach  
Ken Slaney  
Albert Straus  
Robert Taft\*  
Bill & Cathy Taylor, Jr.  
Arloween Todd\*  
Gerard Uht, Sr.

Dr. William\* & Janice Underhill  
 Gerry & Amy Vandemerwe  
 Bob Wagner  
 Everett & Susan Walker  
 William E. Walker  
 Rich & Suzanne Weber  
 Cyrus & Susan Wellman  
 Carl Wolfrom  
 Walt & Martha Wydro  
 Douglas Ziegler

**YMCA CHAIR'S ROUNDTABLE**

Recognizes donors for contributing \$1,000 or more to the Y's annual community support campaign We Build People or special events, projects and programs during calendar year 2014.

Anonymous  
 Atlantic American Fire  
 Equipment Company  
 Peter & Mary Bates  
 Best Buy Foundation  
 Ron & Cindy Bielanin  
 BNY Mellon  
 BKD, LLC.  
 Blake Family Foundation  
 BNY Mellon  
 Brooks Landscape  
 Champion Ford

Cobblestone Inn  
 Coca-Cola/Powerade  
 Custom Imprint & Design  
 Carolyn Dale  
 Pat Davis  
 DeSantis Janitor Supply  
 ECCA  
 Electrical & Mechanical Systems, Inc.  
 Erie Bank  
 Erie Community Foundation  
 ETG Communications  
 Erie Contract Interiors  
 Erie Downtown Partnership  
 Erie Insurance Group  
 Erie Maennerchor Club  
 Erie Redevelopment Authority  
 Erie Times News  
 Eriez Manufacturing  
 Jeff & Emily Evans  
 Mike & Sandy Fetzner, Esq.  
 Mary Fiorenzo/Legacy Financial  
 First Niagara Bank  
 Virginia Flowers  
 Giant Eagle  
 Tony & Carol Gilmore  
 GE Foundation Matching Gifts  
 Tim Glass  
 Glenn & Ruth Mengle Foundation  
 Atty. M. Fletcher & Elsie O Gornall Fund  
 Tom & Susan Hagen

Nancy Hanks  
 Scott Heitzenrater  
 Highmark Blue Cross Blue Shield  
 Mark Horstman  
 Dennis Howard  
 Cynthia Johnson  
 John Kathman  
 Thomas Keating Trust  
 Elizabeth Kelly  
 Tom & Kim Kennedy  
 Sheldon Kaercher Estate  
 Paul & Gretchen Lorei  
 LifeFitness  
 Michael & Lydia Maring  
 Marquette Savings Bank  
 David & Margaret Matthews  
 McCarty Printing/Don Seiber  
 McGarvey Family Foundation  
 Margaret Merritt  
 Merwin Foundation  
 MJ Surgala Trust  
 Motsch & Son Plumbing and Drain  
 Cleaning Services  
 Northwest Savings Bank  
 Philadelphia Insurance Company  
 Dr. and Mrs. Thomas Person  
 Gary & Char Popson  
 PNC Bank  
 PNC Foundation  
 Plyler Overhead Door

Rebich Investments  
 Saint Vincent Sports Medicine  
 Allan & Pat Schell  
 Schultz Marketing & Communications  
 Share Our Strength Foundation  
 Scott Enterprises  
 Dave & Jill Simmons  
 William T. Spaeder Company  
 Roger Taft  
 Peggy Tuttle  
 United Way of Erie County  
 UPMC Health Plan  
 USI Midwest  
 David Urban  
 ValPak of Erie  
 Gerry & Amy Vandemerwe  
 Douglas Vilella  
 Walmart  
 Walmart Foundation  
 Wegmans  
 Louise Wells Fund  
 Wesleyville American Legion  
 Scott & Linda Whalen  
 Dennis Wilkins  
 Bill Wilson  
 YMCA of the USA  
 Y-Mens Club

*\*Denotes deceased*

*\*The YMCA makes every effort to ensure that each contributor's name is listed properly. If your name is omitted, listed incorrectly or misspelled, we offer our sincere apologies and ask you to advise us of corrections by calling Tammy Roche at (814) 452-1432.*



# A BIG BITE

In 2013, we told you we were going to set nutritional standards for meals and snacks served by the Y, as well as, increase structured play time for kids. Few realize that the Y serves more than 850 meals and snacks per day to more than 1,000 children. We recognize we have a tremendous opportunity to influence food choice and introduce food variety and education through our programs.

## We took BIG steps toward this commitment in 2014 by:

- Providing fruits and vegetables at every meal and snack – fresh, when we can
- Serving water and/or low-fat/non-fat milk and eliminating all juice products
- Serving meals family style – meaning children serve themselves with limited adult help
- Offering only whole grain where the first ingredient is whole grain
- Providing an opportunity for our donors to sponsor healthy meals for kids

## A 2014 HIGHLIGHT

Our summer campers at the County Y in Edinboro got dirt under their fingernails this summer with a little help from local volunteers Edith Gheres and Kyle Wensel. A fresh vegetable garden, planted in two raised permanent 4x8 beds and one raised container bed on wheels, became the campers' hands-on learning lab.

Ten-year old Kaden Wright says his thumb turned green. "Not really," he laughs. "What I mean is, that we actually helped build the planters, planted the seeds, weeded and watered the garden and picked the vegetables every day."

With a big smile, he says, that the fresh peas – in the pod – were his favorite. Then, with a wrinkled nose he says that the purple beans were "gross".

Grown produce became ingredients in the campers' meals ranging from vegetable pizza, salsa, salads and side dishes. Campers grew everything from onions to radishes to sunflowers.



# BITE!

In 2015, the Y intends to renovate a 72-passenger bus and create a mobile meal site to bring nutritious foods to the children living in food deserts. A \$20,000 grant from the Walmart Foundation and an in-kind gift from Bonnell's Collision will kick-start this program.

# SPLASH!

In 2015, the Y will offer free water safety lessons to 300 children. The program will teach how to be safe in and around water to reduce water-related accidents and drownings. A \$25,000 grant from YMCA of the USA will kick-start this program.







# A BIG SPLASH

We live on a lakefront. We believe that it is absolutely necessary for all, not only to learn to swim, but also how to be safe in and around water. Swimming skills are critical, but just as important are knowledge and confidence of what to do to reduce the risk of water-related accidents. After all, it takes less than 10 seconds and 1 inch of water for an accident to happen.

## We made a BIG splash in 2014 by:

- Offering swimming experiences to the differently-abled through our adaptive swim program which ensures that all people are learning to be safe in and around water
- Training more than 200 as lifeguards and swim instructors
- Teaching more than 6,000 kids and adults to swim
- Providing an opportunity for our donors to sponsor learn to swim programs

## A 2014 HIGHLIGHT

Boy Scout Master Ron Herrera stood deck ready as his 13 scouts, ages 11-16 filed onto the pool deck at the Eastside Y. For the past three years, Ron has brought his scouts to the Y to work on earning their First and Second Class in swimming. The experience includes a water safety lesson as well as their pre-qualifying swim for camping.

Don Ferri, Y Lifeguard, confidently commands the scouts' attention using his lifeguard voice – as he calls it. “What are the four rescue methods if someone was struggling in the water?” he asks. At first the scouts are quiet and stare blankly – until the light bulb goes off and they begin to shout, “reach or throw something, jump in and swim to them.” Don offers the methods in order of safety first, quick to reinforce that we don't want to put ourselves at risk. “Our first and safest option, if they were close enough, would be to lie on our stomachs, feet wide apart and reach something out to them.” Don demonstrates and then invites the kids to give it a try. He has a variety of props for them to use –most of which would be easily found around water – a towel, a pool noodle, a canoe paddle, even a long pole. He encourages them to keep eye contact and communicate.

“Scouting is about teaching life skills, that either on their own or with their troop, give the scout the confidence and self-reliance to act,” says Ron.

# A BIG CHANGE



At the Y, a supportive community is a big part of wellness. Members and program participants often cite the support and enthusiasm of fellow participants and staff as some of the key factors in their achievement of greater well-being. Without good health, you can't enjoy life.

## We made a BIG change in 2014 by:

- Introducing our Buddy-up for Fitness membership program. So far, we have matched more than 700 members who are now motivating each other
- Coaching more than 3,500 through our Wellness Coaching and Personal Training programs. Members not only lost weight and built strength, but gained confidence to try new activities and achieve personal bests
- Pressing the play button on a series of fitness classes and programs just for kids. From Kidding Around Yoga® to Born to Move® and Fit Kid Club, kids are burning energy in the perfect mix of fitness and fun
- Welcoming the differently-abled into a strength building class just for them
- Providing an opportunity for our donors to sponsor wellness programs

Twenty Y members embarked on a 6-month journey to live a little bit healthier and lose weight through the Eastside Y's Ultimate Wellness Challenge. They traveled to grocery stores, ate at restaurants and journaled their progress. They were coached by dietitians, fitness instructors and personal trainers.

## A 2014 HIGHLIGHT

"We spent lots of time together during the first 3 months and then the last three months the participants independently took hold of their own routine – a crucial step to applying lifestyle changes that stick," said Erica Kaliszewski, healthy living program director. "Twelve of the 20 finished the six month journey – reinforcing how much commitment and resolve it takes to make behavior change."

The total weight loss for the group was 384 pounds and the top three finishers lost more than 20 percent of their total body weight.

Participant Mary Krysiak, who lost 95 pounds and 14 pant sizes, says, "Don't ever say never. I never thought I would be a runner and now I am running half marathons. I never thought I would eat vegetables and now I enjoy some of them. I never thought I would have skinny ankles and now I do!"

Dave Martin's experience was similar. He credits his success to the supportive environment. "My blood pressure dropped significantly along with my resting heart rate. My sleep apnea has disappeared. My desire to workout more regularly was greatly influenced in a positive way by the kind and courteous support staff mentoring us throughout the program."

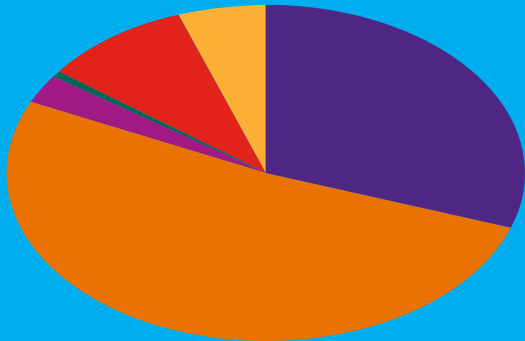
The 2015 Ultimate Wellness Challenge is nearing completion and the 16 participants have lost over 180 pounds and 5.4% of their body weight as of May 1.



# CHANGE!

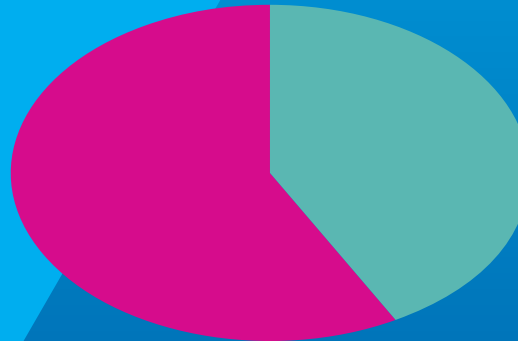
In 2015, the Y will introduce a wellness series for cancer patients and their caregivers in partnership with the Regional Cancer Center.

# 2014 OPERATING REVENUE



## REVENUES

▶ Membership .....	\$5,619,926
▶ Childcare .....	\$9,219,375
▶ Program .....	\$558,991
▶ United Way .....	\$109,922
▶ Community Support .....	\$1,195,245
▶ Other.....	\$682,038
<b>TOTAL .....</b>	<b>\$17,385,497</b>



## EXPENSES

▶ Salaries & Benefits .....	\$9,625,752
▶ Other Operating Expenses .....	\$7,015,648
<b>TOTAL .....</b>	<b>\$16,641,400</b>

## MEMBERSHIP (as of Dec. 31, 2014)

Membership Units	<u>2013</u>	<u>2014</u>
	8,786	8,269
<b>TOTAL MEMBERS</b>	<b>24,886</b>	<b>24,606</b>



## OUR MISSION:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

## OUR FOCUS:

Youth Development, Healthy Living and Social Responsibility

## OUR CAUSE:

To strengthen community