

COMMUNITY FOR ALL

VALPARAISO FAMILY YMCA
2022 IMPACT REPORT



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LETTER FROM THE CVO

Dear Valparaiso Family YMCA Members and Supporters,

It is my honor and privilege to serve as the Chief Volunteer Officer of the Board of Directors for the Valparaiso Family YMCA. As we reflect on the past year, we have much to celebrate and be grateful for. Our Y has remained a vital source of hope, health, and community for thousands of people in our community.

We are proud to have welcomed new leadership at the Y in 2022. Following an extensive search, Sharon Johnson was appointed as our new CEO and President in January. Sharon is a tenured Y leader with a passion for the Y Mission. We support her vision for driving positive change in the Valparaiso community and enthusiastically look forward to the future.

And thanks to your generous support and participation, we have been able to continue our mission of strengthening the foundations of our community through Youth Development, Healthy Living and Social Responsibility.

The Y continues to support our youth in building a strong foundation for social, academic, and life skills through pre-academic and out-of-school programs exceeding growth expectations. Additionally, with your help, the Y was able to fulfill a 39% increase in financial assistance requests for childcare programs, providing families with affordable and high-quality childcare options.

We know being well is of utmost importance. Our healthy living services and programs, in partnership with St. Mary Medical Center, continue to provide our community with a supportive and inclusive place to belong and tools to be proactive about health and improve their quality of life.

And at the heart of our mission is to support families and individuals in feeling confident, engaged, and secure. We collaborate with the community to provide needy families with basic necessities, build relationships, and support healthy family connections.

We are excited about the opportunities and possibilities that lie ahead and we invite you to join us in making a positive difference in our community and in the lives of those we serve.

Thank you for being part of our Y family. We hope to see you at the Y!

Sincerely,

Jim Clarida
Chief Volunteer Officer



JIM CLARIDA
CVO



SHARON JOHNSON

Please welcome our new President and CEO, Sharon Johnson. Sharon is a tenured Y leader with a passion for the Y Mission.

VALPARISO FAMILY YMCA LEADERSHIP

2022 BOARD OF DIRECTORS

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RICHARD SEVERE

LANIE STEINWART
DR. BONNIE STEPHENS
SUSIE WIREMAN
BEN ZIMMER

2022 Y LEADERSHIP STAFF

SHARON JOHNSON
President and CEO

JENNIFER HATSERAS
Director of Human Resources

CAROL DOUGLAS
Executive Assistant

MELANIE HOFFMAN
Director of Childcare

JOEL BIRKY
Director of Programs

LAURA INGRAM
Director of Marketing & Membership

MARK GLIBOTA
Director of Finance

TRACEY McELREE
Sr. Director of Advancement



THE MISSION of the **VALPARAISO FAMILY YMCA** is to be a charitable non-profit organization that improves the quality of life in our communities through programs and services that strengthen the spirit, mind, and body for all.

OUR VALUES | Caring, Honesty, Respect, Responsibility

NURTURING YOUTH POTENTIAL



FINANCIAL ASSISTANCE

\$416,498 in financial assistance was provided to individuals and families to ensure everyone has the opportunity to learn, grow and thrive

We believe that all kids deserve the opportunity to discover who they are and what they can achieve.

Through the Y, thousands of youth today are cultivating the values, skills, and relationships that lead to positive behaviors, better health, and educational achievement.



PRESCHOOL HIGHLIGHT

The YMCA removes the burden that our family and many others face when having to choose how to provide for their families while they have small children who require childcare. Moreover, while my children are at the YMCA, I never have to worry about their safety because I know the staff are both well trained and truly care about them. They have built trust and adoration for the staff at the YMCA over multiple years because they know their teachers and camp counselors have regard for them. They look forward to seeing certain camp counselors every year and appreciate their preschool teachers remembering them far beyond their preschool days. Before my kids enrolled in the YMCA's childcare program, they were shy and afraid to go out and make new friends. The YMCA has helped my kids build confidence in making and cultivating lifelong friendships.

My life as a parent has become exponentially better because of the friendships I have made and the ones I have seen my children make. My kids who have gone through the preschool program at the YMCA are not only academically prepared for transitioning to kindergarten but also mentally and emotionally prepared as well. The childcare program at the YMCA is in so many ways a significant asset to our community and has been a huge blessing to my family.

~ Samantha

1,758 YOUTH

improved their social-emotional
and physical health through affordable
youth sports programming



94

middle school youth
enjoyed after-hours at the Y
for a safe and social evening of
swimming, dodgeball, music,
dancing and snacks

245

youth had the Best Summer
Ever through our Summer
Camp, exploring the world
through field trips,
friendship and art

176

youth have a safe place to go
before and after school
filled with support
and friendship

418

children developed the
early childhood education
skills to set the path for
academic success

STAYING ACTIVE HEALTHY & CONNECTED



The Y is improving our community, spirit, mind, and body, by providing programs and activities that promote wellness, reduce risk for disease, and help people reclaim their health.

The Y is a leading voice on health and well-being. **With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.**

As a result, thousands of Porter County youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.



MEMBER SPOTLIGHT

"I've been coming to the Y for several years. The Y is clean and has very well-run programs. I like to walk indoors here because if I fall there are people to help. The Y has everything; I can't think of anything better. I come for physical therapy to see Brian, and to Stability class with Rachel. It's nice to have Brian here for physical therapy. He does a good job, and my progress report has shown improvement. Therapy with Brian is helping me avoid having a shoulder replacement. There is no question Rachel's made a difference to me with her Stability class. If someone asked me if this is someplace they should go, I'd definitely recommend it. This place makes it easier to age, and it has everything I need."

~ Bob

15,647

active members learn, grow,
and thrive at the Y

23

cancer survivors
graduated with support from
our Livestrong at the Y program

4,289

active older adults
improved their quality
of life through wellness
and social programs

1,500

individuals visit the Y each
day to take control of their
health and wellness

GIVING BACK AND PROVIDING SUPPORT



The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities.

We know that when we work together, we move individuals, families, and communities forward. The Y responds to society's most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential.

We are also committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change.



LIVESTRONG AT THE Y

“Loved it. Livestrong at the Y has helped me be less afraid and feel less alone on my survivorship journey. It has helped me go from barely being able to walk with a cane to being able to walk independently. I would recommend this program to other cancer survivors because it helps you get your independence back.”

~ 30-year-old female Livestrong Participant

MOBILE MARKET

In partnership with the FoodBank of Northwest Indiana, provided food for 1,618 families

368

people trained in CPR and First Aid

175

people shared a meal at Supper with Santa

3,235

Kids gained lifesaving water safety and swimming skills

\$8,000

in scholarships awarded to 4 high school seniors

171

local kids were filled with Holiday spirit with gifts from our Angel Tree

CELEBRATING OUR STAFF MILESTONE ANNIVERSARIES



We celebrate our staff, recognizing milestone anniversaries in 2022, representing 320 total years of service. In 2022, **the Y supported the Porter County economy with 312 staff.**

35 YEARS

JODI JACKSON Development

25 YEARS

NICOLE DOELLING Membership

ABIGAIL THOMAS Aquatics

CARIANN TURNER Personal Training

PHYLLIS SIMPSON Aquatics

20 YEARS

CARRIE DEMAN Membership

GEORGE NIETERT Aquatics

15 YEARS

DAWN MINICH Childcare

JOSE RODEA Sports

AMY RUSSELL Aquatics

10 YEARS

JAMIE BACHMAN Wellness

CHERYL LEETH Childcare

REBECCA RADERSTORF Wellness

VICTORIA SCHMIDT Wellness

AUDREY SHEEHAN Preschool & School Age

ANNE WOOD Wellness

5 YEARS

STEVEN CARSONAL II Aquatics

MARSHA CORY Aquatics

ANTHONY EDWARDS Personal Training

JENNIFER HATSERAS Human Resources

MICHELLE RICHTER Wellness

STEFANNIE RUST Personal Training

MELODY SWART Childwatch & Wellness

RACHEL ZALUD Aquatics

VOLUNTEERS

Volunteering at the Y is all about people helping each other to learn, grow and thrive. When you step inside the Y, you open the door to countless ways to be active and get involved. Your gift of time and talent can have a lifelong impact on yourself and your community. Don't be surprised if a friendship or two forms while you are at it! Plus, it's fun! In 2022, **540 community members selflessly volunteered to help others.**



VOLUNTEER SPOTLIGHT: VICTOR GARCIA

Victor originally began coaching soccer to help support his kids as they try out a new sport and navigate meeting new friends. His kids had a positive experience and they had fun learning soccer together! Victor can now be found at the Y as a regular coach in our Youth Sports Programs, logging more than 66 volunteer hours in 2022, from soccer to volleyball to t-ball. He enjoys interacting with the kids, making them laugh and smile, and observing the little interactions they have with each other. He even admits to feeling a little disappointed as each season ends.

Victor also found personal growth through his volunteer experiences. He's learned how to better communicate and get creative with the different personalities of the kids. As a coach, he has learned the infectious powers of positivity . . . and that kids love stickers! He's found the Y to be a great place for kids to have a fun and positive experience while learning a sport.

"I would say if you're thinking about volunteering, then you should go for it. You don't have to be a sports guru to coach. As long as you can bring positive energy and create a fun environment, you can make an impact on these kids."

CHANGEMAKER AWARDEES

Our annual Changemaker award honors individuals who live the mission of the Y, who tirelessly work to create opportunity for all, and who believe in the personal power to make change. The Valparaiso Family YMCA annually honors Changemakers who lend their skills and talents for the betterment of our Y and the Valparaiso community.



DAVE COLLINS



VICTOR GARCIA



KATHY IRELAND



MARILYNN UEHLING

BETTER TOGETHER



COMMUNITY HEALTHCARE SYSTEM®

St. Mary Medical Center COMHS.org



We are better together serving our members' healthcare and wellness needs.

St. Mary Medical Center and the Valparaiso Family YMCA are committed to working together to provide a wide variety of healthcare services, programs and information for Valparaiso residents and Y members. Our healthcare partnership is focused on a holistic-health approach to living well. In this fast-paced world, it's more important than ever for us to focus on what matters most – delivering support in fitness and health to help you and your family live well.



MISSION IN MOTION



APRIL 2, 2022



VALPARAISO FAMILY YMCA
**GOLF
OUTING**
JULY 18, 2022

ELECTED OFFICIALS



SEPTEMBER 13, 2022



YBASH
**Imagine
A
WORLD
OF
OPPORTUNITIES**

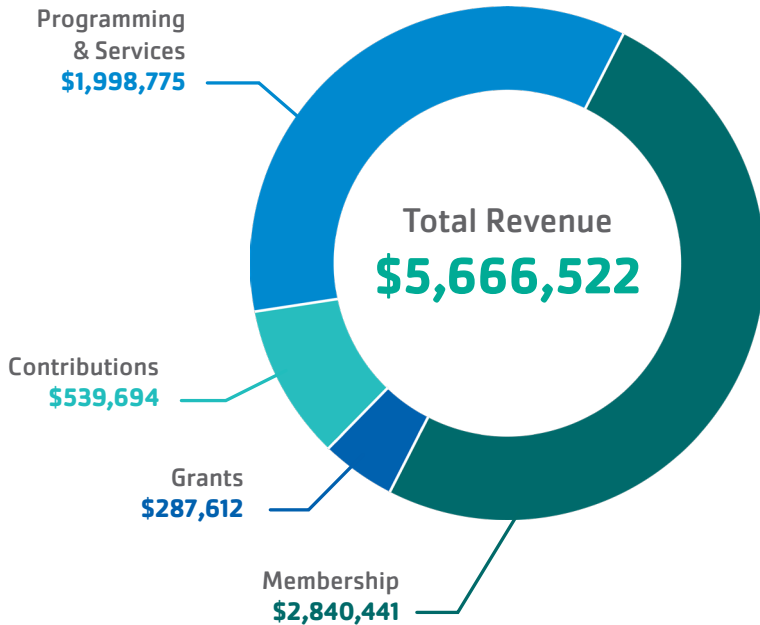
SEPTEMBER 24, 2022

FINANCIALS

2022

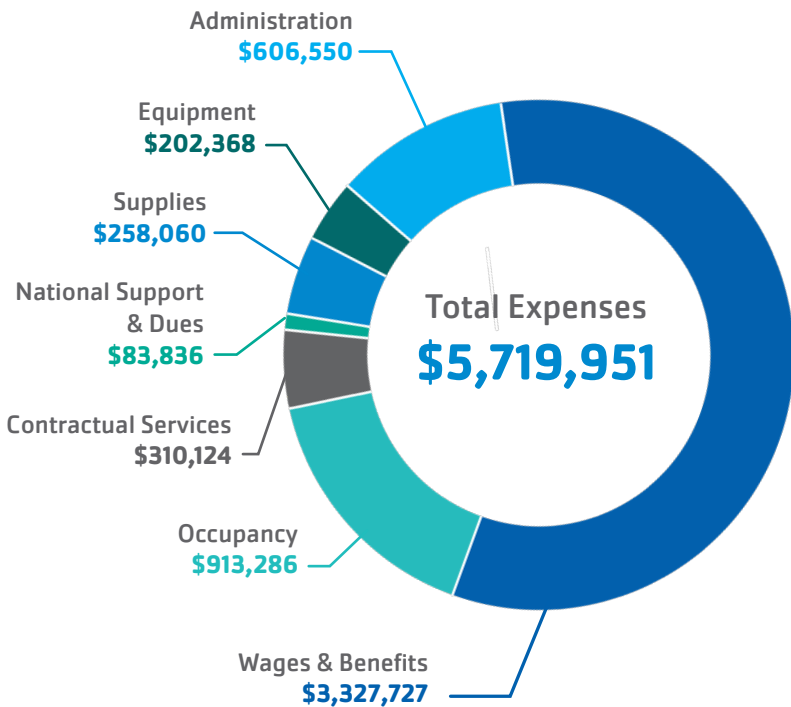
Revenue

Membership	\$2,840,441
Programming & Services	\$1,998,775
Contributions	\$539,694
Grants	\$287,612
Total Revenue	\$5,666,522



Expenses

Wages & Benefits	\$3,327,727
Occupancy	\$913,286
Contractual Services	\$310,124
National Support and Dues	\$83,836
Supplies	\$258,060
Equipment	\$202,368
Administrative	\$606,550
Total Expenses	\$5,719,951



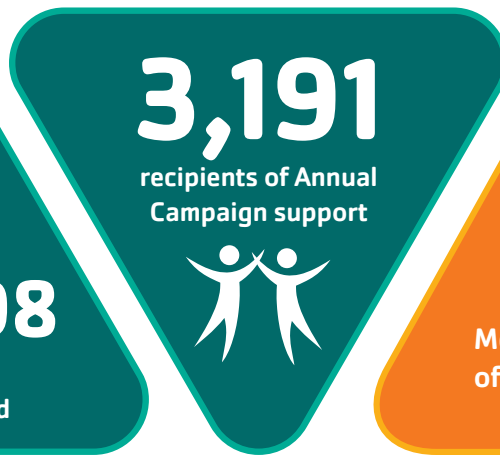
Depreciation **\$(647,609)**

Change in net assets from Operations **\$(701,038)**

ANNUAL CAMPAIGN

The Y raises funds for our Annual Campaign to provide the financial means to fulfill our mission of giving everyone the opportunity to come to the Y, regardless of ability to pay. The Annual Campaign is about the life changing impact that the Y provides by opening doors to those in need. The child who gains confidence through learning opportunities, the active older adult who is no longer isolated and is living a healthy and active lifestyle, a family given opportunities to spend quality time together, and so many more.

In 2022, we received and fulfilled a 15% increase in financial assistance requests for memberships, childcare, and programming. In particular, financial assistance requests for childcare, including toddler childcare, preschool early childhood education, before and after-school programming, and summer camp increased by 39%.



OUR CAMPAIGNERS

Thank you to our 2022 Annual Campaign Chairs, Mark and Connor Ritzi, who led our community-based effort to raise the funds needed to support our Annual Campaign.

Thank you to our
2022 Campaign Volunteers



- Co-Chair: Mark Ritzi
- Co-Chair: Connor Ritzi
- Peter Anderson
- Tim Brust
- Jim Clarida
- Dan Delaney
- Christy Elzbieciak
- Jeff Fernandez
- Eric Gibson
- Brad Gottschlich
- Cathy Greenawald
- Julia Hess
- Kathy Ireland
- Bill Ferngren
- Dave Karp
- Nick Larson
- Marian Marion
- Don Rapley
- Dr. Jerry and Linda Rodenbarger
- John Schoening
- John Scott
- Joe Shepley
- Jane Szymczak
- Matty Whaling
- Ben and Devin Zimmer

YOUR LEGACY THEIR FUTURE

The Infinity Circle is a special group of people who believe in the purpose and traditions of the Valparaiso Family YMCA and who want to ensure its mission for future generations.



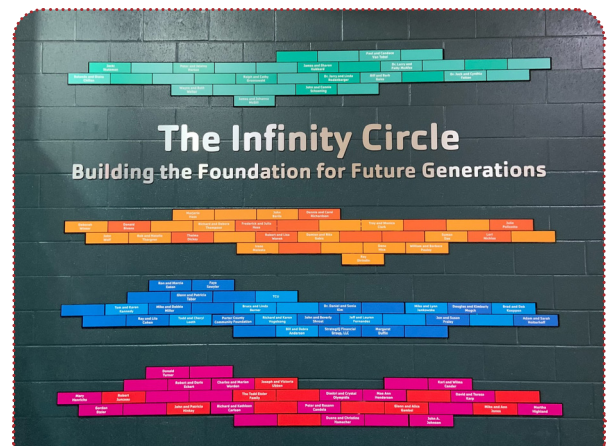
Valparaiso YMCA Foundation

Full Year 2022

Beginning Value	\$2,004,030
Dividends & Interest	\$83,174
Market Appreciation/(Depreciation)	\$(263,729)
Withdrawals from Account	\$(79,260)
Other Income or Expense	\$(11,003)
Ending Value	\$1,733,212
Change in Value	\$(270,818)

Porter County Community Foundation

Beginning Value	\$370,567
Contributions	\$1,000
Annual Growth	\$(46,349)
Withdrawals	\$(4,046)
Year End Value	\$321,172



2022 FOUNDATION BOARD OF DIRECTORS

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Chair/President

JOHN SCHOENING
Vice Chair/Vice President

GEORGE CARBERRY

LYNN DUTTLINGER

DR. JOHN FELTON

ANNMARIE SEVERSON



INFINITY CIRCLE MEMBERS

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 Wayne and Beth Welter
 Deborah Winter
 John Wolf*
 Charles and Marian Worden
 *deceased

LEADERS IN PHILANTHROPY

Our donors know more than anyone that the YMCA is more than a “gym and swim.” We’re a nonprofit charitable services organization committed to serving our community through youth development, healthy living, and social responsibility.

1st Source Bank
The Abbey/Aberdeen Inn
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Walter and Dorothy Ailes
Albanese Candy
Andrew and Judith Albers
David Alt
AmazonSmile
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Barth Anderson
Anderson Foundation
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Mark Anleitner
Anonymous
ArcelorMittal Matching Gifts Program
Kent Armstrong
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AMT Trucking
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Josh and Jamie Bachman
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Marc Barnett
Tom and Peggy Barnett
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Anita Beaudoin
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Jack and Diana Brogan
Anita Brower
Leanne Brown
Peggy Brown
Joy Brown
Ernie Brunty
Dolores Bruss
Tim Brust
Sherry Bucher
Warren and Pat Buckler
Bun’s Soap Box
Shannon Burhans
Robert Cadwell
Claudette Cairns-Boyd
John and Faith Cannon



MEMBER HIGHLIGHT

Tyler's story is one of incredible resilience and strength.

As a young D1 athlete studying to become a Department of Natural Resources Officer, Tyler had his whole life ahead of him. But on December 29, 2021, his life changed forever when he was hit head-on by a drunk driver while driving back from ice fishing.

Tyler suffered severe brain injury, so much so that the Med-Flight crew worried that he would not survive the transport. He underwent three brain surgeries, 400 stitches in his head, and faced numerous complications. His family was not allowed to see him for 21 days due to COVID-19 restrictions, leaving them feeling helpless and afraid.

Despite the odds against him, Tyler never gave up. With the help of his family, his doctors, and a Y personal trainer, he worked hard to regain coordination, strength, and balance, and even incorporated exercises to work his brain. His optimism and determination never wavered, and he continues to dream of driving again and returning to school. Tyler's story is a powerful reminder that even in the darkest of times, there is always hope and that with the support of loved ones and the community, anything is possible.



Richard and Kathleen Carlson
Ruth Cavanaugh
Karl Cender
Centier Bank
Century 21 Alliance
Derek and Amy Cheuk
Chicago Street Theater
Rolando and Diane Chilian
George Christoff
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Jim and Shannon Clarida
CLH, CPAs and Consultants
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Coldwell Banker
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Maureen Coleman
Community Title
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Sandra Coolman
Cooper's Hawk Winery & Restaurants
Cosmo Spa Nails
Jon and Sharon Costas
Costas Properties
County Line Orchard
The Course at Aberdeen
Joan Cox
Christine Craig

Kristen and Chris Crane
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Crozier's Dairy Queen
Crusader Homes
Joy Culver
Patricia Cummings
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Shelbie Detraz
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Todd and Danielle Etzler
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Allan and Kim Gabriele



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 Mark Germann
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 Lynn Gilkey
 Matt and Kelly Glaros
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 Healthy Paws
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Robert Russell
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Deborah Sanders
Sanonfi-Aventis
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John and Sarah Scott
Rosalie Sears
Serenity Salon & Spa
Scott and Annmarie Severson
Mary Ann Sheller
Joseph and Lisa Shepley
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Shoe's Pizza

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Jeff Snyder
Owen Sommers
Carol Stalker
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Valparaiso Parks Department
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Wise Guys
Anne Wood
Charles and Marian Worden
Terrence Worthington
Lorrie Woycik
Nick and Emily Yiannias
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YMCA of the USA
Michael Yohe
Jordan Yurko
Becky Zaczekiewicz-Tudor

Zao Island
Ben and Devin Zimmer
Phil and Jan Zoladz

THANK YOU TO OUR 2022 ANNUAL CORPORATE SPONSORS





VALPARAISO FAMILY YMCA

1201 Cumberland Crossing Dr.

Valparaiso, IN 46383

219.462.4185

valpoyymca.org

