

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

2023 BOARD OF DIRECTORS

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Director of Marketing & Membership

SARAH JOHNSON

Director of Human Resources

TRACEY MCELREE

Sr. Director of Advancement



BUILDING COMMUNITY

As we reflect on the past year at the Valparaiso Family YMCA, we are filled with a sense of pride and accomplishment. Our Y has been a community anchor for more than 75 years. Every day, the Y provides our community with the support it needs to learn, grow, and thrive. Our 2023 journey was no exception.

Access to affordable, high-quality early learning and childcare is essential to support our community's workforce, employers, and overall sustainability of our local and state economy, and a focus for the Y. This past year, we celebrated the grand opening of our YMCA Little Angels Learning Center, located in downtown Valparaiso. This new center has the capacity to more than triple the number of children served in the downtown area, providing high-quality early learning opportunities and wraparound services, and soon to include much needed infant care. We believe that every child deserves a strong start in life and the Y strives to make programs accessible and affordable for all.

Our commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility has never been more evident. The Y aims to improve our community's health by providing programs and activities that promote overall well-being, no matter where a person is on their journey toward better health. We have launched new programs aimed at promoting healthy living, such as evidence-based programs for those living with Parkinson's Disease and nutrition consultation. Our efforts in combating hunger and championing a spirit of giving back have seen remarkable progress. The Y's legacy, built on the pillars of youth development, healthy living, and social responsibility, continues to be the beacon that guides our actions. We have expanded our reach, opening doors to new partnerships and collaborations that amplify our impact and efficiently deliver the support that our community needs.

As we look to the future, we are filled with hope and a renewed sense of purpose. Together, we have made a lasting difference, and we eagerly anticipate building on this momentum in the years to come.



SHARON JOHNSON
President & CEO



ANNMARIE SEVERSON CVO



WE DEVELOP

We believe that all kids deserve the support, quidance, and encouragement to discover who they are and what they can achieve.

That's why the Y provides opportunities for thousands of youth to cultivate the values, skills, and relationships that lead to positive behaviors, better health, and educational achievement.

OUR MISSION IN ACTION

"AJ started coming to Y daycare October of 2022. It was a huge day in the life of our family. AJ had always stayed home with his mom, then family friends



after she (AJ's Mom) passed away from cancer. We knew we needed a stable long-term plan. He was really nervous to go and I felt ill equipped to manage it from a single parent perspective. The staff must have sensed that and was very accommodating and reassuring to both me and AJ. AJ now loves preschool, he loves his friends and his teachers. The staff has played a key role in helping us find firm footing and giving us confidence that we can move forward after a very hard season in our life."

~Scott Klockow





1,640

young athletes developed self-confidence, learned respect and teamwork, and stayed active in youth sports

194

youth had the "best summer ever" through our Summer Camp, exploring the world through field trips, friendship, and art





147

preschoolers developed the early childhood education skills to set the path for success in school and life

WE SHAPE

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, quidance and resources needed to achieve greater health and well-being for their spirit, mind, and body.

OUR MISSION IN ACTION

Rodney Sagarsee is a sixyear member of the Rock Steady Boxing program at the Y. Living with Parkinson's



Disease, Rock Steady Boxing has helped tremendously with core balance. When he started, he had no balance because of the physical limitations and extra issues of his disease. The Rock Steady Boxing program has helped him to improve balance and dexterity and helped with rigidity, so that he can maintain physical abilities that otherwise would decline.



237

adults gained strength and support to survive cancer and Parkinson's Disease



5,458

wellness classes offered to encourage physical activity and connection





17,243

active members learn, grow and thrive at the Y

WE STRENGTHEN

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.

OUR MISSION IN ACTION

Dylan Gleason was a senior at Valparaiso High School as part of the Career Exploration Off



Campus program. Dylan's job is at the Y. The bus brings Dylan to the Y on school days and she works for about 2 hours each day. Two years ago, when she started at the Y, Dylan was timid and quiet. And now she helps to train others. Working at the Y has given her confidence, workforce skills, and social skills that she can apply toward employment after graduation. The Y celebrates inclusion and we are proud of Dylan's achievements. (Pictured with VHS teacher, Lev)



494

individuals certified with life-saving skills

\$12,000

in scholarships awarded to four high school seniors







6,923

hours of time donated to serving our community

WELEAD

Volunteering at the Y is all about helping people help 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. And your gift of time and talent can have a lifelong impact on yourself and your community.

OUR MISSION IN ACTION



JIM MOONEY
Kiwanis Volunteer of the Year Nominee

CHANGEMAKER AWARDEFS

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.



PETER ANDERSON





JIM CLARIDA

TODD ETZLER



CELEBRATING OUR STAFF MILESTONE ANNIVERSARIES

We celebrate our staff, recognizing milestone anniversaries in 2023, representing 145 total years of service. In 2023, the Y supported the Porter County economy with 272 staff.



MIKE JONES

30 years of Service

35 YEARS

MARTHA LUKE Wellness

30 YEARS

MIKE JONES Personal Training

15 YEARS

NICHOLE HAINES Membership **CLAUDIA MILLER-FORREST** Wellness

10 YEARS

HEATHER COFFER Wellness

5 YEARS

JASMINE MIDDLETON Human Resources **LIZZ GOLD** Personal Training **JACQUELINE HINSON** Aquatics **JOSHUA REGAN** Aquatics **TRACEY MCELREE** Advancement **DEANNA HARDIN** Aquatics **SILVIYA STOUT** Wellness **LINDA KASPARIAN** Wellness





BETTER TOGETHER

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.



MONTHLY NUTRITION SEMINARS



HEALTHY FAMILY DAY

ANNUAL CAMPAIGN

The Valparaiso Family YMCA is grateful for the widespread community support for our 2023 Annual Campaign. Themed "Find Your Y," the campaign is focused on bridging the opportunity gap, connecting community, and cultivating healthy equity in order to help those most in need in our community.



\$472,755

Annual Campaign Assistance Awarded

100%

of every dollar raised stays in our community





OUR CAMPAIGNERS

Thank you to our 2023 Annual Campaign Chair, Peter Anderson, who led our community-based effort to raise the funds needed to support our Annual Campaign.

> Thank you to our **2023 Campaign Volunteers**



Chair: Peter Anderson Jim Clarida **Christy Elzbieciak** Jeff Fernandez **Eric Gibson Cathy Greenawald Julia Hess** Kathy Ireland Bill Ferngren **Dave Karp Nick Larson** Jim Mooney John Schoening John Scott **Annmarie Severson** Joe Shepley Matty Whaling Ben and Devin Zimmer

OUR MISSION IN MOTION



YBASH February 25, 2023

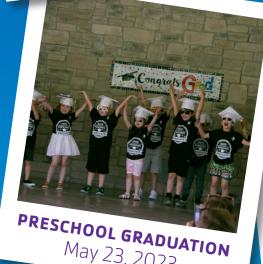


LENTEN LUNCH March 9, 2023





April 1, 2023



May 23, 2023



LIVESTRONG GRADUATION May 25, 2023



GOLF OUTING July 17, 2023



SUMMER CAMP June - August 2023







SENIOR RESOURCE DAY September 7, 2023







PUMPKIN PLUNGE October 7, 2023







HALLOWEEN October 31, 2023



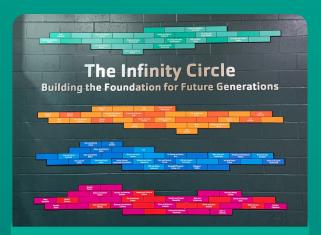
HOLIDAY MARKET December 1, 2023





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.



2023 FOUNDATION BOARD OF DIRECTORS

BRIAN LACIAKChair/President

JOHN SCHOENING Vice Chair/Vice President

GEORGE CARBERRY

LYNN DUTTLINGER

DR. JOHN FELTON

JENNIE GIRTON

ANNMARIE SEVERSON

Valparaiso YMCA Foundation	Full Year 2023
Beginning Value	\$1,843,585
Dividends & Interest	\$79,870
Market Appreciation/(Depreciation)	\$(112,480)
Withdrawals from Account	\$(53,000)
Other Income or Expense	\$(10,783)
Ending Value	\$1,972,152
Change in Value	\$128,567

Porter County Community Found	dation
Beginning Value	\$321,172
Contributions	\$11,000
Annual Growth	\$46,881
Withdrawals (Grants)	\$(11,000)
Expenses	\$(4,220)
Year End Value	\$363,833

2023 Y FOUNDATION SCHOLARSHIP RECIPIENTS



ALEXANDER BRYAN

MADDISON LOPEZ





SHEPHERD SCOTT

AUDREY SMITH



INFINITY CIRCLE MEMBERS

Bill and Debi Anderson John Barile* Bruce and Linda Berner Donald Rivens* Peter and Rosann Candela Richard and Kathleen Carlson Karl and Wilma* Cender James and Oleta Chester Rolando and Diane Chilian **Troy and Monica Clark** Ray and Lila Cohen* Suman Das Thelma Dickey* J. Andrew and Abigail Dorgan

Ray Dirindin* Margaret Duffin Ron and Marcia Eaton Robert* and Doris Eckert The Todd Etzler Family Dr. John and Cynthia Felton Jeff and Lauren Fernandez Jon and Susan Fralev Damien and Rita Gabis

Glenn and Alice Gambel

Ralph and Cathy Greenawald

Biff and Barb Geiss

Frederick and Julia Hess Mariorie Hess* John and Patricia Hinkey Adam* and Sarah Holterhoff Peter and Jelaine Horton James and Sharon Hubbard Mike and Lynn Jankowske John A. Johnson Lance and Sharon Johnson Mike and Ann Jones Robert Junceau **David and Teresa Karp** Tom and Karen Kennedy Dr. Daniel and Sonia Kim Brad and Deb Koeppen **Todd and Cheryl Leeth** Irene Malasto* Dr. Larry and Patty McAfee James* and Johanna McGill Mike and Debbie Miller Douglas and Kimberly Mogck Lori Nicklas **Dimitri and Crystal Olympidis** William* and Barbara Pauley

Duane and Christine Hamacher

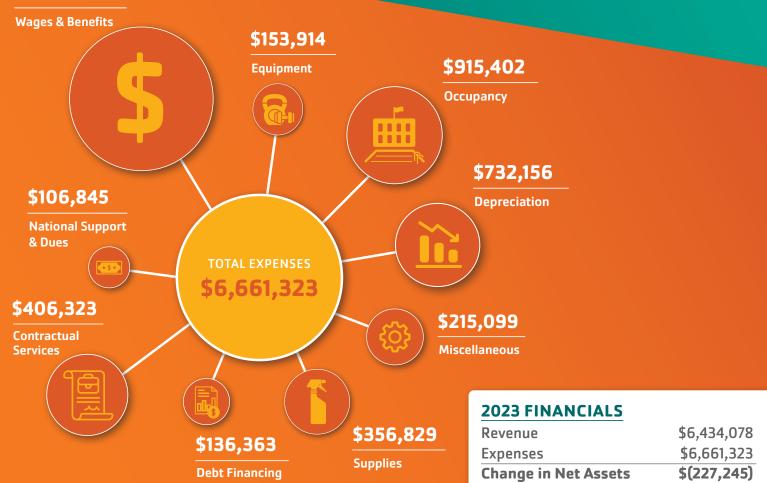
Mae Ann Henderson

Porter County Community Foundation Dennis and Carol Richardson Dr. Jerry and Linda Rodenbarger **Faye Sawyier** John and Connie Schoening John* and Beverly Shroat Scott and Lanie Steinwart Jacki Stutzman Glenn and Patricia Tabor Teachers Credit Union Richard and Debera Thompson Rob and Natalie Thorgren **Donald Turner*** Joseph and Victoria Ubben Richard and Karen Vogelsang Paul and Candace Von Tobel Robert and Lisa Wanek Wavne and Beth Welter Deborah Winter John Wolf* Charles and Marian Worden

Julie Polizotto

*deceased

\$129,936 Special Events \$2,110,324 Programming & Services \$296,748 Grants \$341,145 Contributions



\$28,170

Investments &

Other Income

\$3,638,392

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

Walter and Dorothy Ailes

Albanese Candy

Andrew and Judith Albers

Alderson Photography

AJ's Garage & Detailing

Peter and Stephanie Anderson

Barth Anderson

Anderson Foundation

Mark Anleitner

Anonymous Donor

Kent Armstrong

Nick and Marcia Arnold

Wilma Ault

Aurelio's Pizza

Deborah Bachan

Josh and Jamie Bachman

Marc Barnett

Thomas and Peggy Barnett Jeff and Liz Bartholomew

Anita Beaudoin

The Beauty Mark

Michael Becker

Jovce Bedelow-Heckman

Benevity Matching Gifts Program

William Berger

Barbara Bernardi

Bruce and Linda Berner

Charles Besterman

James and Bonnie Beversdorf

Joel Birky

Susan Bishop

Blockhead Brewery

Board and Brush

Ivan Bodensteiner

Brian and Eileen Boetel

Jackie Bovy

Jack and Diana Brogan

Rosann Brown

Nicholas Brown

Ricard and Delores Bruss

Dolores Bruss

Tim Brust

Larry and Sherry Bucher

Warren and Pat Buckler

Jeanne Bugvis

Bun's Soapbox

John and Faith Cannon

Richard and Kathleen Carlson

Ruth Cavanaugh

Karl Cender

Derek and Amy Cheuk

Chicago Street Theater

Chick-fil-A

Rolando and Diane Chilian

City Lanes

City of Valparaiso

Jim and Shannon Clarida

Cleveland Cliffs Matching

Gifts Program

CLH, CPAs and Consultants

Dean and Maggie Cobble

Coldwell Banker

Robert Coleman

Maureen Coleman

OUR MISSION IN ACTION





BECKY FRY

Valparaiso Family YMCA Member

"A few years ago, my Family And I joined the Y because we all wanted to try to stay in shape. After watching my son participate in the Tae-Kwon-do class, myself and another mom decided to take a class together, quickly falling in love with the program. After a few years, I decided to start Personal Training with Robyn for some more exercise help. A little over a year ago, I had a serious of small heart attacks. If it were not for all of the exercise that I was doing with Robyn and Tae Kwon Do with Jose, I would have had heart damage. Thanks to the Y, I have absolutely none. I know I would not be here if I wasn't active and doing something every day."

Hope Cook 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 Craid

Kristen and Chris Crane Creekside Kennels

Patricia Crise

Crozier's Dairy Oueen **Crumbl Cookies** Crusader Homes

Culver's

Daniel's Family Vineyard & Winery

Dillon Dalton

Dawn Collins @ Properties

Executive Realty Dave and Mary DeBoer Delta Theta Tau Sorority **Destination DeLaine Shelbie Detraz**

Ruth Dickey Rolando Dirindin

Don Quijote Restaurante

CJ Douglas Herb Douglas

George and Julie Douglas

Dunkin Donuts

Early Learning Indiana

Easly Winery Mitchell Edwards William Ellis Marilyn Ellis Judith Engle

Bobby and Lidia Enochs

Robert Espie Todd Etzler **Gene Evans** Evexia Salt Cave The Extra Mile Fitness Family Express Corporation John and Cynthia Felton Jeff and Lauren Fernandez Fika Spa & Wellness Retreat Fireworks on Lincolnway Flanagin Bulk Mailing

Fluid Coffee Roasters

Claudia Miller-Forrest

Fraternal Order of Eagles Aerie #2517

Tonia Frederick

Fresh Meadow Golf Club Kevin Freyenberger G.W. Berkheimer Allan and Kim Gabriele Rod and Amy Gayda

Gay's Hops-N-Schnapps Biff and Barb Geiss

Gelsosomo's Pizza, Crown Point

Gary and Beth Germann

Mark Glibota

Tom and Maria Gooding **Bradley Gottschlich**

Miche Grant

The Great Frame-up

Ralph and Cathy Greenawald

Mary Greenawald

Duane and Christine Hamacher Robert and Kathleen Hamernick

Alice Harrington Jennifer Hatseras Heat Wagon

Fred and Julia Hess

William and Karen Higbie **Hightower Great Lakes** John and Pat Hinkey Martha Hoeppner

Hoeppner, Wagner & Evans

Melanie Hoffman

Hoosier Window Washer

Hot Shop Valpo Glass Art Studio

Laura Hrusovsky

Jim and Sharon Hubbard Glenn and Linda Hummel

IBEW Local 531 Indiana Beverage Laura Ingram

Inman's Recreation Center Ironwood Brewing Co. Iron Workers Local 395

Island Nutrition iSmile Orthodontics Jaks Warehouse

OUR MISSION IN ACTION



SHANNON CLARIDA

Valparaiso Family YMCA Staff Member

"The Y is not just a place you come to get a workout in, it's a place you come to see your family. It's a place to hang out, a place where you feel you belong. If you're a Y person, you just feel comfortable. And the whole point is to make everyone feel like they are a Y person, that's our goal as staff members. For me, the Y has always been my reset button. When I feel anxious or edgy, working out and teaching at the Y helps me reset and start over. It's a place where I know I won't be alone, a place to belong. There's so many different people and programs offered, come hang out and find your niche!"

Jodi Jackson

Robyn Jakubowski

Gary Janosky

Glen Janssen

Charles Jenson

Lance and Sharon Johnson

James Johnson

Morgan Johnson

Mike Jones

Journeyman Distillery

Renu Juneja

Faye Kachur

Kathryn Joseph and Jerry Kahrs

David and Teresa Karp

Michael and Michelle Kennan

Kennedy Mazda

Cindy Kimmel

Kevin and Nancy Kirchoff

Sharon Kish

Kiwanis Club of Valparaiso

Tom Klapp

Paul and Connie Knauff

Denise Koebcke

Nancy Koepke

Shelley Koltnow

Alyse Kominakis

Melissa Kontrol

Christine Koprowski

Greta Kramer

Jason and Amy Kreul

Gregory Kurtz

Karen Land

Emily Lane

Steve and Diana Langer

Mike and Kim Langer

Nick and Susannah Larson

Larson Danielson Construction

Todd and Cheryl Leeth

Limitless Nutrition

Lincoln Flats

Bruce Lindner

John and Natalie Loden

Lotus Wellness Collective

Roger Luekens

Hani Lugo

Martha Luke

Tracy Matt

Larry and Patty McAfee

Tracey McElree

Malcolm McGawn

Martini's

"At its heart, the YMCA is a place where all are welcome and everyone belongs. It is a community asset, a place to gather. The Y is where families thrive, communities come together, and personal health is achieved—for all."

McGowan Insurance

Memorial Opera House

Mike Miller

Kurt and Kimberly Minko

James Modesto

Moeller Funeral Home

Kav Morris

Edward Mosser and Leigh Fuller

New Oberpfalz Brewing

Mary Newlin

Hope Niemeyer

NIPSCO

Gene and Debra Novello

Michael O'Connor

Charles Oiesen

Old World Market

Dimitri and Crystal Olympidis

Larry and Debra Omo

Opportunity Enterprises

Amazing Market

Panera, LLC

Paquitos Taquitos, LLC

Bob and Lonnie Pasquella

Kerrie Patrick

Peddler's Pizza Pub

Peoples Bank

Pesto's Italian Restaurant

Don Petitt

John Peyton

Phillips Ace Hardware

Pikk's Tavern

Plumbers Local #210

Pop-2-It Kettle Corn

Porter County Community Foundation

Porter County Sheriff's Office

Powder Processing and Technology

Purdue University

Radius

Don Rapley

David and Terra Reynolds

Ryan Richardson

Kristen Ripley

Raymond and Marilyn Ritzi

Jerry and Linda Rodenbarger

Roots Cafe

Milena Rudman

Daniel Ruggaber

Marc and Tracy Ruiz

St. Mary Medical Center

Salon Diva

John and Connie Schoening

John and Sarah Scott

Rosalie Sears

Mitchell and Laurie Serber

Serenity Salon & Spa

Richard Severe

Scott and Annmarie Severson

Audrey Sheehan

Mary Ann Sheller

Joseph and Lisa Shepley

Linda Shipley

Jennifer Shook

Simko Signs Six Cypress Boutique Carol Stalker Starbucks Coffeehouse William Steinbrecher Scott and Lanie Steinwart Michael Stepan Mike and Bonnie Stephens Silviya Stout Strack & Van Til StrategIQ Financial, LLC **Subway North** Patricia Tabor **Teachers Credit Union** Pauline Theising Third Coast Spice **Bria Thomas** Richard and Debera Thompson Thorgren Tool & Molding Co., Inc. Tommy B's Tri Kappa Sorority Madonna Tritle Peter and Vicki Turek

UnitedHealthcare **United Way of Porter County** Robert and Nancy Urschel Urschel Laboratories, Inc. Vale Park Animal Hospital Valparaiso Chamber of Commerce Valparaiso Country Club Valparaiso Fire Department Valparaiso Parks Department Valparaiso Police Department Valparaiso Sunrise Kiwanis Valpo Beer Pedaler **Emery Vamos** Vanis Salon & Day Spa Nick Villasenor **Noel Villasenor** The Vitamin Shoppe Paul and Candace Von Tobel Von Tobel Lumber & Hardware **Urban Vines** Jeff and Vicki Wasemann **Washington Street Tap** Eric Wennerstrom Donna Werner

Matty and Dina Whaling Nora Wiergacz **Chuck Williams** Wille Steiner & Brust, Inc. **Deborah Winter** Wireman's BBQ Wise Guys Discount Liquors Anne Wood Charles and Marian Worden Terrence Worthington Lorrie Woycik YMCA Board of Directors YMCA Foundation of Valparaiso, Indiana YMCA of the USA Michael Yohe Zao Island Ben and Devin Zimmer Phil and Jan Zoladz **Dennis Zygmunt**

























VALPARAISO FAMILY YMCA

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