



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



COMMUNITY FOR ALL

VALPARAISO FAMILY YMCA
2021 IMPACT REPORT

CELEBRATING 75 YEARS

Dear YMCA Family and Friends,

This past year we celebrated 75 years of service to the Valparaiso community. What a year for such a milestone! There's no doubt that 2021 was another extraordinary year of hard-won lessons and community impact achieved by the support of donors and partners and the resilient spirit of stakeholders and staff. Our goals continue to be big—expanding services to reach more youth, building new partnerships to promote the many facets of health and well-being and fostering connections to strengthen the community. And as our community continues to change and grow, so does our Y.

The prioritization of our health and well-being as individuals and as a community is greater now than ever. The Y supported families in 2021 with record breaking numbers of youth in our programs, afterschool care and summer camp. In partnership with the FoodBank of Northwest Indiana, we introduced monthly food distribution. We helped nearly 150 families through our holiday angel tree, supported youth through the anxiety and depression that were symptomatic of Covid, and continued to offer e-learning Wednesdays, providing youth hot lunch and virtual learning support.

We also partnered with St. Mary Medical Center to provide the community with the proactive tools and resources to take control of their health and overcome negative health ramifications of Covid from lack of physical activity and lack of preventive care. We brought back impactful chronic disease programs, such as Livestrong at the Y, introduced healthy living education and even saved a life! And we strengthened our partnerships with local nonprofits by taking a leadership role in fostering a collaborative environment so that we all work together to efficiently serve those in need in our community.

Through our diligence and hard work, we secured federal PPP funding and grant support. With this support, our Y has been able to maintain stable budgets and limit the impact to services. We are optimistic to see more than 14,000 members walk through our doors and secured the funds to ensure that the Y stands ready to help with open arms and caring hearts for any who need us. We are thankful to all who supported us and continue to support us. In 2021, we provided more than \$360,000 in financial assistance for much-needed service to children and families.

And we paid respect to our CEO of 21 years, Bob Wanek, as he set forth his retirement plans.

As I reflect back on my service as CVO, I have come to see that the Y is defined not by its physical building, but by the community. We are tremendously thankful for the many volunteers, volunteer board, staff, donors, and partnerships who continue to support the Y's mission.

The Y truly is represented by the caring and generous people who make it up — you.

With Gratitude,

Kathy Ireland
Chief Volunteer Officer



Valparaiso Family YMCA CEO, Robert A. Wanek, retires after 21 years of service and 40 years in the Y movement. Wanek expressed his gratitude for a career engaged in the service of others.



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Membership & Marketing Director, Brittany Tripp

Director of Programs, Joel Birky

Director of Childcare, Melanie Hoffman

Director of Finance, Zach Wagner

We are a unique charitable organization, created to meet the needs of our community in Valparaiso. But we are more than an organization, we're a welcoming and inclusive community. **A place to connect with others, learn something new, and find motivation for your health. We're a nurturing environment where kids learn and grow.** We are a neighborhood resource caring for those that need us most by **providing tools for a healthy and rewarding life.**

Our Mission 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 | Honesty, Caring, Respect, Responsibility



CELEBRATING OUR STAFF – RECOGNIZING MILESTONE ANNIVERSARIES

20 Years

KAREN WASHO Membership

15 Years

JULIA APOLO Maintenance & Housekeeping
JEFFREY MOSCINSKI Human Resources
CAROLYN KOCH Personal Training
CAROL DOUGLAS Financial Development
ANGELA VAGNER Membership

10 Years

DAWN MINICH Childcare
PATRICIA CESPEDES Wellness

5 Years

MARCUS CRENSHAW Sports
MICHAEL PENROSE Maintenance & Housekeeping
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PENNY SCHIESSER Sports
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ZACHERY WAGNER Administration
APRIL LAWRENCE Wellness
CHRISTINE KOPROWSKI Wellness
RUTH JOHNSTON Childcare
ELIZABETH BLOOMFIELD Wellness
DEBORAH PARKHURST Wellness

ALYSE KOMINAKIS Wellness

KRISTIN RIPLEY Wellness

KAYLA RUSSELL School Age



WORKING TOGETHER TO SAVE LIVES

The Valparaiso Fire Department recognized four Y staff members for helping assist in life saving efforts when a Y member went into cardiac arrest. Thanks to the early activation of 911, early CPR, and early defibrillation by our staff before paramedics arrived, and the quick response of the Valparaiso Fire Department, this member is still with us today. Staff members, Brittany Tripp, Alyse Kominakis, Lisa Petre, and Chuck Gutzwiller were presented the Silver AXE award for “Exceeding All Expectations” of the VFD. We are so grateful to everyone who took action that day. As Chief Stites perfectly stated, **“Valparaiso is about helping out and taking care of each other when people are in need.”**

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 Valpo 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.



NURTURING YOUTH POTENTIAL



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

That's why, **through the Y, thousands of youth today are cultivating the values, skills, and relationships** that lead to positive behaviors, better health, and educational achievement.

FINANCIAL ASSISTANCE

\$361,569 IN NEEDS-BASED FINANCIAL ASSISTANCE PROVIDED TO ENSURE THAT EVERYONE HAS THE OPPORTUNITY TO LEARN, GROW AND THRIVE



"The biggest most rewarding moment for me was when I began to see my daughter become happier, more confident and excited to go to YMCA program after school. She was confident that she would get the help she needed with her school work and be able to socialize with friends. She specifically asked me to be sure she can continue to go here. That told me that she felt safe and was getting the support she needed. This has increased her overall happiness and I have seen her come out of her shell and grow enormously!"

– Courtney and Leah

A photograph of three children in green Valparaíso Family YMCA uniforms playing baseball on a grassy field. The child on the left is in a crouched position, ready to catch a ball. The child in the center is standing and looking towards the camera. The child on the right is also standing and looking towards the camera. They are all wearing green caps and jerseys with the YMCA logo and 'VALPARAISO the FAMILY YMCA' text. The background is a blurred outdoor setting with trees and other people.

2,398

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

80

middle school youth enjoyed an evening planned and led by middle school service group, Y Teens Together

256

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

493

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

151

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

IMPROVING HEALTH AND WELL-BEING



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.

THE Y IS IMPROVING OUR COMMUNITIES' SPIRIT, MIND, AND BODY BY PROVIDING PROGRAMS AND ACTIVITIES THAT PROMOTE WELLNESS, REDUCE RISK FOR DISEASE, AND HELP PEOPLE RECLAIM THEIR HEALTH.



The LiveSTRONG at the Y Program empowers adult cancer survivors to heal in mind, spirit and body. Participants living through and beyond cancer work with specially trained Y staff to build strength; increase flexibility, balance, and endurance; reduce the severity of therapy side effects; increase energy levels; and, possibly most important, improve confidence and self-esteem. Congratulations to 2021 LiveStrong graduates.



120

families enjoyed a
spaghetti dinner
together at Supper
with Santa

14,508

active members learn,
grow and thrive at the Y

3,486

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

1,500

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

GIVING BACK AND PROVIDING SUPPORT



Service promotes a better sense of community, which leads to spiritual and emotional health and belonging.

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.

When we work together, individuals, families, and communities move forward.

THE Y IS MADE UP OF PEOPLE OF ALL AGES AND FROM EVERY WALK OF LIFE WORKING SIDE BY SIDE TO STRENGTHEN COMMUNITIES.



Teens Together

Who better to plan an evening of dodgeball, glow lights, music, pizza and friends than middle school kids? Teens Together is an amazing group of kids who are sharing fun ideas and learning leadership skills as they plan and implement middle school only social events and community service projects. And possibly even more amazing are the Togetherhood Committee mentors that are helping them to make their events a success!

Mobile Market

In partnership with the FoodBank of Northwest Indiana, provided food for 562 individuals and 184 families

322

community members selflessly volunteered to help others

3,037

Kids gained lifesaving water safety and swimming skills

146

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

scholarship

Provided scholarships to 4 high school seniors

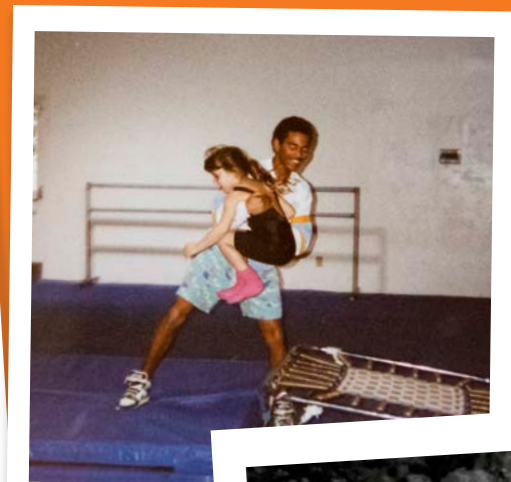


VALPARAISO FAMILY YMCA



CELEBRATING 75 YEARS OF SERVICE IN VALPARAISO

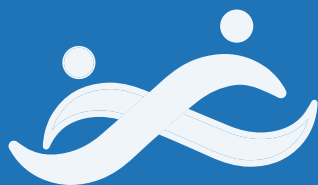
Thank you for being a part of creating
a strong community together.





YOUR LEGACY THEIR FUTURE

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



INFINITYCIRCLE

Valparaíso Family YMCA Foundation

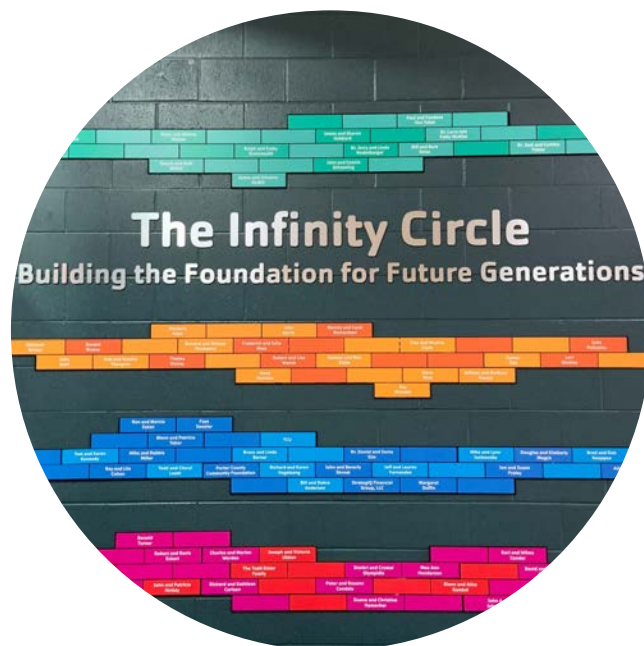
Valparaíso YMCA Foundation

Full Year 2021

Beginning Value	\$1,671,528
Contributions	\$250,818
Net Investment Return	\$219,971
Expenses	(\$12,496)
Distributions	(\$50,930)
Ending Value	\$2,078,891
Change in Value	\$407,363

Porter County Community Foundation

Beginning Value	\$250,431
Contributions	\$83,304
Annual growth	\$45,530
Withdrawals	(\$8,700)
Year end value	\$370,565



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John Schoening

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 **deceased

FINANCIALS 2021

Summarized Income Statement

Membership Revenue	\$2,635,534
Programming and Services	\$1,836,466
Contributions	\$694,880
Investment/Other Income	\$234,120
Total Revenue	\$5,401,000
 Expenses	 (\$4,922,488)
 Depreciation	 (\$632,342)
 Change in net assets from Operations	 \$(153,830)



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 Valparaíso Family YMCA annually honors Changemakers who lend their skills and talents for the betterment of our Y and the Valparaíso community.



Mark Ritzi



Dr. Jack Felton



Connor Ritzi



Jim Mooney

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.

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A Sprinkle and A Crumb
Abbiocco Italian Cuisine
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Albanese Candy
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Blythe’s Athletics
Brian Boetel
Boy-Conn Printers

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Stephanie Crague
Kristen Crane
Patricia Crise
John Crossett
Crozier’s Dairy Queen
Crusader Homes
Brianna Cruz
Ashley Dal Carrobo
Dawn Collins Executive Realty@properties
Dave and Mary DeBoer



MEET ELIJAH: OUR Y SUPERHERO!

Elijah finds his rhythm every week in Pound class. He has his own drumsticks that light up and the repeated steps help him find his own rhythm. Elijah is autistic and was born with a cocktail of challenges including a metabolic disorder, genetic disorders and vitamin deficiencies that took many years to diagnose. Puberty was challenging for Elijah as behavior challenges left him with limited options. Except for the Y, where Elijah shows us that “Autism is his superpower!”

Elijah and his Mom, Wendy, come to the Y every week: Adaptive Recreation with Lorrie, Pound class with Jaime, and Personal Training with Christine. Wendy is a single mom who carves out her “me time” on the treadmill while Elijah is in Personal Training.

The pandemic was especially challenging for Elijah and Wendy. It took away all of their activities. And the Y is the first place that they have been able to return to. **The Y is their comfort place; the place where people greet Elijah by name and celebrate his progress.** Elijah has more energy and is getting into better shape; even losing 100 pounds in one year by working one-on-one with Christine. And every week he is not alone as he plays his lighted drumsticks. Elijah’s sister, Aja, joins Elijah and Wendy for a weekly family reunion through Pound class, or “funcersize,” as Elijah calls it.

And if you ask Elijah what he especially likes about the Y, his answer is simple: “the shallow end of the pool and the hot tub.”

Deep River Water Park
Delta Theta Tau Sorority
Jeff and Martha Denny
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Shelbie Detraz
Ruth Dickey
Thelma Dickey
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Dick's Sporting Goods
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Elements Wine Bar
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Gary and Judith Engle
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Givinga Foundation
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The Great Frame Up
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Charlie and Jessica Greiner
Chuck and Laura Gutzwiller
Ann Guzman
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Nikki Haines
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Marlen Hardy
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Ken Harter
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Lenore Heaphey
Heat Wagon
Allen and Marilyn Hellwege
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 Melanie Hoffman
 Sarah Holterhoff
 Hoosier Window Washer
 Sue Hord
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 Deborah Pastor
 Keri Patrick



EILEEN ORRICO

Being able to come to the Y has helped Eileen improve her walking and strength. With the help of her caregiver, DonnaLee, Eileen comes to the Y multiple times per week to use the track, socialize with others, and take classes. Eileen says "If I had to stay home all the time, I would go nuts!"

In addition to her amazing caregiver, Eileen also feels that Brian Hoener, Physical Therapist through St Mary Medical Center, has made a big difference in her life to help her feel stronger and more capable.

Eileen recommends trying out the classes, specifically Silver Sneakers Classic and Zumba Gold.

Clay Patton
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PepsiCo
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Annuity
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Valparaiso Country Club



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Valparaiso Parks Department
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Von Tobel Lumber & Hardware
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THANK YOU TO OUR 2021 ANNUAL CORPORATE SPONSORS





VALPARAISO FAMILY YMCA

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Valparaiso, IN 46383

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