



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION INTO MOTION

2018 Annual Report
YMCA OF INDIANA COUNTY

GROWING OUR COMMUNITY TOGETHER

YMCA Family and Friends:

As we end another wonderful year at the YMCA of Indiana! Many improvements and additional programs were made to the YMCA's more dynamic and in demand!

Recently, I spent some time looking through historical photos and was reminded of the legacy that is now in our hands. As I looked at the pictures of so many YMCA members and volunteers from days gone by, I wondered how deeply each of them felt about the Y as a cause driven organization. I wondered how those whose lives were touched by the YMCA, would tell their story to us today.

The pictures captured the essence of the Y as a mission-driven, character-building, non-profit, charitable organization. Children could be seen at camp, in the pool and on the gym floor. Volunteers rallied as mentors and fundraisers that made our Y what it is today.

The fact is that the Y has always provided a means for individuals to learn, grow and thrive in small communities. Relationships and friendships develop, and for many last a lifetime. With camp, came a sense of independence and appreciation for the outdoors and others. In the pool, there was an introduction to water safety and self-reliance. Playing basketball brought physical activity, teamwork and the value of fair play.

Volunteers have always been the backbone of our Y, the historical pictures show rooms full of individuals rallying around sending children to camp, helping provide childcare or a means for youth or family to spend time at the Y to improve health.

Over the years our Y has continued to evolve offering some non-traditional programming along side our traditional programming. Big Hearts Little Hands, a program dedicated to strengthening our community and enhancing the lives of our at risk children through mentoring; The Miracle League of Indiana County a program that provides the opportunity for people with special needs a chance to experience playing baseball in a league based environment; The Miracle League helped us see the need to expand adaptive programming to multiple activities and sports. We are now offering year round adaptive programming for those individuals in Indiana County with special needs. Our Summer Food, a program that has given us the opportunity to serve over 10,000 lunches to children ages 18 and under at no cost to them to help wipe out food insecurity.

We want you to be in the new YMCA pictures of years to come, to help us spread our mission and values to future generations. Please consider joining, volunteering or contributing to our Y, your Y, for a better us.

Sincerely

Eric J Neal

Eric Neal

YMCA of Indiana County,
CEO

OUR MISSION

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

OUR VALUES

We believe that when we devote our full strength to the Y's mission and cause, work in partnership with others, and build on our history of innovation, we can address the most pressing issues of our time unlike any other organization. At the YMCA of Indiana County, we strive to live the values below every day. To do so, we have developed our Y's Values Puzzle, which states how we will demonstrate our values to our members, to our youth, to our volunteers, to our donors, to our community, and to our staff – each other.

HONESTY

Be truthful in what you say and do

- Be genuine and consistent in your behavior
- Be accountable for tough conversations, accepting feedback graciously
- Do what you say you will do, and lead by example

RESPECT

Follow the Golden Rule

- Enter each relationship with a spirit to understand
- Treat others with dignity and compassion
- Manage your time and resolve to find answers

CARING

Show a sincere concern for others

- Greet everyone with a smile exhibiting positive body language
- Form relationships through purposeful engagement with meaningful conversations and open-minded questions
- Empathy and patience are evident in relationships

TEAMWORK

Work in harmony with others to support and serve

- Offer your strengths to help others win
- Ask for help to deliver better programs and services
- Provide and accept constructive feedback

RESPONSIBILITY

Be accountable for your promises and actions

- Be proactive owning your role in the Y
- With due diligence, perform at a level of excellence
- Be a steward of resources

YOUTH DEVELOPMENT

The Y nurtures the potential of every child and teen by supporting their unique youth development journey through holistic programming. From cradle to career, the Y provides all youth with the tools and resources they need to succeed in life. The Y.™ For a better us.

SUMMER DAY CAMP

At Y CAMP kids have the opportunity to explore nature, try exciting activities, gain confidence, and make lasting friendships and memories. Our camp program is structured to create a fun filled learning and enriching experience for all campers. Our summer **reading & comprehension** program, **comprehensive wellness & nutrition** program, **kindergarten readiness** program, and our **traditional camp activities** ensure campers have an amazing summer.

LIFE SKILLS

The Indiana Area School District and Saltsburg-Blairsville School District send several special needs students each semester to the YMCA of Indiana County to learn on site job experience. They learn the importance of greeting members, making sure the facilities are clean and ready for use and, most importantly, they learn the expectations of working in the real world. In 2018, we had several different students from both schools combined.

SWIM TEAM

YMCA Swimming provides a supportive community in which participants build relationships, feel a sense of belonging and realize achievements in and out of the pool. The impact of these programs, people and experiences affect young people for a lifetime.



172
SWIMMERS
122
FAMILIES

SWIMMING LESSONS

Our swimming programs are more than simply skill-building. Structured classes are divided by age and skill level, and are taught by instructors who guide with praise and encouragement. Students will improve swimming skills, build confidence in the water and learn personal safety. Whether it's learning how to swim, perfecting your stroke or staying fit, the Y has an aquatics program that's right for you.

1,980
Families and kids
participated in
swimming and
water safety skills
instruction



427
Youth learned a new
skill by participating
in YOUTH SPORTS

YOUTH SPORTS

At the YMCA of Indiana County, the sports philosophy is centered on participation, learning, and fundamentals. All sports programs are based on our YMCA values of caring, honesty, respect, responsibility and teamwork and place a priority on family involvement, healthy competition, team building, fair play, improving sport skills, and creating a positive self image. And, on top of that, kids have a blast! Coaches— often volunteering parents— emphasize teamwork and cooperation over winning at any cost. Developing good values is far more important than developing the next superstar.

HEALTHY LIVING

The Y aims to improve the nation's health and well-being by providing programs and activities that promote wellness, reduce risk for disease and help others reclaim their health. These programs and everything else the Y does are in service of making us—our Ys and our communities—better. The result is a country that values health and communities that support healthy choices. The Y.™ For a better us.

ACTIVEQUEST

A fitness assessment program designed to point our members in the right direction and to guide them down the path to success! We offer everyone one-on-one sessions with a specialized trainer to discuss goals, interests and give them a fitness baseline. In 2018, we saw **375** members come through the Activequest program.

PROGRAMS & EVENTS

Non-Member Program Participants	734
Children Taught to Swim	1,200
"Healthy Kids Day"/Special Event/ Community/Family Events	13,285

MEMBERS SERVED

Youth	2,112
Adult	3,922
Senior	1,837
Total	7,871

ACTIVE OLDER ADULTS

The YMCA of Indiana County offers a variety of programs designed for Active Older Adults. These programs help older adults maintain a healthier lifestyle, strengthen social ties, and have a positive outlook on life. SilverSneakers & Silver&Fit are award-winning blends of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health, and have fun while doing so!



1,837

Active Older Adults remain **physically** and **socially** active with their YMCA membership



TEEN & TWEEN PROGRAMS

In 2018, we focused our efforts on building engagement in some of our enriching teen/tween programming. We starting a teen volleyball program, continued to grow our teens in training programs, neon nights and our Middle School Initiative. In total, we served **1,110** teens/tweens in our community with fun, safe and rewarding experiences.

ADAPTIVE PROGRAMS

The Miracle League of Indiana County (MLOIC) provides a league-based baseball program for youth and adults with physical or intellectual disabilities. After our Miracle League program took off, we decided that we would introduce a new pallet of adaptive programming. We now offer adaptive soccer, swimming and basketball. Again 2018, we partnered with the Pennsylvania State Police to bring the Sunny Day Camp experience to our participants and their families. We had more than 100 attendees.

A YEAR IN



2018 Good Friday Breakfast
Chris & Dot Hall



2018 Bootcamp



2018 Miracle League Christmas Party



2018 Donor thank you

2018 12-Week Weight Loss Challenge

Before	After
	



Lost **13.7** lbs in 12-weeks (7.5%)

PICTURES



2018 Mentoring Matters Luncheon



2018 Sunny Day Camp

2018 Piranha Swim Team District Qualifiers



2018 Pickleball Tournament



2018 Teens In Training

SOCIAL RESPONSIBILITY

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. The Y.™ For a better us.™

FINANCIAL ASSISTANCE AWARDED

Number of people receiving financial assistance	973
Value of Program Scholarship Awards	\$66,160
Value of Membership Scholarship Awards	\$186,276

VOLUNTEER HOURS

Policy Volunteers:	10
Policy Volunteer Hours:	609
Program Volunteers:	350
Program Volunteer Hours:	12,476

COMMUNITY SUPPORT 2017

Financial/Charitable Assistance Provided	\$345,120
Facility support to other local not-for-profit organizations	\$263,700
Direct support to other local not-for-profit organizations	\$69,370
Community outreach	\$6,950
	\$5,100

MEMBER LED INITIATIVES (MLI)

Members serving members is a great way to describe the Member Led Initiatives. 10+ dedicated members came together to help raise money and, more importantly, awareness for the YMCA's causes. In 2018, the MLI raised more than \$10,000 for the YMCA's Annual Fund. Through their efforts they afforded families in our community memberships to the Y, taught children to swim, provided at risk children the opportunity to find a mentor, provided children with disabilities a place to play ball and sent kids to summer day camp. They did this all by planning and executing four different events throughout 2018.

YEAR ROUND FOOD PROGRAM

Children need good nutrition all year long. When school is out during the summer months, holidays and after school hours, many children no longer have access to nutritious meals each day. The Summer Food Meal Program & the Child & Adult Care Food Program (CACFP) help to fill the gaps. In 2018, the YMCA of Indiana County served **FREE** summer lunches to children 18 and under as part of the Department of Education's Summer Food Program. They also **began to build their** afterschool food program as a part of the USDA's Food & Nutrition Services program.



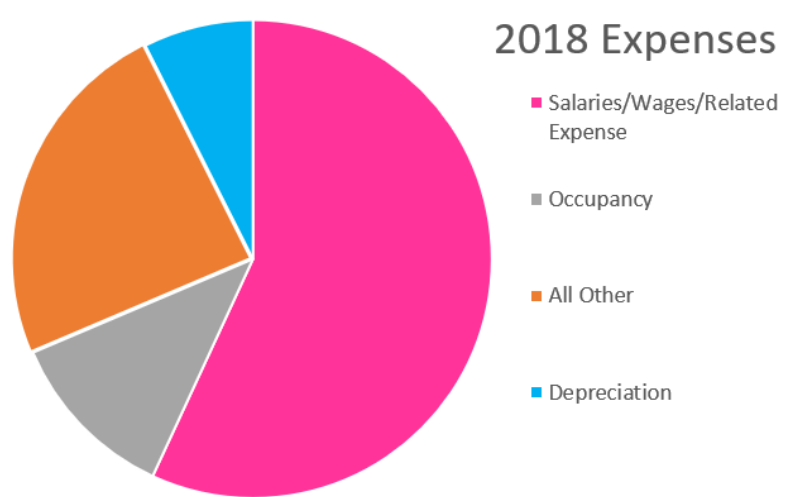
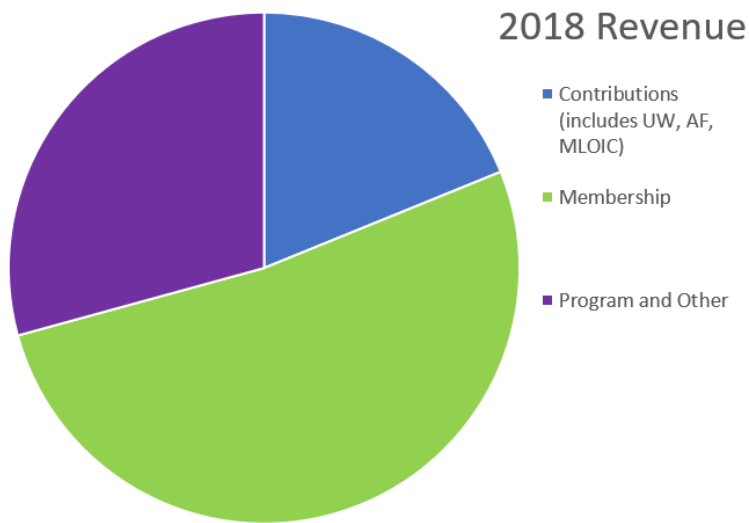
were
provided to
children in
the
Indiana
County
Community.

STAR SPANGLED CELEBRATION

In 2016, four non-profits joined together to develop a charity fair to help improve Indiana County's overall community wellness. The four agencies are the YMCA of Indiana County, The Alice Paul House, The Open Door and the J.S. Mack Foundation. More than 12,000 people attended the fair.

In 2018, the YMCA of Indiana County, the J.S. Mack Foundation and Graystone Presbyterian Church came together to provide the Indiana County with a family-friendly July 4th celebration. More than 10,000 people came to the fairgrounds on that day to enjoy their family and their community.

FINANCES



REVENUE	2018	2017	2016	2015
Contributions (includes UW, AF, MLOIC)	\$383,512	\$448,849	\$243,962	\$317,469
Membership	\$1,055,347	\$1,034,344	\$1,070,039	\$1,078,863
Program and Other	\$595,014	\$675,490	\$569,164	\$448,242
Total Revenue	\$2,033,873	\$2,158,683	\$1,883,165	\$1,844,574
EXPENSE				
Salaries/Wages/Related Expense	\$1,148,419	\$1,115,002	\$1,095,209	\$1,107,860
Occupancy	\$236,486	\$206,276	\$174,578	\$202,306
All Other	\$483,535	\$509,803	\$495,627	\$475,597
Depreciation	\$150,095	\$151,500	\$138,978	\$132,326
Total Expense	\$2,018,499	\$1,982,581	\$1,904,392	\$1,918,089
Excess of Revenue over Expense	\$15,374	\$176,102	\$-21,227	-\$73,515

THANK YOU DONORS FOR ENRICHING LIVES

Thank you for your contributions of time, talent and treasure to support the YMCA of Indiana County. Because of your commitment, we are making a greater impact - strengthening our community through youth development, healthy living and social responsibility. This is a comprehensive list of all contributions made to the YMCA & programs we offer.

YMCA CORPORATE PARTNER: \$10,000-\$24,999

First Commonwealth Bank
Indiana Regional Medical Center

Pittsburgh Pirates Charities
Ralph & Ruby Smith Charitable Trust

S&T Bank

YMCA GOLD CIRCLE: \$5,000-\$9,999

BPO Elks #931

CNB Bank

Colonial Toyota Inc.

YMCA CHAIRMAN'S ROUNDTABLE : \$2,500-\$4,999

Ameritas Financial Services
Kirk & Emily DuPlessis
Force In.

InFirst Bank
Norman Montgomery Family
Dane & Kristin Rombaugh

The Reschini Group
Thomas M. Frick Insurance Agency
Mark & Cathleen Zilner

YMCA HERITAGE CLUB \$1,000-\$2,499

American Legion Post 141
Cunningham Meats
Dr. & Mrs. Brian Foulk
Friends of Dave Reed
Fred & Madonna Hayes
Kiwanis of Indiana PA

Matrix Fitness
Fred & Ellen Musser
Eric & Jodi Neal
Nick's Bullseye Firearms Inc.
Anonymous

The Carl S. And Wanda Weyandt
Foundation
The Open Door of Indiana County
UPMC Health Plan
Walmart of Indiana, PA
Wilfred E. Helwig Agency
Harold & Helen Wood

YMCA ADVOCATE: \$500-\$999

700 Shop
Bob's ATSA My Pizza
Consolidated Cleaning Solutions,
LLC
Davis Brothers Heating & Air Con-
ditioning Inc
Diamond Drugs, Inc.
Kevin & Kimberly Dodds
Douds Inc.
George & Karen Evans
Fraternal Order of Eagles

Ronald Gardner
Grace United Methodist
Graystone Church
Elizabeth Gregg
Sean & Susan Griffith
Mark & Amanda Hilliard
Indiana County Camp Cadet Inc.
The Doctors Jabir
Todd & Stephanie Keppich
KITS Brokerage Inc

Kevin Kubica
Media Displays, Inc
New Story
Penn Mechanical Group, Inc
David & Heather Reed
The Pittsburgh Foundation
Scott Valazak
Wilfred E. Helwig Agency
William G Mechling Insurance Agency,
Inc.
WTC Heavy Truck & Auto Repair

YMCA PATRON: \$250-\$499

Alternative Basement Solutions
Gretchen Barbor
Benjamins Restaurant
Bonya, Gazza & DeGory
Boyer Chiropractic & Wellness Center
Cavalancia Orthodontics
Clark Metal Products Co.
Clay & Gascoine LLC
Colonial Motor Mart
Cunningham, Craig Cunningham
Holsinger, Clark, Armstrong
Indiana Eye Care, Inc

Indiana Moose Lodge 174
Indiana Networking Group
Jamison, Dr. Amy Jamison
Jeff & Sherri Jordan
Kuzneski & Lockard, Inc
Margita Design Photography
Ronald Mears
MedExpress Urgent Care-Monaca
MicMin, Inc.
MKMM
Morganti, John & Larae Hebert
Morganti
New Story

Brian & Andree Petras
Quota International of Indiana PA Inc
ReMax- Team Brida
Robinson-Lytle Inc
Rosebud Mining Co
RSM Company
Rodney & Ellen Ruddock
Shawn & Michelle Sebring
Slovak Independent Political Club
Thomas R. Harley Architects, LLC
Chris & Jen Villa
Deborah Wright

YMCA FOUNDER: \$100-\$249

7th St Marketry
9th Street Deli
Adams, Chris & Fianna Adams
Akbay, MarBeth Akbay
American Legion Homer City Post 493
Bidwell, David & Patty
Blair, Terry
Boser for Congress
Bowser, Lou Ann Bowser
Bracken, Paula Bracken
Braun, Brett & Catherine Braun
Brice, Todd & Loni Brice
Brust, Richard & Joan Brust
Buell, Jeanine
Burkey, Tami Burkey
Campisano, Melissa
Carloni, Rachel & Roman Carloni
Central PA Digital Learning Foundation
Chriswell Law offices
Cintar Inc
Civil Air Patrol
Clark, Kristie & Mike
Crepes United Publications
Cuccaro, Julia & John Cuccaro
Decker, Patricia Decker
Delaney, Susan & Jack
DiGiorgio, Mike
DLRT, Ltd. t/a Strike Zone
Downtown Indiana
Driscoll, Mike & Becky Driscoll
Fairman, Sandra Fairman
Feid, Wanda
Feiling, Gretchen
Fleek, Adam & Beth Fleek
Frick, Joyce
Friends of Don White
GEMS Land & Development LLC
Gibbon, Donald &
Good, Paula
Grattan, Vincent
Haines, Paul & Robin Haines
Hardman, Josefine Hardman
Helsel, Nancy & Don
Hensons, Don Hensons
Hilliard, Mary

Hilliard, Ronald
Holbrook, Faith & Jeremiah
Holuta, Brad Holuta
Holuta, Cindy
Horner, Barbara Horner
Hoss's Restaurant Operations
Houser, Chuck Houser
Indian Springs Eye Associates
Indiana High School Swim Team Parents
Indiana Women in Networking
Jasper, Dr. & Mrs.
Joan C. Ganley Trust
Johnson, Roxie Johnson
Jones, Gene Jones
Juhasz, Alex Juhasz
Junior Womens Civic Club
Kauffman, Tom & Pamela
Koller, Wayne
Kona Ice of Conemaugh Valley
Kronenwetter, Tim
Krynock, Cody & Kelsey Krynock
Kuzneski, Laurie & Andy Kuzneski
Lezzer Holdings, Inc.
Lockard, Doug & Loree Lockard
Mack, Jeffrey A.Mack
Mackey, Edward
Manzi, Bob & Amy Manzi
Marcus, Bob & Margaux
Marion Center Bank
Mark Arbuckle Nissan
Marshall, G. Ronald Marshall
McDonald, Jane McDonald
McDowell, Frederick McDowell
Mohawk Lanes Inc.
Moore, Caleb
Morandi, Carol Morandi-Delimpio
Nymick, Mickey & Helen Nymick
Paulina, Diane Paulina
Peterman, Louise Peterman
Planful Marketing
Previte, Jonathan & Jessica Previte
Prushnok, Patricia
Ray, Mark
Ross, Karen Ross
Sadler, Chris &

Scheeren, Margaret Scheeren
Schnarrs, Kenneth
Schniefer, Charles
Scott, Samuel Scott
Sebastian, Barbara
Shaffer, Audrey Shaffer,
Sharbaugh, Chris & Jess
Sharp, Mary Sharp
Short, Sam Short
Sipos, Gregory
Skowron, Stephanie Skowron
Sloan, Mark Sloan
Somonick, John
Spadafora, Charles
Spadafora, CJ Spadafora
St. John, John St. John
Stahlman, Nelson Stahlman
Stapleton, James Stapleton
Steigert, John & Chelsea
Stipcak, Louis Stipcak
Stiteler, Linda Stiteler
Supinka & Supinka, PC
Szalankiewicz, James & Lucinda
Szalankiewicz
Taylor, Douglas Taylor
The Communities at Indian Haven
Toretti, Christine Toretti
Toy, Gary Toy
Tres Amigos
University Stylists
Upstreet Financial Advisors
Valeri Lazor's Temp & Notary Service
Varner, Charles
Varner, John Varner
Varughese, Pothen Varughese
Watson, Denise Watson
Weber, Scott & Karen Weber
Weston, John Weston
Wingard, Harold Wingard
Wingrove, Ralph & Sam
Wood Chevrolet
Young Professional Organization
Yount, Leslie & Troy
Zahorchak, Denise
Zilner, Gilbert & Joan
Zundel, Shirley Zundel

YMCA SUPPORTER: \$1-\$99

Allison, Matthew & Nicole
Arn, Chelsea
Aztec Travel
Babyak, Jane Babyak
Behr, Joy Behr
Berezansky, Mark
Berryman , Linda Berryman
Bourquin, Shawn
Brian J Shirley CPA, PC
Briscoe, Roger II & Marcia
Bush, Carole
Campbell, Emma,
Chakot, John Chakot
Clark, Jessica
Clemons, Tyeisha
Collins, Courtney Collins
Como, John Como
Cosentino, Gino Cosentino
County of Indiana
Coy, Matthew Coy
Cribbs, Jeff
Cummins, Marjorie Cummins
D'Aquila, Michelle
Davis, Gretchen
DeLoreto, Anthony
Dietrich, Patricia Dietrich
Doak, Randy & Kalinda
Dolan, Tara
Enoch, Susan
Farabaugh , Jenny Farabaugh
Fello, Susan
Fisher , William Fisher
Fitzgerald , Wanda Fitzgerald
Fox, Michael
Frick , Thomas Frick
Fuller, Margaret
Fyock, Sherriff Robert Fyock
Garlitz, Sarah
Gibson, Connor Gibson
Glassford, Kathleen
Goulet, Nicole
Grguric, Alecia
Grigas, Charles
Grove, Rachel
Hajnos, Jayde
Hefferin, Katy
Hill, Janet
Hoffman, Jennifer
Hogan, Donald Hogan DMD

Holsinger, Alan Holsinger
Hoover, John
Howells, Allison
Hunyady, Tricia Hunyady
Hurley, Richard Hurley
Irwin , Stephanie Irwin
Jasper, Eric
Johnson, David
Kachur, Georgann Kachur
Kagarise, Travis
Kelly, David
Kimmel, Jennifer
Kimmel, Jenny
Kirkland , Sandra Kirkland
Kissiday, Cynthia
Kushner, Lauren
Kuzneski, Joyce
Kyler, Aileen
Lantz , Joan Lantz
Lear, William Lear, MD
Leininger, W. Matthew Leininger
Lemmon, Verena
Lieb, Paula Lieb
Lingenfelter, Kathy
Long, Cindy
Mahoning Physical Therapy
Marcoline, Mary
Mauney, Teelyn Mauney
McAfoos, Bethany
McCreary, Connie
McDowell, Terry
Mears, James Mears
Miller , Barbara Miller
Miller, Holly
Mouser, Kelly
Mulvihill, Jessica
Mummert, Christina
Musser, Laura
Nace , George Nace
Nealer, Kathy
Nedley, Rick Nedley
Nunez, Fred
O'Hara , Patricia O'Hara
Onder, Ryan
Parcell, Andrea
Pearce, William Pearce
Pennington, Shaleigh
Powers, Heather
Previte, John & Linda

Prutznal, Landon Prutznal
Querry, Susan Querry
Reddinger, Molly
Reidmiller, Joshua
Richards, Amanda
Riggs, Renee
Rovison, John Rovison
Rudy, Tori
Ryan-Sams, Marveta
Schaeffer, Bonnie
Schawl, Justin & Krista
Schultz, Lesa
Seifert, Thomas
Shea, James
Sherry, Kayla
Shetty, Rashmi
Simms , Pauline Simms
Singel , Lori Singel
SINK-DRUZGAL , MARLA SINK-DRUZGAL
Slansky, Michael
Slay , Douglas Slay
Slupek , Christine Slupek
Snyder, Kimberly
Sparks, Rochelle
Sracic , Nicholas Sracic
Stadtmitter, Larry
Staffen, Louis "Rich" Staffen
Statkowski, Sarah
Stitt , John Stitt
Strayer, Brandon
Tariq, Mehdi
Taylor-David, Stephanie
Thomas M Frick Sr. Real Estate
Thompson , Nola Thompson
Thompson, Jacalyn
Thompson, Nola
Tomb, Myron
Uhron, Darlene
Vereb, Richard Vereb
Watkins, Sarah
Williams, John
Wilson , Kyle Wilson
Wojichowski , Barbara Wojichowski
Woods, Zeke
Wyne, June
Zak, Nicholas
Zaucha, Nicole
Zottola, Art & Mindy

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