



MOVING FORWARD

YMCA OF INDIANA COUNTY
ANNUAL REPORT 2019



CEO & CVO LETTER



We have been overwhelmed by the unquestionable strength and character of our community. Like many organizations we are encouraged by the outpouring of support we have received over the last 8 months. The messages of gratitude, acts of generosity and words of encouragement are a powerful affirmation for our team of dedicated employees and volunteers. The YMCA needs this as we continue in what we know will be a long-term recovery process for not only our Y but also our community.

In such a short period of time the world around us has changed—our neighborhoods, gathering spaces, the places we work and call home, are all transformed. Life in the midst of COVID-19 has sparked fear, frustration, and anxiety in so many of us. It is easy for distraction, criticism and stress to creep in. During this time, more than ever, we must focus all our energy on defeating the challenges this pandemic has brought with it.

During this unprecedented time, our community relies on the YMCA, our staff and volunteers as well as our partners, more than ever. We will do whatever it takes to continue to support those whose lives have been impacted by this pandemic. As always we would not be able to step up and support our community without the support of many generous donors and volunteers.

Your contributions allowed us to feed children, send kids to camp, provide financial assistance when needed, and to support other non-profit organizations in town. Great partnerships and collaborations have been formed with many organizations and businesses that will allow us to further expand our reach and impact the community as we move into a brighter 2021.

We would like to thank you for your support of our cause to strengthen community. Together we are transforming lives.



ERIC NEAL
CHIEF EXECUTIVE OFFICER



MEGHAN FOULK
CHIEF VOLUNTEER OFFICER

MOVEMENT BUILDS STRENGTH



**At the age of 18 a sinus infection paralyzed her
and changed Jasmine's life forever. This is her story:**

Dear Friend,

Hello! My name is Jazzy and I am a 27 year old living in Brush Valley, Pennsylvania. For as long as I can remember, I have been an athletic individual—beginning martial arts at 4 years old. I have tried many sports in my younger life and even had a scholarship through IUP for softball.

However, when I was 18, I developed a sinus infection that eventually changed my life forever. In September 2011, I was in my first semester of my first year of college. One chilly morning, I woke up from a nap and found that I was completely paralyzed from the neck down. After arriving at the local hospital, it was immediately apparent that I needed advanced care, and I was then life flighted to Pittsburgh where I was diagnosed with a rare degenerative neuromuscular disease called Transverse Myelitis. Transverse Myelitis is when an infection enters your cerebrospinal fluid and attacks your central nervous system. In my case, the infection attacked my spinal cord in two places, my neck and lower back. Within a year after receiving treatment and therapy, I was able to move my arms and was only paralyzed from the waist down. Due to the TM, three years ago I began to struggle with digestion. This led to the need for a feeding tube. I struggled immensely with nutrition and eventually died from a lack of nutrients. I was revived and as a result, gained a new appreciation for life. I realized that life is incredibly fragile, and the time that we are given is precious, and that with my remaining time in the world, my goal is to help as many people as I possibly can.

In 2014, I began my fitness journey in the sport of sled hockey. Sled hockey is an adaptive form of hockey designed for those with lower body (and upper) impairments. Basically, if you cannot play stand-up hockey, then sled hockey is for you. I chose this sport because I have always enjoyed full contact sports like martial arts, boxing, Muay Thai and MMA. Having been a martial artist for 20 years, I knew I needed to play a sport that I could have the same gratification in. I started sled hockey at 220 pounds and even at that weight, I was fast and strong. My coaches encouraged me to try out for the US women's National team in 2016. I tried out and lo and behold, I made the 2016/17 and the 2018/19 US Teams. After making it my first time around, I developed a training routine and went to the gym nearly every day. By 2017, I was down to 120 pounds!

Before starting my fitness adventure, I was severely depressed due to the paralysis. I let my weight get out of control, I was weak and just very hopeless about my future. After realizing that I still had athletic potential, I pushed myself to begin going to the gym regularly. The first time was very difficult because I didn't want people to stare, or make fun of me. To my surprise the very opposite happened! I was encouraged and made tons of friends. I gained loads of self-confidence and was able to stop taking medications for my depression. Due to going to the gym, I am no longer depressed!



In 2018, I met with my first personal trainer in Florida at the Y of Central Florida. This trainer showed me that I am capable of absolutely anything. I had actually quit physical therapy to continue at the gym, because the physical therapist held me back. I made more strides at the Y than in therapy. Unfortunately due to financial circumstances, I was unable to continue and as a result, lost progress. I was no longer able to stand, and my leg strength deteriorated.

When I returned to PA, I joined the YMCA of Indiana County and returned to training with Amy. With Amy's assistance I am able to walk for quite a distance. This is the first time in 5 years I have been able to stand on my own 2 feet.

I have set personal goals to achieve during my training.

I will walk again.

I will attempt a Spartan race.

I will tryout for the 2021/22 US Women's Sled Hockey team.

I will advance my endurance and coordination.

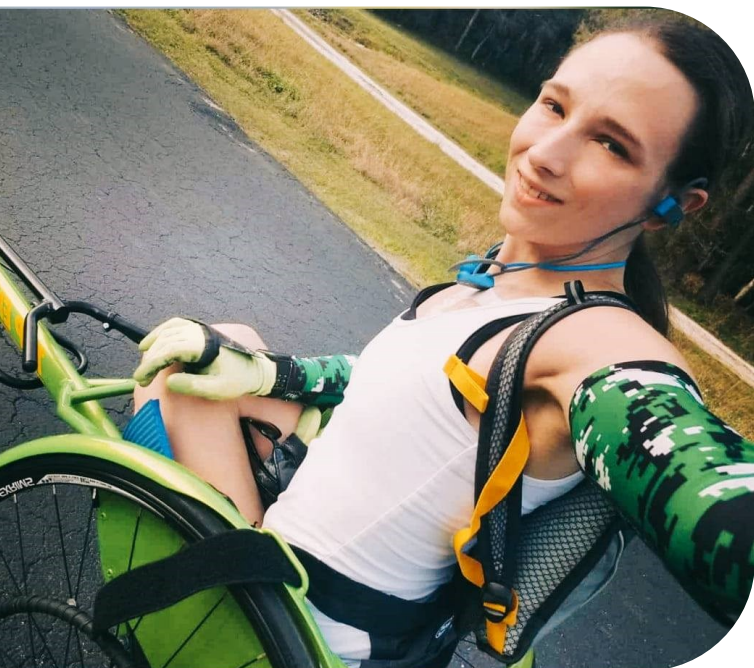
I will obtain overall strength which will give me the ability to stay at peak health.

Personal training is absolutely paramount in my recovery, and fitness. Having a trainer not only motivates me to push past my apprehension, but it is a controlled environment where I can try new things, and sometimes fail, but ultimately get stronger. With the assistance of Amy, I know that I can walk again. I know that I will be able to achieve my goals, and continue to improve my health and fitness. I will use the knowledge obtained here, to push myself in all facets of life where I can hope to encourage others like me to believe in themselves and their abilities. Because regardless of how bad

a person thinks they have it, there is always someone who has it worse. So, why not do what you can to improve, to show yourself that you are worthy and strong. Training has healed me, saved me from a downward spiral, and will ultimately make me the best version of myself that I can be. (not to mention, walk again, which is pretty awesome).

Thank you very much for reading and taking an interest in my situation. I will do everything in my power to represent the Y in all of my endeavors, especially at the US tryouts. And thank you for allowing me to train at your facility, it means more than words could possibly convey.

Sincerely, Jasmine "Jazzy" Mock

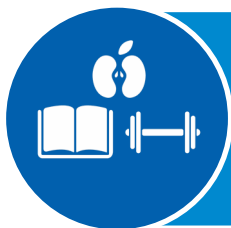


COMMUNITY MOMENTUM...



NURTURE YOUTH TO BECOME THRIVING ADULTS:

- YMCA day camp
- Big Hearts Little Hands Mentoring
- Kindergarten Readiness



CHAMPION CHRONIC DISEASE PREVENTION:

- Blood Pressure Monitoring Program
- Delay the Disease (Parkinson's Program)
- Dining with Diabetes Program
- Active Older Adult Programming



FOSTER HEALTHY OPPORTUNITIES FOR FAMILIES:

- Membership Scholarships
- Healthy Kids Day & family events
- Exercise and nutrition programming for



PROTECT CHILDREN THROUGH WATER SAFETY AND CHILD ABUSE PREVENTION:

- Safety Around Water & swim lessons
- Community Partners in Child Abuse Prevention



AMPLIFY COMMUNITY ENGAGEMENT THROUGH VOLUNTEERISM:

- Signature Y volunteer opportunities
- Volunteer-led Culture of Philanthropy
- Mentoring for at risk youth



EXTEND OUR COMMUNITY IMPACT BEYOND OUR WALLS:

- Star Spangled Celebration
- Year Round Food Program
- Miracle League & Adapted Programs

\$345,100 IN COMMUNITY IMPACT

BECAUSE

EITC

MEMBERSHIP

PROGRAM SCHOLARSHIPS

\$3,2000

\$119,964.32

\$26,553.65

\$36,065.42

\$20,772.24

\$4,876.68

BIG HEARTS LITTLE HANDS MENTORING

SUMMER DAY CAMP

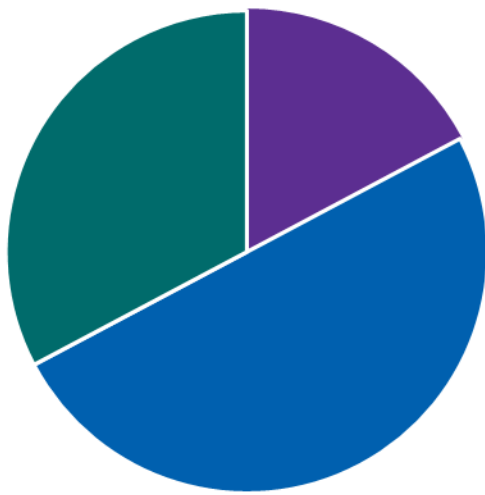
SUPPORT OF OTHER NON-PROFIT ORG.

FREE PROGRAMS, SERVICES AND OTHER SUPPORT TO BENEFIT OUR COMMUNITY \$133,667.69

THE Y IS A NONPROFIT LIKE NO OTHER. For more than 100 years, we've been listening and responding to the needs of our community and delivering positive change.

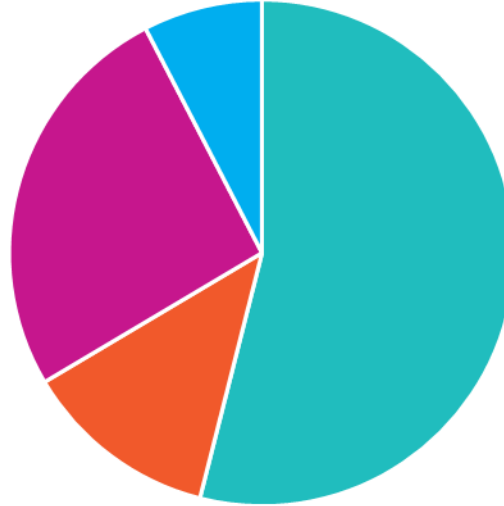
From children to volunteerism, and athletics to education—everything the Y does is in service to building a better us.

BRINGS STRENGTH IN NUMBERS



2019 Revenue

- Contributions (includes UW, AF, MLOIC)
- Membership
- Program and Other



2019 Expense

- Salaries/Wages/Related Expense
- Occupancy
- All Other
- Depreciation

REVENUE

	2019	2018	2017	2016
Contributions (includes UW, AF, MLOIC)	\$381,881	\$383,512	\$448,849	\$243,962
Membership	\$1,108,510	\$1,055,347	\$1,034,344	\$1,070,039
Program and Other	\$726,034	\$595,014	\$675,490	\$569,164
Total Revenue	\$2,216,425	\$2,033,873	\$2,158,683	\$1,883,165

EXPENSE

Salaries/Wages/Related Expense	\$1,142,312	\$1,148,419	\$1,115,002	\$1,095,209
Occupancy	\$265,173	\$236,486	\$206,276	\$174,578
All Other	\$548,185	\$483,535	\$509,803	\$495,627
Depreciation	\$161,459	\$150,095	\$151,500	\$138,978
Total Expense	\$2,117,129	\$2,018,499	\$1,982,581	\$1,904,392
Excess of Revenue over Expense	\$99,296	\$15,374	\$176,102	\$-21,227

Dear YMCA Supporters, Families, and Friends

As we approach the end of 2020, and what has been a year of so many firsts for us all, I can't help but reflect on both the year 2020 and on my many years of service to the YMCA Board of Directors. Each year of my 10+ years of service has been independently and uniquely rewarding and challenging. This year has certainly been no exception. As I look back and reflect upon the impact the YMCA has had on our community, I realize how blessed we are to have achieved so much, and how grateful I am for all those who make our progress and community impact possible. In 2020, when so much has changed, the YMCA's commitment to the Indiana County community is one thing that has remained unchanged. Likewise, this community's commitment to the YMCA of Indiana County has remained steadfast as well. I am in constant awe of the dedication that we see year-round from members, donors, volunteers, community organizations and staff, even during a global pandemic.

When I was approached about joining the Y Board all those years ago, I was immediately interested. The Y to me has always been a place of positive impact and I knew I wanted to be a part of that kind of force within our community. I was personally fortunate to have had a wonderful experience with a YMCA summer camp program as a teen. That experience left such a positive impact on my heart and soul. I truly believe my work with the YMCA summer camp program all those years ago has shaped who I am today. It created an impression in me of all the positive possibilities that can occur when a YMCA is involved. Because of that, I was immediately interested in an opportunity with our YMCA of Indiana County.

Since becoming involved with the Indiana County YMCA, I have been fortunate to be involved in so many amazing programs and special projects focused on Healthy Living, Youth Development, and Social Responsibility. Some of my personal favorites include: our Summer Camp and Fun Days, the Piranhas Swim Team, the Big Hearts Little Hands Mentoring program, our Middle School Initiative, Healthy Kids Day, Bowl for Kids, the Star Spangled Celebration, our Annual Turkey Trot, Golf Outing, our food program, the Annual Fund, strategic planning, the Miracle League of Indiana County, and most recently our new adaptive Playground of Dreams too! The list could truly go on and on.

One of the best things that has been confirmed for me as a YMCA board member is that if there is a community need, the YMCA is going to find a way to help! I love knowing that we will be a mainstay in this community because we care about the community. We will find ways or partner to find ways to help fill needs. This year has been a true example of this community spirit. Our YMCA has worked through Covid-19 to support many needs in the community right along side so many of our dedicated community organizations and our community has supported us as well.

As 2020 comes to a close, and my term as Chief Volunteer Officer wraps up, I continue to look forward to the exciting things that the Indiana County YMCA has planned for 2021 and beyond. I know that as we begin to map out the next few years for our YMCA and our community that there will be unique needs and challenges that we will face, but that I will continue to be proud of our YMCA of Indiana County and our place within this community as leaders in service to all members of our community. Thank you all so much for trusting me to lead this organization for the last few years.

Sincerely,

Meghan M. Foulk

Chief Volunteer Officer, YMCA of Indiana County



IT TAKES A COMMUNITY ... TO BUILD A STRONG COMMUNITY

The YMCA of Indiana County is a volunteer-led organization with a Christian tradition, uniting all people who share a common belief that we are all a part of one large family, believing in equal opportunity for all in pursuing personal, family and community goals.

BOARD OF DIRECTORS



Class of 2021

Kate Braun
Mark Cunningham
Kevin Dodds
Susan Griffith

Robert Manzi
Malcolm Polley
Heather Reed

Class of 2022

Zubin Billimoria
Carol Fry
Emily DuPlessis
Cathlenn Zilner

Tom Kauffman – General Counsel

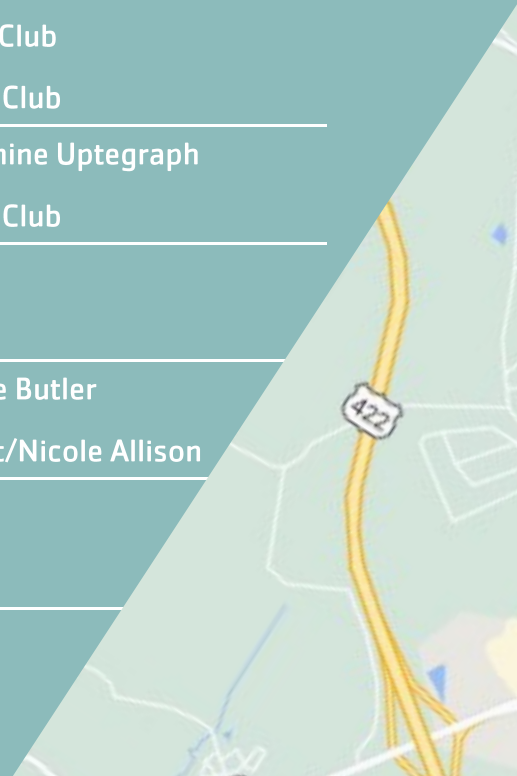
Class of 2023

Chris Adams
Mark Hilliard
Kris Levan
Norman Montgomery
Josh Muscatello
Scott Valazak



2019–2020 VOLUNTEERS OF THE MONTH

November	•	December	• Key Club • Elks Club
January	• Anthony Rizzo • Jonathan Hunyady	February	• Jasmine Uptegraph • Elks Club
March	• Alex • Fred Wilbur	April	•
May	•	June	• CeCe Butler • Matt/Nicole Allison
July	• Malaya Snyder • Joy Goodyear		



EMPLOYEE OF THE YEAR



2020-presented to...

2019– Landon Prutzal

2018– Taylor Sebring & Jen Villa

2017–Kyle Wilson

2016– Kelsey Doak

2015– Kelly Mouser

2014– Jen Villa

2013– Steve Frye

2012– Rosa Gardner

2011– Roger Briscoe

2010– Jen Sandusky



EMPLOYEES OF THE MONTH

Feb

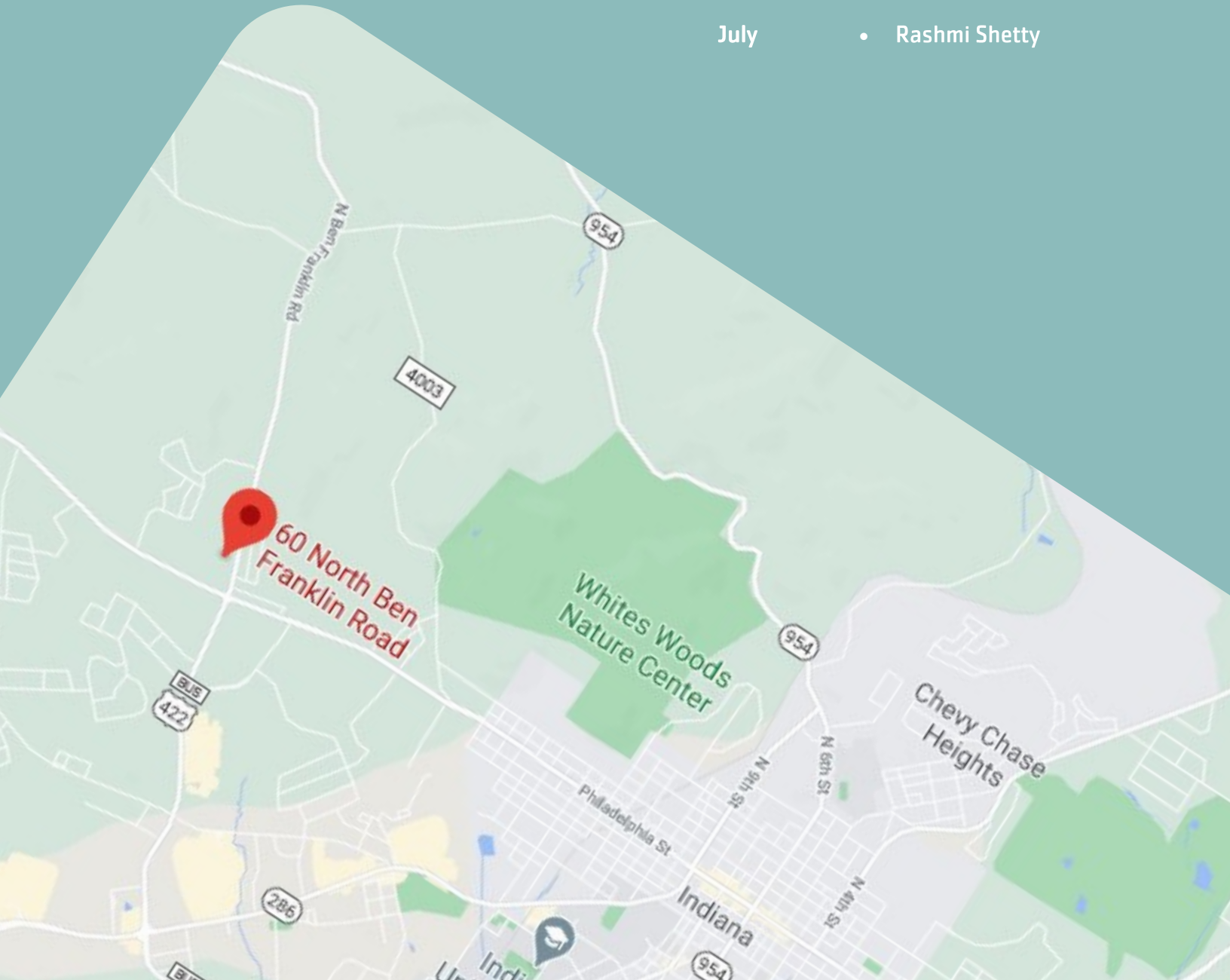
- Marlene Welch

June

- Jess Walker

July

- Rashmi Shetty



WILFRED E. HELWIG AWARD

The Wilfred E. Helwig Award is presented to a person or organization that has financially supported the work of the YMCA in a significant way in the past year. This award is given in honor of Wilfred E. Helwig, who faithfully supported the YMCA of Indiana County, motivated by his commitment and high standard for character building.

2020–Presented to...	2013– Woodrow & Dorothy Schrock
2019– Pirates Charities	2012– Rosebud Mining Company
2018–Indiana Regional Medical Center	2011– Royal Oil & Gas Company
2017–Edith L. Trees Charitable Trust	2010– Swim Team Parents Organization
2016– First Commonwealth Bank	2009– Harold Wood
2015– Ralph & Ruby Charitable Trust	2007– First Commonwealth Financial
2014– Hazel Hainaut	

RALPH McCREARY AWARD

The Ralph McCreary Award is presented to the person who gave of themselves this past year in a significant way to benefit the work of the YMCA. Ralph McCreary served the community through his support of the YMCA over a long period of time. The community and individuals have been enriched through the efforts of such people of high standards of Christian character. May God continue to give us people of this high quality leadership.

2020–Presented to...	2016– Susan Scott	2012– Kristin Rombaugh	2008– Bill Ager
2019– Rebecca Chadwick	2015– Jerry Gillette	2011– John Jones	2007– Mark Sloan
2018– Erin Bauer	2014– Tom Harley	2010– John Morganti	2006– S&T Bank
2017–Gail Munzert	2013– Sylvia Noronha	2009– Dave Koches	2005– Larry Marshall

HAROLD WOOD AWARD

The Harold Wood award is presented to the person or organization who has given of themselves through significant financial contribution and volunteer engagement with consistency over a period of time. Harold Wood has given volunteer service, leadership and financial support to the YMCA for decades and continues to do so today in a way that those who are most generous strive to achieve.

2020–Presented to...	2016– S&T Bank	2012– John Morganti
2019– First Commonwealth Bank and Employees	2015– The Foulk Family	2011– David & Virginia Allison
2018– S&T Bank & Employees	2014– Tyler Shank	2010– Molly Dell
2017–The Mark Zilner Family	2013– Piranha PSTPO	

OUR DONORS



Building COMMUNITY takes hard work, dedication, and most of all—generous donors like YOU. We would like to thank the following donors for investing in our community to create and sustain opportunities that give everyone a chance to thrive.

This investment propels us forward. Generosity breeds opportunity and builds a better us.

FOR A BETTER YOU. FOR A BETTER COMMUNITY. FOR A BETTER US.

YMCA CORPORATE PARTNERS \$10,000+

First Commonwealth Bank

S&T Bank

Indiana Regional Medical Center

Ralph & Ruby Charitable Trust

YMCA GOLD CIRCLE \$5,000+

BPO ELKS #931

Colonial Motor Group

Matrix Fitness

CNB Bank

InFirst Bank

Reschini Group Inc.

YMCA CHAIRMAN'S ROUNDTABLE \$2,500+

Ameritas Financial Services

Norman Montgomery and Family Cathleen Zilner and Family

Kirk Duplessis and Family

Pittsburgh Pirates Charities

YMCA HERITAGE CLUB \$1,000+

Crimson Court

In Memory of James Neal

Nichole Rice

Mark Cunningham and Family

Indiana County Chamber of Commerce

Thomas M Frick Insurance Agency

Cunningham Meats

Ellen Musser

Matt Toretti

Kevin Dodds and Family

Eric Neal and Family

UPMC Health Plan

East American Incorporated

New Story

Scott Valazak

Beth Fleek

Penn Mechanical Group, Inc.

Walmart

Friends of Don White

Phoenix Rehabilitation

Carl S & Wanda Weyandt Foundation

Meghan Foulk and Family

Malcolm Polley

Ralph Wingrove

Graceton L. P.

Poseidon Waterproofing, LLC

Harold Wood

Fred and Modanna Hayes

Quota International of Indiana

Mark Hilliard and Family

David & Heather Reed Family

YMCA ADVOCATE \$500+

Big League Haircuts	Graystone Church	The Pittsburgh Foundation
Creps United Publications	Susan Griffith and Family	William "fred" Popp
Delaney Automotive Group	Holsinger, Clark, Armstrong	David Raymond
Diamond Drugs, Inc.	Homer City Generation LP	Janine Seppi
Force Inc.	Indiana Eye Care, Inc.	Sheetz Corporation
Friends of Joe Pittman	Kiwanis of Indiana PA	Thomas R. Harley Architects, LLC
Ronald Gardner	MicMin, Inc.	Deborah Wright
Grace United Methodist	Bryant Pinder and Family	

YMCA PATRON \$250+

700 Shop	Robert Gillette	Margita Design Photography
9th Street Deli	Terry Griffith	MKMM
Alternative Basement Solutions	Patrice Harley	Laura Musser
American Legion Auxiliary Unit 141	Hutton-Blews Insurance Service	Network for Good
Bethel Presbyterian Church	Indiana Moose Lodge 174	Remax Real Estate Specialist
Patty Bidwell	Indiana Subs N Suds Inc II	Robinson-Lytle Inc.
Bob's ATSA My Pizza	Jeff and Sherri Jordan Family	Safeco Insurance
Boyer Chiropractic & Wellness Center PC	Kimray, Inc.	Roberto Turnbull
Catherine Braun and Family	Cody and Kelsey Krynock Family	Chris and Jennifer Villa Family
Citizens for Jack Committee	Kuzneski & Lockard, Inc.	Wilfred E. Helwig Agency
CNC Construction	Leonard Lombardi	William G Mechling Insurance Agency, Inc.
Fraternal Order of Eagles #1468	Love & Light	Harold Wingrove

YMCA FOUNDER \$100+ Continued

7th St. Marketry	Becky Krynock	Michael Clark
A Private Salon	Bernard Electric & Remodeling	Kay Ann Cober
AFSCME AFL-CIO	C.H. Reams & Associates Inc.	Coney Island Restaurant, Inc.
AFSCME LOCAL 763	John Campbell	Consolidated Cleaning Solutions
Judith Altemus	Cavalancia Orthodontics	Cowburn & Keppich Optometrists
Bailey's Pet Well-Being LLC	Cintar, Inc.	Shanna Crawford
Gretchen Barbor	Clark Metal Products Co.	Majorie Cummins

YMCA FOUNDER \$100+ Continued

Linda Dickie	Junior Women's Civic Club	Shawn and Michelle Sebring
DLRT, Ltd t/a Strike Zone	Kona Ice of Conemaugh Valley	Taylor Sebring
Nancy Doverspike	Paul Kornfeld	Audrey Shaffer
Ellen Ruddock	Jerry Kozusko	Mary Sharp
Emily Cosentino	Becky Krynock	Sherriff Robert Fyock
Farmers Insurance	Erick Lauber	James Sisitki
Fastenal	Jeffery A Mack	Mark Sloan
Gretchen Feiling	Jonathan Mack	W.H. Spadafora
John and Joan Flinko	Robert Manzi	Nelson Stahlman
Jodi Francis	Marcus & Mack	State Farm Insurance Companies
Joyce Frick	Mark Arbuckle Nissan	Sugar Grove United Methodist Chruch
Friends of Bob Manzi	Matthew Leininger	Lori Syster
Friends fo Jim Struzzi	Sumaya McCleave	James Taylor
Clifford Geary	Mohawk Lanes Inc	The Bookworm Box
Donald Gibbon	Archie Moore	Thomas Todd
Gibson-Thomas Engineering Co	Carol Morandi-Delimp	Gary Toy
Richard Gillette	John Morganti	University Stylists
Government & Civil Employee Services, LLC	Michell Nippes	Valeri Lazor's Temp & Notary Service
Krista Grattan	Patrick Dougherty for DA	Charles Varner
Josefine Hardman	Diane Paulina	John Varner
Sherene Hess	Louise Peterman	Jannie Washburn
Hideaway Cable LLC	Joseph Pittman	Jeffrey and Tammy Weaver
Brad Holuta	Ross Plowman	Ralph Wingrove
Barbara Horner	Landon Prutzal	Wood Chevrolet
Indiana Eye Care, Inc	Karen Ross	Jean Zackey
Indiana Women in Networking	Johan Rovison	David Zacur
Gen Jones	Ellen Ruddock	Frank Zbignewich
Ales Juhasz	SCG Hobby Indiana	

YMCA SUPPORTER \$1+

Aaron Ludwig Law office	Gail Gerlach	Mary Moorehead
Barbara Baran	Gibson-Thomas Engineering Co Inc.	Patricia O'Hara
Kim Battin	Felecia Gillham	Nancy Overdorff
Berkshire Hathaway	Raymond Greenawalt	Pardee Electric
Brian Bono	Louis Guella	Connie Patterson
Brian J Shirley CPA, PC	Barbara Hannaman	Karen Petersen
Stephen Budinsky	Nancy Helsel	Mary Ann Pittman
Melvin Busby	Elizabeth Hensel	Melvin Querry
Cody BytnerC	Ronald Hilliard	Cheryl Repik
James Carino	Hoff Chiropractic Clini	Leigh Sabo
Roasalind Cavallancia	Donald Hogan	Laura Seinfeld
Kay Chick	Jeremiah Holbrook	Joseph Sgriccia
Citizens for Jack Committee	Alan Holsinger	James Shea
Courtney Collins	Richard Hornfeck	Mariha Shields
John Como	Indiana County Republican Committee	David Sobolewski
Bill Darr	Georgann Kachur	Susan Stonebraker
Donna Davis	Donna Keith	Craig Sypult
Randy Degenkolb	Kimberly McCullough	Lura Vereb
Susan Delany	Frank Kinter Jr.	Lisa Wanchisn
Robert Deptola	William Lear, MD	Thomas Wilson
Rosalind Dibiasi	K.L. Lippman	David Yarnal
Kimberly Ferguson	Margaret Lockard	Ronald Yvanek
Donna Flinko	Martins	William Zahorchak
Elizabeth Frank	Tom Mathe	Gilbert Zilner
Friends of Cris Dush	Sally McCombie	Hayden Zilner
Friends of Sherene Hess	James Miller	Jean Zurro
Mary Georg	Mark Milner	

This list is for fiscal year 2019, which runs from January 1, 2019 to December 31, 2019. We have done our best to ensure the accuracy of this list. If we have made an error, please accept our deepest apologies and connect with us at kelseykrynock@icymca.org