



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMAGINE

2016 COMMUNITY IMPACT | GREATER WICHITA YMCA

IMAGINE ...WITH US



Imagination is the beginning
of creation. You imagine
what you desire, you will
what you imagine, and at
last you create what you will.

George Bernard Shaw

FOR A BETTER US

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OUR MISSION

To put Christian principles into practice through programs that promote healthy lifestyles, strong families and positive youth development to build healthy spirit, mind and body for all, regardless of ability to pay.

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DEAR FRIEND,

Have you watched a young child look at the world? Their eyes fill with wonder. To them, anything is possible. They're nothing but untapped potential. Our job is to help them tap into that potential. Sound like a dream? Well..."You may say I'm a dreamer. But I'm not the only one."

At the Y, we dream that all kids and adults have the opportunity to reach their fullest potential in spirit, mind and body. We imagine what that would look like and then create the programs and opportunities to make it happen.

You are part of this dream. You are part of this creation, and you've helped make many programs possible this past year that have sparked potential in thousands of kids.

Thanks to you, the Y is helping more participants than ever and providing a record amount of free and assisted services to individuals and families in need.

As you read through the following pages, imagine the faces of those you've helped.

Imagine all of the kids who now have a caring adult in their lives to serve as a role model, support system or encourager. Imagine kids receiving tools and resources to help them succeed in school. Imagine kids, adults and families finding a place where they can learn to live healthier lives.

Now imagine how much stronger your community is because you helped make all of this possible. Thank you!

DREAMS BEGIN WITH YOU

...WITH US



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SPARKED POTENTIAL

"An investment in knowledge pays the best dividends." --Benjamin Franklin

A young child's brain is a learning sponge, and numerous studies have shown that early childhood education positively influences life outcomes. In fact, every dollar invested in quality early care and education has been shown to save taxpayers up to \$13 in future costs.

In 2016, the Y's 10 early learning and child development centers sparked potential in our youngest community members. At the same time, Y centers in area high schools not only gave 73 teen parents the chance to graduate, but also taught them how to help their own children thrive.

"I know that if I didn't have the YMCA's daycare I probably wouldn't have finished school. Thank God I do have and will continue to have it, because I want to be someone in life and have a good future for my wonderful daughter." -- Child Development Center Teen Parent

IGNITED BECAUSE OF YOU

425
kids per day

YMCA Early Learning Centers are igniting brighter futures with 71% of participants receiving financial assistance and 86% showing gains in 3 or more areas of development

Children who participate in high-quality early learning programs receive the following benefits:

- Better health
- Better cognitive outcomes
- Better social-emotional outcomes
- Greater high school graduation rates
- Higher adult employment rates
- Higher median annual earnings as adults



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SUCCEEDING BECAUSE OF YOU

DID YOU KNOW?
Kansas is 1 of 3 states
with a widening
achievement gap.

Nearly 65% of 4th graders are not proficient in reading, and more than 68% of eighth graders aren't proficient in math.

Tristan is seven, but three years ago he was diagnosed with a disease that attacked his bones, muscles and skin. Taking more than 22 pills a day and undergoing treatments every 3 days **didn't leave a lot of time to be a kid much less focus on school.**

As first grade ended, Tristan was heading into remission. He was beating his disease, but had fallen behind in reading and math. "It's stressful. Tristan's schedule is a lot different than everybody else's, so he has to make up for time lost," said his mother, Brianna.

When Tristan came home with a flyer about the Y's

free Power Scholars Academy, it was just what the family needed. "We didn't know what we were going to do. We have a lot of medical debt, and it was honestly an answer to prayer."

Tristan was recommended for the program by his teachers and principal. He and 59 of his classmates spent six weeks this summer working on reading and math in the morning and enjoying traditional camp activities each afternoon.

"Thank you! This program made a real difference in our life and our child's life, his future. **Getting him back up where he needed to be, all while having fun and being a kid.**"

"I feel like I've seen a lot of growth in him this summer. That little extra help just really gave him a boost in confidence, all while having fun and learning at the same time. I can see he's proud of himself."

--Brianna Coffey, Tristan's mother

2,300
kids served

The Y's elementary afterschool program, summer day camps, YSOAR (summer of awesome reading), and Power Scholars Academy helped kids complete homework and reduce summer learning loss to start closing the gap.



TRISTAN BECOMING A FUTURE SCHOLAR

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HEALTHY KIDS

Obesity statistics are often alarming, but a healthy kid is about much more than a number on a scale. There are many assets shown to help kids develop into successful and healthy adults, including: support, empowerment, boundaries and expectations, constructive use of time, commitment to learning, positive values, social competencies, and positive identity.

If you visited a Y gymnasium, classroom or sport field, you saw the many developmental assets at play. Teamwork. Role models. Positive habits. Caring adults. Sportsmanship. These are just a few things kids discover at the Y.

The good news... Kids with access to these fundamental assets are more likely to stay active and engaged, having a positive impact from the scale to the classroom. At the Y, more than 110,000 area kids received these opportunities to become healthier in 2016.

69%
of kids

The Y served more than 110,000 area kids in 2016, helping them to be more active, confident and engaged

HEALTHIER BECAUSE OF YOU

DID YOU KNOW?

Kansas has the 13th highest obesity rate in the nation and 30.8% of low-income children are overweight or obese.

Sports can be a key factor in preventing childhood obesity, reducing a child's likelihood of becoming obese by 40%.



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SAFE SWIMMERS

DID YOU KNOW?

Drowning is the leading cause of accidental death among children under the age of 14.



A young child quickly makes her way across the YMCA pool deck to give her swim instructor a hug. You can see the excitement bubbling from inside of her as her mother approaches.

"Tell Miss Vicki what you did," mom says with a lump in her throat.

The little swimmer recounts the story of how she was riding her tricycle around her grandmother's backyard pool when grandma went inside to take a phone call. The girl slipped, plunging her and her trike to the bottom of the pool. "I remembered what you told me! Reach and pull. Reach and pull," she said as she stretched her arm as high as she could above her head and, with palm open, pulled it back down to her side.

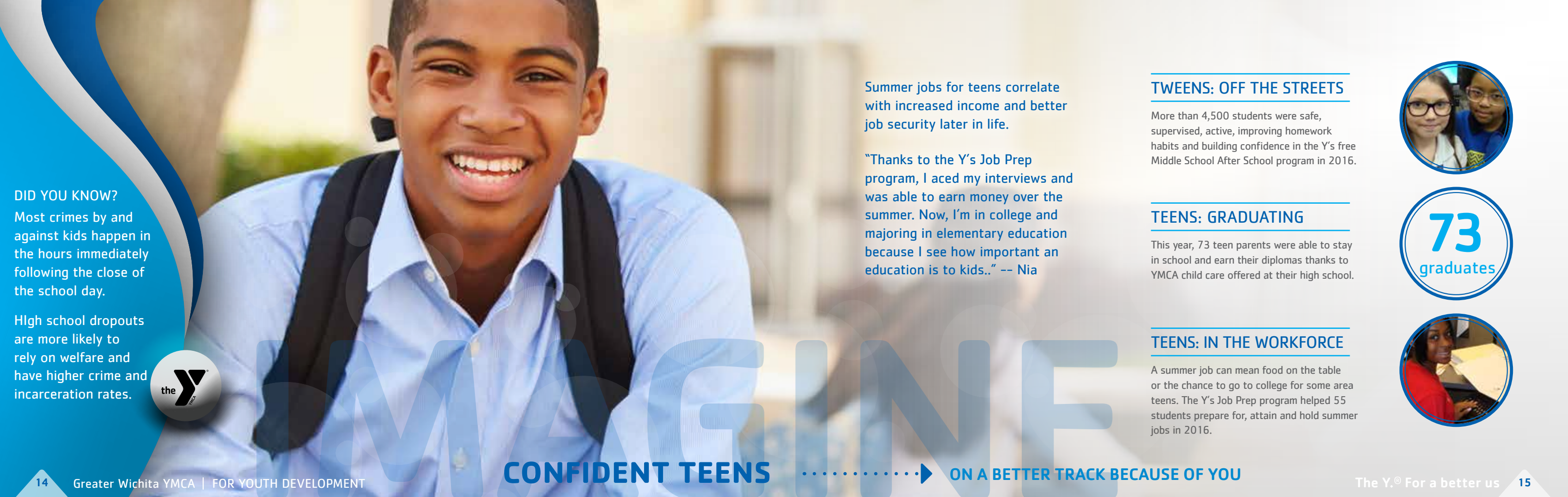
The world is 71% water, and kids are 100% curious. In 2016, the Y continued its commitment to safety around water with a new curriculum in its swim lesson classes and the free SPLASH water safety program.

8,265
kids

The Y's free SPLASH water safety program helped 1,393 second graders be safer in the water, and swim lessons helped develop 6,872 young swimmers

SAFER BECAUSE OF YOU





DID YOU KNOW?

Most crimes by and against kids happen in the hours immediately following the close of the school day.

High school dropouts are more likely to rely on welfare and have higher crime and incarceration rates.



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CONFIDENT TEENS



ON A BETTER TRACK BECAUSE OF YOU

Summer jobs for teens correlate with increased income and better job security later in life.

“Thanks to the Y’s Job Prep program, I aced my interviews and was able to earn money over the summer. Now, I’m in college and majoring in elementary education because I see how important an education is to kids..” -- Nia

TWEENS: OFF THE STREETS

More than 4,500 students were safe, supervised, active, improving homework habits and building confidence in the Y’s free Middle School After School program in 2016.

TEENS: GRADUATING

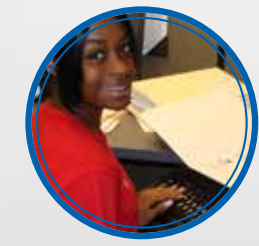
This year, 73 teen parents were able to stay in school and earn their diplomas thanks to YMCA child care offered at their high school.

TEENS: IN THE WORKFORCE

A summer job can mean food on the table or the chance to go to college for some area teens. The Y’s Job Prep program helped 55 students prepare for, attain and hold summer jobs in 2016.



73
graduates





40%
empty calories

The daily diet for children ages 2-18 includes 40% of calories from food with no nutritional value.

TASTY SUMMERS

Millions of kids experience food insecurity (limited access to safe and nutritionally adequate foods). The Y helped provide 22,466 free meals and snacks to kids this summer to combat this issue.



DISCOVERING FOOD

The benefits of healthy eating can be seen in a child's academic performance, confidence level and overall well-being. The Y's Jr. Chef Academy helped 381 kids learn to prepare and enjoy healthy food this year.



FAMILY CHEFS

Convenience foods aren't always healthy foods, and the Y's free Cooking Matters for Parents classes taught 357 mothers and fathers how to choose and prepare healthy meals for their family.



"I still can't believe my kids are eating things like spinach pancakes. They look forward to the cooking class each week. Can't wait to share recipes with the family, and are trying all kinds of new foods." -- Jr. Chef Academy Parent



POSITIVE CHOICES

WISER BECAUSE OF YOU

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STRONG FAMILIES

The Y is where potential meets opportunity.

Busy parents get pulled in multiple directions every day and finding balance can seem an insurmountable task.

At the Y, we help participants focus on finding their balance between spirit, mind and body. Creating a welcoming place where families can gather, develop bonds and spend quality time together is a key focus. At the same time, providing a friendly place for adults to re-energize can have a positive impact on them at work and at home.

"I can't imagine my day without the Y. It's where I go to de-stress. It's where I go to connect with friends. It's where I have fun with my kids. It's our family's second home." -- Mindy, YMCA Member

HEALTHIER BECAUSE OF YOU

287
thousand

The Y provided healthy opportunities to 286,929 area kids and adults in 2016

DID YOU KNOW?

Children raised in intact families have, on average, higher academic achievement, better emotional health, and fewer behavioral problems.



DID YOU KNOW?
It is estimated that chronic diseases account for 75% of all health care costs in Kansas



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HEALTHIER BECAUSE OF YOU

After a doctor's appointment in 2015 was filled with high numbers, Bob reacquainted himself with the YMCA. He loved to swim at the Y as a kid, but after a 42-year absence it was now about losing weight to avoid a lifetime of taking medication.

Little did he know that returning to a childhood "friend" would have such a dramatic impact on his entire family.

Impressed by Bob's weight loss and getting his numbers in check, his wife Beth joined in on the workouts.

She was getting stronger everyday as she and Bob competed against each other. Unknowingly, she was strengthening herself for another battle – breast cancer.

Following her diagnosis, Beth underwent surgery,

testing and the mental strain of cancer. Bob supported her in every way he knew how, but something was missing. "I just could not say with any truth, 'Honey, I know what you're going through,'" he said.

That's when they learned about the free LIVESTRONG at the YMCA program for cancer patients and survivors. "It's a group of people who can share with my wife what I could not, a genuine camaraderie from someone who has and is going through the same trauma."

"I truly believe God puts special people in our lives when we need them most. I believe God put my wife and I back in touch with the Y at just the right time, with just the right people."

245

living better

The Y helped participants combat chronic disease in medically-based programs for diabetes prevention, arthritis management and cancer recovery.

BOB & BETH MAKING A FULL RECOVERY



"My wife is enduring her disease, she is cancer free, she has and is fighting the good fight. And she has a team of people who support her and believe in her."

Pictured: Beth Bonner, LIVESTRONG at the YMCA participant



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BETTER COMMUNITY

Diagnosed with Autosomal Dominant Polycystic Kidney Disease (PKD) 17 years ago, Megan was facing a kidney functioning at 44% of its capacity, weight gain, chronic migraines, and diabetes. "My self-esteem was low. I hated leaving my house," she said.

In late September, she decided to join the soon-to-open Newton YMCA. She'd spoken to the staff and they were going to connect her with a personal trainer that could help. By October, Megan was feeling so poorly she quit her job to focus on her health.

Two weeks after the Y opened, Megan was introduced to her trainer. "She (Morgan) was a smaller version of myself- no nonsense and intense personality. I told her I needed someone that would call me out when I tried to be lazy." At the same time, Megan's most recent lab work was still causing concern and she scheduled more testing in January.

"I believe it was my second session with Morgan that she told me she had looked up my kidney disease and asked me actual questions about where I was at with that. It was that moment that I knew Morgan was who I was supposed to be training with."

By January, Megan had lost 32 pounds. When her lab results came back, the doctor said she was no longer in immediate danger of becoming diabetic. Her other lab work all came back within normal ranges. "It was decided that I still need close monitoring, but I am no longer in danger... I'm feeling better than I have in years!!" --Megan, YMCA Member

STRONGER BECAUSE OF YOU

52 thousand

After opening on November 14, 2016, the new Newton YMCA saw 51,981 visits before the end of the year

Pictured: a Newton YMCA member enjoying the indoor track on opening day



DID YOU KNOW?

The number of patients admitted to the Newton Medical Center with a primary or secondary diagnosis of diabetes is double the national average.



IMAGINE

BRIGHT FUTURES

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity."

--Edith Lovejoy Pierce



Every day at the Y, we take on challenges that will shape our community's future - challenges like closing the academic achievement gap, promoting better health and keeping kids safe after school. Where some see obstacles, we see opportunities to make a difference.

We ask what can be done and seek out solutions that strengthen our community by helping everyone to reach their fullest potential.

That's why the Y welcomes everyone to participate. In 2016, more than 84,000 kids and adults got the chance to imagine better futures at the Y thanks to access to \$14,959,479 in free and assisted services.

\$15
million

The Y provided nearly \$15 million in free and assisted services to 84,012 area kids and adults in 2016

BETTER BECAUSE OF YOU

IMAGINE

DID YOU KNOW?

- Volunteering counteracts stress, anger, and anxiety
- Volunteering combats depression.
- Volunteering increases self-confidence.
- Volunteering provides a sense of purpose
- Volunteering helps you stay physically healthy



ENGAGED CITIZENS

Children watch everything we do. By giving back to the community, we show them firsthand how volunteering makes a difference and how good it feels to help others.

That's why the YMCA focuses on mobilizing our members, participants and staff to give back through volunteer service. In 2016, we had a record year of volunteerism with 321,790 hours of service.

Whether it was preparing food, reading to kids or moving a ton of weights, every moment made a difference.

CONNECTED BECAUSE OF YOU

60%
increase

The Y saw more than 60% growth in volunteerism in 2016, with a total of 321,790 hours of time and talent donated

Pictured: Volunteers help prepare food for the Y's annual We Care Thanksgiving Dinner.



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GROWING LEADERS BECAUSE OF YOU

Imagine living in a motel room during the summer with a 6, 4 and 2-year-old. You're a young mother who walked away from a bad marriage only to have her house burned down soon after.

You drive by the Andover YMCA several times before mustering the courage to go inside. Money is tight so you're excited when you learn that you qualify for financial assistance.

Now, instead of staying in a motel room all day, your kids get to play with other kids in the kidzone, take swim lessons and gymnastics.

You get a chance to attend group ex classes and one day an instructor encourages you to take a training class and become an instructor yourself.

I can imagine... because that young mom is me.

My kids got freedom. I got freedom, a new confidence and a full time job. Plus, I get to serve others every day because of the Y's ability to provide financial assistance.

Now, I get to help others imagine better futures.

As a Y employee, my goal is to help participants reach their fullest potential. I take this goal very seriously.

I look for opportunities every day to grow as a person and a leader. I look for ways to help others get their freedom, their confidence, their fresh start.

"Our commitment to the community and the YMCA is to grow leaders that are not only ready to serve, but also equipped to inspire generations of leaders to come."

--Ronn McMahon



I CAN, I WILL
WATCH
2016 GX 12 CLASS CHALLENGE
APRIL INSPIRING A GOAL ACHIEVER

"I know the power of having good leaders in my life. It was good leaders that made me feel welcomed and encouraged when I first came to the Y. It was a good leader that saw my potential and my value. Now I strive to lead the same way." -- April Johnson, El Dorado YMCA Group Exercise Coordinator

DID YOU KNOW?
The Y reaches far beyond the walls of its 9 family recreation centers. In 2016, the offered programs at more than 200 sites throughout the community.



IMAGINE

To truly serve, we must make meaningful connections and work alongside our neighbors to build a stronger community.

In 2016, this was made possible through more than 60 partner organizations, thousands of donors, and 200 program sites.

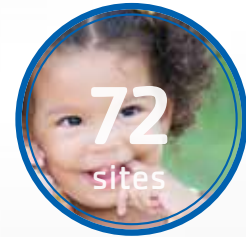
Imagine what opportunities 2017 will hold...

BROADER REACH

.....▶ **EVEN GREATER IMPACT BECAUSE OF YOU**

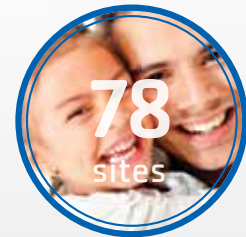
YOUTH DEVELOPMENT

The Y is nurturing the potential of every child and teen through child care, camp, after school programs and more, available at 72 locations throughout the community.



HEALTHY LIVING

The Y is improving the community's health and well-being through youth sports, family wellness, corporate wellness and more, available at 72 sites throughout the community.



SOCIAL RESPONSIBILITY

The Y believes in giving back and providing support to our neighbors through free water safety, summer food, after school and many more programs offered at 51 community-based sites.





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