



YMCA of Greater Michiana 2021 Annual Report



TO OUR COMMUNITY,

In 2021, the YMCA of Greater Michiana began recovering from the pandemic and looking toward the future.

Our dedicated team put together a Strategic Plan that will not only shape how we operate through 2024, but guide us through expanding the programs and opportunities our community relies on.

The expansion of our Niles-Buchanan branch was completed and in-person events like Race for YMCA, LIVESTRONG at the YMCA 5K, Niles-Buchanan YMCA Thanksgiving Day Run and Greatest Chefs of Michiana returned this year. This was in addition to resident camp at Camp Eberhart, summer day camps, youth sports, outreach water safety events and many other programs developed to improve healthy living, social responsibility and youth development in our communities.

The YMCA may be best known for its fitness opportunities, but we're also a nonprofit charitable organization committed to strengthening community by connecting all people to their potential, purpose and each other. We believe everyone should have the opportunity to be a part of community, which is why we continue to award membership scholarships annually.

Our goal for 2022 is to continue to be a safe, inviting place to serve our members and community. We hope this Annual Report shines a light and gets you excited to be part of who we are and what we do.



Mark D. Weber
Chief Executive Officer

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2021-2024 Strategic Plan Highlights

YOUTH DEVELOPMENT

Focus on developing youth, teens, and families through programs that help realize full potential.

- Establish and maintain 5-star rated YMCA Day Care and Preschool Centers.
- Empower, uplift and prioritize teens through leadership opportunities.
- Expand out of school programs.
- Increase opportunities for family engagement.
- Develop year-round programming at Camp Eberhart.

HEALTHY LIVING

Work with community partners to improve community health by empowering people to practice healthy lifestyles.

- Build capacity and expand Healthy Corner Store initiative.
- Grow corporate health and wellness initiatives.
- Explore the impact of an aquatics center in South Bend/Mishawaka.
- Build resiliency of families, adults, and seniors.
- Be a place where people of all ages can gather with their community.

OPERATIONAL & FINANCIAL

Build an environment that attracts and retains top talent to address the most critical needs of our communities and achieve long-term sustainability.

- Develop board governance and succession plans.
- Develop a comprehensive communication plan.
- Establish a staff training program.
- Evaluate and expand programs.
- Establish a fund development plan.
- Create long-term facility asset management/sustainability plans.

A look at 2021

The 14,000 square-foot expansion of the Niles-Buchanan YMCA was completed, with a ribbon cutting taking place in October. The extra space includes our thriving Youth/Teen Center, a new full-size gymnasium, a fitness studio, and office space.



We put on programs, races and camps for the whole community to participate in.



And we tried to do a little good along the way.



Everyone has a



STORY

to tell

To tell the story of the YMCA of Greater Michiana, we must also tell the stories of our members. Over the next few pages, we invite you to read Y stories we collected from members in 2021. Some are stories of triumph. Others are inspirational. Together they have one main thing in common: The setting was the Y.

'You could call it therapy'

Lonnie Gunn says coming to the Y to play basketball or to workout is the excitement in his life.

"I guess you could call it therapy, too. It's my peace of mind," he said.

Lonnie is a member of YMCA O'Brien Center, and a former member of the South Bend-Mishawaka YMCA. He said he's been a member for the last 12 years and would play pickup basketball at the Y as a teenager.

He said he keeps coming back because it's a comfortable place to be.



"Especially coming here for so long; it's a comfort thing," Lonnie said.

On a typical day, you can find Lonnie exercising in the weight room, or playing basketball in the gym.

"Basketball is my favorite thing to do, probably," he said.

When he's not at the Y, he's working or spending time with his family. His son is also a Y member. Lonnie says if someone is considering joining the Y, they should just get a Day Pass and try it out.

"One thing about the environment here is, everyone is nice. The staff are nice, the members are nice. You don't have to worry about anything," Lonnie said.

He said especially on the basketball court.

"You could get pushed off the court or not get to play some places, but not here," he said.

Lonnie, age 35, said he plans to be a Y member for the rest



of his life.

"I like consistency. The Y has been here for me, I'll stick to what I know," he said.

‘They tell me I’m an inspiration’

When Gerhild Ulrich’s husband bought their family a YMCA membership about 20 years ago, she had no idea it’d get her through a near-death experience and give her a community where she could build her physical, mental and emotional health.

“I’ve had numerous people make comments to me how I’m an inspiration to them, knowing that I have MS and I come every day, five days a week. They realize if I can do it with my limitations, they have no excuse,” she said.

Gerhild, 62, and her husband, Thomas, have been married for 30 years and have two sons in their 20s. They live in St. Joseph.

After their second son was born, in July 1998, Gerhild’s energy level started to deteriorate.

“When he was about 8 months old, I was diagnosed with Crohn’s disease,” she said. “After we got the Y membership, I decided to bring the younger one to a gymnastic class. I was struggling with doing physical activities.”

In early 2003, she was diagnosed with multiple sclerosis.

“I started treatment then. I continued coming to the Y ever since. The boys still like to come, too,” she said.

Andrews University brought Gerhild to Southwest Michigan in 1977 for nursing school. She earned a Bachelors of Science in Nursing, and has worked at the old Mercy Hospital in Benton Harbor and Spectrum Health Lakeland in St. Joseph.

In 2012, Gerhild was admitted to the hospital for three and a half weeks because her bowel had ruptured. She had three surgeries in six days.

“I got very debilitated, very weak. I had to walk with a walker and had physical therapy at my house. Just walking from my couch to the back door was difficult,” she said.

The first day she came back to the Y, she remembers being on the seated stepper and could barely do two minutes.

“I was winded,” she said. “But I just gradually kept building it up and kept getting stronger. I almost died and I didn’t give up on exercising.”

In fact, she picked up a new activity about five years ago – pickleball.

“I tended to mostly use the cardio equipment and machines that I could sit on,” she said. “One of my legs gets weak on me from the MS.”

Gerhild was working out one day when she noticed the



people playing a game in the gym.

“They were laughing and having a good time,” she said. “I just popped my head in there one day and they welcomed me in and taught me how to play. And I really loved it.”

She said she realized playing pickleball helped her balance.

“The thing is, I can’t play for hours at a time and everybody knows that when I play,” she said.

It’s helped her mental health and given her comradery with the people she meets.

“We talk about all things in life,” Gerhild

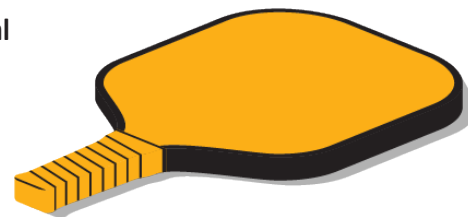
said. “When the Y was closed during COVID, I was just walking at home for exercise, and it just wasn’t the same. I even felt like I was getting weaker.”

Coming to the Y is what helps her get up in the morning.

“Right now, I’m working from home, too, so I don’t like doing my exercise at home,” she said.

Gerhild said she is always encouraging friends to join.

“I tell them, it’s an important part of life—it helps you physically, mentally, emotionally,” she said. “The benefits of exercise are wonderful and doing it with other people is a little more motivating than just doing it at home.”



Send us your Y Story any time by emailing info@ymcagm.org with the subject line, “My Y Story.” Interviews, stories and photos gathered by Marketing Coordinator Alexandra Newman.



Happier Healthier Pain-Free

Y Member Grace Gordon makes physical, mental transformation thanks to personal training sessions, group fitness classes

Grace Gordon has been a member of the Niles-Buchanan YMCA for about 20 years, but it wasn't until the summer of 2021 that it started changing her life.

"I used to have aches and pains in my body — everything hurt," she said. "I told my doctor, 'I'm 65. What's going to happen when I'm 70?' Arthritis is degenerative, and I could just see myself curling up even more."

Since starting training sessions with Dominique Pompey, a certified personal trainer, she's happier, pain-free and her hands have uncurled.

An investment

Grace has been a nurse for 45 years, currently working at Spectrum Health Lakeland Niles Hospital. She worked in the operating room for 30 years, and in endoscopy for the last 15.

"I switched to a different nursing floor because the physical energy required to work in the operating room was too much for my body to handle," she said.

Grace had been exercising, but she was still so weak from the arthritis in her hands and knees.



"I even had a personal trainer before Dom," she said. "I purchased a 10-punch card before COVID. I did five... but I still had five punches left."

A friend who worked at the Y suggested she train with Dom.

"He did an assessment with me, and I didn't realize I was so weak," Grace said. "I learned that even though I was exercising a lot, I wasn't doing it right. I wasn't pushing myself."

Grace had one knee replaced and wants to avoid surgery on the other, so Dom scheduled leg days to be all about building strength in the muscles near her knee.

Arm day is all about building strength so she can do everyday tasks without assistance. Core days develop good form, posture, strength and flexibility.

"He gave realistic exercises and explained the reason for them," Grace said. "In the months we've been working together, we've far exceeded my expectations."

She works with Dom at least once a week, and now has even convinced some friends to come with her.

Between traditional weight lifting and conditioning, she also enjoys going to Zumba classes.

Grace says she's lost some weight, but not as much as it looks like she has.

"I've toned everything. I have never been this slim," she said.



But it's not just the physical transformation that's important to Grace - she's also a lot happier.

"I feel good, and then I exercise and I feel better," she said. "With exercise, there's a lot of endorphins coming out. My friends say, 'Grace, you're always so happy.'"

One of her favorite exercises to do is the assisted pull-up.

"I really don't dislike any. I just push myself," she said. "Like my husband says, it's an investment."

And to her husband's surprise, she's even helping him stack logs out in the yard, which she has never done before.

Exercise can and should be fun

When asked what she would say to someone considering a YMCA membership, or a member considering personal training sessions, Grace said she's the example.

"For 65, people tell me I look good, and I don't feel that bad," she said. "I'm pain-free and my hands are open."

Grace said Dom completely changed her perspective on exercise.

"He showed me that exercise can and should be fun, that I am physically capable and stronger than I know, and that I should never be ashamed

of my starting point or my age, especially when I'm walking into the gym," she said.

Grace said the YMCA is a refuge, and a safe place she goes to relax and get away from the hustle and bustle of a busy world.

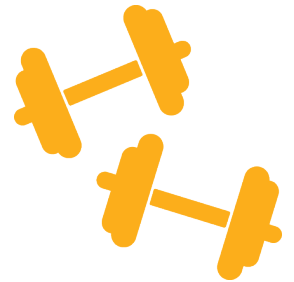
"The people at the front always say, 'Hi, Grace!' But it's funny, I don't know their names. I must be coming here so often," she said. "It's a small community. My grandchildren come here for swimming. It's very close to the hospital. It's a happy place."

Outside of the Y, she spends time with her family. She and her husband live in Buchanan and they have three grown children.

"I'm proud to say they're all professionals, two lawyers and one doctor," Grace said. "I watch my grandchildren every now and then. I do a lot of cooking. I love to cook and people love my cooking. My hobby is really exercising, it gets me out of the house."

And for Grace, she said she's going to keep that hobby for as long as she can.

"My work with Dom has empowered me physically and mentally, and that inspires me to keep coming back," she said. "I'm a happier, healthier me and I could not be more thankful for the YMCA, its staff, and especially to my personal trainer, Dom."



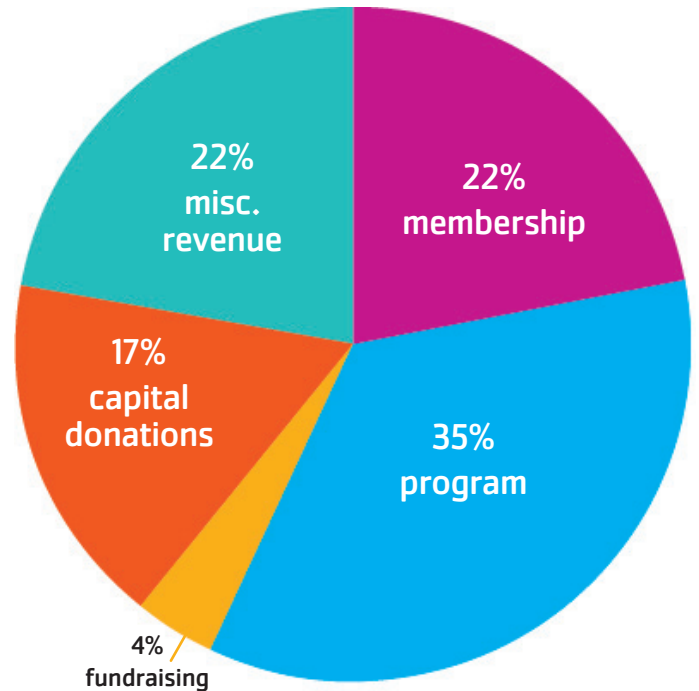


Financial Overview



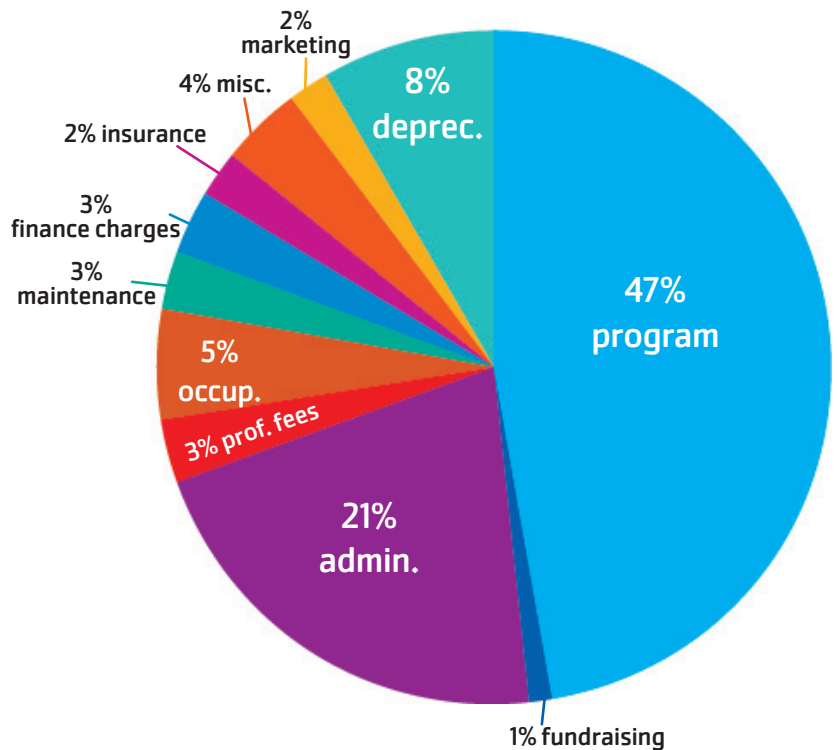
OPERATING REVENUE

Membership	\$2,089,512
Program	\$3,430,180
Fundraising	\$347,929
Capital Donations	\$1,688,436
Misc. Revenue	\$2,160,251
Total Revenue	\$9,716,308



OPERATING EXPENSES

Programs	\$3,770,230
Fundraising	\$80,210
Administration	\$1,675,068
Professional Fees	\$200,174
Occupancy	\$398,885
Maintenance	\$265,705
Finance Charges	\$252,509
Insurance	\$174,579
Misc. Expenses	\$330,413
Marketing	\$157,160
Depreciation	\$674,591
Total Expenses	\$7,979,524



THANK YOU, 2021 DONORS

\$25,000+

Berrien Community Foundation
DeGroot Family Foundation
Niles Community Schools
State Alliance of Michigan YMCAs
United Way of Southwest Michigan
YMCA of the USA

\$5,000–24,999

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Lekas, Madonna
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Stutesman, Cynthia
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Tepe, Sarah
Terrana, Terry
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Cooper, Dale
Cooper, Natalie
Copher, Emily
Costello, Jeffrey & Clara
Cotter, Patricia
Covey, Ansley

Cramer, Helen
Crook, Susan
Cuthbert, Christine
Czekaj, Edward
Daas, Heather
Daly, Mike
Danielson, Bruce
De Foras, Pierre
DeFauw, Dave
Desmet, Susan
Dewane, John
Dommer, Anthony
Drew, George
Dudd, Joan
Dunfee, Beau
Eberhard, Sharon
Egan, Lee Ann
Ehrenberg, Cynthia
Eiler, Sarah
Eskapalli, Swarupa
Evans, Allison
Ezzell, Laura
Faris, Patricia
Farnham, Sherry
Felton, Samuel
Fisher, Rhett
Fissinger, Jim
Fissinger, John & Judy
Flaherty, Jay
Flamm Pickle & Packing Co,
Inc.
Florkowski, Gregory
Ford, Charlotte
Fowler, Perrin
Fry, Charles
Geishirt, Robert
Gerber, Terry & Nancy
Gibbons, John
Gibbs, Cynthia
Gizzi, Terry & Karen
Goodkin, James
Gould, Richard
Graber, Betty
Gray, Kevin
Guerrero, Martha
Gustafson, Beth
Haas, Lisa
Hand, Lisa
Haradine, Greg
Harker, Valerie
Harrell, Haley
Hartline, Brian

Hartung, Tarah
Hastings, Mike
Haywood, Michael
Helmen, Jennifer
Hennig, Garrett
Hepker, Jennifer
Heritage, Janna
Hoffman, Christine
Hornell, Debra
Hunsche, Dakota
Inabnit, Marybeth
Jensen, Erik
Jones, Wellington & Andrea
Jordan, Hilary
Kallimani, Helen
Karsten, Kathleen
Kasella, James
Kaufhold, Alexandra
Kelly, Daniel
Kempf, Martha
Kennedy, Frank
Kiesewetter, Grace
King III, Charles
Kluszczyński, Kristen
Knudtson, Anita
Kovacs, Kristina
Krol, Raymond
Lance, Cathy
Langefeld, Donald
Lankford, Suzane
Lantz, Shelly
Lee, Kathryn
Leith, Shirley
Leliaert, Matthew
Leonakis, Tom
Leoni, Susan
Leslie, Alison
Levy, Kate
Lofgren, Renee
Loustau, Jeff
Mahlo, Kristy
Mannor, Kate
Marsh, Adam
Marzke, Kurt
Massing, Marianne
Mathes, Richard
Maziar, Christine
McGovern, Christina
McKnight, John
Medlock, Stephanie
Meeker, Dave
Meeth, Jay

Millar, Casey
Millen, Jessica
Miller, Darren
Miller, John
Miller, Samuel
Millhouse, Carol
Minzey, Ronald
Mireles, Nicole
Mitros Durham, Dory
Moody, Lea
Morgan, Annie
Morin, David
Murphy, Timothy
Neff, William
Nemes, Kenneth & Carolyn
Nichols, Robert
Niezgodski, Sheila
Olds, Scott
Ortman, Tony
Paliga, Jerry
Paliga, Nick
Paul, Leslie
Pauley, James
Pawloski, Renee
Pearson, Barbara
Pechous, Tom
Pennock, Ross
Petruzzo, Carmen
Pipher, Theresa
Pollitt, Harry & Mary Sue
Polotto, Anthony
Prosser, Diane
Pruitt, Deborah
Ralph, John
Reed, Christine
Reifenberg, Steve
Reschke, Sally
Rice, Amy
Richard, Jessica
Rigel, Beryl & Frances
Risser, Rebecca
Robinson, Margaret
Roeder, Jason
Roger's Foodland
Romero, Juan
Roskam, Martha
Rubin, Robbie
Rupchock, Brittani
Ruvalcaba, Maria
Rzepka, Samuel
Sailer, Marlisa
Sands, William

Sanford, Mark
Schaefer, Evan
Schoenbucher, Nancy
Schultz, Barbara
Schumacher, Elizabeth
Scott, Bj
Scott, James
Scott, Jerry
Shadler, Richard
Shaw, William
Shearer, Donna
Shew Simpkins, Courtney
Skalla, Michelle
Smith, Mitchell

Snyder, Charles
Spiess, Geoff
Stahl, Hadley
Steiner, Aaron
Stoler, Sarah
Stone, Elaine
Sulaiman, Crysta
Sulok, Megan
Sutton, Claire
Sykes, Jennifer
Taylor, Ramal
Thomas, Catherine
Todd, Mike
Tomilo, Susan

Toth, Lisa
Tovar Ortiz, Daniel
Trelease, David & Marilyn
Tryniecki, Katie
Urbanski, Matt
Valenti, Elizabeth
Van Bree, Gretta
Vargo, Debbie
Varney, Janet
Velez, Tara
Walker, Calvin
Warren, Claire
Watson, Cheri Sidney
Weber, Christine

Weber, Mark & Shari
Weems, Leslie
Wehling, Lynette
Wesaw, Madolyn
Weyers, Cynthia
Wheeler, Richard
Wilcox, Heather
Wilkins, Tom
Williamson, Stephanie
Wise, Maycie
Woodiwiss, Cordell
Yates, Leslie
Ziker, David

Established Endowment Funds



Benton Harbor-St. Joseph YMCA

- Benton Harbor-St. Joseph YMCA Endowment Fund #293 (annual operations/programs/capital)
- Benton Harbor-St. Joseph YMCA Endowment Fund #294 (annual operations/programs/capital)
- Mike Ahern Camp Scholarship Endowment Fund (scholarships)

Niles-Buchanan YMCA

- Lucille B. Coles Scholarship Endowment for the Niles-Buchanan YMCA (scholarships)
- Mahlon J. and Thelma C. Smith YMCA Capital Endowment (capital improvements)
- Midge & Tim Tyler Memorial Agency Fund (annual operations/programs/capital)
- Midge & Tim Tyler Memorial Fund 3rd Party (annual operations/programs/capital)
- Niles-Buchanan YMCA 3rd Party Endowment Fund (annual operations/programs/capital)
- Niles-Buchanan YMCA Agency Endowment Fund (annual operations/programs/capital)

YMCA Camp Eberhart

- E.M. Morris Trust (Morris Lodge)
- Barbara Emmons YMCA Camp Eberhart Campership Fund (scholarships) ***NEW!** See next page for details.*
- Mary Morris Leighton Leadership Lodge at YMCA Camp Eberhart Fund (Leighton Lodge)
- Peter Kreig Memorial Fund for Camp Eberhart (waterfront)
- YMCA Camp Eberhart Facilities Fund (maintain, construct or renovate capital assets)
- YMCA Camp Eberhart Fund (annual operations/programs)

YMCA O'Brien Center

- YMCA Charles Martin Fund (outreach programs for low-income youth)
- YMCA Fund (annual operations/programs)
- YMCA of Michiana, Inc. – South Bend Tribune Fund (support South Bend Tribune employees)

We invite you to consider including a YMCA Endowment Fund in your estate plan through a bequest, life insurance, trust, or outright gift. A gift to an Endowment Fund is an investment in the guiding beliefs of the YMCA and will be used to enable the YMCA to continue to serve children, families and individuals of all ages for years to come.

For more information, please contact Jill Haboush, chief development officer,
at 269-683-1552 or jhaboush@ymcagm.org.

There's no place like camp

This year, we were able to complete substantial investments at YMCA Camp Eberhart, including the Powder Room Bathhouse, Postle Tipi Village, John Tanke Fire Circle, Postle Day Camp Pavilion, and the Blazek Fire Circle on the island. We also broke ground on a replacement for the Haunted House Bathhouse and signed the contract to complete the staff housing in Obenchain, which will both be completed in 2022. These projects were all in addition to giving thousands of campers experiences they will remember for the rest of their lives.



Barbara Emmons Campership Fund

The Barbara Emmons Campership Fund was established in 2021 at the Community Foundation of St. Joseph County, Ind. Beginning Summer 2022, the fund will support financially disadvantaged and/or at-risk children in St. Joseph County, giving up to 35 kids the opportunity to attend one week of overnight camp at no charge. The Y will collaborate with community partners to award these camperships. Many thanks to the Barbara Emmons family for this very generous gift, which enables her spirit, memory and love for camp to be passed on to generations of future campers.



2021 BY THE NUMBERS



3 FACILITIES **17,386** members served
1 CAMP **1,916** day & overnight campers served
625 dedicated staff members

\$37,205



in scholarships for members

\$28,400



in scholarships for campers



1,154 youth in sports

182 youth in dance

110 adults in sports

88 adults in dance



3,518 SWIM LESSONS

at the Y and in collaboration with 32 community partners

168 swim team members



2,528 participants

raised

\$112,445



during Thanksgiving Day Run and Race for YMCA to support annual campaign



3,310 FOLLOWERS



16,755 LIKES

99 CPR/AED/1ST AID CERTIFICATIONS

105 LIFEGUARD CERTIFICATIONS



113

PINTS OF BLOOD DONATED



which impacted 339 lives

6,931 fitness classes

157 personal training clients

660 children/week summer day camps

563 children/year before & afterschool

185 children/week Childwatch care



174 preschoolers

85 homeschool students



2,473 Healthy U students

HEALTHY CORNER STORE INITIATIVE



5

convenience stores providing healthy, affordable food to underserved urban areas

\$120,549

raised by

GREATEST CHEFS to support community programs



LIVESTRONG
AT THE YMCA

44

cancer survivors

received help in recovering from treatment thanks to

\$32,991

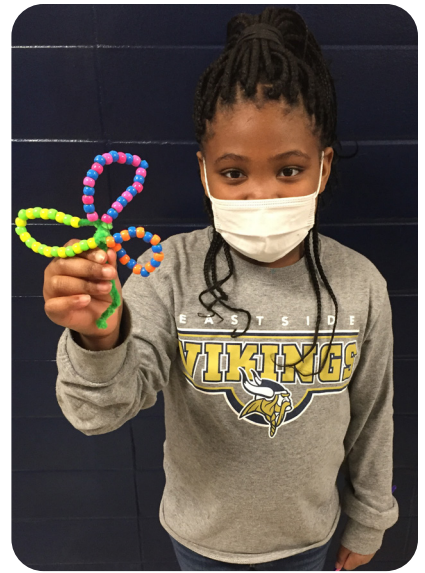
raised by LIVESTRONG 5K and Hope Grows

United Way



FUNDED PROGRAMS

Summer My Way®
Healthy U
Child care
Outdoor education
Summer day camp



YMCA of Greater Michiana

**Benton Harbor–
St. Joseph YMCA**
3665 Hollywood Road
St. Joseph, MI 49085
269-428-9622

Niles–Buchanan YMCA
905 N. Front St.
Niles, MI 49120
269-683-1552

YMCA O’Brien Center
321 E. Walter St.
South Bend, IN 46614
574-299-3482

YMCA Camp Eberhart
10481 Camp Eberhart Road
Three Rivers, MI 49093
269-244-5125

**Northside Child
Development Center**
2020 N. 5th St.
Niles, MI 49120
269-683-1982

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