

TO OUR COMMUNITY,
As we reflect on the past year, I am As we reflect on the past year, I am proud to share with you the impactful work of the YMCA of Greater Michiana in 2023. As a nonprofit organization dedicated to fostering community strength and connection, we remain steadfast in our mission to empower individuals to reach their fullest potential and to cultivate meaningful relationships with one another.

Throughout 2023, our commitment to inclusivity and accessibility remained unwavering. We continued to extend membership and program scholarships to ensure that everyone, regardless of their financial circumstances, could participate in our offerings. This commitment reflects our belief that everyone deserves the opportunity to be an active member of their community.

In working with our dedicated partners, we expanded our reach to serve youth across the region through a diverse array of programs. From summer day camps and water safety outreach to sports leagues and after-school programs, we provided opportunities for young people to learn, grow, and thrive.

Our commitment to promoting health and wellness remained at the forefront of our efforts. We offered a wide range of fitness classes, sports activities, and community events designed to enhance physical well-being, social responsibility, and youth development.

At YMCA Camp Eberhart, we had a record number of campers and continued to create unforgettable experiences. The joy and excitement shared by campers and staff served as a testament to the transformative power of the camp experience.

Throughout the year, we successfully hosted a variety of signature events, including the Race for YMCA, Niles-Buchanan YMCA Thanksgiving Day Run, and LIVESTRONG® at the YMCA Golf Classic. These events not only raised vital funds to support our programs but also brought our community together in support of important causes.

Collaboration with community partners remained instrumental in our efforts to promote health and wellness initiatives. From the Healthy Corner Store Initiative to Corporate Wellness programs, we leveraged our partnerships to maximize our impact and reach a broader audience.

As we embark on the year ahead, I am filled with gratitude for the unwavering support of our members, volunteers, staff, and partners. Together, we will continue to make a difference in the lives of those we serve and the communities we call home.

Thank you for your continued support.

Mark D. Weber Chief Executive Officer

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# A LOOK AT 2023



























### **YOUTH DEVELOPMENT**

We provided our youth and teens with programs that strengthen social responsibility and character values. We supported before and afterschool care, preschool, summer camps, holiday camps, sports leagues, swim teams/lessons, kids night out, nutrition and physical education.

### **HEALTHY LIVING**

We aligned with local community needs to provide support for a healthier community through programs that address cancer suvivors, food insecurity, CPR/First Aid, nutrition and phyiscal education. We stay committed to building a healthy environment with our local partners.

### **OPERATIONAL & FINANCIAL**

Each year we establish a fund development plan encompassing annual, capital, and fundraising event goals to support the Y's programs, financial scholarships, and capital needs. In 2023, contribution and fundraising revenue represented almost 30% of the Y's total revenue.

# EVERYONE has a CRY STORY

To tell the story of the YMCA of Greater Michiana, we must also tell the stories of our members and those impacted by the work we do.

Over the next few pages, we invite you to read Y stories we collected from members in 2023.

# Gratitude Shines a Light on Goodness



Ancy Kodis is a frequent flyer in the Gentle Yoga class at the Benton Harbor–St. Joseph YMCA instructed by Kathy Zerler. Kathy challenged her yogis to think of a word to focus on in 2024.

"I thought about this challenge for some time and settled on the word *gratitude* and let Kathy know in the next class," said Nancy. "If you know Kathy, then you know she remembered my word in the next class and she came with a gift wrapped up for me – *The Little Book of Gratitude*." This book discusses the benefits of gratitude and teaches easy techniques to foster gratitude everyday.

"This act of kindess didn't come as a suprise to me because that's just who Kathy is," she said. One excerpt from the book says "Gratitude shines light on goodness."

"Kathy Zerler exemplifies goodness to each and everyone of her yoga students. I want to shine a light on Kathy because she shines so brightly at the Y."

(Pictured - Left: Kathy Zerler, Right: Nancy Kodis)

### "CHANGING LIVES FOR THE BETTER"



"My son, Henry, was in the Young Explorers Preschool program in Northside Child Development Center from August 2021 until June 2023. The Henry we know today is not the same Henry we knew in August 2021. The incredible change we have witnessed in Henry can be largely contributed to the amazing and dedicated staff at Northside Child Development Center.

Prior to Henry joining the Young Explorers Preschool, he rarely socialized with children his age. It was immediately apparent that Henry would be going through an intense learning curve. On more than one occasion, we received phone calls to come pick him up or to talk with him to calm him down. He had incidents where he would hit, bite, or kick his teachers (never other children, thankfully). His speech was delayed, his potty training was delayed, and his social emotional skills needed extra help. It was a very stressful time for our family, as we didn't know if Henry would be able to continue coming to the Young Explorers Preschool.

The staff at Northside Development Center worked tirelessly with Henry for two years. In these two years, they did not give up on our child. They never discriminated against him, never stopped looking for solutions and strategies that worked with him, and never made him feel less than loved. They acknowledged that he needed speech services, so he began receiving those immediately. Staff continued helping us potty train Henry, even when it seemed he would be in diapers his whole life! Everyone in the school knew Henry and loved him unconditionally.

I'm happy to report that in the two years that he was at Northside Child Development Center, Henry learned empathy for his fellow students. He learned to share and take turns. We have gone from not understanding most of his words, to understanding almost all of them. He makes friends easily and has several "best friends". We were invited to birthday parties and his own 5th birthday party had a huge turnout. Yes, he's even potty trained now! Staff members who have been here from the beginning will tell you that he has grown so much and is not the same kid from two years ago. If you met Henry today, you would not believe the stories about him from when he was 3 years old. One thing that hasn't changed in three years is the warm reception he gets from all the staff at Northside. When we walk down the hallway, there is always a chorus of "Hi Henry B!" from any staff member that crosses our path. You may think that they are happy to see him now that he is better behaved, but the truth is that they always greeted him this way, even on days that I had to pick him up early for hitting them.

I get choked up telling people this story because I couldn't be more grateful to the staff at Northside. All parents think their child is special, but this program has shown me that others think Henry is too. Without the support of the staff here, Henry would not be where he is now. He is getting ready to go to Young 5's this fall, and I am not worried about him at all! Well, maybe just the normal amount. Thank you, Young Explorers Preschool, for changing our lives for the better!"

- Carla Belanger, Northside Child Development Center



# FROM TRAUMA TO 3333 TRIUMPH.

Debra Posey's journey to becoming a dedicated member of the YMCA is nothing short of inspiring, marked by resilience, determination, and a supportive community. Her Y story is a testament to her strength in overcoming adversity and finding a path towards wellness and vitality.

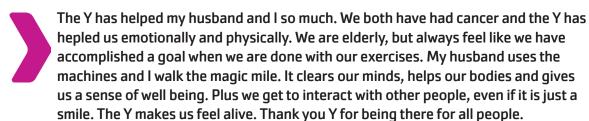
In 2021, Debra faced a significant health crisis when she experienced a heart attack, discovering that two of her arteries were severely blocked, with one at 100% and the other at 90%. This event could have been debilitating, but Debra's spirit refused to be defeated. Despite the physical and emotional toll of her condition, she embarked on a journey of recovery and transformation.

The turning point came in 2022 when Debra underwent a stent placement procedure, only to suffer a cardiac arrest during recovery. This harrowing experience could have deterred many, but for Debra, it served as a wake-up call. Determined to reclaim control of her health and her life, she resolved to make meaningful changes.

In January 2023, Debra made a commitment to herself to prioritize her well-being. She began attending the YMCA regularly, even incorporating visits into her lunch breaks. Alongside her newfound dedication to exercise, she embraced a healthier diet, recognizing the importance of holistic wellness.

What truly sets Debra's journey apart is the community she found at the YMCA. Despite initially being reserved, she opened herself up to the staff and fellow members, finding a supportive network of individuals who encouraged and inspired her every step of the way. Through conversations and connections, Debra discovered a sense of belonging and camaraderie that fueled her motivation to continue pushing forward.

Today, Debra stands as a shining example of triumph over adversity. With her commitment to fitness and well-being, she has shed pounds and regained her vitality. Her journey serves as a reminder of the transformative power of resilience, community, and the unwavering determination to thrive, no matter the obstacles. Debra's journey from trauma to triumph is a testament to the life-changing impact of the YMCA and the boundless potential within each of us to rewrite our stories for the better.







- Terry Scheibelhut, Member, YMCA O'Brien Center





My daughter was safe to be loved as herself and felt like her voice meant something. She was confident enough to guide younger campers and she was so moved during the closing Camp ceremony she sobbed. The whole time. And when I picked her up too. It meant so much to her. She felt like she was part of something special. And that makes a huge impact on kids.

- Parent of Camper, YMCA Camp Eberhart



I enjoy running on the track to train for my next marathon. When I have trained for a triathlon, swimming in the pool helps me to reach my goal. In the winter, biking inside the YMCA, keeps me fit to bike in the summer with my friends and also do triathlons. I enjoy seeing my friends at the YMCA and the staff is also very friendly!

- Theresa Pipher, Member, Niles-Buchanan YMCA



Being diagnosed with cancer rocks you to your core and changes your life. LIVE**STRONG®** is so important becasue it gives you a sense of commulty and accountability. Even if I were to miss a class, I would think about my classmates or even my instructors. It's very motivating to show up and get that sense of comraderie and support. It's hard to say, but I don't think I would be where I'm at today without the class.

-Allison Haynes, Breast Cancer Survivor & LIVESTRONG® Particpiant, Benton Harbor-St. Joseph YMCA

# **OUT IN THE COMMUNITY**













# 2023 BY THE NUMBERS



\$188,178
PROVIDED
IN SCHOLARSHIPS

AND DISCOUNTS



200 ACRES OF NATURE 5,280 FEET OF SHORELINI

9 SESSIONS 61 DAYS OF FUN

ARTS AND CRAFTS

2,109
OVERNIGHT
CAMPERS

555 DAY CAMPERS



100%

OF STAFF MEMBERS

CERTIFIED IN CPR



328
SAILING



MUSIC & DRAMA



1,152

HORSEBACK RIDING



HIGH ROPES

**594** 

**RIFLERY** 



1,008
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535
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6

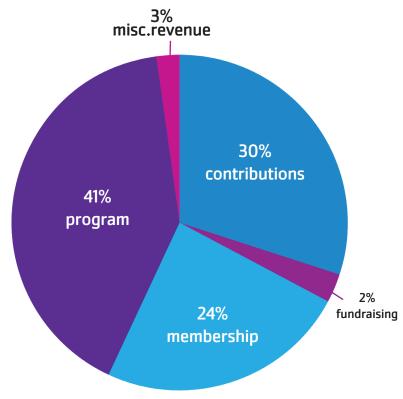
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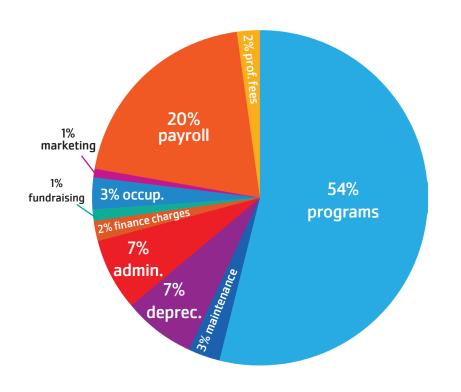


# FINANCIAL OVERVIEW



### **OPERATING REVENUE**

<b>Total Revenue</b>	\$13,167,916
Fundraising	\$310,929
Misc. Revenue	\$389,254
Membership	\$3,130,771
Contributions	\$3,908,612
Programs	\$5,428,350



### **OPERATING EXPENSES**

Programs	\$6,154,890
Payroll	\$2,280,119
Administration	\$808,639
Depreciation	\$767,881
Occupancy	\$410,759
Maintenance	\$380,560
Finance Charges	\$282,237
Professional Fees	\$184,561
Marketing	\$90,991
Fundraising	\$87,523
<b>Total Expenses</b>	\$ 11,448,160

# ANNUAL GIVING

The YMCA is a non-profit charitable organization whose mission is to meet the needs of the community. The YMCA serves thousands of people of all ages through programs, community collaborations, partnerships, and childcare. Programs like aqua aerobics, swim lessons for drown prevention, preschool, all-day childcare, after school care, day & resident camps, wellness & fitness, disease prevention, pickleball, sports, stress management, corporate wellness, dance, and more, serve the needs of youth, teens, families, and seniors. We don't just strengthen individuals; we strengthen and build community. Find out how you can support the YMCA and the mission of building community by scanning the QR code or visiting <a href="mailto:ymcagm.org/giving">ymcagm.org/giving</a>.













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Potts, Lori Powers, John Preston, Jana Preston, Linda Pride the Portable Toilet Company LLC PriMar Petroleum, Inc. Privett, Paul Prosser, Diane Prothro, Marcee Pruitt, Deborah Przybysz, Stanley & Margot PSI lota Xi - Zeta Theta Chapter Pulford, Amber Pure Motion Chiropractic PLLC Ouinn, Mariette Ouiriconi, Cassandra Raciti, Randall Raia, Marcella Rakshys, Kristin Ramirez, Angelito Ramsey, Betty Rapp, Ginny Razafimahilaza, Igino Ream Sr, Andrew Redbud Insurance Services. LLC Reed Family Farms LLC Reed, Kelly & Edward Reits, James Reno. Jessica Rhoades, Amanda Rhodes, Jerrione Ribaudo, Maria Rich, Brandon Richard Beckermeyer DDS, PC Ries, Andrea Rigel, Beryl & Frances Riley, Mark Riley, Ronald & Joann Risser, Edward **Roberts Corey Lake** Campground Robertson, Lynn Robinson, Paris Rodriquez-Espinoza, Maria Rogers, Kerry Romanetz, Paul

Root, Shannon

Rosales, Rosemary

Rosser, Joseph Rovtar, Kimberly Rubin, Laury Rund, Kathryn Russo, Kathleen Rutherford, Scott Ryan, Maura Sailer, Marlisa Sakaguchi, Doug & Nancy Sanchez, Olivia Sands, Susan Sarhatt, Betty Jane Saucedo, Alejandro Savage, Carolyn Scanlon, Tracy Schalansky Jr, Ernest Schaller, Samantha Schedin, Barry & Linda Scheibelhut, Terry Scheibelhut, Thomas Schenk, Christopher Schlafer, Jami Schmidt, Joan Schmitt, Lora Schnable, John Schneider, Joseph Schroer, Kara Schug, Tim & Laura Schultz, Barbara Schwartz, James Schwarz, Emmeline Schwier, Beth Scott Sr. Maurice Scott, Alicia Scott, Lesley Seaman, Kate Searfoss, Steven Sechrist, George Sehy, Lawrence Seib, Rick Seidl, John & Kathleen Self, Amy Selge Construction Co., Inc. Seluzhitskiy, Audrey **SEMCO ENERGY Gas** Company Senica, Sara Servpro of Cass & St. Joseph Counties Sexton, Tim Shaberly, Jocelyn Shadix, Jennifer Shadler, Richard

Shaffer, Harry & Bonnie Shaulis, Allison Shaw, William Shephard, Melanie Shifrin, Mo Shumaker, Jennifer Sichmeller, Rebecca Siemans in Bridgman Signal Travel and Tours, Inc. Silver Beach Pizza Simonds, Nicole Siupinski, Kate Skalla, Michelle Skendzel, Jeanette Skene, Dawn Skene, John Skodras, Dan & Vicki Slavin, Stanley Slocumb, Erica Smith, Gina Smith, James Smith, Laura Smith, Leslie Smith, Mary Smith, Nicole Smith, William Snell, James & Barbara Snyder, Rikki Sobczak, Angelina Sodeman, Rachel Solo, Paul Sopko Nussbaum Inabnit & Kaczmarek Soptich, Christopher **South Bend Cubs** South Bend Medical Foundation South Bend Orthopaedic **Associates** SpartanNash Spindler, Dietmar Spite, Scott Spring Island Equestrian Center Sproatt, Kathleen Squire, Justin Srikureja, Melissa St. Joe Monument Works St. Joseph County United Way Stalker, Gregory Stalter, Mary & Harold

Stammich, Diana

State Alliance of Michigan **YMCAs** State Farm Insurance -Jessica Massey Stecker, Ellyn Steele, Ericka Stein, Maryann Stempien, Dana Stewart, Alison Stockdale, Brittany Stockwell, Daniel Stokes II, Jason Stoler, Chris & Sue Stone, Keri Stoner, Randy Stout, Tom Stubblefield, Donna Stuck, James & Donna Studer, Anita Stump, Shana Sturgis Bank & Trust Company Stuver, Andrew Suh, Jeannie Summerlin, Roz Summers, Brittany Sun Services Inc. Suranyi, Nick Suth, Donna Swanson, Meghan Sweeney, Sara Swizek, Andrew Swords, Tara Szymanski, Jenni Taelman, Blake Tammen, Jennifer Tanke, Valerie Tankersley, Samantha Tapping, Rochelle **Target Corporation** Tatel, Alexis Taylor, Marci Taylor, Patricia Terrana, Terry The Elaine M Balok Trust The IRONMAN Foundation, INC. The McLoughlin Family **Foundation** The Missing Sock/JN **Enterprises LLC** The Offices Of Deborah M. Tuttle, Jd

The Releaf Center of Niles The UPS Store - Niles Thiry, Wyatt Thomas, Aaron Thomas, Elizabeth Thompson, Linda Thompson, Tiffany Tire Rack Tiernlund, Robert Todd, Shawn Tomasini, Val Tomaszewski, Rebecca Torres, George Tracy, Mike Trader Joe's Trigger, Mary Tristano, Lisalyn Troiola, Martin Troyer, Regina Tujo, Erica Turley-Byers, Alexis Turner, Marion Twells, Shivani Tyler Automotive UFP Granger, LLC **United HealthCare United Way of Southwest** Michigan United Way of St. Joseph County **University of Notre Dame Uribe**, Tiffany Vail Rubber Works Inc. Valdetero, Jena Van Avermaete, Anthony Van Bree, Gretta Van Oss, Jonathan Vance, Edwin Vanderbeek, Scott VanderBoegh, Elaine VanLeeuwen, Nicole Varner, David Vaughan, Celesta Vaughn, Thomas Velez, Tara Veni's Sweet Shop Vida, Alison Vihtelic, Sarah Vihtelic, Thomas & Jill Vinciquerra, Kim Vinnedge, Judith

Visser, Elizabeth

Viterisi, John

VonGunten, Doug Vorhies, Michelle Wagamon, Melissa Wagner, Brenda Wagner, Laura Wagner, Sharon Walker, Rosemary Walker, Sharon Walmart - Network for Good Walmart Supercenter -Niles Walton, Amanda Wangensteen, Leonor Wanjiru, Justine Ward, James & Laurel Watenpool, Matt Watts, Julie Waxman, Dan Weaver, Dorothy Weber, Mark Weber, Tracy Webster, Jennifer Wehling, Lynette Welburn, Lesley Wells, Walter & Nila Welsch, Brandon Welter, Bill Welter, Katy Wesley, Bryin Weston, Richard Wheeler, Mattew **Whirlpool Corporation** Whitacre, Elizabeth White, Karen White, Michelle White, Susan White-Goyzueta, Karen Whitmer, Jason Whittle, JoAnn Wiest, Jennifer Williams, Glenda Williams, Jessica Willis, Rebecca Wilson, David Wings Etc. - Niles Winne, Jonathan Winphrie, Kaitlin Wise, Maycie Wiste, Erin Withrow, Cherie Witt, Denise

Vogler, Jared

Wohl. Valerie Wolf, Carolyn Wolf, Deborah Wolff, Michele Wood, Danielle Wood, Terry Woods, Jennifer Woodworth, Diane Woodworth, Kenneth Wotring, Marilyn Wozniak, Neal Wroblewski, Joie Wruble, Terrance WSMK/WNIL Radio Wurster, Robert & Carol Wynne, Amanda Wyre, Vivian Wyse, Andrew & Susan Yarger, G. Toms & Marjorie Yarger, Steven YMCA of the USA Young, Kelly Yustick, Amy Zarnecki, Katarzyna Zavacky Jr, Robert Zeeff, Rick Zelinski, Gretchen Zerler, Kathryn Zoellner, Katie Zook, Brooke

# 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)
- Denise Peters Camp Eberhart Education Fund (staff scholarships)
- 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)
- 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.

# ANNUAL CAMPAIGN EVENTS

Every year, our branches host fundraising events to support our Annual Campaign. All proceeds are given back to our community through our financial assistance program, and programs including, water safety, youth sports, day camp, Y-Club before and after school care, and many more.

### **NILES-BUCHANAN YMCA THAKSGIVING DAY RUN**

A big thank you to everyone who joined us for the 42nd annual Niles-Buchanan YMCA Thanksgiving Day Run! We had a record turn out with 2,759 runners and walkers, and raised a record \$81,345 to support the Y's scholarship fund.









### **GREATEST CHEFS OF MICHIANA**

This year's event featured 11 area restaurants and celebrities, who together, raised funds to ensure the Y is available to everyone in our community.

Congratulations to the 2023 Greatest Chefs Champions, The Cellar Wine Bar and Kitchen, with Chef Krystal Wesley and Celebrity Ryan Kring, Ancon Construction.









### **RACE FOR YMCA**

Because of your support, our 12th annual Race for YMCA was a success! This year's event featured 38 sponsors, 54 volunteers, and 312 participants which raised \$38,404 in proceeds to benefit the Benton Harbor–St. Joseph YMCA's annual campaign.









# **YMCA of Greater Michiana • Community Impact**



4 FACILITIES 20,314 members served

2,669 day & overnight campers served

dedicated staff members

volunteers

8.687

volunteer hours

8,476 fitness

classes/year

2,007

personal training sessions/year



2,200 youth in sports

youth in dance

adults in sports

43 adults in dance



at the Y and in collaboration with 32 community partners

swim team members







439



**FOLLOWERS** 

**FOLLOWERS** 

United

St. Joseph County United Way United Way of Southwest Michigan United Way of St. Joseph County

### **FUNDED PROGRAMS**

Summer My Way<sup>®</sup> Healthy U Child care **Outdoor education** Summer day camp

2,875 **Healthy U students** 

**223** homeschool students

**231** preschoolers

**137** children/week in day care

LIFEGUARD CERTIFICATIONS

**1, 758** day camp registrations

**333** children/year before & after school

**531** children/week Childwatch care

§696,262

in scholarships & discounts for members

**\$241,206** 

in scholarships for campers and programs

participants

during Thanksgiving Day Run and Race for YMCA to support Annual Campaign

cancer survivors

received help in recovering from treatment thanks to

raised by Golf Classic and Hope Grows

STAYSTRONG Connections

### **HEALTHY CORNER STORE INITIATIVE**



convenience stores providing healthy, affordable food to underserved urban areas





# 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 Street Niles, MI 49120 269-683-1552

### **YMCA O'Brien Center**

321 E. Walter Street 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 Street Niles, MI 49120 269-683-1982







