

# ALL TOGETHER

**BUILDING A COMMUNITY OF US**

**2018 ANNUAL REPORT  
GATEWAY REGION YMCA**



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# A PLACE FOR OPPORTUNITY

The Gateway Region YMCA was founded on October 13, 1853, at the 2nd Baptist Church by 23 young men. Since then, the Y has become one of the leading health and human service organizations in the bi-state region, serving nearly 300,000 individuals annually.

Every day, staff, members, volunteers, and donors work together to provide opportunities for people of all ages, backgrounds and walks of life. Our goal is to ensure all youth and families in our region have the resources needed to succeed. When we come together, living our cause, we improve our lives and the lives of those around us. In doing so, we strengthen our community.



# OVERVIEW

**5,642** full and part-time employees serving community needs.

**6** Early Childhood Education Centers provide a safe, nurturing environment where children learn, grow and thrive.

**113** child care sites in 23 school districts engage kids in physical, learning and imaginative activities.

**1** Overnight Camp (Camp Lakewood) and 1 Conference Center (Trout Lodge) providing children, families, professionals and others in need an opportunity to discover new talents, explore, have fun, make connections and develop.

**24** traditional Y branches where families and individuals become more engaged in our community through membership and programs

**1** Community Development Branch providing resources to address the bi-state region's most pressing social issues in education, employment, hunger, health and youth development.

**1** Campus Y Program at Washington University in St. Louis where more than 800 students offer more than 20 community service programs that are student led and student run.

Total members and program participants: **293,158**  
Children and teens served: **100,172**  
Adults served: **140,624**  
Seniors served: **52,362**  
Financial assistance given: **\$6,288,153**

# BUDGET AND SCOPE

## Income

Total Income \$72.7M  
Total end of year net assets \$129.1M

## Expenses

Program \$62.7M  
Fundraising \$1.9M  
Administrative \$6.2M

## Public Support

United Way \$1.7M  
Grants \$2.1M  
Contributions \$6.4M

## 4<sup>th</sup> Largest United Way Recipient

Source: St. Louis Business Journal list of largest United Way of Greater St. Louis allocations



## OUR VISION

We believe every child deserves access to high-quality, enriching life experiences and the Y provides opportunities for all youth to connect, belong and achieve.

# BRIDGING THE OPPORTUNITY GAP

**13,075**

swim lesson participants taught life-saving skills, developed self-esteem, and created positive experiences to last a lifetime.

**6,673**

child care participants provided values and skills vital to learning, growing and thriving.

**16,032**

youth sports participants gained confidence, learned new skills, and developed good sportsmanship and teamwork.

**9,626**

camp kids provided a fun, safe experience to learn new skills, build self-confidence, and make lasting friendships.





# CONNECTING COMMUNITIES



## OUR VISION

We believe in the power of connection and are committed to supporting people from all communities to develop positive, supportive relationships in safe spaces and to convene for relationship-building, volunteer activities, and community partnerships working toward building equity across our region.

### INCLUDING

More than \$300,000 was allocated to 1,157 individuals through our Inclusion Services Program to provide special needs support so **all members and participants could participate** in Y programs and services.

### DEVELOPING

YMCA Youth and Government provided almost 800 youth in grades 8-12 the opportunity to experience the democratic process and **develop the leadership skills** needed to become citizens of a participatory society.

### TEACHING

210 children **improved their reading and math skills** through tutoring in the Y Literacy program.

### GIVING

Approximately 5,000 volunteers donate more than 80,000 hours of their time annually **to help our community** be more healthy and connected.



# CULTIVATING HEALTH EQUITY

## OUR VISION

We believe where you live should not dictate your quality and length of life. The Y provides supportive environments and community integrated health programs to address these disparities and improve health equity.

### YMCA'S DIABETES PREVENTION PROGRAM

75

adults at high-risk of developing type 2 diabetes who decided to make a life change.

### LIVESTRONG® AT THE YMCA

297

adult cancer survivors who reclaimed their health.

### INTEGRATED FITNESS PROGRAM

803

people with a documented developmental disability became comfortable with programs and equipment, feeling included and able to pursue their health goals.

## HOW THE Y GIVES BACK

690+

Thanksgiving meals provided to help feed the hungry.

1,290

backpacks filled for youth in need.

2,000+

Christmas gifts provided to support children and families.

80,300

free meals and snacks given to 730+ campers through the City of St. Louis' "School's Out Cafe", helping ensure kids receive nutritious meals in the summer.

# GATEWAY REGION YMCA METRO BOARD OF DIRECTORS

## Officers:

Bradford Koeneman, BOARD CHAIR  
Melissa Lackey, VICE-CHAIR  
Richard Nicoletti, TREASURER  
Jon Rosenstengel, SECRETARY

## District Branch Board

### Chair Representatives:

Rod Cooper, YMCA CAMP LAKEWOOD/TROUT LODGE  
Christine Efthim, CENTRAL DISTRICT  
Shawn Vickers, WEST DISTRICT  
Hardy Washington, Jr., SOUTH DISTRICT  
Suzanne Whitehead, EAST DISTRICT

## At-Large Members:

Cathy Baughman  
Vincent Bennett  
Timothy Carpenter  
Nashad Carrington  
Greg Dart  
William Gavin  
Michael Gibbons  
Steve Hanley  
Melissa Harper  
Dan Hegger  
Dan Jackson  
Nevada Kent IV

David Layton  
Mark Leeker  
Marilyn Lunnemann  
Rosetta Okohson-Reb  
Emily Pitts  
Susan Ratz  
Jon Reed  
Kurt Schwager  
Amy Smith  
Jacques Thro  
David Wilsdorf



## Mission:

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

## GATEWAY REGION YMCA

326 South 21st Street, 4th Floor  
St. Louis, MO 63103  
314.436.1177  
[gwrymca.org](http://gwrymca.org)

Proud member of



Greater St. Louis