



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

community starts **HERE**

**2019 ANNUAL REPORT
GATEWAY REGION YMCA**

DEAR FRIENDS,

We are so proud to present to you the Gateway Region YMCA 2019 Annual Report that highlights an outstanding year in helping address increasing needs in our community.

Our Y was founded in 1853 as a place to bring people together, provide a haven for those needing assistance and to help serve the needs of the community. In 2019, we built on that legacy by serving more than **325,000 members and program participants**. Importantly, we provided more than **\$6.29 million in financial assistance** for children, adults and families who otherwise could not afford our services. This includes assistance for swim lessons for children who would not otherwise learn to swim, family memberships so they can get and stay healthy together, and enrollment for children in licensed preschool or school-aged care where they can receive the opportunities they need to succeed.

With our Metro Board of Directors, we updated our three-year Strategic Plan that guides our decision-making and future. Our goals are big, and layout



Tim Helm
President & CEO

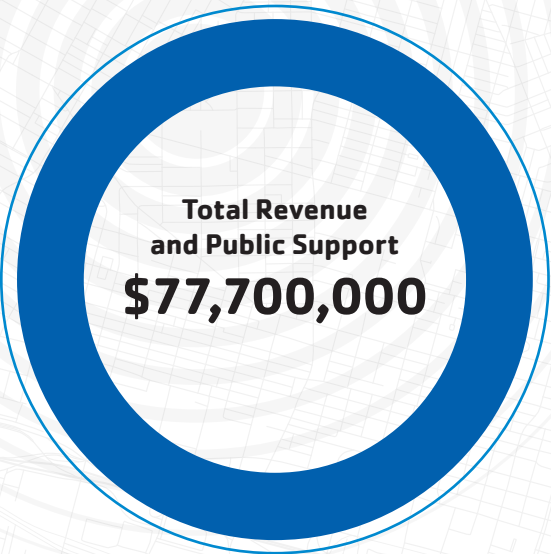


Brad Koeneman
Metro Board Chair

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

our three primary strategies to achieve success – **commitment to culture, organizational excellence and social responsibility**. As part of that plan, we continued to implement our comprehensive capital campaign with the **Bayer YMCA groundbreaking, a \$2.5 million investment** that represents the first of many upcoming capital renovations throughout our association.

We are proud to share with you a snapshot of the Gateway Region YMCA over the past year and our efforts to strengthen your community. Whether you are a donor, volunteer, staff member, corporate partner, program participant, Y member, civic leader or friend, you are crucial to our success and we appreciate your commitment, participation and support.



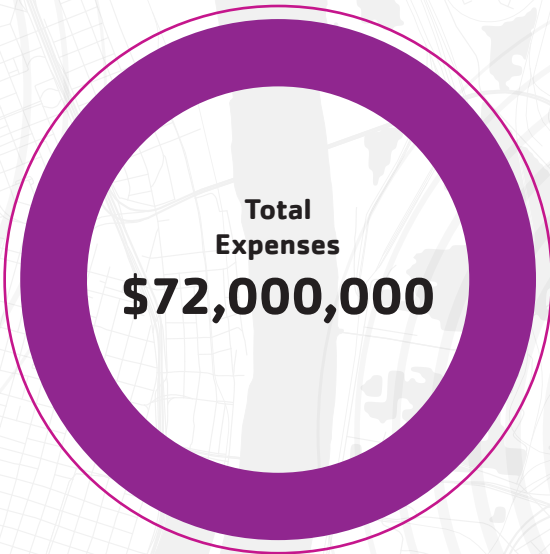
Revenue

Operating revenue	\$71.1M
Total end of year net assets	\$128.2M

Public Support

United Way	\$1.7M
Grants	\$1.7M
Contributions	\$5.2M*

**Includes \$2M of restricted contributions to be recognized at a later date.*



Expenses

Program	\$63.4M
Fundraising	\$1.9M
Administrative	\$6.7M

3rd Largest United Way Recipient

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

5,000+
EMPLOYEES
(Full-time & part-time)

4,900
VOLUNTEERS
Gave **100,000** volunteer hours to strengthen their community

325,000+
LIVES IMPACTED
Through membership and programs, including:
107,00+ children/teens
156,000+ adults
62,000+ seniors

\$6.29M
IN FINANCIAL ASSISTANCE
Given to those in need to participate in Y programs and services

\$509,00+
ALLOCATED TO 1,157 INDIVIDUALS
through our Inclusion Services Program.

BUDGET AND SCOPE

COMMUNITY REACHES HERE



YOUTH DEVELOPMENT

The Y is working to nurture the potential of every child and teen by cultivating the values, skills, and relationships that lead to positive behaviors, better health, and educational achievement.

Youth sports participants earn up to **40% higher** test scores

15,081

Youth sports participants gained confidence and learned new skills

Swim lessons can reduce the risk of drowning by **88%** among children ages 1-4

14,737

Participants in youth swim lessons, an essential life skill

8,972

Summer day camp participants gained confidence/learned skills

2,380

Overnight camp participants made lasting memories

child care

587

Early Childhood Education children

4,672

Y Club youth

113

Child care sites

30

School district partnerships

HEALTHY LIVING

The Y works improve the health and wellbeing in our community by providing support, guidance and resources aimed at improving the spirit, mind and body of the whole individual.

chronic disease

The Y is committed to ensuring healthy living across the region through evidence-based programs that support those who've been diagnosed or are at risk for chronic diseases such as cancer, diabetes, Parkinsons, high blood pressure, and obesity.

1 in 3 adults in the United States are prediabetic.

Prediabetic Individuals that take part in CDC-recognized lifestyle change programs decrease their risk of developing type 2 diabetes by **58%**

YMCA Diabetes Prevention Program

53 individuals participated in a 12-month, group-based program to encourage behavioral change to reduce the risk for diabetes

LIVESTRONG at the YMCA

246 individuals participated in a free 12-week wellness program for adult cancer survivors

Y Integrated Fitness Program

83 people with documented developmental disabilities became comfortable with programs and equipment, feeling included and able to pursue their health goals

SOCIAL RESPONSIBILITY

1 in 6
Individuals lives in poverty
and struggles with hunger
in the St. Louis region

The Y gives back and responds to society’s most pressing needs by developing innovative, community-based solutions and inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change.

750
YOUTH AND GOVERNMENT PARTICIPANTS
Provides students the opportunity to experience the democratic process and develop into citizens of a participatory society.

319
Y LITERACY PARTICIPANTS
Providing youth and adults in need with tutoring and education opportunities so everyone can reach their full potential and succeed.

addressing food insecurity

COMMUNITY GARDENS | **3,900**

Pounds of food produced by 1 of our 9 community gardens in a year

HEALTHY EATING & PHYSICAL ACTIVITY (HEPA) | **14,502**

Children educated about Healthy Eating and Physical Activity

FOOD ACCESS | **82,671 MEALS**
98,730 SNACKS

Served to individuals in Y programs across the region

THANKSGIVING FOOD OUTREACH | **940+**

Meals provided through food drives and dinners in partnership with community organizations

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
Fred Perreand
Emily Pitts
Susan Ratz
Jon Reed
Kurt Schwager
Amy Smith
Jacques Thro
Matt Whiting
David Wilsdorf

bridging the opportunity gap • connecting communities • cultivating health equity

OPPORTUNITY FOR ALL

comprehensive campaign

In 2019, the Gateway Region YMCA continued to implement the early phase of our major, multi-year comprehensive campaign with the goal of helping ensure all youth and families in our region have the resources needed to succeed.



expanded reach CAPITAL IMPROVEMENT

A groundbreaking and dedication ceremony held in St. Louis signaled the start of \$2.5 million in renovations for the newly renamed Bayer YMCA.

When completed, the Bayer YMCA, located in the North St. Louis area of the city, will include an expanded Early Childhood Education Center, expanded health and wellness services, the addition of a new STEM & Teen Technology Center and community kitchen.

The Bayer YMCA announcement is the first of four significant Phase 1 announcements planned over a 12 month period by the Gateway Region YMCA as part of our Comprehensive Capital Campaign.



securing the future PLANNED GIVING

We are able to invest in the future while providing support today for program innovation and scholarships through donations to our endowment.

\$25M+
Endowment
Value

access for all ANNUAL CAMPAIGN

Thanks to generous support from the community, our Annual Campaign provides financial assistance and subsidies to ensure all who wish to participate can regardless of their financial situation.

\$3.365M
Raised in 2019
Annual
Campaign

7,700+
Donors to
the Y



GATEWAY REGION YMCA

2815 Scott Ave, Suite D
St. Louis, MO 63103
314.436.1177
gwrymca.org

Proud member of



Greater St. Louis