



RESILIENT

Gateway Region YMCA 2021 Annual Report



We are proud to share with you the Gateway Region YMCA 2021 Annual Report. Coming off the heels of the unprecedented year the world experienced in 2020, last year was still another challenging year for our Y. The pandemic continued to test us and create uncertainty in many ways.

Despite that, the commitment and resolve of our remarkable team of volunteers and employees enabled us to move our mission forward as we worked to recover financially and get back to positively impacting thousands of lives in the community.

In 2021, we were able to resume many programs and services in person, like math and reading Learning Labs, safety around water, the YMCA Diabetes Prevention Program, STEAM, and other services critical to so many in our community.

Working with our Metro Board of Directors, we updated our three-year Strategic Plan to reflect the ever-changing world brought on by the pandemic to guide our decision-making as we continue our recovery. Our three primary strategies to achieve success focus on commitment to culture, organizational excellence and social responsibility. As part of that plan, we continued with our comprehensive "Opportunity for All" capital campaign, approaching \$40 million by the end of 2021 as we march toward our \$55 million goal. Last year's efforts were highlighted with the ribbon cutting at the Emerson YMCA, a \$1.5 million investment that represents just the latest in significant capital investments throughout our association.

We are so thankful for the widespread community support. Funds from our comprehensive campaign are invested directly into the community - allowing us to serve more people, innovate and improve programs, and ensure we have purposefully designed spaces to support generations to come.

More than anything, last year taught us how resilient our Y is, and how overcoming the challenges of the pandemic has only made us stronger and better. Thanks to our volunteers, members, staff and supporters, we were able to accomplish so much more than we thought we could, and we are excited about the future. Thank you for your ongoing commitment to our cause.



Tim Helm
President & CEO



Melissa Lackey
Metro Board Chair

DEAR FRIENDS

Revenue

Operating revenue	\$68.3M
Total end of year net assets	\$137.7M

Public Support

United Way	\$1.4M
Grants	\$4.3M
Contributions	\$1.8M
One-time COVID relief funding	\$10.1M

Expenses

Program	\$52.2M
Fundraising	\$1.7M
Administrative	\$5.8M



227,549 LIVES IMPACTED
Through membership and programs

2,146 EMPLOYEES
(Full-time & part-time)

1,163 VOLUNTEERS
Gave **34,700** volunteer hours to strengthen their community.

5th largest UNITED WAY RECIPIENT
Source: St. Louis Business Journal list of largest United Way of Greater St. Louis allocations

\$2.76M IN FINANCIAL ASSISTANCE given to those in need to participate in Y programs and services.

\$10.1M IN COVID-19 FUNDS AND GRANTS (including PPP funding and childcare grants) helped us continue our work to strengthen communities.

\$613,600 allocated to serve **725 INDIVIDUALS** through **INCLUSION & ADAPTIVE SUPPORT SERVICES**

BUDGET & SCOPE



YOUTH DEVELOPMENT

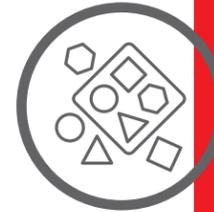
YOUTH DEVELOPMENT

The Y works 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.



11,373
Youth sports participants

*"The Y's youth programs are so important, as they give each child a chance to have a **healthy outlet**, a chance to build **lasting relationships** with their teammates, and **build character**."*
- Youth sports volunteer



5,649
Day camp participants

6,732
YMCA Camp Lakewood participants

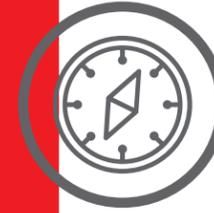
3,241
participants
at 5 Early Childhood Education Centers

3,062
Y Club participants
at 77 Y Club sites

25
school district partnerships



9,156
youth served in Out of School programs



SAFETY AROUND WATER

In people under 30 in the U.S., drowning is one of the top three leading causes of unintentional injury death. Research has shown disproportionately high drowning rates among some racial and ethnic groups, an important health equity issue.

The Y's size and reach uniquely positions the organization to bridge the gap in the delivery of water safety education. Our Y has a long-term goal of equipping 5,000 children with drowning prevention skills by 2029, thereby helping reduce the risk of drowning for at-risk youth.

1,357 individuals
given **discounted \$5 swim lessons** to promote safety and provide assistance where needed, thanks to the St. Louis City Museum, at 9 of our YMCAs.

11,555 individuals
given **traditional swim lessons**

352 individuals
in **swim outreach programming** targeting at risk communities

256 children
in **Safety Around Water school collaborations** (classroom, dry land, and in-water curriculum)

285 children
in **Go for Green**, a program offering lessons to day camp youth who haven't passed their swim test.

Free programs offered to the community





HEALTHY LIVING

The Y continues to serve as a community leader in health and wellness by providing education and opportunities around physical activity, nutrition and lifestyle changes.

HEALTHY LIVING

YMCA's Diabetes Prevention Program

146 individuals

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

YMCA's Blood Pressure Self-Monitoring Program

47 individuals

participated in an evidence-based program combining blood pressure self-monitoring, nutrition education seminars, and personalized support.

Integrated Fitness

74 individuals

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

LiveSTRONG® at the YMCA

20 survivors

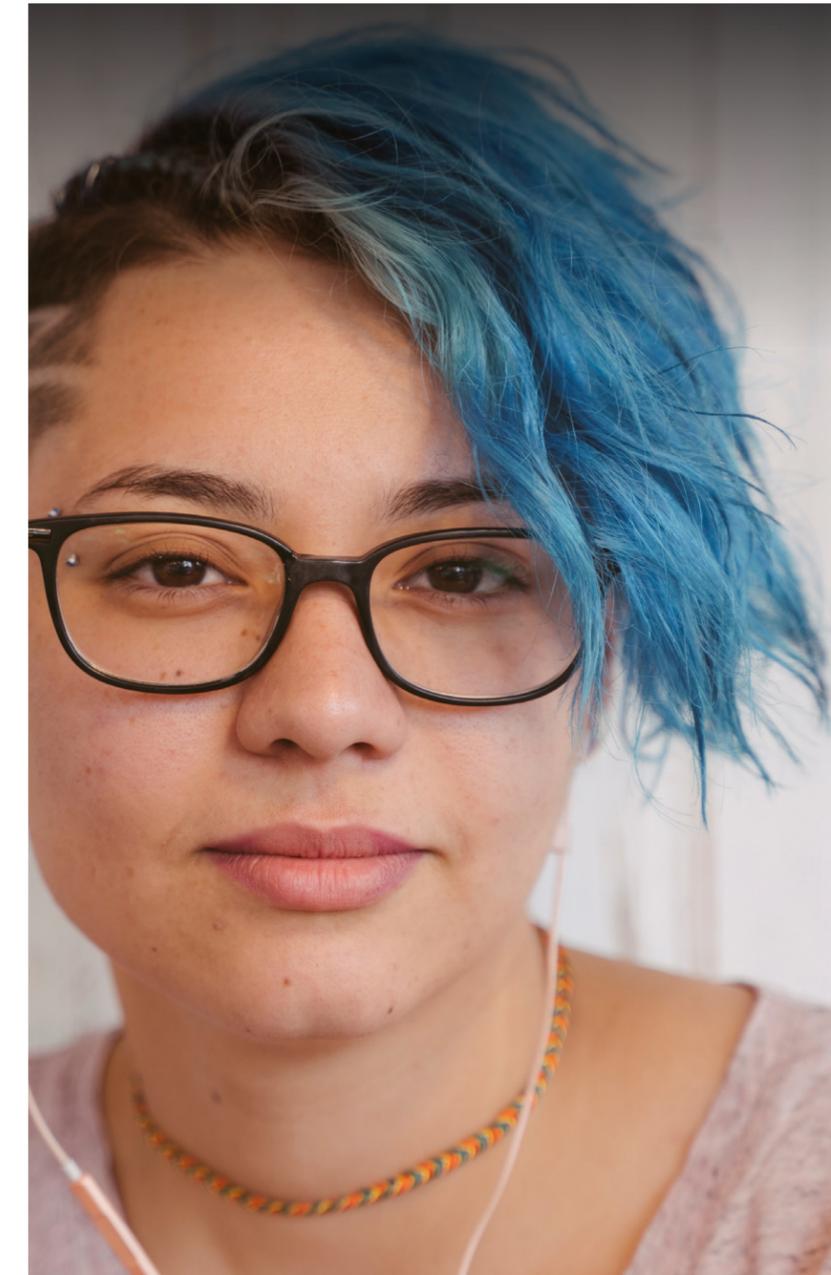
participated in a free 12-week wellness program for adult cancer survivors.

YOUTH MENTAL HEALTH

With research showing about half of all cases of chronic mental illness begin by age 14, the Gateway Region YMCA launched a program in 2021 to help address this critical challenge. Titled "Starting the Conversation," the program helps caregivers learn how to engage in conversations and address concerning behaviors around mental health. The Y was able to launch the program thanks to its longstanding partnership with Starting the Conversation. The program served 35 participants in 2021, and is quickly growing.

"The more we can get people comfortable with talking about their mental health, the more aware the broader population can be about not only what mental health challenges look like, but also that seeking help doesn't have to be threatening. A lot of evidence points to the idea that the sooner people can get support, the less severe their experience might be with a mental health issue."

- Starting the Conversation Panelist





SOCIAL RESPONSIBILITY

The Y believes that giving back and inspiring action is a key part of strengthening communities.

STEAM Programming

According to the Pew Research Center, women make up a quarter or fewer of workers in computing and engineering. In 2021 as part of its STEAM programming, the Y launched two new programs – **Techbridge** and **Technovation** – to equip girls in gaining technology and entrepreneurial skills to solve real-world problems in their community.

Y Literacy

134 participants received **1,820 instruction hours** through education and tutoring programs, which provide enriching and supportive experiences to help others learn, grow, and thrive.

"This program is wonderful. My daughter was reading at a 3rd grade level at the beginning of the school year and by the end she was reading at 5th grade level. She still needs to work on fluency but her comprehension is fine." – YRead parent

Food access

Every year, the Y opens the doors to the community, such as during the annual Thanksgiving meal at the O'Fallon Park Rec Complex, and also supports food access for children in need through our child care programs.

72,456 meals served

360 boxes collected

during the Day Camp Food Drive at 21 Y locations, in partnership with the St. Louis Area Foodbank.

SOCIAL RESPONSIBILITY



EMERSON YMCA



The Y celebrated the renovated Emerson YMCA in North St. Louis County with a ribbon-cutting ceremony. Thanks to the generous support of Emerson, the global technology and industrial software company headquartered in North County, the \$1.5 million in renovations includes expanded health and wellness services, a community kitchen, updated child watch, a new lobby and accessible front entrance, and a new family changing room.

COMPREHENSIVE CAMPAIGN

The Gateway Region YMCA is grateful for the widespread community support for our multi-year, \$55 million Comprehensive Campaign. Themed “Opportunity For All,” the campaign is focused on bridging the opportunity gap, connecting communities and cultivating healthy equity in order to help those most in need in our community.

Comprehensive Campaign total: \$39,856,285
Donors to the Y: 10,000+

Annual Campaign

Supporting our Annual Campaign means that we can scale and expand our programs into our most vulnerable communities, as well as allow us to sustain current services, all while ensuring access and opportunity for all.

Raised in 2021 Annual Campaign: \$3,011,520

Capital Campaign

The Gateway Region YMCA has launched a multi-year Capital Campaign in an effort to increase our impact by serving more people, innovating and improving programs, and ensuring we have purposefully designed spaces to support generations to come.

Raised toward Capital Campaign in 2021: \$5,030,360

Endowment

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

Endowment Value: \$31,915,214 (As of 12/31/2021)





INCLUSION AND ADAPTIVE SUPPORT SERVICES

For people with a documented developmental disability, the Y provides opportunities to be engaged in a number of programs through Integrated Fitness programming. Trained staff help ensure each person is able to become familiar and comfortable with programs and equipment, including cardio and group exercise, aquatics, lap swimming, and strength training.

In 2021, the Y served 725 individuals through Inclusion and Adaptive Support Services, including 74 in Integrated Fitness programming. Colin (pictured left) and Sam were two of these individuals.

“You are truly changing Sam’s life! What you do matters. I’ve been involved in a great deal of programming for people with disabilities over the years and yours is top tier.”
- Karen (Sam’s mom)

At-Large Members:

- Matt Auffenberg
- Vince Bennett
- Greg Dart
- Michael Gibbons
- Steve Hanley
- Carrie Jostes
- Brad Koeneman
- Melissa Lackey
- David Layton
- Mark Leeker
- Suzan McDaniel
- Rosetta Okohson-Reb
- Fred Perreand
- Emily Pitts

- Steve Rasche
- Susan Ratz
- Jon Reed
- David Rogan
- Jon Rosenstengel
- Kurt Schwager
- Catherine Small
- Amy Smith
- Greg Sonnenberg
- Danna Stone
- Jacques Thro
- Hardy Washington, Jr.
- Suzanne Whitehead
- Matt Whiting

Officers:

- Melissa Lackey, BOARD CHAIR
- Jon Rosenstengel, VICE-CHAIR
- Amy Smith, TREASURER
- Steve Hanley, SECRETARY

District Branch Board Chair Representatives:

- Monica Campbell, CITY DISTRICT
- Dr. Joseph King Jr., SOUTH DISTRICT
- Greg Rush, WEST DISTRICT
- Stephen Brock, EAST DISTRICT
- Darren George, YMCA CAMP LAKEWOOD/TROUT LODGE

METRO BOARD OF DIRECTORS



METRO BOARD OF DIRECTORS

MISSION:

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

