



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**MOVING
FORWARD** 
YMCA OF CENTRAL OHIO

MOVING FORWARD

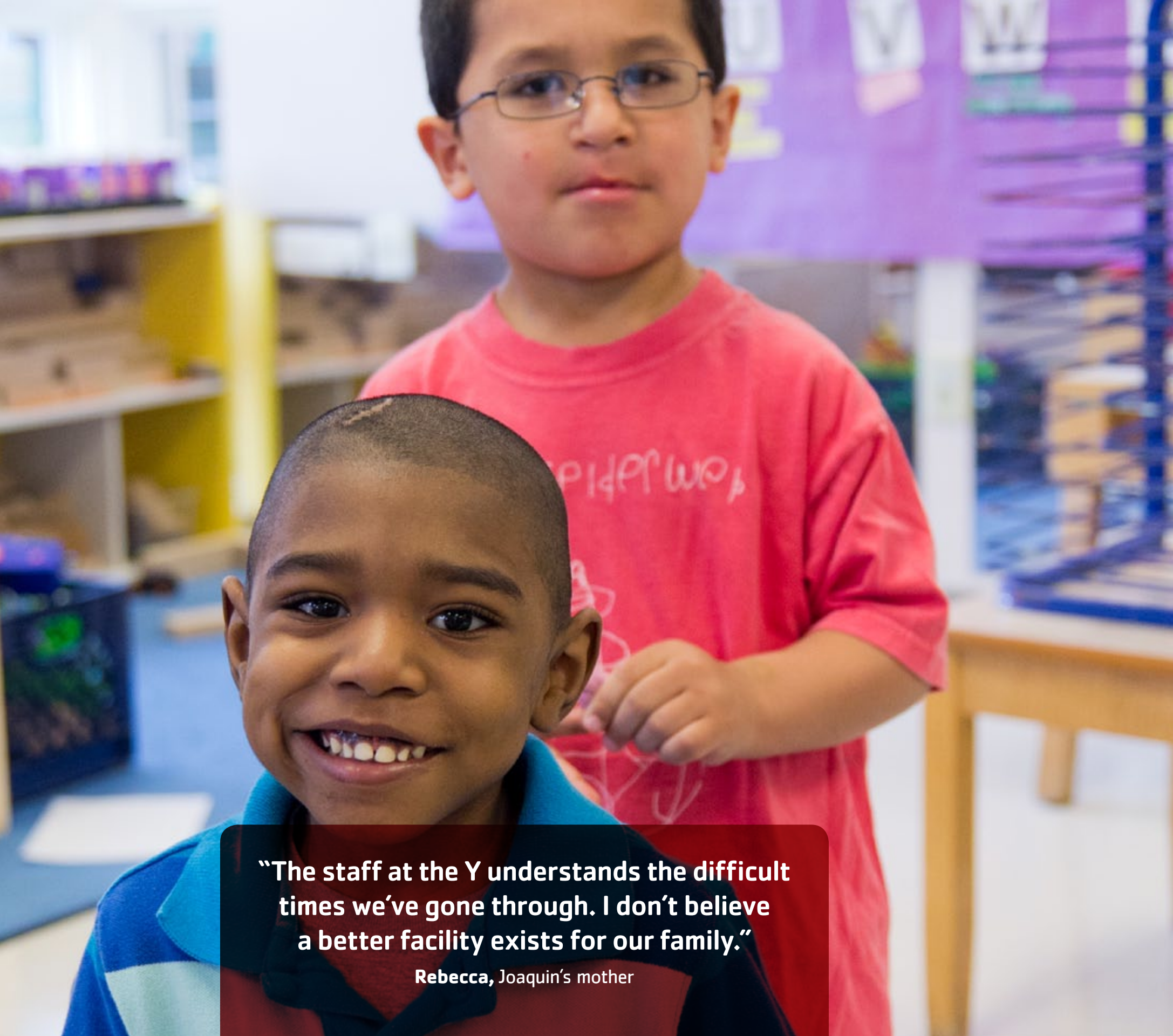
2013 WAS A YEAR OF GROWTH AND TRANSFORMATION FOR THE YMCA OF CENTRAL OHIO.

We continued our vital work to expand life-changing programs, served more kids and families than ever before, celebrated the renovation of one of our premier Ys and continued our exploration of future opportunities to support additional communities.

Inside this report, you'll meet individuals of all ages and from all walks of life who have been impacted by the Y. From guiding youth to a better future to helping families feel connected to their community, the Y is here to make change happen.

While we're looking ahead to meet challenges and exceed expectations in 2014, it's important to reflect on 2013 to realize how our collective contributions to the Y have helped to change the physical and social landscape of Central Ohio.

WE ARE MOVING FORWARD. THE YMCA OF CENTRAL OHIO BRINGS OUR COMMUNITY TOGETHER TO BUILD A BETTER FUTURE.



“The staff at the Y understands the difficult times we’ve gone through. I don’t believe a better facility exists for our family.”

Rebecca, Joaquin’s mother

BRIGHT FUTURES BEGIN HERE

People of all ages can move forward at the Y.

For D’Marion and Joaquin, the YMCA Early Learning Center has been much more than a place to learn; it has also been a place to grow stronger, make friends and develop new skills.

D’Marion has Cerebral Palsy and first came to the Early Learning Center as an infant in 2007, because his mother was looking for a program that offered consistent, quality services. Now five years old, D’Marion has progressed to function in a regular classroom setting with little intervention and continues to improve in gross motor development. While he sometimes needs a walker to move, D’Marion insists on walking by himself and never gives up. His teachers describe him as fearless, independent and happy to have friends, like Joaquin.

Struggling with a series of medical diagnoses and in a fragile state, the Y welcomed Joaquin to the Early Learning Center in 2009. He required special feedings due to a cleft lip and palate and was developmentally delayed. But these conditions haven’t stopped Joaquin, and with the help of speech and physical therapies offered at the Early Learning Center, Joaquin has made wonderful progress.

“The staff at the Y understands the difficult times we’ve gone through. I don’t believe a better facility exists for our family,” shared Joaquin’s mother, Rebecca.

For both D’Marion and Joaquin, the Y has become a second home, a place to move forward and prepare for a bright future.



1 in 4
FRANKLIN COUNTY CHILDREN
live in poverty.¹

22%
OF YMCA CHILD CARE PARTICIPANTS
received financial assistance.



578
YMCA CHILD CARE STAFF
were committed to nurturing the potential of youth in their care.

WELCOMED INTO OUR WATERS

For Eram and her family, learning how to swim is a fundamental cultural life skill.

For Muslim parents, the ability to swim and not be afraid of water is one of the most important skills they want their children to have. Eram's family and members of her community have found the Y to be welcoming, understanding of their cultural needs and the perfect place to learn to be safe in and near the water.

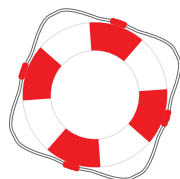
Nearly 100 women and children from the Noor Mosque visit the Hilliard/Ray Patch Family YMCA each month for private swim lessons. Karen, assistant aquatics director, said, "It's important that the Y respects the needs of the Muslim culture and accommodates our local families."

Eram and her children are regular attendees to the monthly lessons. "Even though the YMCA was founded on Christian values, my family and the Noor community have always felt welcomed at the Y. The experience has been priceless," said Eram.

"I have enjoyed getting to know Eram and the Noor community," stated Karen. "Despite our cultural differences, we're all women, mothers and sisters who come together to learn swim techniques, but more importantly about one another."

DROWNING

is the **2ND** leading cause of unintentional death in **CHILDREN** ages 1-14.¹

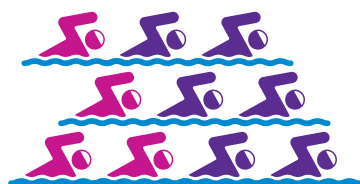


381

YMCA LIFEGUARDS

kept a watchful eye on members and guests swimming in our pools.

40%
OF U.S. CHILDREN
can't pass a basic swim test.²



"Even though the YMCA was founded on Christian values, my family and the Noor community have always felt welcomed at the Y. The experience has been priceless."

Eram, Hilliard/Ray Patch Family YMCA member

TRANSFORMING INTO A LEADER

Future leaders are shaped at the YMCA.

Nick first came to the Y as a second grader and a new enrollee in the Y's after-school program. He enjoyed basketball and dodge ball, but by 7th grade, looked to the Y's Leaders Club for new, intriguing opportunities.

It didn't take long for Nick to become entrenched in all that Leaders Club had to offer and quickly develop a strong passion for political science. After an introduction to the Ohio YMCA Youth In Government program, Nick registered to attend the Youth In Government State Assembly where he met political leaders, interacted with teens from Ys throughout Ohio and took advantage of opportunities to develop his public speaking skills.

"It's been amazing to see Nick transform and mature into such a fine young leader," said Jimmy, Y staff and Leaders Club mentor.

Nick said the Y has allowed him to reach goals he would have never imagined. "If I had never attended the Y as a second grader, I might currently be sitting on the couch at home and playing video games instead of following my passions," said Nick. "I thank the Y for helping me develop better social skills, making me a humble person and allowing me to take small steps toward making my government career goals a reality."

1 in 7
U.S. STUDENTS K-7TH GRADE
report being a victim of bullying.¹



"I thank the Y for helping me develop better social skills, making me a humble person and allowing me to take small steps toward making my government career goals a reality."

Nick, YMCA Leader's Club

Leaders Clubs strengthened their respective communities through **12,429**
VOLUNTEER HOURS.



FEELING LIKE HIMSELF AGAIN

George relished a physically active lifestyle.

He regularly played tennis, and enjoyed hockey, coaching and a variety of other sports. Following a diagnosis of cancer in 2000, George bravely faced a formidable opponent – one that he would eventually beat. As a cancer survivor, George set a new goal to heal, move forward and become physically active again.

His wife, an active member of the Y, recommended the LIVESTRONG® at the YMCA program to George so he could meet other survivors. George took that advice and soon rediscovered his love for physical activity.

“The instructors were very sensitive to my personal struggles and treated all of us (survivors) with the utmost respect,” stated George. “Everyone was so welcoming... the best part of my day was the delight I got walking through the doors of the Y.”

By the completion of the program, George had improved the pace of his walking and regained confidence in his ability to be active. He and his classmates supported one another, focused on how to reclaim their lives and worked together to move forward and heal in spirit, mind and body. George is now an active member of the Hilliard/Ray Patch Family YMCA and continues to grow stronger every day.



**“Everyone was so welcoming...
the best part of my day was the delight
I got walking through the doors of the Y.”**

George, LIVESTRONG at the YMCA participant



“Gloria and the Y have been such a huge part of my success and inspiration. The Y feels like my second home.”

Jennifer, Gahanna/John E. Bickley YMCA member

MAKING POSITIVE CHANGES

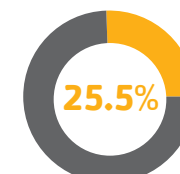
High school is a distant memory for Jennifer, but she was delighted to attend her son’s Mom Prom event.

Though she was dressed for the occasion and picture-ready, Jennifer didn’t feel good about how she looked and found herself asking, “Wow, how did I get here?”

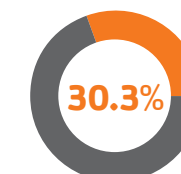
That realization would change Jennifer’s course, and she quickly embarked on what would prove to be a successful 22 lb. weight loss program by changing her diet. Unfortunately, being physically active was not part of her early success, but then Jennifer found the YMCA and set a new goal to add regular exercise into her daily regimen.

She met Gloria on her first visit to the Gahanna/John E. Bickley YMCA and discussed personal training opportunities. Little did she know that day would not only be the start of a physical and mental change, but also a great friendship with Gloria. She began to participate in group exercise classes, and it wasn’t long before Jennifer noticed the positive changes. More importantly, Jennifer remembers that she felt better, inside and out. Today, she’s moving forward and continues to set obtainable milestones for herself.

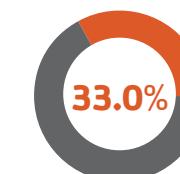
Inspired to help others, Jennifer has started online courses to become a certified personal trainer and shared, “Gloria and the Y have been such a huge part of my success and inspiration. The Y feels like my second home.”



25.5%
OF DELAWARE COUNTY ADULTS



30.3%
OF FRANKLIN COUNTY ADULTS



33.0%
OF PICKAWAY COUNTY ADULTS

self-report as obese, with a Body Mass Index (BMI) \geq 30.¹



Studies show **85% OF HEALTH SEEKERS** will fail at trying an exercise program without support.

FOCUSED ON HIS HEALTH

David was following the rules of a healthy lifestyle.

He was exercising several times a week, following the instructions from popular cooking programs by preparing meals with organic choices and olive oil. Unfortunately, David didn't see the benefits and despite his efforts, struggled with his weight, ultimately learning that he was pre-diabetic and had high blood pressure.

David talked to a staff member at the Hilltop YMCA about the YMCA Diabetes Prevention Program and appreciated the encouragement he received to try something new. Just weeks later, David was monitoring food labels, using a daily food log and on track to a successful outcome. "I didn't have to start from 'ground zero,' but the program helped me put the pieces together," shared David.

In December, David's physical and medical tests proved how much his commitment to better health had paid off. Not only did he lower his high risk counts across the board, his overall body weight went down by more than 21 percent.

Today, David continues to maintain his new, healthy regimen of diet and exercise and remains diabetes free.



"The program helped me put the pieces together."

David, YMCA Diabetes Prevention Program participant



“Jeannine is very focused, always has a smile on her face and is willing to help others.”
Paul, Jeannine’s YMCA service coordinator

FOUND HER HOME AT THE Y

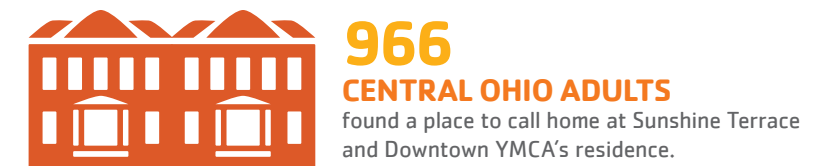
Jeannine used to be homeless in Columbus.

For two-and-a-half years, she lived in underground passageways throughout the city, unsure of where to rest or find her next meal.

One afternoon changed Jeannine’s path as a local individual approached her on the street and offered to help. Shortly thereafter, she found temporary housing and then secured residential housing at Sunshine Terrace¹ through the YMCA of Central Ohio’s supportive housing program for adult men and women. Jeannie has called Sunshine Terrace home for the past three-and-a-half years.

Feeling more secure and confident, Jeannine set her sights on building a new life for herself. She started by successfully earning her GED and now has plans to enroll in college to further her education. “Jeannine is very focused, always has a smile on her face and is willing to help others,” said Paul, a YMCA service coordinator. “I’m so proud to have a framed photograph from Jeannine’s GED graduation on my desk. She’s truly an inspiration.”

As Jeannine reflected on the past few years, she said she feels human and like a real person now that she’s off the streets. Jeannine knows firsthand how hard it can be to move forward and overcome obstacles. She says she has become a better person because of her struggles and is thankful for the housing team at the Y for welcoming her and being so supportive during her time of need.



¹Sunshine Terrace is funded in partnership through and the YMCA Annual Giving Campaign.

FINDING THEIR COMMUNITY

When Doug moved back to Columbus three years ago, he was eager to find a volunteer opportunity that would have a meaningful impact.

After a recommendation from his aunt, Doug contacted the Downtown YMCA. While numerous opportunities existed, his passion for long-distance running inspired Doug to create something for the men who live at the Y's 40 West Long Street location. Columbus Sole was born.

Built on a foundation of trust, community and a desire to set and accomplish a personal goal, Doug welcomed a small group of Y residents into a vigorous training program.

"Running is a vehicle that helps these men meet their goals, both internally and externally," Doug shared. "Each week they accomplish something new that builds their confidence." In November, five residents completed the training and went on to run in the Ohio State Four-Miler, a fundraiser for cancer research.

It was clear that the YMCA residents flourished through Doug's commitment to them, but he didn't anticipate the impact Columbus Sole would have on him personally. "I've made new friends...this experience has changed my life." Doug is already gearing up for next year's work with Columbus Sole and a new, larger group of participants.



17 DOWNTOWN YMCA RESIDENTS

ran as a part of Columbus Sole with goals of accomplishment, commitment to community, trust and connections.

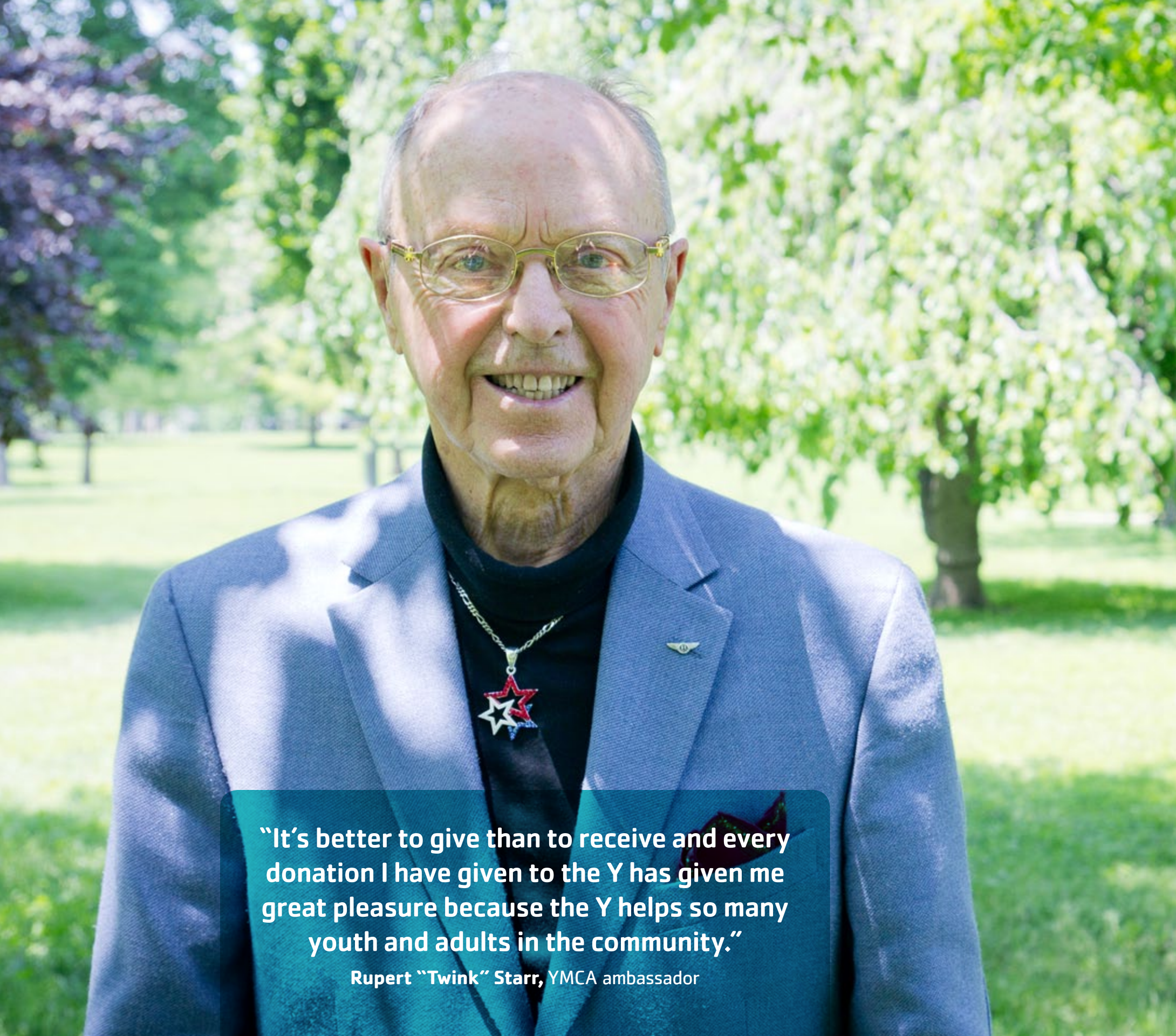
5 COLUMBUS SOLE RUNNERS

completed the Ohio State 4-Miler race in November.



"Running is a vehicle that helps these men meet their goals both internally and externally."

Doug, Volunteer leader of Columbus Sole running group



“It’s better to give than to receive and every donation I have given to the Y has given me great pleasure because the Y helps so many youth and adults in the community.”

Rupert “Twink” Starr, YMCA ambassador

GIVING WITH A HIGHER PURPOSE

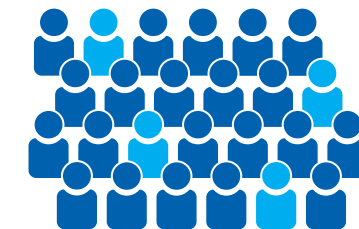
Campers who visit YMCA Camp Willson are sure to see and explore the Twink Starr Treehouse.

For Rupert “Twink” Starr himself, who donated a meaningful gift to the Y for the treehouse to be built, it’s a symbol of his gratitude and history with the YMCA of Central Ohio.

Twink moved to Columbus in 1950 and joined the Y at the recommendation of his fraternity brother, Bob. As someone new to Columbus, Twink made many new friends at the Y, where he participated in activities such as volleyball and racquetball.

But Twink found his best experiences through Men’s Camp at YMCA Camp Willson. “Camp is a getaway from daily routines, a source of relaxation and great camaraderie,” he said. “It’s such a large part of the community...it’s better to give than to receive, and every donation I have given to the Y has given me great pleasure, because the Y helps so many youth and adults in the community.”

A photograph of the Twink Starr Treehouse, signed by a group of YMCA Camp Willson campers and given to him, now hangs in his home. While the photograph brings back fond memories of the Y for Twink, the real-life treehouse will continue to create new memories and experiences for generations of youth to come.



16%
OF CENTRAL OHIOIANS
live below the poverty level.¹

2013: A YEAR OF MOVING FORWARD

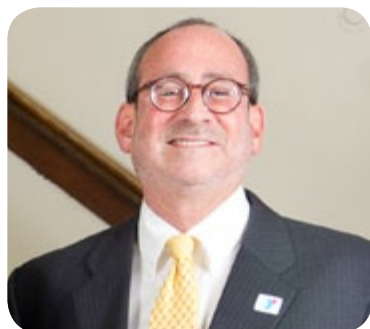
2013 was a year of tremendous progress for the YMCA of Central Ohio.

We had the privilege of celebrating the renovation of our Hilltop YMCA. The newly-expanded facility will deliver many lifetimes of benefits to the children and families of the West Side. But 2013 was also a year of quieter achievements as well. Here are some highlights:

- Welcomed visitors 2,281,314 times to our YMCAs.
- Determined to expand our capacity to serve cancer survivors, we grew participation in our RideSTRONG for Cancer Survivors fundraiser by almost 84 percent, allowing us to expand the program to all 12 of our YMCA branches.
- Targeted to address problems of disconnected young people, escalating achievement gaps and the threat of youth obesity, our signature youth programs such as Summer Learning Loss Prevention and experienced healthy growth and broad support.
- Continued to attract community leaders to our carrying on a long tradition of excellence in governance.

The new year brings greater opportunities to expand our reach and deepen our contribution to the quality of life in Central Ohio. To help children and teens learn and realize their potential. To help families become stronger. To foster a sense of belonging for seniors. And to unite our community, welcoming people of all ages and walks of life to the Y so everyone has the chance to learn, grow and thrive.

Together, we will make 2014 our best year yet.



Hal Keller

HAL KELLER
Chair, Metropolitan General Board



Andrew A. Roberts

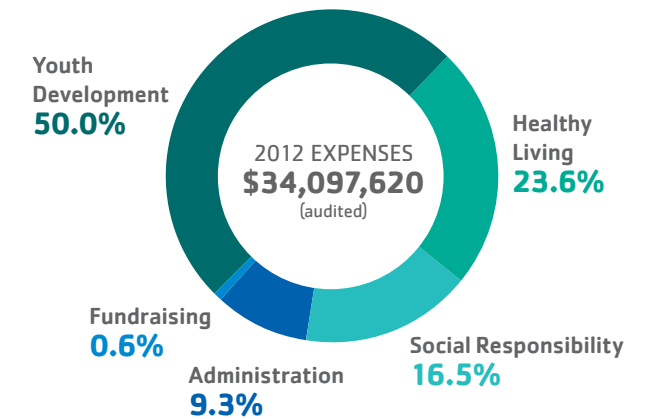
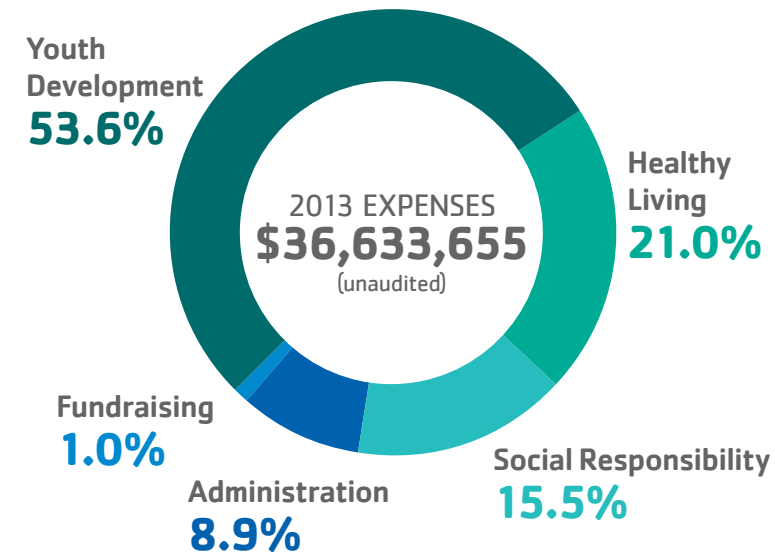
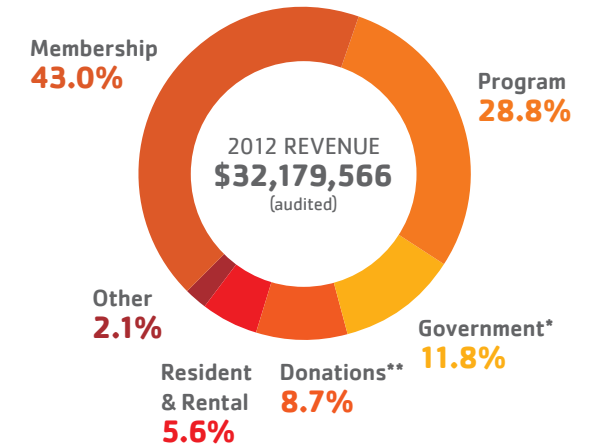
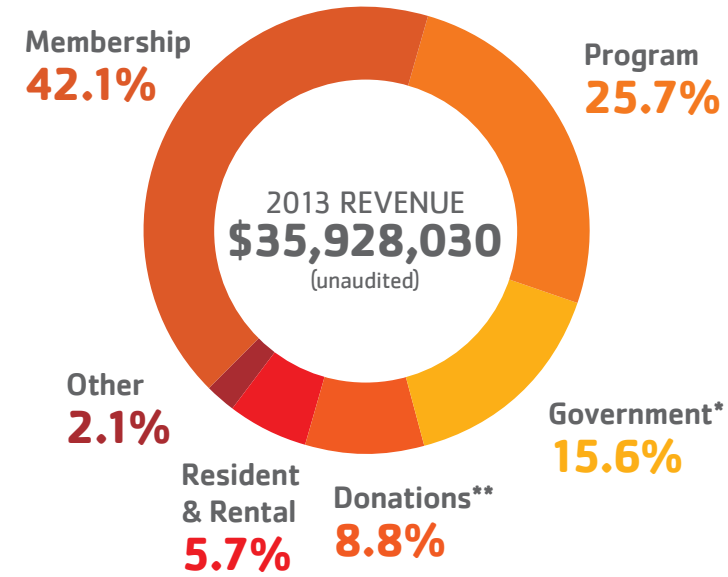
ANDREW A. ROBERTS
President and CEO





LEADERSHIP

OPERATING FINANCIALS



CHANGE IN NET OPERATING ASSETS	(\$705,625)
NON-CASH DEPRECIATION	\$2,644,752
2013 ESTIMATED NET CASH FLOW FROM OPERATIONS	\$1,939,127

CHANGE IN NET OPERATING ASSETS	(\$1,918,054)
NON-CASH DEPRECIATION	\$2,597,066
2012 NET CASH FLOW FROM OPERATIONS	\$679,012

* Includes Federal, State and Local funding for Child Care, Housing, Early Childhood Resource Network+ and Diabetes Prevention.
** Donations include United Way Agencies from Franklin, Pickaway and Delaware Counties.



FULL FACILITY BRANCHES

Delaware Community Center YMCA

Julie Weller, Branch Board Chair
Matt Bruns, Executive Director
1121 South Houk Road, Delaware, Ohio 43015

Downtown YMCA

Paul Davison, Branch Board Chair
Sue Darby, Executive Director
40 West Long Street, Columbus, Ohio 43215

Eldon & Elsie Ward Family YMCA

Abigail Mack, Branch Board Chair
William Stevenson, Executive Director
130 Woodland Avenue, Columbus, Ohio 43203

Gahanna/John E. Bickley YMCA

Andrew C. Glenn, Branch Board Chair
Paul Westenheffer, Executive Director
555 YMCA Place, Gahanna, Ohio 43230

Grove City YMCA

Scott Vandegrift, Branch Board Chair
Tony Delisio, Executive Director
3600 Discovery Drive, Grove City, Ohio 43123

Hilliard/Ray Patch Family YMCA

Stephen Brooks, Branch Board Chair
Malik Moore, Executive Director
4515 Cosgray Road, Hilliard, Ohio 43026

Hilltop YMCA

Jason Pfeiffer, Branch Board Chair
Al Obayuwana, Executive Director
2879 Valleyview Drive, Columbus, Ohio 43204

Jerry L. Garver YMCA

Sheryle Powell, Branch Board Chair
Cory Hughes, Executive Director
6767 Refugee Road, Canal Winchester, Ohio 43110

Liberty Township/Powell YMCA

Greg Georgic, Branch Board Chair
Lolita Haverlock, Executive Director
7798 North Liberty Road, Powell, Ohio 43065

North YMCA

Jim Durham, Branch Board Chair
Marci Hasty, Executive Director
1640 Sandalwood Place, Columbus, Ohio 43229

Pickaway County Family YMCA

Shelly Harsha, Branch Board Chair
Jeff Phillips, Executive Director
440 Nicholas Drive, Circleville, OH 43113

Vaughn E. Hairston YMCA

Pam Slater, Branch Director
3500 First Ave, Urbancrest, Ohio 43123

OUTDOOR FACILITIES

Hoover YMCA Park

Pam Slater, Branch Director
1570 Rohr Road, Lockbourne, Ohio 43137

YMCA Camp Willson

Jim Sexstone, Executive Director
2732 County Road 11, Bellefontaine, Ohio 43311

YMCA EDUCARE CENTERS

YMCA Early Learning Center

Carla Kossoudji, Center Director
2879 Johnstown Road, Columbus, Ohio 43219

YMCA Hilltop Educare Center

Chloe Viers, Center Director
1952 West Broad Street, Columbus, Ohio 43223

YMCA St. Ann's Educare Center

Jenny Gates, Center Director
495 Cooper Road, Westerville, Ohio 43081

MULTIPURPOSE/AUXILIARY SITES

Hilltop YMCA/Cherry Creek

600 Fox Ridge Street, Columbus, Ohio 43228

Early Childhood Resource Network+

Samantha Stewart, Executive Director
6555 Busch Boulevard Suite 112, Columbus, Ohio 43229

T

Clark Hall

380 Granville Street, Gahanna, Ohio 43230

U

Mingo Park

3500 East Lincoln Avenue, Delaware, Ohio 43015

YMCA PROGRAMS BY THE NUMBERS

Head Start sites*

Strong-Well-Fit sites*

LIVESTRONG® at the YMCA sites*

Diabetes Self-Management sites*

YMCA Diabetes Prevention Program sites*

9

Corporate Wellness sites

Positive Alternative Learning for Students sites*

Licensed School-Age Child Care sites*

4

21st Century Community Learning Centers Afterschool sites*

2

Teen Afterschool sites

1

Kindergarten Plus sites

2

Full-Day Licensed School-Age Summer sites

Licensed Summer Before & After Camp sites*

Summer Day Camp sites*

Housing sites*

*Indicates some or all sites located at Full Facility Branches

