



WHATCOM FAMILY YMCA | Annual Report 2016

TODAY. TOMORROW. BETTER



www.whatcomymca.org

The Y.™ For a better us.™



BETTER TOGETHER

MAKING AN IMPACT

OUR MISSION

The Whatcom Family YMCA is an association of individuals with shared values which enhance the community with programs for the spirit, mind and body.

OUR CAUSE

At the Y strengthening the foundations of community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

The work of the Whatcom Family YMCA encompasses capturing the collective caring and goodwill of our stakeholders - volunteers, staff, donors - and converting it into life-changing experiences for the children, adults and families whose lives we touch.

2016 was a year of unparalleled impact as our organization reached new levels of community outreach, programs and services.

- We expanded our supervised, organized after school care to Kendall and Nooksack. These programs provide parents a sense of peace that their children are safe until they return home from work.
- Our focus is to meet the needs of the under served & financially challenged populations of Whatcom County
- The Y awarded over \$313,000 in financial assistance to 6,945 individuals and/or families in 2016
- We served over 11,700 members countywide

YOUTH DEVELOPMENT

The social-emotional, cognitive and physical processes that all youth uniquely experience from birth to career.

We believe that all kids deserve the opportunity to discover who they are and what they can achieve.

HEALTHY LIVING

Improving the health and well-being of Whatcom County.

We believe we have a responsibility to make a positive and measurable impact on our community's health.

SOCIAL RESPONSIBILITY

Listening and responding to our communities' most critical and social needs.

We believe communities are strongest when all people have the opportunity to participate, connect and thrive.

For over 114 years, volunteers have powered the Whatcom Family YMCA. We're harnessing that power to make a measurable difference throughout the communities we serve.



Coached Youth



Empowered Kids



Belayed Climbers

In 2016 our volunteers donated over 16,000 hours to our community.

We had over 275 volunteers work at our spring & fall Girls on the Run 5ks. These volunteers helped encourage boys & girls achieve their goal of finishing a 5k race. That is more than 800 hours of service for the two events!

2016 Annual Campaign

Donations to the Annual Community Support Campaign make it possible for children, teens and adults to participate in Y programs regardless of their ability to pay.

In 2016, the YMCA's Annual Campaign, grants & United Way funding provided more than \$313,000 to serve more people in Whatcom County than ever before.



"What an AMAZING experience for our daughter. Thank you for providing financial assistance as she could not have participated otherwise. We were proud parents and had to fight back tears of joy as she crossed the finish line."- Brian



Ways To Give

- Cash
- Bequest, conveyed through your will
- Securities, such as bonds or mutual funds
- New or existing life insurance policy
- Gifts of real estate or other assets
- Retirement Accounts, IRAs and 401(k) Plans
- Charitable Remainder Trust or Lead Trust
- Retention of life estate

For more information or to give to the Y, contact Tracy Diehl, tdiehl@whatcomymca.org or 360-255-0445





BETTER SUPPORT

YOUTH DEVELOPMENT

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of adults who care about them and believe in their potential. We see every interaction with children and teens as an opportunity for learning and development - grounded in the Y's core values of caring, honesty, respect & responsibility.



CAMP CONNECTIONS

"For years my parents would watch my kids in the summer, which meant a lot of TV watching and Ipad playing, which wasn't ideal. Last year, that option wasn't available so I wasn't sure what I was going to do. The Y provided aid when we desperately needed it.

A scholarship allowed my oldest child to attend summer camp where he had so much fun going on field trips, playing outside and best of all learning how to swim!

My youngest child went to pre-k camp where they prepared him for Kindergarten, not only by teaching him letters and numbers, but also learning social skills like sharing and listening to the teachers. We are so thankful for the Y!"

- Jill, Adventure Camp Parent



388 campers created lifelong memories at Adventure Camp & Y's Kids Summer Enrichment.

1,100 hours were dedicated to reading time and homework help in our Y's Kids Enrichment After School program.



Over **\$42,000** was provided in scholarships & program subsidies to early learners at our Barkley and Downtown Early Learning Centers.

In 2016, 320 Trail Blazers covered **19,362** miles of beautiful Whatcom County trails.



Our Youth Sports leagues helped **2,178 kids** build teamwork & sports skills.



29 million

US adults have diabetes and 25% of them don't know

86 million

have prediabetes.

1 in 3



people with prediabetes will develop Type 2 Diabetes within five years. But with diet and exercise this can be reversed.



lose weight



eat healthy



get active

- Centers for Disease Control and Prevention



Darryl attended the YMCA's Diabetes Prevention Program to make positive changes in his life.

"The leader of the class helped me to regain a sense of proper eating habits and emphasize the importance of healthier substitutes. My wife has even lost weight since I've shared what I've learned."

HEALTHY LIVING

The Y is committed to creating a healthier community by providing health and wellness programs for every age and fitness level. From holistic health and well-being programs, to small group activities for older adults, and activity classes for children, we help everyone reach their full potential - regardless of their financial situation or ability to pay.



CHRONIC DISEASE PREVENTION PROGRAMS

SO MUCH MORE

"The benefits I have received from my membership at the YMCA include more than just access to the equipment and facilities that I use.

For me, the most important benefit is the human interaction and support that I get and give. The people share a common objective and similar challenges that gives them a unique perspective on each other that are very special to me. I can have an off day and without saying anything about it there seems to be an understanding and heart felt compassion. When challenges occur, there is an automatic support that seems to naturally occur.

The people that participate in Pedaling for Parkinson's program are the most compassionate, creative people you could hope to meet. To me they are my extended family. Over the past year I have had DBS (Deep Brain Stimulation) procedures done on both hemispheres of the brain. I am not sure how I would have been able to make the decision to do this without the support of my friends and family."

- Ron, Pedaling for Parkinson's participant



24 cancer survivors were served through LIVESTRONG at the YMCA, a free 12-week personalized physical activity and well-being program designed to help adult cancer survivors achieve their health goals.

In 2016 we had 62 participants in our Lose to Win program. After their 12-week course they lost a total of

500 Pounds!



ACT! Actively Changing Together taught 29 families with overweight children how to make healthier choices.





BETTER ACCESS

SOCIAL RESPONSIBILITY

Everything the Y does is in service of building a better community. In an ever-changing environment, we constantly face new challenges that create a greater need for the work we do. At the Y, we repeatedly assess the needs in the communities we serve and focus on meeting people where they are. Our donors, members, volunteers and staff demonstrate the power of what we can achieve by giving back together.

REDUCING THE RISK OF DROWNING



262 kids participated in the Safety Around Water program. This FREE program provides non-swimmers the tools to stay safe around water. The Y is helping to reduce the risk of drowning.

GIVING BACK



Trail Blazers and Girls on the Run perform service projects which teach kids the importance of giving back to their community.

PROVIDING DIGNITY

"The Community Shower Pass program provides much needed dignity to persons experiencing homelessness. For many staying at emergency shelters or on the streets, the opportunity to shower is rare, but when given the chance it provides much more than cleanliness.

These showers provide a greater sense of dignity in themselves and have more of a chance to stay healthy. People with regular access to showers have greater confidence entering job interviews that can lead them out of homelessness.



We, at the Lighthouse Mission, are very grateful for this program as 120 of our emergency shelter guests do not have access to shower on-site at the mission. Thank you for looking out for some of the most vulnerable in our community."

- Bridget Reeves
Director of Programs
Lighthouse Mission Ministries

4,939 showers

were provided to the homeless community in 2016 to gain health & dignity.



FINANCIAL REPORT

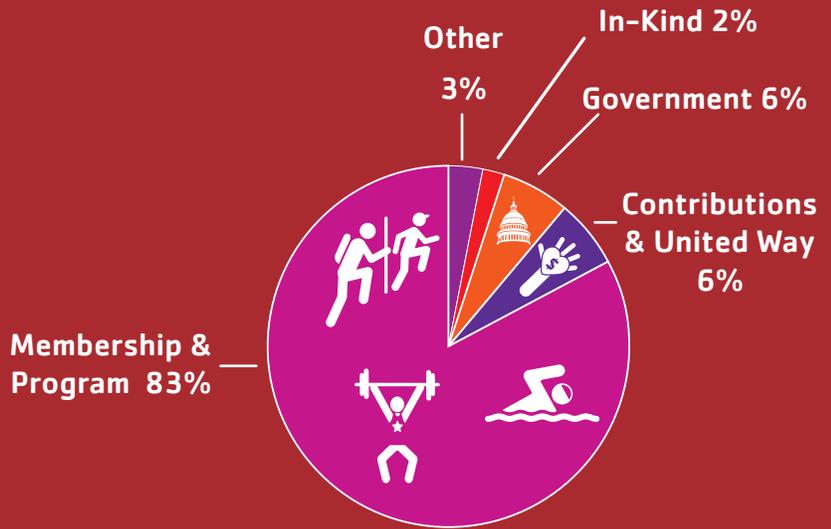
Every day at the Y, we work to make our community stronger. That work simply wouldn't be possible without a strong financial foundation. Our YMCA Mission and our financial commitments go hand in hand. We are dedicated to providing children, families and individuals with the support and resources they need to be more healthy, confident, connected and secure.



REVENUE

2016

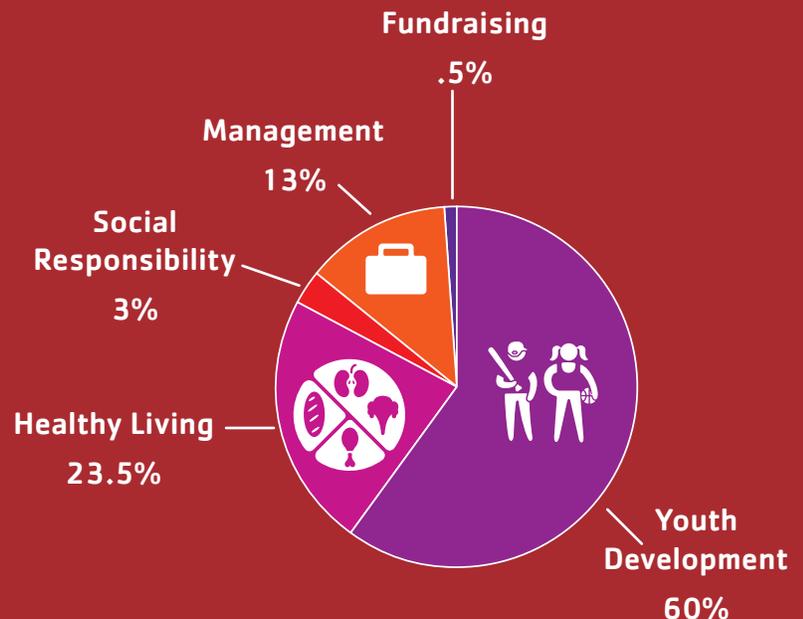
In-Kind Donations	\$120,000
Contributions & United Way	\$352,143
Government	\$329,588
Membership and Program	\$4,854,520
Other	\$144,320
Total Revenue	\$5,800,571



EXPENSES

2016

Youth Development	\$3,398,593
Healthy Living	\$1,316,365
Social Responsibility	\$159,260
Management	\$746,756
Fundraising	\$25,826
Total Expenses	\$5,646,800



The Whatcom Family YMCA is dedicated to the effective stewardship of resources entrusted to us by our donors. Our goal is to maximize benefits to our members and participants as we meet expenses and use remaining funds to invest in our facilities, technology and other capital improvements.



WHATCOM FAMILY YMCA

1256 N. State Street
Bellingham, WA 98225
www.whatcomymca.org

NON-PROFIT ORG.
U.S. POSTAGE

PAID
BELLINGHAM, WA
PERMIT NO. 20

BETTER FUTURE

The Chairman's Round Table

Advantage Vending

Altair Advanced Industries

Randy Backman

Kirsten Barron

Margo Barron

Bellingham Cold Storage

Bellingham Herald

Tammy & Brad Bennett

Birch Equipment Co.

Blythe Plumbing

Frederic Braun

Briar Development

Larry Campbell

CESCO New Concept Products

Ron & Delaine Clizbe

Greg & Stephanie Corcoran

Margaret & Marc Curtis

Dawson Construction

Bob & Connie Diehl

Herbert & Billee Ershig

Faithlife

Bryce & Kjersten Fegley

First Federal

Jim & Linda Gebhardt

Good Corp Citizen's Committee

Haggen Inc

Kathryn Haggen

Rick Haggen

Dave & Mary Harding

Evan & Becky Haskell

Troy Haskell

Haskell Corporation

Thomas & Martina Horn Foundation

HUB Northwest

Judy Hughes

Kathy Hughes

Pamela & Kenn Kiesner

Robert Knowles

Alan Knutson

LTI Inc

Curt Maberry Farm

Meg Metzger

David Morse III

Mt Baker Rotary Club

Irene Newell

Northshore Veterinary Hospital

Northwest Propane

Peoples Bank

Phillips 66 Refinery

Doug Proctor

Puget Sound Energy

Jim Rhodes

Rice Insurance

Scott Richardson

Saturna Capital

Wayne Schwandt

Charles & Phyllis Self
Endowment Foundation

Shell Oil Company

Skagit Bank

SMC - Seattle Manufacturing
Corporation

Bruce & Janice Smith

Thomas & Barb Stackhouse

Strider Construction

Superfeet

Richard Tucker

Jennifer Veltkamp

Yorkston Oil

Bill Ziels & Debbie Ahl

Grants provided by:

Allstate

Chuckanut Health Foundation

Community Food Co-op

Lummi Nation

The Mindlin Foundation

PeaceHealth

Superfeet

United Way

Whatcom Community Health Foundation

Wells Fargo

WECU

These donors contributed \$1,000 or more to our 2016 Annual Support Campaign which provides financial assistance and YMCA outreach programming, between January 1 - December 31, 2016.