



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# TRANSFORMATIONS START HERE

2016 YMCA IMPACT REPORT  
YMCA OF GREATER SEATTLE



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## A MESSAGE TO THE COMMUNITY

2016 was a historic year for the YMCA of Greater Seattle, making great strides towards our 2020 vision to better serve 300,000 people in King and south Snohomish counties. The completion of the Sammamish Community Y, in partnership with the City of Sammamish, and the expansion of the West Seattle Y grew our collective reach to more than 250,000 people. Of those 250,000 people, nearly 35 percent received financial assistance and scholarships, made possible through philanthropic gifts and grants, to ensure income is never a barrier to feeling welcome at the Y.

Together, we are making a significant impact on the issues that matter most to the communities we serve.

To help welcome and support our changing community, two New American Welcome Centers opened at the Northshore and Matt Griffin YMCAs, serving more than 800 immigrants and refugees to help communities welcome their new residents and celebrate emerging cultures.

As food insecurity becomes more prevalent in our area, our summer meals programs

served a record-breaking 193,000 meals to children and families in communities of need across the region.

Our partnership with Youth Villages led to a groundbreaking YV Lifeset program which launched last year to support young people aging out of the foster care system. And for all young people struggling with personal challenges, our innovative Accelerator Branch served 10,000 youth with a full spectrum of social services including mental health, drug and alcohol treatment, employment assistance, violence prevention, housing, and life skills—helping us better serve young people looking to become independent and reach their full potential.

Finally, as we continue to help youth develop to their full potential, camping services helped 20,000 children and teenagers #OptOutside in 2016 through our summer camps, environmental education, and expedition programs, including our Boys Outdoor Leadership Development (BOLD) and Girls Outdoor Leadership Development (GOLD) programs. And we continue to be our region’s largest provider of afterschool programs, out of

school enrichment, and summer day camp, serving 140,000 youth last year—a 23 percent increase from 2015.

Our success in 2016 would not have been possible without the dedicated efforts of our staff, volunteers, donors, and partners, to whom we owe our deepest thanks. With their continued support, we look forward to continued progress in achieving our mission: **“Building a community where all people, especially the young, are encouraged to develop their fullest potential in spirit, mind, and body.”**



**Bob Gilbertson**  
President & CEO



**Tom Hull**  
Board Chair







# 2016 YMCA OF GREATER SEATTLE LEADERSHIP

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## SAMMAMISH COMMUNITY YMCA

# MAKING MORE POSSIBLE

Great communities don't just happen, they need to be nurtured, encouraged, and empowered. When people have a place to grow, learn, and connect, communities flourish.

For more than two decades, Sammamish residents had been asking for a gathering place. In April 2016 that ask became a reality when, in partnership with the City of Sammamish, our newest and largest location opened its doors to the

plateau's residents.

While Sammamish is the city with the highest number per capita of youth under age 18 in the state, there were few opportunities for teens to participate in safe, positive activities outside of school time. The new Sammamish Community YMCA has increased programming for a rapidly expanding region and anticipates growing youth programs to reach 5,000 children and teens annually. The

Teen Leadership Board, comprised of 30 local youth, is already extremely active and engages in impactful work both inside and outside the walls of the Y like organizing the annual Eggstravaganza event.

And in West Seattle, local donors raised \$4 million to renovate and expand their neighborhood Y. The original building, open since 1983, had served the neighborhood well, but changing needs necessitated more





## EXPANDED WEST SEATTLE COMMUNITY YMCA

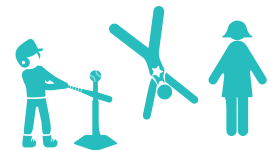
space for families to play, seniors to socialize, and everyone to enjoy new state-of-the-art fitness equipment. A brand new healthy eating kitchen provides more opportunities for the community to gather for cooking classes, nutrition workshops, and Actively Changing Together (ACT!) family wellness programs.

Both locations look forward to serving and welcoming community for generations to come!



### 13,400 CAMPER

learned new skills, developed character and made lifelong friends at YMCA Camp Orkila, YMCA Camp Colman and Greater Seattle day camps



### 142,000 YOUTH

were provided with a safe space, caring mentors, and academic support. Up 23% from 2015



### 31,700 PEOPLE RECEIVED \$8.7 MILLION

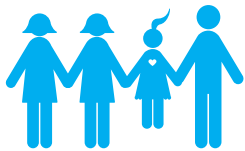
in Financial Assistance to ensure everyone has a chance to succeed and belong at the Y



### 1,500 YOUTH & TEENS

immersed themselves in civic engagement through the Youth & Government Program





**253,000 YOUTH,  
FAMILIES & ADULTS**

engaged with the Y through programs  
and facility memberships



**12,000 DONORS**

invested in their community with  
a contribution to the Y



**1 in 5 KIDS**

in our region goes to bed  
hungry each night





## THANK YOU

Our work is only possible because of the generosity of donors and volunteers. Your support makes sure more kids create unforgettable memories at camp, families have access to crucial crisis intervention support, children in King County have the food they need to thrive, and so much more!



**193,000 MEALS**

provided to low-income youth and young adults, to ensure everyone has the nourishment needed to become their best selves



**MORE THAN 40%**

Of low-income students in the greater Seattle area can't meet 3rd grade reading standards



**8,000 YOUTH  
AGES 5-12**

were provided with the tools, skills, and academic support to succeed in school and life





## **BUILDING STRONG FOUNDATIONS TEARS DOWN WALLS**

The places where we live shape our lives and our overall well-being, especially for youth and young adults. The more time a young person spends without a stable home, the more difficult success becomes in almost every area of their life, continuing on into adulthood. The Y builds supportive relationships and sustainable frameworks that empower young adults to positively contribute to their communities and thrive for the future.

On any given night, more than 800 young people experience homelessness in King County. Abuse, coming out as LGBT, and aging out of foster care are all circumstances that often force youth from homes to surviving on the streets. In Washington, one in four foster youth will





**Jaelyn**  
**Young Adult Housing Participant**



**MORE THAN**  
**800**  
**YOUNG PEOPLE**  
**ARE HOMELESS**  
**ON ANY GIVEN NIGHT**  
**IN KING COUNTY**

experience homelessness after aging out of care.

**“They don’t quit on you, even when you quit on you. And sometimes in life when you don’t have anybody, you need that.”**

“Homeless is just a place, a position in life. It’s not a decision. The biggest challenge is just accepting that’s your situation.” Powerful words from a 21-year-old who until very recently, called Seattle’s streets home.

Jaelyn discovered the Accelerator YMCA’s Young Adult Services (YAS) after aging out of foster care and struggling with homelessness for two years. The welcome and resources he’s found at YAS have helped him maintain stable housing and make progress towards achieving his life goals.

“They don’t quit on you, even when you quit on you. And sometimes in life when you don’t have anybody, you need that,” Jaelyn says.

Through YAS programs, Jaelyn connected with employment support, an internship, got help resolving legal issues, and his own apartment.

“Honestly, without the Y, I don’t know where I would be. They make you remember you’re worth something,” he says. “Everyone remembers your name, the staff are always trying to make you smile, make your day better. Not like other places that treat you like a number.”

His experiences as a foster youth have also made him a strong advocate for those still in the system.

“I may not have all the answers, but they know I’m speaking from experience. If there is anything I would want to do, it’s to know I helped a kid that was just like me.”

Hear more from Jaelyn at [www.yannualreport.org](http://www.yannualreport.org)



# A HOLISTIC SOLUTION TO ENDING YOUTH HOMELESSNESS

In alignment with the King County Comprehensive Plan to Prevent and End Youth and Young Adult Homelessness by 2020, we strive to make homelessness a rare, brief, and one-time occurrence for the young people we serve.

## YVLifeSet

In 2016 with donor support and in partnership with Youth Villages, we launched YVLifeSet, an evidence-based support model for foster youth transitioning to independent adulthood. Without stabilizing forces in their lives, foster youth are at higher risk for homelessness, unemployment, and incarceration. The intensive foundation provided through YVLifeSet has been proven to increase employment, improve earnings, housing stability, and mental health for these young adults.

## CLEAR PATH TO EMPLOYMENT

Providing job readiness, education, and employment services helps youth and young adults become independent and lead more meaningful and productive lives. Career mentoring, job search assistance, and paid internships enable homeless youth to secure employment into the future.

## INDEPENDENT LIVING SKILLS

Working one-on-one with resource counselors, foster youth gain the tools they need to transition into independence with workshops in everything from budgeting to applying for student loans.



**LARGEST PROVIDER OF HOUSING**

for homeless youth in King County



**280 YOUNG ADULTS**

provided with security, support, and housing



the Y is the **ONLY PROVIDER** of independent living services in King County for youth aging out of foster care







# A SPLASH OF CONFIDENCE: YMCA GLOBAL GUARDS ACADEMY

Swimming isn't just a lifesaving skill, it helps kids thrive in and out of the water. Swim lessons help kids and teens develop confidence by building their skills and giving them opportunities to be leaders among their peers. But when youth don't have access to develop water safety skills, they're more at risk for drowning and also miss the chance to participate in fun, meaningful recreation activities.

Over time, traditional lifeguard hiring methods have created a diversity discrepancy between pool staff and pool users. Youth of color are 10 times more likely to drown in a pool than other kids of the same age. We're changing that narrative by creating new training opportunities for youth who may currently lack skills, but are full of aspiration. Aquatics Director Nick Montgomery is bridging that gap and building a new generation of leaders through Global Guards Academy.

Nick describes his "ah-ha" moment:

"I was tired of turning these kids away who wanted jobs, so I thought, 'let's make a program that doesn't just teach them



swimming but really shows them that when they're giving it effort, we're going to support them to reach every level of success."

Global Guards makes an intentional effort to ensure aquatics staff are representative of the community they serve. Partnering with a local high school, Nick works with the career counselor to advertise the program and offers a PE credit for participation. But as he explains, "At the end of the day I'm not looking to just create lifeguards. I'm looking to create confident young leaders with bright futures."

Kitnoi, 16, just achieved her lifeguard certification after graduating from Global Guards and now mentors other participants.

"It was challenging and long hours but worth it because you make connections



**Kitnoi**  
Global Guard





**THE Y IS THE LARGEST PROVIDER**  
of swim lessons in King County

with your peers and your mentors. You're working together to build up other youth and I think that is really important," she explains.

According to Nick, "At the end of the program, they're very capable lifeguards but also lifeguards with character. They aren't just showing up for the paycheck. They are kids that care about the community and want to give back."

Both Kitnoi and fellow Global Guard Abdul credit the experience with boosting their confidence, leadership, and communication skills. For Abdul, making new friends was an added bonus.

"I don't have many school friends and now I have a lot at the Y. With their support I was able to make it through the lifeguard certification test."

Before Global Guards, Kitnoi never

thought lifeguarding was an option. But now she sees herself as a leader with the confidence to be responsible for others safety.

"I learned things that fit into every part of life. Communication, being comfortable with myself, and having a growth mindset."

Nick doesn't want the Global Guards' growth to end at the Y.

"Down the road sometimes you're going to feel like you're drowning and I hope they can look back on their experience and think, well I succeeded and became a lifeguard, so if I can keep treading water here, I'll get through other obstacles."

Discover more about Y Aquatics programs at [www.seattlemca.org/programs/swimming](http://www.seattlemca.org/programs/swimming)



**11,200 YOUTH**

gained confidence and learned water safety skills



**3 KIDS**

die from drowning everyday



**70% OF**

**AFRICAN AMERICAN**

and 60% of Hispanic kids cannot swim, compared with just 40% of Caucasian kids





## FROM STRANGERS TO NEIGHBORS: WELCOMING OUR CHANGING COMMUNITY

Welcoming to all – a simple mission that becomes even more meaningful as our region grows and evolves. We know that when all residents are able to reach their full potential, their talents and contributions will create a better future for our community.

King County's immigrant population has grown 64 percent since 2000. Thanks to support from donors, volunteers, and community partners, we've created opportunities for new immigrants and refugees to get connected to their communities through two New American Welcome Centers. The centers provide multi-lingual information, health resources, all-ages ESL classes, afterschool enrichment, housing referrals, and multi-cultural celebrations.



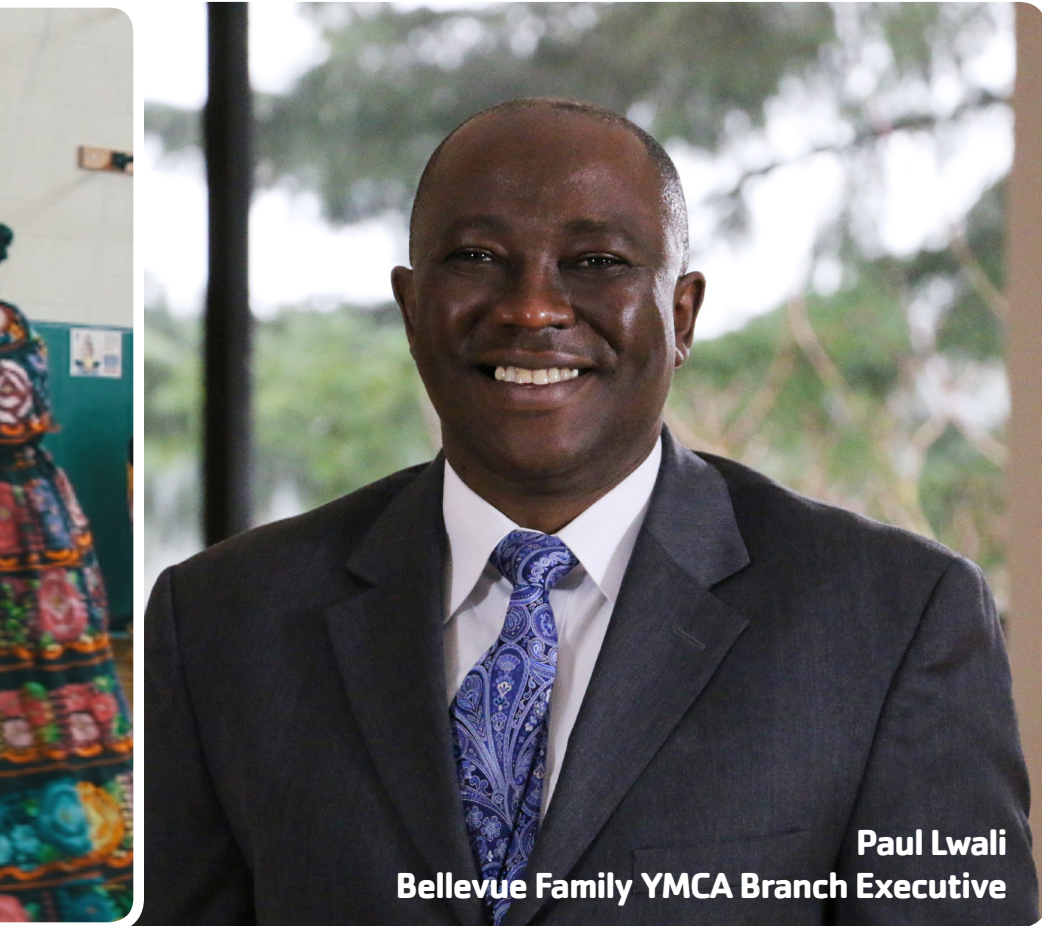
120 DIFFERENT  
LANGUAGES  
ARE SPOKEN BY  
KING COUNTY RESIDENTS



KING COUNTY'S  
IMMIGRANT  
POPULATION  
HAS INCREASED BY  
**64%** SINCE  
2000







**Paul Lwali**  
**Bellevue Family YMCA Branch Executive**

“For more than 150 years the Y has been able to adapt and change to community needs, something I’m passionate about. Finding out who is in our community and how we are serving them,” shares Paul Lwali, Bellevue Family YMCA Branch Executive.

Navigating life in a new city or state can be daunting for anyone, but gaining familiarity with a new language and culture creates additional challenges.

Providing opportunities for newcomers to positively connect with their community builds a solid foundation for successful integration and well-being at every stage of life.

As the son of African immigrants, this work particularly resonates with Paul. “The key

words in our mission is ‘all people.’ Our job is to meet community needs and make sure all people feel included.”

**“For more than 150 years the Y has been able to adapt and change to community needs, something I’m passionate about. Finding out who is in our community and how we are serving them.”**

During Welcoming Week, an annual series of events held at YMCAs across the nation, the YMCA of Greater Seattle hosted more than 20 different cultural activities celebrating the values that unite us and make our communities more welcoming to

 **more than 800**  
**PEOPLE SERVED**

through two New American Welcome Centers

 **182**  
**KIDS IMPROVED**

English language skills through English Language Learners Summer Camp

everyone who calls our region home. Paul describes the experience at the Bellevue Y:

“We had a wonderful bazaar-type atmosphere with a lot of rich, different cultures sharing food, dance, music, customs, and neighbors getting to know each other.”

“As our county rapidly changes, intentionally engaging newcomers opens up more doors to tell the Y story to a new audience that probably were not that engaged,” explains Paul. “This is just a continuation of the work we’re already doing...but now we have new stories to tell.”

To hear more from Paul visit [www.yannualreport.org](http://www.yannualreport.org)





## PRESCRIBING PREVENTION

**“Our class is so big and diverse that no matter what I go through in life, there is someone who has experienced it. That is a huge emotional support.”**

We live our healthiest lives when we have access to nutritious food, supportive spaces, and physical activities. Evidence-based health interventions like our chronic disease prevention programs, including the YMCA’s Diabetes Prevention Program, help build a healthier community and ensure that everyone has the opportunity to be the best version of themselves.

Today Y member Elizabeth is fully enjoying life, connecting with her community, and staying active with weekly fitness classes. But just a few years ago, she was plagued by multiple health challenges that made even routine activities difficult.

“I couldn’t even walk into more than one store when shopping, I had planter fasciitis so bad. I’d been diagnosed with fibromyalgia, hypertension, and I was obese,” she explains.

Half of all seniors suffer from some form

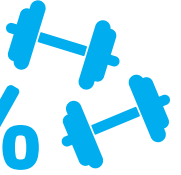




**Elizabeth  
Enhance@Fitness participant**

 **\$945**

savings in yearly healthcare costs for Enhance@Fitness participants

**94%** 

of Lose to Win participants lost weight



**1,600 YOUTH,  
FAMILIES &  
ADULTS**

learned healthier habits through our chronic disease programs

of chronic disease, like heart disease, cancer, and diabetes.

Thanks to donor supported programs like Enhance@Fitness, older adults are enabled to become more active, energized, and empowered to live independently. Trying the class on the recommendation of Y staff, within two weeks Elizabeth's blood pressure dropped twenty points, she was able to go off medication, and she started losing weight.

Changes in her overall fitness didn't just initiate dramatic results for Elizabeth but for her husband as well. His kidney disease had progressed to a point where he needed a transplant and thanks to Elizabeth's improved health, they were eligible to participate in a six-person transplant exchange.

"That was huge. I had been my husband's home patient care person for eight

months while he was on home dialysis," shares Elizabeth.

The support they received after the surgery from staff and other class members has been invaluable.

"Our class is so big and diverse that no matter what I go through in life, there is someone who has experienced it. That is a huge emotional support."

Elizabeth has made Enhance@Fitness a regular part of her routine because she finds it different from other exercise classes. Balance issues and arthritis are things she still copes with and Enhance@Fitness helps with both in a fun and creative format. She enjoys the class so much she often recommends it to friends and neighbors, especially if they're recovering from recent surgery or muscle pain.

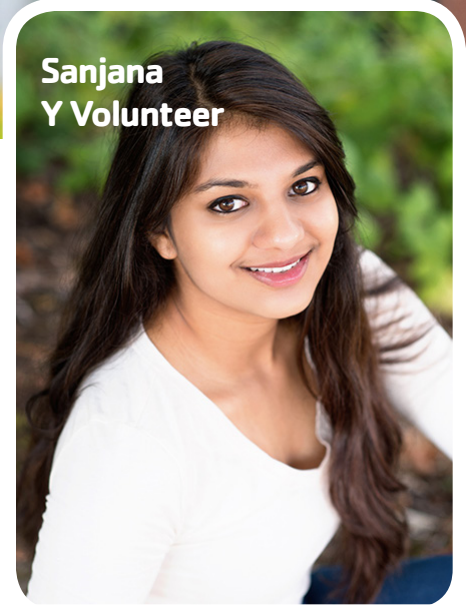
"I say this is the place you need to be because you are going to be supported physically but also emotionally and socially because it's such a wonderful group."

For Elizabeth, the Y is more than just a gym and that's motivation for her to be involved beyond exercise. She has deepened her connection to her community by participating in philanthropy activities like the annual Backpack Drive.

"I like that the Y is non-profit and community focused," she said. "It's inclusive of all people, we have a very diverse community and that diversity is reflected here at the Y. It's a real hub for everyone."

To learn more about our chronic disease prevention programs contact [chronicdiseaseprevention@seattlemca.org](mailto:chronicdiseaseprevention@seattlemca.org)





Sanjana  
Y Volunteer

**“Volunteering with the Teen Leadership Board offered me a place to voice my opinions and contribute ideas in an atmosphere where they are actually heard and taken into account.”**

## **VOLUNTEER SPOTLIGHT: SANJANA**

The word “leadership” used to terrify Sanjana. She described herself as shy, always taking a seat in the back row and avoiding eye contact with the teacher. But once she began volunteering with the Teen Leadership Board at her Y, Sanjana started

to come out of her shell. She grew her confidence and became more comfortable speaking in public. After four years as a teen volunteer, Sanjana says she’s now a different person.

“I have become so much more confident than I ever expected,” Sanjana says. “In a society where teenagers are constantly told ‘you’re just a kid’ and ‘you don’t understand,’ volunteering with the Teen Leadership Board offered me a place to voice my opinions and contribute ideas in an atmosphere where they are actually heard and taken into account.”

Her work with the leadership board never felt like a task because of the reward she got from giving back, that volunteering simply feels good. “Seeing so many kids’ day become better at a community festival or when the food bank was shocked at the amount of food we collected, it’s an incredible feeling organizing these events that result in such positivity.” Now a freshman at the University of Washington, Sanjana’s Y volunteer experience has inspired her to continue giving back to community. She hopes to work at the Y this summer and volunteers





**22,800  
VOLUNTEERS**

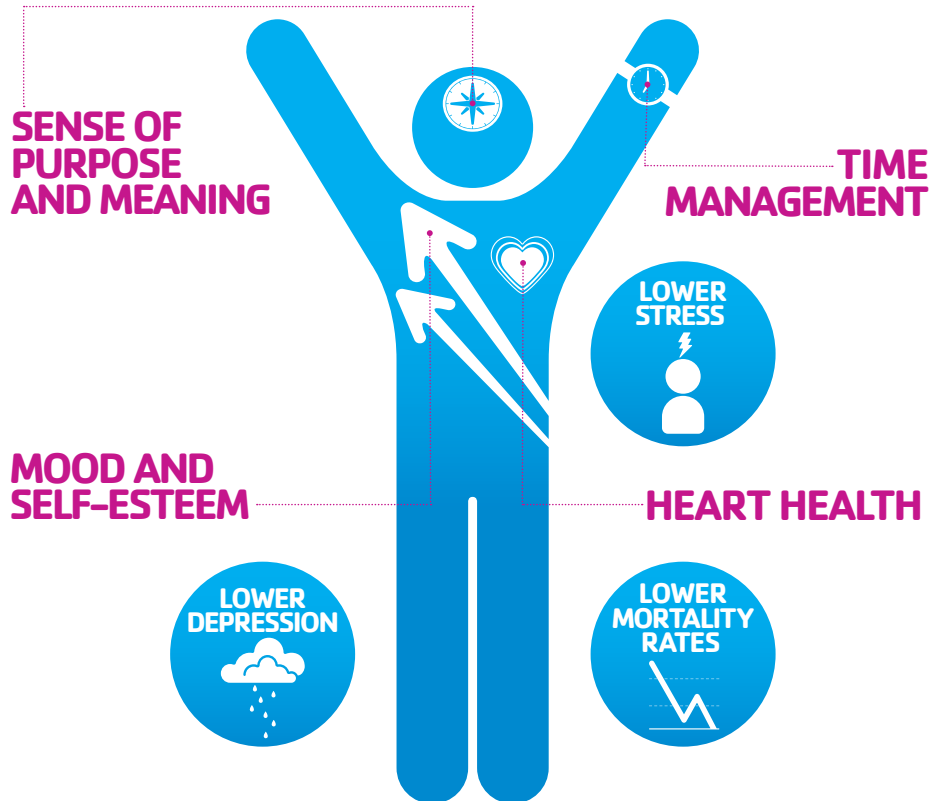
contributed 372,000  
hours of service

at events whenever she has a break from school.

I've learned that there is so much in the world that can be done to help others," Sanjana shares. "There is always something we can do to brighten up another person's day. The Y definitely helped me and my peers become more aware of our greater community."

Discover a volunteer opportunity near you at [www.seattlemca.org/give/volunteer](http://www.seattlemca.org/give/volunteer)

**VOLUNTEERS**  
EXPERIENCE IMPROVEMENTS IN:







## 2016 YMCA OF GREATER SEATTLE FINANCIALS

<b>Total All Funds</b>	<b>2016*</b>	<b>2015</b>	<b>2014</b>
<b>Total Earned Revenue</b>			
Contributions and United Way	\$53,597,781	\$10,139,654	\$10,783,520
Government	11,487,538	11,698,451	11,517,128
Membership and Program	59,711,325	52,494,156	51,525,871
Other	508,610	420,525	529,520
<b>Total Association Earned Revenue</b>	<b>\$125,305,254</b>	<b>\$74,752,786</b>	<b>\$74,356,039</b>
<b>Total Expenses</b>			
Youth Development	\$26,048,866	\$24,416,236	\$23,177,303
Healthy Living	33,646,126	30,721,254	29,935,285
Social Responsibility	11,692,792	11,100,181	11,427,097
Management	8,954,126	7,029,689	6,788,640
Fundraising	2,290,037	2,107,034	1,680,571
<b>Total Association Expenses</b>	<b>\$82,631,947</b>	<b>\$75,374,394</b>	<b>\$73,008,896</b>
<b>Other Income and Losses</b>	<b>\$3,784,241</b>	<b>(\$1,039,916)</b>	<b>\$1,681,444</b>
<b>Total Change to Reserves &amp; Endowment</b>	<b>\$46,457,548</b>	<b>(\$1,661,524)</b>	<b>\$3,028,587</b>
<b>Balance Sheet</b>			
	<b>2016*</b>	<b>2015</b>	<b>2014</b>
Total Assets	\$221,621,497	\$164,733,842	\$168,244,610
Total Liabilities	51,788,401	41,358,294	43,207,538
<b>Net Assets</b>	<b>\$169,833,096</b>	<b>\$123,375,548</b>	<b>\$125,037,072</b>

\*Unaudited



# YMCA OF GREATER SEATTLE

## BRANCHES BY REGION

### North Region

Dave Kretsinger, Regional Executive

#### Dale Turner Family YMCA

Pearl Noreen, Board Chair  
Courtney Whitaker, Branch Executive

#### Northshore YMCA

Dan Lewis, Board Chair  
Dave Kretsinger, Regional Executive

#### University Family YMCA

Gus Miller, Board Chair  
Steve Lewis, Branch Executive

### Central Region

Jeff Rainey, Regional Executive

#### Accelerator YMCA

Mark Fiebig, Board Chair  
Brooke Knight, Branch Executive

#### Downtown Seattle YMCA

Charles Purcell, Board Chair  
Cynthia Klever, Branch Executive

#### Meredith Mathews East Madison YMCA

Michael Boruszewski, Board Chair  
Shalimar Gonzales, Branch Executive

#### West Seattle & Fautleroy YMCA

Gary Potter, Board Chair  
Josh Sutton, Branch Executive

### South Region

Nathan Phillips, Regional Executive

#### Auburn Valley YMCA

Jamie Sidell, Board Chair  
Jason Berry, Branch Executive

#### Matt Griffin YMCA

Angelica Alvarez, Board Chair  
JD Hill, Branch Executive

### East Region

Marcia Isenberger, Regional Executive

#### Bellevue Family YMCA

Jeff Merrifield, Board Chair  
Paul Lwali, Branch Executive

#### Coal Creek Family YMCA

Debbie Johnson, Board Chair  
Sara Biancofiori, Branch Executive

#### Sammamish Community YMCA

Lesley Austin, Board Chair  
Dave Mayer, Branch Executive

#### Snoqualmie Valley YMCA

Carolyn Simpson, Board Chair  
Nate Smith, Branch Executive

### YMCA Camping & Outdoor Leadership

Meghan Wagner, Board Chair  
Meredith Cambre, Executive Director

### YMCA Youth & Government

Dave Namura, Board Chair  
Sarah Clinton, Executive Director





**Everyone is welcome.** The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**

**YMCA OF GREATER SEATTLE**

909 Fourth Avenue, Seattle, WA 98104

P 206 382 5000 F 206 382 7283

[seattleyymca.org](http://seattleyymca.org) | [yahnnualreport.org](http://yahnnualreport.org) | [facebook.com/ymcaofgreaterseattle](https://facebook.com/ymcaofgreaterseattle) | [twitter.com/ymcagreatersea](https://twitter.com/ymcagreatersea)