



2016 Snapshot

YMCA OF METROPOLITAN DETROIT

We =

**70,000 members,
30,000 program participants,
3,000 volunteers,
1,800 donors,
200 full time staff,
and over 2,000 part time staff.**

One two-letter word describes the engine that powered the YMCA's effort to serve over 100,000 human lives, that word is "WE". The YMCA of Metropolitan Detroit made human development services available to thousands of children and families in 2016. We could not have done it without "you". Together "we" create the community service organization that is the YMCA of Metropolitan Detroit.

The Y is a place where people convene to be their best everyday. Whether it is a child learning to read, a grandmother combating heart disease or a local CEO looking for an opportunity to serve as a coach.

The Y is truly more than a gym, we are a cause. The YMCA of Metropolitan Detroit is committed to Youth Development, Healthy Living and Social Responsibility.

We are for a better us!



James M. Nicholson
53rd Board Chair
YMCA of Metropolitan Detroit



Scott Landry
13th President and CEO
YMCA of Metropolitan Detroit



We provided water safety lessons to more than 1,100 youth in partnership with over 10 community sites at no charge to the families.

Volunteers and staff raised over \$100,000 to make this possible.

Jason has muscular dystrophy and he moved his legs for the first time in eight years during his very first Detroit SWIMS class. This was an extraordinary moment for his father who witnessed the event. **Today Jason enters the pool without fear; he floats on his back and inches himself along without anyone's help.** Most importantly he gets to play in the water with friends despite his physical challenges.



We engaged over 3,000 volunteers in more than 35,000 hours of community service.

These volunteers served as coaches, mentors, clean up crews, gardeners, fundraisers, career speakers and more.

Brittany had many challenges growing up forcing her to constantly seek safe housing throughout metro Detroit. Despite not having a true place to call home, she attended the YMCA's Achiever's program. There she was supported with graduating high school and pursuing a college education. Along her journey she became a mom. **Today she is senior at Ferris State on target to graduate, thanks in part to her Y family.** Brittany interned with the Detroit Police Department and is preparing to obtain a full time job with DPD upon graduation. Brittany is a Y volunteer who speaks to current high school students inspiring them not to let life's challenges kill their dreams.



We provided over 100,000 healthy meals and 26,000 healthy snacks across 24 community sites in Detroit and Pontiac to over 1,000 children.

The value of these meals exceeded \$400,000.

Imagine being a kid on summer vacation but not allowed to run and play in your own neighborhood park. With support from the Michigan Health Endowment Fund, the Y converged on several neighborhoods in Detroit and Pontiac to give children the opportunity to safely play in public spaces. Weekly June to August kids were greeted by caring Y staff who facilitated organized games and provided all the children with healthy meals. One child said, "This is the best part of my day."



We provided nearly 300 military families with free memberships through our partnership with the Armed Services YMCA.

The aim of this program is to provide military families with support during times of deployment, frequent relocations and other stressors related to having a husband or wife on active duty.

George is a WWII vet that comes twice a day to walk the treadmill at the Birmingham Y and is an inspiration to all he meets. He is always ready with a kind word or gesture. He often says, "Go over to that table; I'll buy you a cup of coffee." **He is the epitome of staying active at any age, because working out is optional but movement is necessary.**



We welcomed over 3,000 children and their families for Healthy Kids Day in April and Halloween at the Y in October.

These events are free and open to the community, and are a fun day for families to relax and connect over fun, games, and healthy food provided by the Y. These events would not be possible without the support of our volunteers, donors, and community partners.

As a child, Danielle learned to swim at the Y. Many years later her Y childhood memories inspired her to join. Since joining, she has used the pool, wellness center, classes, personal training and more. But more than that, she has become part of a family. Danielle volunteers at a host of Y community events including Healthy Kids Day, Halloween at the Y, and the the Macomb Family YMCA Golf Classic Fundraiser. Funds from the event give Y scholarships to Macomb children and families. **Danielle says the Y is a place where she feels like part of the community.**



We employed over 400 young adults ages 16 to 24 in our Day Camps, Y Arts Media Camp and Metro Youth YMCA Career Wise programs.

Often times these jobs are the young people's first real world work experiences.

Two unrelated Y staffers, Jazlynn and Derek share a common experience; their parents enrolled them in the Y Arts Summer Media Camp a few years ago. What began as a summer of "I am here because my mom made me" has morphed into an awesome summer job for them both in 2016. **One of the pinnacles of operating a stellar youth development program is having the student become the teacher.** Jazlynn and Derek are both college students, and Derek has also started a freelance photography business. YARTS provides art education to over 1000 children in our region every year in everything from improvisation to ceramics.



We partnered with over 50 community organizations to serve Metro Detroiters.

From Absopure to YMCA of the USA, our partners help to provide thousands of people with everything from tennis shoes to college tuition.

Gloria was a little girl with low self-esteem. With financial assistance from the Y and Pontiac Youth Assistance, she and her mom became Y members. Gloria took swim lessons and became so proficient that she was eligible to swim on the North Oakland Waves swim team. However, her mom was a single parent working to complete her college degree and wasn't able to afford the cost of swim team participation. Thanks to some generous donors, the Y was able to award a scholarship to cover the cost. **Gloria's self-esteem has soared and she is excelling at West Bloomfield High School, taking special college preparatory courses. Gloria's dream is to become a Pediatric Physician.**



We provided a host of social activities to hundreds of families with children who have special physical and/or cognitive developmental needs.

Activities include swim lessons, social clubs, day camp and more.

Julie is the mother of 2 children, Jacob 10 and Lily 6. Jacob is emotionally impaired, and has oppositional defiant disorder and Lily is diagnosed with Type 1 Diabetes. Despite these challenges both children attended Day Camp at the Y thanks to financial assistance from Y donors and partnership with U of M, who sent a team of nurses to train staff to care for children with Type 1 diabetes. **Through donations, the Y was able to provide the personalized staff support Lily required at no additional charge to the family.** Julie shared these comments, "...I am very grateful! I want to thank you for the financial assistance that allowed both of my children to attend camp this past summer."



We hosted our first annual Women's Retreat at Camp Nissokone.

We unleashed nearly 100 women to the world, rejuvenated and ready to fulfill their life's passion.

Linda joined the Y after a painful divorce in 1996. Linda and the Y have been celebrating major milestones ever since. The Y helped her quit smoking and taught her son how to swim. We helped her fit into her wedding dress just in time for her second marriage and supported her with losing weight gained during the pregnancy of her second child. The Y even helped her heal after surgery. **In Linda's eyes the Y is her partner for life.**



We piloted the Healthy Hearts program in partnership with ACCESS and Plymouth Methodist Church. The program was also offered at the Lakeshore, Livonia and South Oakland YMCAs.

Overall 82 participants received over \$4,000 in blood pressure screening and support services to reduce their risk of heart failure related to high blood pressure. Services included blood pressure monitoring supplies, individualized consultations and group nutrition seminars.

When her husband passed in 1999, Phyllis decided to join the Y at the young age of 80. Today she attends 3 Y classes a week: Silver Sneakers, Senior Fitness, and Moving for Better Balance. Her daughter was so inspired by her mom's improved physical and mental health that she joined the Y too. Phyllis has 5 children, 12 grandchildren and 23 great grandchildren & many step grandchildren. She offers these words of encouragement—**refuse to grow old and refuse to think old.**



At Camp Nissokone and Camp Ohiyesa over 600 children attended overnight camp and nearly 100 received scholarships to attend.

Overnight camp unplugs kids from cell phones, iPads, Facebook, Twitter, video games and the like and connects them to lakes, lands, birds, insects and face-to-face conversations with real people. Camp teaches authentic human development.

Sarah's daughter, Samantha was very shy. Like any loving parent Sarah wanted her child to have healthy self-esteem. So last summer she enrolled her daughter in resident camp at Camp Nissokone. **After just one week at camp "Sam" came home confident, brave and assertive.**



We served over 1900 children in Day Camp at 17 locations in 16 cities from Mt. Clemens to Milford.

Y Day Camps are rooted in the Search Institute's 40 developmental assets and infuse STEAM (Science, Technology, Engineering, Arts and Math) education into their weekly activities. Kids who attend Y day camps, not only have fun—they learn all summer long.

Rudy has been given the nickname "The Sock Man" or "Sockman Rudy". He and his parents have developed partnerships with local organizations to help collect socks, hand warmers, blankets, and other items to distribute to Detroit's homeless. Both his parents are navigating recent job losses and appreciate the support the Y's scholarship program provides their family. **We are proud that Rudy exemplifies social responsibility, one of our Y's areas of focus.**



We served over 300 children in our three Child Development Centers.

Over 50% received subsidized services through the Department of Human Services, Great Start Readiness, United Way of Southeastern Michigan and the YMCA's Annual Campaign. Our CDCs serve children ages 6 months to 5 years of age. These programs help ensure children enter school ready to learn.

At age 5, Adam began attending Y childcare after completing his day at kindergarten. He was often hyper-active, jumping, kicking, and misbehaving. Y staff learned that this disruptive behavior often mirrored his classroom behavior during the day. When he was calm, he said that he liked to read books about space and energy. One day when Adam was taken out of the class for his disruptive behavior, he picked up, and began reading a 5th grade level book about space which completely calmed him down. **Y staff quickly realized that Adam was simply bored because he wasn't being academically challenged. The staff collected books for him to read and Adam's behavior is no longer a struggle.**



In 2016, there were over 11,000 Y program participants and members age 60 and over.

The YMCA is committed to helping seniors live happy, healthy lives through senior focused classes. The Y not only provides physical activity but a safe gathering place where seniors can socialize and thrive.

A fear of loose dogs roaming her neighborhood attracted Juanita to the Y. She loves to walk the Y's indoor track, pausing between laps to read and talk with other members and staff. After her daily walks she is off to the pool. "The water is divine," says Juanita. **She wanted to enjoy retirement on her terms and Juanita said she's able to do that at the Y.**



We secured over 4 million dollars in grants, contributions and service contracts to help Metropolitan Detroit youth and families realize their potential.

These dollars helped the Y provide homework assistance, day camp scholarships, subsidized child care, healthy meals, blood pressure monitoring, college prep, career exploration, summer youth employment and a variety of other programs.

After taking leave for heart complications, Gerald's company was purchased and the new owners eliminated his position. Shortly thereafter his identity was stolen and all his bank accounts were frozen, leaving him with \$57. The only place where Gerald could find peace of mind was at the Y. The Y offered Gerald a scholarship so he could continue membership. **This not only allows him access to Y programs but to a social network to support him while he navigates life's challenges.**



We assisted thousands with achieving their healthy living goals.

We provided people with access to more than 50 types of group exercise classes and over 20 different types of fitness machines, 10 swimming pools, 36 wellness seminars and dozens of professional personal trainers at our YMCAs throughout Metropolitan Detroit. These are just a few ways our YMCA assists people with achieving their healthy living goals.

Craig has been a member of the Y for years. One of his favorite activities was swimming, because it relieved his joint pain. He always struggled with his weight. Over time his weight prevented him from physically entering the swimming pool. Initially, the Y gave Craig access to an aquatic chair lift. Eventually, his weight exceeded the lift's capacity, and he could no longer swim at the Y safely. Y staff encouraged Craig to lose weight and referred him to a zero entry pool facility while he managed his weight. **Less than a year later, Craig is 100 pounds lighter and swimming at the Y.**



We served over 4000 youth in our Girls on the Run (GOTR) and STRIDE running-focused youth development programs and awarded over 800 scholarships to participants valued at more than \$50,000.

In summary, over 4000 youth ages 8-14 now demonstrate heightened self-esteem and a commitment to their life's dreams.

Imagine being a boy who could not run with the other boys because you have a foot deformity. Now imagine a Y volunteer arranges for New Balance to come to your school to fit you for a new pair of gym shoes and then gives them to you, for free. That is joy... being able to run and play with the other boys. STRIDE is our Y's Girls on the Run companion program for boys. One of the great things about the Y; is that we are a convener. **We know that we cannot help people be their best every day alone, so we constantly seek community partners.**

Members of the Heritage Club provide financial stability for the Y either through a current gift or an estate plan to the YMCA Endowment Fund.

These generous contributions will support the Y for generations to come. We can't thank the Heritage Club members enough for their generosity and vote of confidence in the bright future of the Y.

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Best Buy	Guidance Center	Red Cross
Betty and Bob Foundation	Healthy Towns	Redford Kiwanis
Birmingham Optimist Club	Hero Foundation	Royak Oak Middle School
Birmingham Rotary	Huron Valley Schools	Sams/Walmart Charitable Foundation
Chrysler Fiat	Ingleheart Fidelity Charitable	Shelden Fund
City of Southgate	Jack's Place for Autism	Shorewood Kiwanis
Coca Cola Foundation	JCC	Skillman Foundation
Delta Airlines	Kiwanis Charity Cruise	Southwest Solutions
Detroit Creativity Project	Kona Running	St. Clair Shores Farmers Market
Detroit Employment Solutions Corporation	Kresge Foundation	The Barr Code
Detroit Medical Center	Kroger Rochester Hills	United Way of Southeast Michigan
Detroit Public Schools	Leap and Bounds	Wayne RESA
DIME	Livonia AM Rotary	Wayne State University
DTE Energy	Livonia Community Foundation	Welcome Inn
Dunhams	Livonia Kids and Family Foundation	YMCA of the USA/Walmart
EAA	Louca Enterprises	Young Audiences for Learning
Eagle Ottawa by Lear	Michigan Council for the Arts and Cultural Affairs	Community Foundation for SE Michigan
edtec central, LLC	Michigan Health Endowment Fund	Big Brothers Big Sisters
		Black Family Development

Every effort has been made to ensure these lists are correct and complete. If you have questions or concerns regarding this list, please contact Lynette Simmons at (313) 223-2489.

The 2015-2016 YMCA of Metropolitan Detroit Board of Directors served with distinction under the leadership of Chairman of the Board James M. Nicholson. We thank each of them for their service.

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 Vice Chairman: Michael E. McInerney
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 Gary Marowski
 Kim McAuliffe
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 Kevin M Prather
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Senior Vice President/CFD

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Senior Vice President of Mission Resources/CDO

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Vice President of Mission Resources

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Vice President of Branch Operations

Lisa Mullin
Vice President of Finance/Controller

YMCA Locations

BIRMINGHAM FAMILY YMCA
400 E. Lincoln Street
Birmingham, MI 48009
P 248 644 9036

BOLL FAMILY YMCA
1401 Broadway
Detroit, MI 48226
P 313 309 9622

CARLS FAMILY YMCA
300 Family Drive
Milford, MI 48381
P 248 685 3020

DOWNRIVER FAMILY YMCA
16777 Northline Road
Southgate, MI 48195
P 734 282 9622

FARMINGTON FAMILY YMCA
28100 Farmington Rd
Farmington Hills, MI 48334
P 248 553 4020

LAKESHORE FAMILY YMCA
23401 East Jefferson
St. Clair Shores, MI 48080
P 586 778 5811

LIVONIA FAMILY YMCA
14255 Stark Road
Livonia, MI 48154
P 734 261 2161

MACOMB FAMILY YMCA
10 North River Road
Mount Clemens, MI 48043
P 586 468 1411

NORTH OAKLAND FAMILY YMCA
3378 E. Walton Boulevard
Auburn Hills, MI 48326
P 248 370 9622

SOUTH OAKLAND FAMILY YMCA
1016 W. 11 Mile Road
Royal Oak, MI 48067
P 248 547 0030

HEALTHY LIVING LIFE SKILLS YMCA
1401 Broadway, Suite 2G
Detroit, MI 48202
P 313 223 XXXX

METRO YOUTH YMCA
1401 Broadway, Suite 2G
Detroit, MI 48202
P 313 223 2841

PLYMOUTH FAMILY YMCA
248 Union Street
Plymouth, MI 48170
P 734 453 2904

Y ARTS
1401 Broadway, Suite 2G
Detroit, MI 48226
P 313 223 2751

YMCA CAMP NISSOKONE
6836 F-41
Oscoda, MI 48750
P 989-739-2801

YMCA CAMP OHIYESA
7300 Hickory Ridge Road
Holly, MI 48442
P 248 887 4533

Every day, the YMCA of Metropolitan Detroit gives communities in Southeast Michigan the support they need to learn, grow and thrive. From advocacy to food security, disease prevention to athletics, football to dance classes, everything we do helps strengthen our neighborhoods and the people who live here.

But keeping Metropolitan Detroit great is a full-time job. Every day, our communities face new challenges that create a greater need for the work we do. And we need your help to do it. Your gift can help Southeast Michigan and everyone in it shine.

For a better you. For a better community. For a better country.

The Y.™ For a better us.™



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