



# TOGETHER, WE MADE IT HAPPEN

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2016 Annual Report  
COUNTRYSIDE YMCA



# A LETTER FROM OUR CEO



At the end of 2016, our two-year renovation project was nearly complete! We could not have achieved this milestone without the camaraderie, hard work and flexibility of our members and staff. Please know that I am truly grateful for the support shown to our YMCA.

We've accomplished our achievements over the last two years with one goal in mind: to become a better YMCA. Now that we are a better "us," we will continue our promise to strengthen the community, nurture our members and help everyone who walks through our doors reach their personal goals.

As I reflect on the changes of 2016, I see firsthand the positive impact these changes have on individuals. Whether it's a new member realizing our facility's potential through our member coaching services, or friends training together for their first triathlon, or kids spending their summers in our great outdoor camps, I'm proud this YMCA offers every member the opportunity to thrive and grow within our community.

For almost 40 years, we've dedicated ourselves to fostering youth development, healthy living and social responsibility. With our incredible staff and stakeholders, we will continue doing just that. Thank you for your continued commitment to our YMCA and the Warren County community. It is because of you that we can achieve so much.

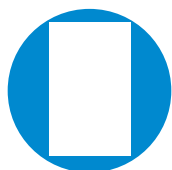
A handwritten signature in black ink that reads "Mike Carroll".

Mike Carroll  
President/CEO, Countryside YMCA

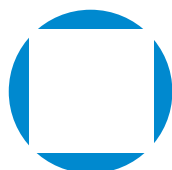


# WE NURTURE KIDS TO BE THEIR VERY BEST.

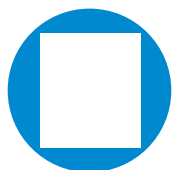
We believe that all kids deserve the opportunity to discover who they are and what they can achieve, and we act on that believe every day. We've touched the lives of thousands of Warren County youth through programs designed to help kids grow in skills, in friendships, and in confidence.



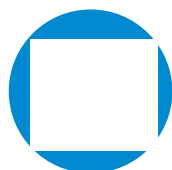
**Leaders Crew:**  
395



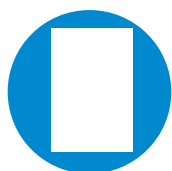
**Child Care Enrollment:**  
629



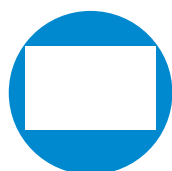
**Swim Lessons:**  
4,785



**Visits to Youth Center:**  
44,827



**Child Watch:**  
72,419



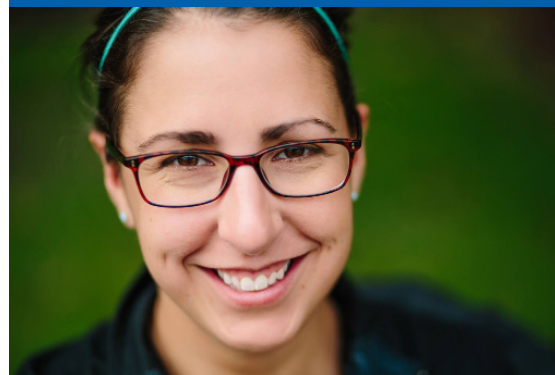
**Summer Campers:**  
310 per day average



Family Gym



Child Care



## YMCA Camp Countryside

Selected as a 2016 Camp of the Month by the American Camp Association - Ohio Chapter

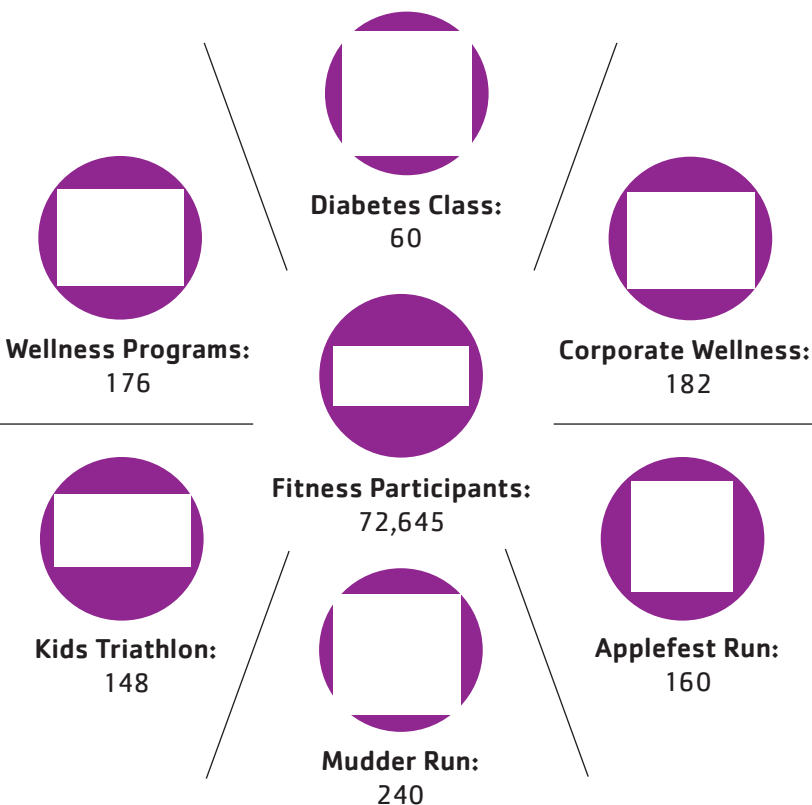
### What makes camp amazing?

Each summer the light of success is visible in the eyes of our campers: as they transition from emerging to strong swimmers, when they grasp the highest hand hold on the rock wall, the moment they place the last stick in the world's greatest fort, when they accept an Honor Camper Award for exceptional friendship and caring. YMCA Camp Countryside is a place for growth; our campers develop compassion and honesty alongside swimming and sports basics. Our counselors grow their leadership potential as they tackle event planning and public speaking. We plant trees to replenish the forest the Emerald Ash Borer destroyed. We grow our scholarship funds by making sure those with resources in our community understand the impact camp can have on the life of a child. We all grow in different ways, and that perpetual growth is what makes us amazing.

By Melissa Huist Kneer  
YMCA Camp Countryside Director

# WE CHEER PEOPLE TOWARD THEIR HEALTH GOALS.

As a leading voice on health and well-being, the Y believes in advocating for a balanced life, one filled with quality family time, good health and friendship fostered through shared interests. As a result, thousands of adults and families are coming here for the chance to strengthen their spirit, mind and body.



## Taking on the Triathlon and Winning at Life

One woman had a significant fear of swimming, another has had multiple knee and shoulder surgeries, another had not been on a bicycle in 18 years, and yet another was looking for a boost to her stagnant weight. They were among the participants of our 10 week Triathlon Training Class who each came into it with different abilities and were ready for their next challenge. Through their involvement, they grew in their physical strength and endurance, wellness, and their confidence as they accomplished goals. While the course included customized training plans focusing on swimming, biking and running; instructor Theo Rich also covered other important facets such as diet, packing and positive mental preparation.

"When you take a group of people who have an interest, a little bit of fear to try this 'new' thing, and who are hard workers, that is a recipe for success because the group supports one another and develops a team mentality," said Theo.

And, what does that success look like? "They have conquered their uncertainty, tried something new, and are now inspiring their friends and families to do the same," said Theo.



Free Weight Area: Generously donated by the Leisure Family and GMI Companies



Studio 2



# WE STEP IN TO THE COMMUNITY TO MAKE POSITIVE CHANGE.

The Y fosters the care and respect all people need and deserve. Through hundreds of volunteers and donors who give graciously and generously, we are empowering thousands of youth, teens, adults and seniors in Warren County. \$340,334 were generously contributed to the 2016 Annual Campaign. These funds were used to support YMCA programs and provide deserving individuals and families the support they need to be healthy, confident, connected and secure.

## A Recipe for Caring

The YMCA is an organization focused on meeting needs in the community. Usually you hear about a YMCA fitness program, or family event. But often, the Y quietly steps in to do “behind the scenes” efforts to change lives.

The staff and members at our Landen branch are involved in one such program. After developing a relationship with the organizers of the Little Miami Food Pantry, the Y initiated a meal outreach program. Each week the Food Pantry provides Associate Director of Member Services Jim German with names of families experiencing hardship. The Y then purchases “family style” meals at a discounted price from The Nook Café and members make the meal deliveries.

The first community outreach meal took place in September to a senior couple. The husband has cancer, and the illness and medical bills take an enormous toll financially and emotionally. In short, the family was extremely grateful for the delicious home-cooked warm meal!

The partnership between the Y, the Little Miami Food Pantry, and the The Nook Café to deliver warm meals has nothing to do with the gym and swim activities usually associated with the Y. Still, this program is an example of how the Y is meeting its mission to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## LIVES TOUCHED WITH ANNUAL CAMPAIGN FUNDING



Swim to Read:	20
Landen Meal Outreach:	25
LaLuz and East Ridge Enrollment:	31
Summer Campers:	31
Child Care Families:	55
Community Arthritis Water Fit:	80
Preschool Swim Lessons:	82
Blessed Respite Care:	98
Yoga for Lebanon High School Freshman:	400
Begin to Swim:	450
Assisted Memberships:	2,181

## VOLUNTEERS

During 2016, we had 2,173 volunteers who completed 14,195 hours of volunteer service. According to the NonProfit Times, the value of a volunteer hour is currently \$23.56, which means our volunteers’ hours are valued at \$334,434.

**Thank You!**

# WE SERVE OUR MEMBERS IN PERSONAL WAYS.

We believe that member engagement is the most effective way to connect people with the opportunities we have which can help them become healthy, confident, and connected to others. Thousands of members took classes, learned a new skill, participated on a team, exercised, and used their membership to its potential.

## MEMBER STORY

One of the first things my family did when we moved here was to join the Y. Honestly, we couldn't really afford it but I decided to take the plunge anyway because I wanted us to plug into the community. It was an amazing experience! Our daughter loves the child care center and the family gym. My parents also paid for her to take swim lessons and to go to ballet camp in the summer. She still talks about it.

My husband also really enjoyed meeting new people and getting to swim and run in such a friendly atmosphere. I personally struggle with my weight and was able to lose 18 pounds. I never felt intimidated or judged at the Y. It's really a great place for everyday people to set and meet personal goals.

Unfortunately, our lives changed and we had to put our membership on hold. When we first joined we were told about the financial assistance program, but we decided not to apply. We wanted to pay our fair share, and we did for as long as we could. Now, with financial assistance, we can continue our membership with a reduced monthly payment. We are grateful, because it feels so important that we keep coming, for all our health and as an opportunity to bond as a family and connect with the community.

- A grateful member

Facility Members: 19,380  
Program Numbers: 2,707  
Staff Members: 665  
Facility Usage: 675,753

## MEMBERSHIP PARTICIPATION

Aquatics: 9,252  
Arts & Education: 2,431  
Attending Family Programs: 1,047  
Camp: 3,052  
Gymnastics: 3,886  
Gymnastics Team: 87  
Health & Safety: 378  
Health & Wellness: 72,654  
Participated in Member Coaching: 350  
Adult Sports: 327  
Youth Sports: 2,624  
Swim Team: 247



After having surgery and chemo, I received several physical therapies to help regain my balance and walking. I selected the YMCA and met Member Coach, Gale Kernitz who listened to my goals, suggested water aerobics and walking. I have improved greatly and while gaining more balance, have made many friends. Due to my improvements I have been able to check off goals on my bucket list. So keep up the good work all you wonderful people at the YMCA. You make a difference.

- Mary Bischoff

## Veteran's Day 2016



From left to right: Dominic Bifro, Joey Stokes, Felix Jefferies and Archer Luoma.



Sheri Reed with father Dave Stacy.



Art Johnsen and Steve Pointinger.



Bill Loebig with his son and daughter in law.

# WE BUILD COMMUNITY BY SUPPORTING LOCAL GROUPS.

4C's For Children  
Abilities First  
Advance Choice  
American Diabetes Society  
Antioch, Church in the Countryside YMCA  
ARCS  
Area Progress Council  
Atrium Medical Center  
Axis Church  
Beech Acres Parenting  
Big Brothers & Big Sisters of Warren County  
Boys Scouts & Cub Scouts  
Building Blocks for Kids  
Camp Lebanon  
Church of Latter Day Saints  
Community Blood Center  
Community Concepts  
Community Options Inc.  
Coordinated Care Services  
Countryside Church of the Nazarene  
Complete Care Providers  
Dayton Urban League  
Destiny Church  
Elves Among Us  
Fields Ertel Apartments  
Girls Scouts & Daisy Scouts  
Girls On the Run  
Hands Against Hunger  
Help Me Grow  
Home For Life  
Hoxworth Blood Center  
Hunger & Woman's Abuse Shelter  
Interfaith Hospitality Network  
Kings Booster Club  
Kings Local Food Pantry  
Kings Local School District  
Kings Point Church of God  
Leadership Warren County  
Lebanon Area Chamber of Commerce  
Lebanon Adult Day Service  
Lebanon Area Writer's Group  
Lebanon Christian School  
Lebanon City School District  
Lebanon Fire Department  
Lebanon Food Pantry

Lebanon High School  
Lebanon High School Swim Team  
Lebanon Kiwanis Club  
Lebanon Methodist Church  
Lebanon Rotary  
Lebanon VFW  
Lifestyle Housing  
Little Miami Food Pantry  
Little Miami Swim Team  
Mary Haven Youth Center  
Midwester Children's Home  
Mom's Club of Lebanon  
Moms In Touch  
MOPS (Mom's of Preschoolers)  
Mothers and Sons Cargiving  
Mothers Making Strides  
Mt. Notre Dame Swim Team  
Navy  
Ohio Council On Aging  
Otterbein Lebanon  
Residential Group Homes, Inc.  
Ronald McDonald House  
Saint Margaret of York  
Solutions Community Counseling  
Special Olympics  
Team in Training Leukemia & Lymphoma Society  
Total Home Care Solutions  
Turtlecreek Township Fire Department  
US Army  
Urbancrest Baptist Church  
Ursaline Swim Team  
Various Local Bible Study Groups  
Visions Matter  
Warren County Abuse & Rape Crisis Center  
Warren County Arts Council  
Warren County Board of Elections  
Warren County Children's Services (WCCS)  
Warren County Career Center  
Warren County Foundation  
Warren County Quilt Guild  
Warren County Sheriff's Department  
Warren County Technical Rescue Team  
Warren County Board of Developmental Disabilities  
Workforce One

# ALL YEAR LONG, WE HOST AND PARTICIPATE IN FUN-RAISING AND FUNDRAISING.

## JANUARY:

Our pool was filled with elementary students from Kings Local Schools who were rewarded for their reading efforts with swimming lessons at the Y in our Swim to Read program.



## FEBRUARY:

We encouraged members and the community to start the year off healthy by attending the Health Fair, presented in partnership with Atrium Medical Center.



## MARCH:

Some of us dined, danced, and donated during our Gala at the Mason Manor House to generate financial support for our Annual Campaign. Others trained hard during the first Spartan Workout Tour we've ever hosted.

## APRIL:

Guest Speaker Matt Hardy from Athletes in Action inspired staff and guests during the Good Friday Celebration. Lifesaving swimming lessons were provided free of charge to all Lebanon City School fourth graders in our Begin to Swim program. And lots of volunteers helped to clear out our Nature Trail.



## MAY:

Encouragement was everywhere during the Making Strides Together 5K run, organized by Mothers Making Strides.

## JUNE:

The sounds of summer filled our facility as YMCA Camp Countryside kicked off another season of summer camp. Guest speakers and field trips all summer long provided learning opportunities in the midst of all that fun.





## JULY:

Basketball players from around Warren County played hoops in our 3 on 3 basketball tournament.



## AUGUST:

Young athletes came to the Y to swim, bike, and run in our annual Kids Triathlon.



## SEPTEMBER:

Our golfers and runners got into the fundraising game this month by participating in our Golf Outing and Applefest Run. Even our preschoolers raised money with their annual St. Jude Trike-A-Thon.



## OCTOBER:

One of our favorite events was held in October: our Mud-o-Ween Extreme Trail Run.



## NOVEMBER:

Our volunteer efforts turned toward global initiatives this month as we held our Feed Nicaragua event and packed over 35,000 meals to send to Nicaragua. We also held our annual Veteran's Day program where beautifully made handmade quilts honored veteran's from all military branches.



## DECEMBER:

The year ended on a giving note as members and staff together donated hats, gloves, toys, and gifts to local families in need.



# 2016 FINANCIALS

## REVENUE, GAINS AND LOSSES

MEMBERSHIP DUES:	\$5,076,142
PROGRAM FEES:	\$4,827,624
INTEREST AND DIVIDENDS:	\$193,442
<b>INVESTMENT RETURN (LOSS):</b>	
REALIZED:	\$118,506
UNREALIZED:	(\$158,853)
CONTRIBUTIONS:	\$512,845
RENTAL INCOME:	\$581,779
LOSS ON DISPOSAL OF ASSETS:	(\$96,853)
MISCELLANEOUS:	\$95,759
<b>TOTAL REVENUE, GAINS &amp; LOSSES:</b>	<b>\$11,468,097</b>

## EXPENSES

PROGRAM SERVICES:	\$9,131,786
MANAGEMENT & GENERAL:	\$2,275,739
FUNDRAISING:	\$129,682
<b>TOTAL EXPENSES:</b>	<b>\$11,537,207</b>

## CHANGE IN NET ASSETS **(\$69,110)**

NET ASSETS AT BEGINNING OF YEAR:	\$19,751,719
NET ASSETS AT END OF YEAR:	\$19,682,609

## FROM THE BOARD:

Sometimes I believe people think that to make a big impact, the event, the group, the idea and/or the gift must be big as well. I am sure that is true in some cases, but what gets lost is that many people also believe that one person cannot make a difference. I have been fortunate to be around the YMCA for many years and I constantly get to see the impacts that also play a major role in pushing forward our mission and making a difference in the lives we come in contact with in our community. I am thankful I have the opportunity to work in an organization where staff, members, and volunteers work together to find ways to help others.

Eric Meilstrup  
Chairman of the Board



Twins Ronan and Aaron Spies at the end of winter Candy League



Cohen Wright & his Grandma Carolyn McNess at the Gymnastics Fun Meet

# WE WORK FOR THE COMMUNITY EVERY DAY.

## BOARD OF DIRECTORS

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Janet Collins  
Spence Cropper  
David Fornshell  
Bill Hayes  
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Larry Hollingshead  
Cathy Howell  
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Carol Turner

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Stephen Wilson

## ADVISORY BOARD

Victor D. Angel  
Dr. Roger Clark  
Dan Cunningham  
Art Johnsen  
Tom Simmerman

As the leading nonprofit for youth development, healthy living and social responsibility, the Y works every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. To do our important work, we rely on the volunteers, community leaders, and staff who take an active role in our organization efforts. Their work brings about meaningful, enduring change in our community.

## FULL TIME STAFF

Brenda Arnett  
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Jenni Mollman  
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**Our mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.**

Countryside YMCA - one of the world's largest YMCAs - is a nonprofit organization dedicated to strengthening the Warren County community through youth development, healthy living and social responsibility. For almost 40 years, Countryside YMCA has embodied the Christian principles that help people achieve a balance of spirit, mind and body. We work hard every day to ensure that all are welcome to experience the unmatched facilities, outreach, and varied programs available only at the Y.

**We are grateful for community support.**

We believe in doing good works, but we wouldn't be able to continue without the generous financial support of our donors. Their financial resources help us nurture the potential of kids, improve the health of our community, and support our neighbors now and for future generations. Thank you!

**Together, we made it happen.**



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