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FOR HEALTHY LIVING
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WE'RE ALL TOGETHER BETTER

**2012 Annual Report
YMCA OF THE PRAIRIE**

Holdrege, Nebraska



Coy Swanson just might be the Y's youngest fund-raiser. Read about how Coy and his family gave back to the Y on page 5.



ALL TOGETHER MAKING A DIFFERENCE

MESSAGE FROM THE CEO

Dear Friends,

Once again I would like to take the time to thank you for your support of the YMCA of the Prairie. We had a great year at our Y, and these are a few of the highlights.



Jeff Morgan, CEO

- Thanks to our generous campaigners and donors, we once again proved that Holdrege cares deeply about our YMCA and raised more than \$115,000 through our Chair’s Round Table and My Y Week Campaigns, which help provide membership and program assistance to people who would otherwise not be able to participate. These funds also allow us to subsidize programs, make capital improvements and upgrade equipment.
- The Y formed a partnership with Prairie Sports Association that centralizes the Youth Soccer, Baseball and Softball through the YMCA.

- The Lexington branch broke ground in October on a 90,000-square-foot addition to the Middle School that will include a YMCA.
 - The Y organized the Summer Lunch Program, which provided school-age children with free lunches throughout the summer. This program is funded through grants from Phelps Community Foundation and the Phelps Memorial Health Center Foundation with staffing from the Y.
 - The Y worked with Holdrege Public Schools and other organizations to organize another winter clothing drive for kids.
 - We continued to make the Y a place where people want to spend more time by adding a coffee bar and painting the lobby area and gymnasium.
 - The Y added two new families as Heritage Club Members and held its 3rd Annual Heritage Club Dinner in November. The Y’s endowment currently has a principle value of \$88,256.
- These are the things that the Y, its members, volunteers, donors and staff can feel good about. Every year I get a chance to look back at the stories we have shared, lives we have touched and the connections that have formed, and I think “wow,” what a great place!
— Jeff Morgan, CEO

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**ALL TOGETHER
STRONGER**

TEAMWORK ON AND OFF THE FIELD

The Y is the starting point for many youth to learn about becoming and staying active and developing healthy habits they'll carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

When the Prairie Sports Association approached the YMCA in 2012 to discuss the possibility of joining forces to continue the traditions of youth soccer, softball and baseball in Holdrege, we knew only good could come out of working together.

PSA President Dudley Karlson said the PSA board of directors liked joining forces with the Y because "the Y only wants to do what is best for



the youth."

"That is why we are coming together," Karlson said. "With the Y leadership and all of their volunteers joining up with them, it was an easy decision to make. It's a win/win situation for PSA, the YMCA, the youth and for our community."

DISCOVERING THEIR POTENTIAL

YMCA Partners With PTO to Offer School Run Clubs



PTO President Ashley Maloley runs with her daughter, Grace (front), Megan Belgum and Sara Nelson in run club.

The Duster Mileage Club was a new six-week program offered at all three Holdrege elementary schools before and after school (and sometimes at lunch). It was sponsored by the PTO, YMCA and the Phelps County Community Foundation. The club encouraged students to become more active and learn to set and accomplish goals.

A course was created at each school. Each lap was counted by volunteers, and students earned prizes for completing miles. Many students completed a half marathon (13.1 miles) and eight students completed a full marathon (26.2 miles) throughout the six weeks. More than 70 students participated and ran a total of 933 miles.

INSPIRING ACTIVE FAMILIES

Having already suffered two heart attacks, Al Lopez knew that exercise and eating right was important. But, that was easier said than done.

Although they were somewhat active at the Y, eating ice cream every night just wasn't helping.

So, the family registered for the YMCA's Building Healthy Family's program in February 2012 after receiving information about it with their son's Healthy BMI report card he received at school. Jeremiah was in first grade at the time.

The program helped motivate their family to make the changes needed to live a healthier lifestyle and helped spur Al's wife, Katrina, to lose 55 pounds.

The 12-week program was created by staff at the University of Nebraska at Kearney and included education, weekly weigh-ins and family physical activities. It was instructed by YMCA staff specializing in youth activities, nutrition and behavior modification. It was supervised by UNK staff, who kept statistics on this program and conducted pre- and post-fitness testing. Phelps Memorial Health Center staff provided lab work for blood tests.

The Holdrege program was the first program conducted in a community outside Kearney.

During the program, the Lopez family focused on exercise and eating right. It was important for them as a family to focus on healthy living since heart disease exists in both Al and Katrina's families.

Al said the program was good overall. "Before it was a lot of ice cream," he said. "Me



and Jeremiah would get a spoon out and eat ice cream right out of the tub."

"We ate ice cream every night," Jeremiah said.

During the program, Katrina said the family was introduced to the online calorie and fitness tracker called My Fitness Pal. She tracked Jeremiah's daily caloric intake using that program.

"I was shocked to learn that the Dairy Queen chicken basket had 1,000 calories, not including the ice cream," she said.

They also learned about portions and serving sizes. They found that a healthy portion of spaghetti is a lot smaller than they had thought.

Now, Katrina said she finds her son taking a more active role in choosing healthy snacks.

"He is more aware," Katrina said. "He will read the nutritional labels."

Katrina had started Weight Watchers prior to Building Healthy Families. The YMCA program gave her extra motivation. Since the class, she has lost 55 pounds. She watches closely what she and her family eats and walks daily at the Y before going to work.

HELPING KIDS & FAMILIES

The Lopez family was one of five families who participated in the Building Healthy Families program in 2012. The average child weight loss was 5.3 pounds. The average adult weight loss was 15.9 pounds.



ALL TOGETHER GRATEFUL

A LESSON IN GIVING BACK

Coy Swanson might just be the YMCA of the Prairie's youngest fund-raiser.

The YMCA conducted a Round-Up 166 Community Gifts event in 2012 to raise funds for 166 kids to participate in YMCA Programs who otherwise could not afford it.

Coy decided he wanted to help. He attends the YMCA after-school program where students were challenged to bring in spare change to help raise money so that every child can participate.

His mother, Drew, said Coy came home and explained how he wanted to help.

"He said maybe grandma and grandpa would have some change," Drew said. So Coy solicited his grandparents to help. He collected \$40 in spare change to donate to the Y.

Because of his fund-raising efforts, Coy and his family were invited to the YMCA Heritage Club Dinner in November. At the event, Coy was awarded a Husker piggy bank for his efforts.

Here's what his mother, Drew Carbaugh, had to say about the experience and about how the Y has

"The Y was going to be the first thing I had to give up when I was going through my divorce. Then, someone mentioned the assistance program, and it was a way for me to keep our family membership within my budget."
- Drew Carbaugh

helped her family:

"Coy thought it was so cool being at a 'grown up dinner' and everyone telling him good job. It was also great for him to see all the other people who give to the YMCA. He had questions about why they were there, and it really opened up conversation about giving. It was a great lesson for him to learn. He has decided that his Husker piggy bank will be his 'giving' bank. He already had a 'saving' and 'spending' one at home from chores. So the Husker Piggy was a great addition to his collection!

"I can't wait to see how this helps to shape him in the future. I think it will be a moment that will stick with him and make a lifelong giver out of him! So, thank you for acknowledging him and making him feel so good about what he did. His little sister is also requesting a 'giving' piggy bank, too. So it was a major lesson for us as a family.

"Not to mention the YMCA has been so amazing to us. So, giving back what we can feels great. The YMCA was going to be the first thing I had to give up when I was going through my divorce. Then, someone mentioned the assistance program, and it was a way for me to keep our family membership within my budget. And, I'm not sure what I would have done without it. As a single mom, I needed my wind down time in the evenings, and the kids loved the activities. And Coy has made so many great friends and mentors through the afterschool program and the summer programs. I couldn't imagine not having the YMCA in town!"

Drew has now remarried and their family is still active daily at the YMCA.

"It was great that he was able to give back since the Y helped us quite a bit," Drew said. "We love the Y. It's a great place to get you up off the couch."

Coy Swanson (with piggy bank) helped raise funds for the YMCA Annual Campaign. He is pictured with his mom, Drew Carbaugh and step-father, Chris Carbaugh, little brother, Cain, and sister, Claire.





ALL TOGETHER HELPFUL 2012 ANNUAL CAMPAIGN

The YMCA's commitment is to provide health, education and social services to anyone, regardless of their ability to pay. We express our sincere gratitude and appreciation to all of our donors for their continued support of our mission in the communities we serve.

Sir George Williams Society (\$10,000 or greater)

Phelps Memorial Health Center
Brian and Julie Johnson
Bunker Hill Farms

Captain Thomas Valentine Sullivan Society (\$5,000-\$9,999)

Phelps Co. Community Foundation
First National Bank of Holdrege
Becton-Dickinson
CHS Agri Service Center

Chair's Round Table Society (\$1,000-\$2,499)

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2012 Memorial Gifts

Gifts were given in memory of:
Curly Geer
Michael Wells
Faye Peterson
Doris J. Power
Edna L. Paulsen
Patricia A. Lynch

This list denotes our financial supporters January through December 2012. We have done our best to ensure the accuracy of this listing. If there is an error, we hope you will accept our apologies and contact us to correct the error.



ALL TOGETHER RESPONSIBLE

2012 FINANCIAL STATEMENT

PUBLIC SUPPORT

Contributions	\$117,479
Grants	\$15,719
Sponsorships	\$18,375

EARNED REVENUE

Youth Programs	\$72,824
Adult Programs	\$37,817
Membership	\$549,162
Investment Income	\$10,165
Aquatics	\$6,404
Other Income	\$79,648
Total Operational Income	\$907,593

EXPENSES

Employee Expense	\$500,881
Occupancy	\$259,089
Program Expense	\$39,007
National Support	\$11,433
Total Operational Expenses	\$819,460*

*Operating Expense excludes \$196,396 in depreciation

Capital Campaign Income (to fund Building Debt)

City Sales Tax	\$209,177
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Long-Term Debt

Balance as of Dec. 31	\$449,795
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Endowment

Balance as of Dec. 31	\$88,256
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MEMBERSHIP

Membership Units	1,415
Members	3,681
Facility Usage	112,794
Retention Rate	77 percent
Communities Served	28

PROGRAMS

Group Exercise	22,670
Family Programs	445
Child Watch	8,221 uses
Swim Lessons	115
Youth Sports	238
After-School Program	50
Summer Camp	97

SCHOLARSHIPS

Thanks to Y donors, we were able to provide the following assistance for memberships and programs.

Membership	\$76,196
Summer Camp	\$2,136
Programs	\$6,242
(Programs May 1-Dec. 31 only)	

LEAVING A LEGACY: ENDOWMENT DONORS

ENDOWMENT FUND

Thank you to the following people who have become members of the YMCA's Heritage Club by giving a direct donation to the endowment fund or by including the YMCA in their estate planning. The endowment fund secures funds for the long-term financial success of the YMCA.

Heritage Club Members

Mike & Marcia Bussey
 Lois Carlson
 Cheryl Cox
 Julie Doolittle
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YMCA MISSION: TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD A HEALTHY SPIRIT, MIND AND BODY FOR ALL



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ALL TOGETHER ON THE MOVE

Two years ago, Joan Horn suffered back pain severe enough to hospitalize her for a week.

When she was dismissed from the hospital, her doctor suggested a motorized wheelchair.

"I had it bought," Joan said of the wheelchair. "It cost us \$3,000."

But then, Joan realized she had a choice.

"I thought, Joan, you can't live in this for the rest of your life."

Instead, she joined the YMCA and began her journey to better health.

Now, instead of a wheelchair, Joan has lost more than 60 pounds and is on her feet, walking on treadmills, riding bikes, lifting weights and even learning to swim.

Like clockwork, Gene and Joan show up at the Y each day, Monday through Saturday at 7 a.m.

"I work out for 30 minutes, and she works out for almost two hours," Gene said.

Gene doesn't mind the wait as he enjoys sipping a cup of coffee or two, reading the newspaper and socializing with friends in the YMCA lobby.

"Without her, I'd probably still be in bed," Gene said of his wife of 60 years.

Gene, 82, is also thankful for the Y. In 2000, Gene suffered a heart attack and endured quadruple by-pass surgery. He was thankful for the great employees in Phelps Memorial Health Center's cardiac rehab center who helped him recover and learn to eat healthier.

He lost 60 pounds after his heart surgery and walked at the South Park every day, even on icy side-walks on cold winter days.



Gene and Joan Horn

Now, he's happy to have a warm, safe place to walk inside at the Y.

"Thank goodness for this place (the Y)," Gene said. "I've stayed in pretty good shape."

Joan, now 79, credits the support and encouragement of her family – her husband, her four children, her 13 grandchildren and her 12 great-grandchildren (with two on the way) – for keeping her motivated.

"If it wouldn't be for my family, I wouldn't be doing all this," she said.

Although Joan still suffers from pain, she knows how great the exercise is for her.

"If I miss one day at the Y, I feel like I'm missing school," she said.