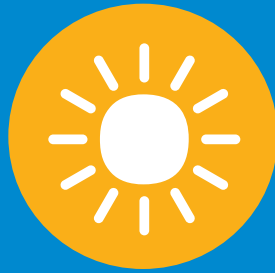




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GROWING STRONGER TOGETHER

YMCA OF THE PRAIRIE
2016 ANNUAL REPORT

Don Sjogren Community YMCA • Orthman Community YMCA • YMCA at Gothenburg Health



ON GOOD GROUND

Holdrege, Lexington and Gothenburg are tied together by the strong agricultural roots we share and residents who want a brighter future for their friends, neighbors, family and community. And now, we are bonded together by the YMCA of the Prairie, one association serving three dedicated communities. We have come together to grow a stronger future for all residents — a future where everyone, regardless of age, ethnic background or financial ability — has the opportunity to learn, grow and thrive.

We are a community with an everyday mission to help our friends and neighbors achieve a balance of spirit, mind and body. We do that by encouraging good health and fostering connections with new and old friends through sports, fun and shared interests.



We are for YOUTH DEVELOPMENT: Read about an Elm Creek teen-ager who found a new purpose and learned important job skills at the Orthman Community YMCA (page 4)

We are for HEALTHY LIVING: Retired Judge Bob Ide of Holdrege discovered a path to a healthy retirement at the Don Sjogren Community YMCA. And, as the volunteer board president of the YMCA, he shares his thoughts about why the Y is vital to the development of our youth. (page 5)

We are for SOCIAL RESPONSIBILITY: To better serve youth and families in our communities, the new YMCA at R7 Early Learning Center began operations in Holdrege giving kids bright beginnings. The Y is committed to providing safe, affordable, accessible and high-quality care to give children the best start in life. (page 6)

2016 BY THE NUMBERS

SCHOLARSHIPS

\$193,092 in membership assistance

\$17,093 in program assistance



MEMBERS & STAFF

7,031 members

2,955 membership units

219,204 visits to our YMCAs

207 employees living the Y mission



MAKING AN IMPACT ALL YEAR

2,034 kids discovered their potential in youth sports

2,414 kids gained confidence in youth programs

1,122 adults got active with adult sports and programs

34,707 visits to group exercise classes

91 kids learned to swim in YMCA swim lessons

13,048 visits to Child Watch

1,252 free lunches served at the Kids Cafe

283 lives enriched in Y summer camp

65 kids safe and secure in Y After-School Care

57 kids enrolled in full-day care at R-7 center



276

dedicated volunteers served kids and families by giving of their time.



FOR YOUTH DEVELOPMENT

CONNECTING TEENS TO BRIGHT FUTURES

Elm Creek Teen Finds Niche At Orthman YMCA

One Elm Creek teen has a brighter future and has discovered his passion thanks to a partnership between the Orthman Community YMCA and a school vocational job training program.

Le Shaun Thornabar began working at the Orthman Y in January through a class at Elm Creek High School.

YMCA Executive Branch Director Riley Gruntorad said he was contacted by staff in Elm Creek about Le Shaun and was excited to mentor him at the Y.

"I agreed because I love helping people, but especially kids," Riley said. "As our cause says, 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."

Riley said Le Shaun was quiet when he first started work at the Y.

"Over time, he began to interact and give us a hard time (in a good way) and he really was fitting in," Riley said. "I am so glad we were able to help LeShaun, and I am very excited for his future at the YMCA!"

During the school years, Le Shaun, a high school senior, worked four days a week at the Y in the afternoons and evenings. He helped greet members, set up for adult sports programs and then helped with scorekeeping and officiating, interacted with kids in the gym and cleaned up after programs.

"I like working with kids and seeing kids every day," Le Shaun said.

Le Shaun, a 6-foot-3 athlete, enjoys interacting with the



Le Shaun Thornabar

kids and receives high-fives from several younger kids playing basketball when he walks through the gym. He has a heart for helping kids, especially those with disabilities.

After four months of working at the Y, Le Shaun said he has appreciated how helpful and friendly the Y staff has been in teaching him the responsibilities of the job.

Le Shaun moved to Nebraska from California when he was in eighth grade. He started high school in Elm Creek and eventually moved in with the Miner family after his aunt moved back to California. Le Shaun doesn't have contact with his biological parents and said he had a tendency to get in trouble in California.

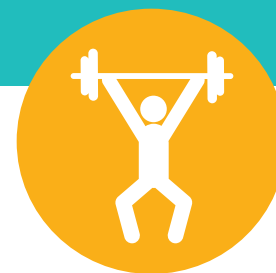
"Nebraska changed my life," he said.

And now, Le Shaun has a future job opportunity at the Orthman Community YMCA, where he can return the favor and help mentor other kids. He has been hired to continue working at the YMCA during the summer to help with youth baseball, track, summer camp and other programs. His future may involve continued work at a YMCA, and he may pursue a degree in a career that allows him to continue to help kids.

Riley, who worked in special education prior to the Y, said the Orthman Y has provided opportunities for several other vocational students as well, including a student with cerebral palsy and a student with Down Syndrome, plus several others.

"It's just been great here. I like everything about it. The people here are happy – everyone who works here."
— Le Shaun Thornabar

GAINING STRENGTH TO KEEP SERVING



Retired Judge Makes Commitment To Better Health

After retiring from his long-time position as a county judge in 2015, Bob Ide wanted to enjoy his new freedom playing football with his young grandchildren and hunting and fishing.

"I'd like to go to Alaska and fish halibut or salmon," he said. "I'd like to go out and shoot a bull elk."

But, he realized after a trek in the wilderness on a deer hunting trip that he needed to stay healthy to enjoy his retirement.

"I'm not going to do any of that stuff if I can't get out of my chair and walk across the room," Bob said. "Plus, I've got to keep my energy up to annoy people."

After starting an exercise routine on his own without seeing any results, Bob enlisted the help of YMCA personal trainer Stephanie Monthey in January 2016.

Stephanie, who is also a nutrition coach, educated Bob about healthy eating habits and introduced him to many new forms of exercise.

"She's taught me all kinds of different ways to abuse different muscle groups in a way that's going to keep them surprised," Bob said.

Bob started by eliminating most processed foods, white flour and sugar from his plate and started tracking his food intake on the My Fitness Pal app. He now exercises most days of the week, including his two days a week with Stephanie's guidance.

After a year of hard work, Bob lost more than 40 pounds, reduced his body fat percentage from 33 to 23 and eliminated need to take his blood-pressure lowering medication.

And at age 74, Bob is participating in



Bob Ide & Stephanie Monthey

high-intensity aerobic classes at the YMCA.

"I get stiff and sore doing this at times, but a certain amount of stiffness and soreness is the result of any kind of physical activity," Bob said. "I think you just have to keep going as best you can because you aren't going to get any better doing nothing."

Bob said the personal training has helped by giving him someone to be accountable to for his exercise and healthy eating and to keep exercise from getting boring.

Stephanie said she is proud of Bob's hard work, and her job as a trainer is to help Bob and all of her clients not only lose weight and live healthier but to maintain that lifestyle.

"I want to get people to the place where they don't want to go back and fall into those bad habits," Stephanie said. "This is a marathon, not a sprint."

Bob now has the energy for his favorite pastimes and also to continue to serve children and families in the community. He currently volunteers as president of the local YMCA branch advisory board. He sees the YMCA as a great community resource for to bring structure into kids' lives and help parents learn skills.

**"I just think the YMCA is a great asset for the community of Holdrege. We need to try to get involved in as many kids and families lives as we can in a positive way. Our job is to do what we can, while we can, right now."
— Bob Ide**



HERE FOR OUR COMMUNITY

Y Transforms R7 School Into Early Learning Center



"I am most impressed with the friendly staff, who greets us at the front door each morning and provides the girls with an amazing one-on-one learning atmosphere. The level of education has surpassed our expectations; the girls came home within their first month knowing the months of the year and spelling their names!"

— Erin Sandy



"The teachers are amazing! Their personalities with kids are awesome!"

— Angela Allen

The Don Sjogren Community YMCA is here to serve the community. In 2016, the former R-7 school was offered for sale after a new elementary school was built. The Y had been hearing requests from area employers about the need for more child care in the community. And, the Y needed more gym space for youth and adult programs.

Purchasing the R-7 school seemed like the perfect opportunity to start a YMCA early learning center and at the same time gain much-needed space for Y programs.

"I can't see that it's anything but a win-win for the community," YMCA CEO Ginger Cowne said of the purchase. "The community built that building, and we are keeping it here for the community."

With the cost to build an additional gymnasium estimated at \$1 million, the purchase of the former R7 school for \$175,000 made more sense.

The purchase added another 22,000-square feet of space to give the Y an opportunity to create new programs and offer full-day child care.



"The Y is here to serve the community, and this purchase gave us the space to further the Y's mission and continue to meet the needs of the residents who live here," Cowne said.

The Early Learning Center opened in September 2016, and enrollment has been slowly growing since then with 57 kids now learning and growing at the day-care and preschool.

The building was remodeled thanks to grants from the Phelps County Community Foundation, the Roy W. and Mary L. Pearson Designated Grant Fund and other community donations.

The YMCA thanks everyone who made it possible for the Y to give area children the best start in life. The Y is committed to working with families to create a support system for healthy development. The Early Learning Center is more than just care for children; it's an opportunity to learn, create, play, empower and grow.

WELCOME GOTHENBURG!

EXPANDING OUR REACH



YMCA of the Prairie Welcomes Gothenburg Branch

For decades, Gothenburg residents dreamed of a community wellness center to provide a place for residents to stay healthy and connected.

That dream is now becoming reality because of a partnership with another rural YMCA.

In November 2016, the YMCA of the Prairie announced a partnership with Gothenburg Health to open a new YMCA. The YMCA of the Prairie already operates existing branches in Holdrege (opened in 2003) and Lexington (opened in 2010).

The Gothenburg YMCA will be connected to Gothenburg Health and is part of the hospital's renovation project.

Becky Jobman, director of planning and development at Gothenburg Health and a YMCA volunteer, said the opportunity to build a fitness center became a reality when the hospital proposed including it as part of its \$29.5 million expansion and renovation project. But, with the small size of the community, they weren't able to become a chartered YMCA without the help of the YMCA of the Prairie.

"Joining the YMCA has been a game changer in the overall relevance and success of our project," Jobman said. "We are so thankful and excited to be a part of this incredible organization!"

The collaboration will help bring programs for youth development, healthy living and social responsibility to an 18th community in Nebraska.

"We are excited that the YMCA will help our rural community recruit and retain businesses and families, ensuring the economic future of Gothenburg," Jobman said. "We also believe the YMCA presence will have an extremely positive impact on the overall health and well being of our community. Lastly, and most importantly, in my opinion, we are so excited about the opportunities the YMCA brings to bridge social gaps within our community

"Becoming just the 18th community in Nebraska to benefit from a YMCA is incredibly impactful for Gothenburg. Although the Y concept is new to many of our residents, folks are quickly catching on that this is so much more than just a gym and a pool. The YMCA presence means hope and a positive future for our community!"
— Becky Jobman



by intentionally providing programming that is relevant and accessible to all."

Construction on the new YMCA is expected to start in the summer of 2017 and will include a high-school regulation-size gymnasium with two cross-courts; a four-lane swimming pool with room for physical therapy and a kids area; an indoor walking track; workout space with weights and cardio machines; a group exercise room; men's, women's and family locker rooms; educational child care; and a social lobby.

Julie Czochara, a New York native, was hired as the first executive branch director at the Gothenburg location.

YMCA of the Prairie CEO Ginger Cowne said the new partnership is a great example of how small rural communities can work together to make great things happen.

"By sharing staff and other resources, we make it easier to sustain YMCAs in rural areas," Cowne said. "The partnership allows the Y to bring programs into rural areas that will impact the future health of its residents and create brighter futures for its children. We are glad to be able to bring the Y's great programs and resources to another Nebraska community."



OUR DONORS

BECAUSE OF YOU

**We would like to recognize and thank all of our 2016 YMCA donors.
DON SJOGREN COMMUNITY YMCA DONORS:**

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\$10,000 and Greater

Phelps County Community Foundation
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\$2,500-\$9,999

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- Barney Insurance
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Holdrege Electric
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The Heritage Club is comprised of individuals or families who have let the Y know that they are committed to giving a gift of at least \$1,000 to the YMCA Endowment Fund.

Anonymous
Mike and Marcia Bussey
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OUR DONORS

WE CAN DO MORE!



ORTHMAN COMMUNITY YMCA DONORS:

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\$10,000 and Greater

Lexington Community Foundation
Josh Baldwin
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Linda Shaw
Jason & Tara Lawless

When you are part of the YMCA, you are helping to strengthen our community.

Through community support, we are able to open doors not only for kids, but also for families, adults and senior citizens by providing financial assistance to those who are unable to afford the cost of memberships, childcare and programs.

We express sincere gratitude to all of our donors for their continued support of our mission. We have listed here those who donated to the Don Sjogren Community YMCA in Holdrege and the Orthman Community YMCA in Lexington between January and December 2016.

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.



FINANCIAL REPORT

RESPONSIBLE STEWARDSHIP

YMCA OF THE PRAIRIE ASSOCIATION 2016

ASSETS & LIABILITIES

Total Assets.....	\$6,455,749
Total Liabilities.....	\$169,512

ENDOWMENT FUND

Endowment as of Dec. 31	\$1,256,894
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2016 FINANCIAL STATEMENT

PUBLIC SUPPORT

Contributions.....	\$224,239
Grants	\$72,653
Sponsorships.....	\$71,000
City Sales Tax.....	\$292,708
TOTAL PUBLIC SUPPORT	\$660,600

EARNED INCOME

Membership	\$1,101,697
Youth Programs	\$240,626
Adult Programs	\$87,233
Aquatics	\$12,913
Family Programs.....	\$49,207
Investment Income	\$57,048
Other Income.....	\$87,682
TOTAL OPERATIONAL INCOME	\$1,576,719

EXPENSES

Personnel Expense	\$1,094,405
Occupancy	\$856,341
Program Expense.....	\$148,646
National Support	\$36,991
TOTAL OPERATING EXPENSE	\$2,136,383

LEADERSHIP TEAMS

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Doug Hohman, Secretary
Andrew Weides, Treasurer
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Connie Lans
Don Kraus
Pam Sandy
Karen Stute
Rich Watson



From left: Ginger Cowne, Riley Gruntorad, Julie Czochara & Janell Brown

STAFF LEADERSHIP

Ginger Cowne, CEO
YMCA of the Prairie

Janell Brown, Executive Branch Director
Don Sjogren Community YMCA

Riley Gruntorad, Executive Branch Director
Orthman Community YMCA

Julie Czochara, Executive Branch Director
YMCA at Gothenburg Health

Shannon Krueger, Child Care Director
YMCA at R7 Early Learning Center



Shannon Kreuger and YMCA at R7 Preschool Class

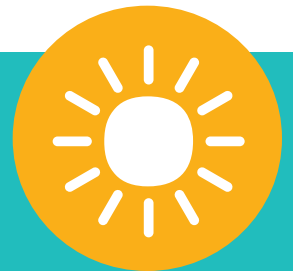


YMCA OF THE PRAIRIE
PO Box 618
Holdrege, NE 68949

Current Resident Or

OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.



OUR CAUSE

At the Y, strengthening 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.



OUR FOCUS

We believe that to bring about meaningful change in individuals and communities, we must be focused and accountable. That's why we focus our work in three key areas that are fundamental to strengthening community: youth development, healthy living and social responsibility.



COMMUNITIES SERVED

Alma • Arapahoe • Atlanta • Axtell • Beaver City • Bertrand • Cozad • Eddyville
• Edison • Elm Creek • Elwood • Eustis • Franklin • Funk • Gothenburg • Hildreth
• Holdrege • Johnson Lake • Lexington • Loomis • Miller • Minden • Orleans •
Overton • Oxford • Republican City • Smithfield • Stamford • Sumner • Wilcox