



YMCA OF THE PRAIRIE 2017 ANNUAL REPORT

DON SJOGREN COMMUNITY YMCA • ORTHMAN COMMUNITY YMCA • YMCA AT GOTHENBURG HEALTH



THERE'S A **Y**
IN EVERY
FAMILY **Y**

LIKE FAMILY

We hear it over and over again — the Y is like a family. And this year, our annual report demonstrates that through the stories of members. Read about Christina and Gracie Harris who joined the **DON SJOGREN COMMUNITY YMCA** to improve their health but ended up finding a family. Lexington's Stacey Schoneman was a single mom struggling to find belonging and compassion after surviving cancer and other hardships. She found it at the **ORTHMAN COMMUNITY YMCA**. And, Peggy Brayman loves her new Y family and is even more thrilled that she can now walk without a cane after exercising at the new **YMCA AT GOTHENBURG HEALTH**.

At the Y, we know that parenting can be challenging. We strive to help support families with programs such as Healthy Kids Day, Daddy-Daughter Date Nights, the Transportation Celebration in Lexington and After-School programs. Take a look inside our 2017 annual report to read about how the Y has worked to strengthen communities in South-Central Nebraska and to help our members feel like they have a second family at the YMCA.

LOVE CONNECTION BELONGING
GENERATIONS ACCEPTANCE SUPPORT



We are for YOUTH DEVELOPMENT: We believe that all kids deserve the opportunity to discover who they are and what they can achieve.

We are for HEALTHY LIVING: We strive to be a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together encourages good health and fosters connections through fitness, sports, fun and shared interests.

We are for SOCIAL RESPONSIBILITY: The Y listens to and responds to our communities' critical needs. Through our volunteers and donors, leaders and partners, we strive to empower our community members to be healthy, confident, connected and secure.

SCHOLARSHIPS

\$114,191 given
in membership &
program assistance

MEMBERS

8,319 members

3,443
membership units

237,529 visits
to our YMCAs



Mother-Son Kayak Trip

635

dedicated volunteers served kids
and families by giving of their time

210

employees living the Y mission

MAKING AN IMPACT ALL YEAR

2,008 kids discovered their potential in youth sports

1,200 kids gained confidence in youth programs

1,819 adults got active with adult sports and programs

33,933 visits to group exercise classes

605 kids learned to swim in YMCA swim lessons

14,281 visits to Child Watch

1,399 free summer lunches served at the Kids Cafe

712 lives enriched in Y summer camp

81 kids safe and secure in Y After-School Care

819 parents and kids bonded in Y family programs





Christina & Gracie Harris

FINDING HOPE & FAMILY

Gracie Harris was just 14 years old when she saw her dad die of a massive heart attack. He was only 48.

That tragedy sparked a profound lifestyle change in Gracie and her mom, Christina Harris, of Oxford.

Today, Gracie and Christina are a combined 100 pounds lighter and have found the motivation and support they need to live healthier at the Don Sjogren Community YMCA.

Gracie and Christina first ventured to the YMCA in Holdrege in July 2016, six months after Gracie's dad died. They joined the Y so Gracie's younger brothers, Tucker, 5, and C. Jaye, 6, could participate in YMCA youth programs. But, they found themselves enjoying walks on the indoor track while the boys played sports. Then, they tried the weights, treadmills and other cardio machines. By December 2016, the two decided it was time to go all in.

"We decided we would make a change to make a difference for ourselves," Christina said. "We started a mom and daughter competition."

The competition sometimes includes tempting each other with Twinkies and

chicken Alfredo to test their ability to resist temptation.

"Life's about choices," Christina said. "If she chooses not to eat the Alfredo, she may not get heart disease, she may not gain five pounds."

Gracie had struggled with her weight nearly her entire life and was already border-line diabetic before she even became a teenager. With her family history of heart disease, Gracie knew that living healthier was a life-changing decision that she needed to make.

In addition to exercising at the Y three or four days a week, Gracie started a no-carb diet. Between her new eating plan and the motivation and support from her mom and the YMCA staff, Gracie started shedding the pounds.

In May 2017, Gracie mentioned to her mom that she wanted to get a job. Christina works as a travel nurse, is studying to be a paramedic and is a single mom, so she was excited about Gracie's idea and mentioned that the YMCA was training and hiring lifeguards.

But, Gracie was hesitant about putting on a swimsuit and perfecting the skills needed to be a lifeguard. So, her mom

offered to sign up for the class with her. That was the encouragement that Gracie needed.

The two are now certified lifeguards at the YMCA. Gracie works the morning shift several days a week, waking up at 3 a.m. and arriving at the YMCA by 5 a.m. for a quick workout before her 5:30 a.m. shift begins. She works until 7:30 a.m. and then drives to Southern Valley for her school day. She often travels back to the Y later for a workout with her mom and brothers.

Gracie gives back to the Y by volunteering for many Y programs, including the Snowflake Ball, Gingerbread Houses & Santa, the Noon Year's Eve Party and the Silver Run.

"I try to volunteer as much as possible just to help out because I want to help others," Gracie said.

Gracie and Christina said they are grateful that they have found a supportive group at the YMCA to help them along their journey.

"The Y has brought us just not the machines. Just not the weights. Just not the classes. It's brought togetherness, hope, family," Christina said.



Stacey & Peyton Schoneman
Photo by Ashley Elaine Photography

COMPASSION & SUPPORT

Five years ago, Stacey Schoneman was lonely and down on her luck.

She had just moved back to Lexington from Omaha as a single mom with a sweet baby boy, and she was seeking friendship, healing and connection. She had survived two rounds of cervical cancer and was trying her best to be a good mom to her newborn son.

Someone suggested she go to the Orthman Community YMCA. So, she did. She started by attending Melanie Shubert's Core Fit class, her first group exercise experience. At the end of class, Melanie greeted Stacey by name and encouraged her to return.

"I thought, Holy Crap!" Stacey said. "Somebody knows my name!"

That's all it took. From then on, Stacey faithfully attended Melanie's class twice a week for two years. She also started exercising at the Y outside of class, working on cardio and strength building.

Over the span of two years, Stacey lost 70 pounds and went from a size 12 to a size 2. She lost most of the 100 pounds that she gained during her high-risk pregnancy.

She formed a close relationship with Melanie and the other regulars in the class. At the Y, she found the connection she was longing for in staff and members.

"Pretty much everyone at the Y, they all demonstrate that true care and compassion that I looked for," Stacey said. "I love the Y because of the good friends and the real friends that you actually make there."

Stacey has learned so much about exercise that she is now sharing her passion with others by teaching classes. She started with teaching Kickboxing, which she leads at the Y every Tuesday and Thursday.

Her next class was born out of her unique automotive skill set. Stacey works in her family business, C & S Truck and Salvage, and has understood the basics of taking care of trucks and vehicles since she was a young girl participating in racing. And, since she also knows the challenges of being a single mom, she decided to share her automotive knowledge by creating and teaching the Let's Get Greasy, beginning hands-on automotive class for ladies at the Y.

"I wanted to give them the knowledge to do the things that I knew they could do," Stacey said. "Being a single mom and knowing other single moms, it's hard to do things on your own. If you take your vehicle to a shop, you want to know what's fair and if they are pulling your leg and charging you for something you don't need."

In the class, Stacey teaches participants how to change the oil in their vehicle, educates them on labor rates and what things should cost and the basics of automotive maintenance.

And, this summer, Stacey created another new class – the Superhero Workout for kids ages 2-6. Her son Peyton, helped design the class, which included fun activities like Thor's Hammer, the Spiderman Crawl and the Captain American Shield Block. She even provided capes and masks for the children to keep.

Stacey said she glad to be part of the Y and for the friendship, belonging and connection she has found there.

"I love it so much," Stacey said. "I love the people. It makes a big difference."

BRAYMAN DISCOVERS HEALTH & BELONGING

Peggy Brayman first started exercising with the YMCA at Gothenburg Health in the summer of 2017 when water aerobics was offered at the outdoor pool.

Her doctor had encouraged exercise and said that it might alleviate some symptoms of the Multiple Sclerosis she was diagnosed with eight years ago.

Peggy enjoyed the class and camaraderie so much that she wanted to continue to exercise when summer ended. However, she is single and lives on a meager monthly income due to her disabilities.

That's when YMCA Branch Executive Director Julie Czochara told Peggy that the Y offers a membership assistance program for people in her circumstance. The program is made available through the YMCA's generous annual donors. Peggy was grateful that she could continue to exercise by paying a reduced membership rate.

She has tried a variety of exercise options at the Y, including walking on the treadmill, water exercises, yoga and weight lifting.

"I've become stronger, my mood is more upbeat, and I've even lost weight," Peggy said.

After about four months of exercise, Peggy reached a major accomplishment. She put away the cane she had been using due to her MS.

"I was just ecstatic," Peggy said when she realized she no longer needed the cane. She had used the cane mainly for balance because she had stumbled a few times. "At the Y, I kept getting stronger and stronger and I was just beside myself when I didn't need my cane any more," she said. "I had been pushing myself and refused to succumb to the aches and pains."

Peggy said her neurologist was impressed with her improvements.



Peggy Brayman

"She couldn't praise the YMCA enough," Peggy said of her neurologist. "She said just keep it up."

Peggy said the Y has benefited her more than just physically.

"Even my neurologist said my attitude has changed for the better," Peggy said. "Just getting out and doing stuff. It's good for mind, body and spirit all the way around."

As a person who lives alone, Peggy said she loves the sense of belonging at the Y.

She enjoys the fellowship of her fellow classmates.

"Being a homebody, it's kind of nice to see other ladies who are as uncoordinated as me," she joked.

She also enjoys the Y staff who make her feel welcome.

"It's a very family oriented atmosphere," she said. "It doesn't take but one time before they know your first name. They don't make you feel like a stranger every time you are there."

Peggy said she makes it a point to go to the Y several times a week and not just for the exercise.

"I just love going there," she said. "It's like a big ol' family."

STRENGTHENING OUR COMMUNITIES

SAFE & SECURE AFTER SCHOOL

In the fall of 2017, the YMCA at Gothenburg Health started a new after-school program. The program started the year with five students and ended with 16. And, in 2018, the program is expected to grow even more.

"Because of the effort between the community, the school and the Y, the after school program leadership was able to help the participants engage in activities that they may not have had the chance to participate in before," YMCA at Gothenburg Health Executive Director Julie Czochara said. The opportunities included field trips to the bank, dentist office, floral shop and theatre along with cheerleading camp, basketball and extra homework help. "We are blessed with a loving community and awesome YMCA leadership," Julie said.



CELEBRATING COMMUNITY HELPERS

The Orthman Community YMCA celebrated community helpers in a new event called the Transportation Celebration. More than 500 parents, grandparents and children attended the Sept. 30 event at Jim Kelly Field Airport in Lexington. Thirty businesses or community organizations brought vehicles for kids to climb in and experience, including police vehicles, a tow truck, bucket truck, farm machinery, a motorcycle, a fire truck and a helicopter.

The Orthman YMCA also brought families and community members together during the spring Kids Day event that attracted 361 participants and included a kids fun run.

The YMCA continues to strengthen the community through programs and events that encourage health, wellness and a chance to come together and connect with others.



BUILDING MORE THAN MUSCLES

The Don Sjogren Community YMCA strives to encourage community members to live healthier, but not just physically. The Y offers many opportunities for community members to exercise their creative sides as well, such as through monthly painting and crafts classes where people come together to create, visit and build lasting friendships.

The Y continues to partner with donors to operate the Kids Cafe Summer Lunch Program that provides free lunches to kids during the summer. In 2017, the program served 1,399 meals to kids and families along with offering a place for participants to come together for a shared meal and to make community connections.

At the Y, we believe that these small connections make an overall stronger community.



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WE CAN DO MORE BECAUSE OF YOU!

When you are part of the YMCA, you are helping to strengthen our communities. 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, the ORTHMAN COMMUNITY YMCA in Lexington and the YMCA AT GOTHENBURG HEALTH (on the following page) between January and December 2017.

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.



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Robert McCormick
Gloria Erickson
Dave Rowe
Bob Ide
Tod McKeone
Chris McQuillan
Mark Peyton

ORTHMAN COMMUNITY YMCA BRANCH BOARD

Tod McKeone, President
Dave Rowe, Vice President
Amy Biehl-Owens
Connie Bennett
Meagan Copley
Oscar De La Torre
Wade Eschenbrenner
Steve Heldt
Roger Reutlinger
Blake Reynolds
Nick Reynolds
Holly Rickertsen
Skyler Roemmich
Tom Wisdom

DON SJOGREN COMMUNITY YMCA BRANCH BOARD

Bob Ide, President
Cory Steinke, Vice President
Lacie Westcott, Treasurer
Grant Hinze
Janet Exstrom
Don Kraus
Connie Lans
Pam Sandy
Karen Stute
Rich Watson

YMCA AT GOTHENBURG HEALTH BRANCH BOARD

Mark Peyton
Mike Bacon
Mick Brant
Amber Burge
Travis Coe
Bruce Clymer
Joyce Hudson
Verlin Janssen
Becky Jobman
Jana Jobman
Mark Oberg
Niki Solomon
Dr. Mike Teahon

YMCA OF THE PRAIRIE ASSOCIATION 2017

ASSETS & LIABILITIES

Total Assets.....	\$6,743,529
Total Liabilities.....	\$534,643

ENDOWMENT FUND

Endowment as of Dec. 31	\$1,477,489
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2017 FINANCIAL STATEMENT PUBLIC SUPPORT

Contributions.....	\$169,099
Grants	\$113,900
Endowment	\$282,481
City Sales Tax (Holdrege).....	\$194,057

EARNED INCOME

Membership	\$1,194,063
Programs	\$745,810
Investment Income	\$72,156
Other Income.....	\$125,958
TOTAL INCOME.....	\$2,897,524

EXPENSES

Personnel Expense	\$1,473,781
Occupancy	\$1,247,467
Program Expense	\$138,613
National Support	\$44,675
TOTAL OPERATING EXPENSE	\$2,904,536

STAFF LEADERSHIP

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



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.

COMMUNITIES SERVED

Alma • Amherst • Arnold • Arapahoe • Atlanta • Axtell • Beaver City • Bertrand • Brady • Broken Bow • Callaway • Campbell • Cozad • Eddyville • Edison • Elm Creek • Elwood • Eustis • Farnam • Franklin • Funk • Gibbon • Gothenburg • Hildreth • Holbrook • Holdrege • Huntley • Johnson Lake • Kearney • Lexington • Loomis • Maxwell • Miller • Minden • Naponee • Oconto • Orleans • Overton • Oxford • Phillipsburg, KS • Pleasanton • Ragan • Republican City • Smithfield • Stamford • Sumner • Upland • Wilcox