





Chris Angellatta
President and CEO

Jason Grover
Board Chair

#### **Dear Friends:**

In 2019, the World YMCA celebrated our 175th anniversary. Much has changed since our creation in 1844. The YMCA has evolved from a simple Bible study program above George Williams' drapery shop in London, to a Worldwide Movement across 119 countries serving over 40 million people. The one constant throughout the years is our commitment to put the needs of the community first.

The evolution of the YMCA of Greater Fort Wayne is no different. We began in 1858 conducting religious and social meetings for young men who needed positive role models when they moved to the city. Our first facility in 1884 was the Railroad Association YMCA. That Y helped young men working on the railroad with a hot meal, wholesome activity, and safe place to stay. Today the YMCA of Greater Fort Wayne is the largest human service nonprofit in the area serving youth, adults, and families with caring people and diverse programs. The Y has always been IN MOTION.

This year's Benefits to the Community report shares stories of impact that will motivate and inspire you. The YMCA adaptive programs are helping children and adults lead fuller lives, LIVESTRONG® at the YMCA is helping adults reclaim their health in their battle with cancer, and youth from all backgrounds are growing in spirit, mind, and body with the help of great role models in child care, sports, and leadership programs. We won't stop there.

Our desire to serve the whole community drives constant evolution and change. The future of our YMCA is filled with opportunity and promise. Every day, YMCA staff are intentionally working to deepen the experience for participants and identify ways to reach new populations. We remain perpetually IN MOTION as we strive to achieve this goal. Thanks to supporters like you, we are fulfilling our mission to be "for all." We are grateful for your dedication and commitment.

Chris Angellatta President and CEO Jason Grover
Board Chair

#### **OUR CAUSE**

We know that lasting personal and social change comes about when we all work together. That's why at the Y, strengthening the foundation of community is our cause. Every day, we work side-by-side with our neighbors to make sure everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

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Dream Team T-Ball at the Caylor-Nickel Foundation Family YMCA gives those with all abilities the opportunity to participate and have fun.

# A YEAR IN MOTION

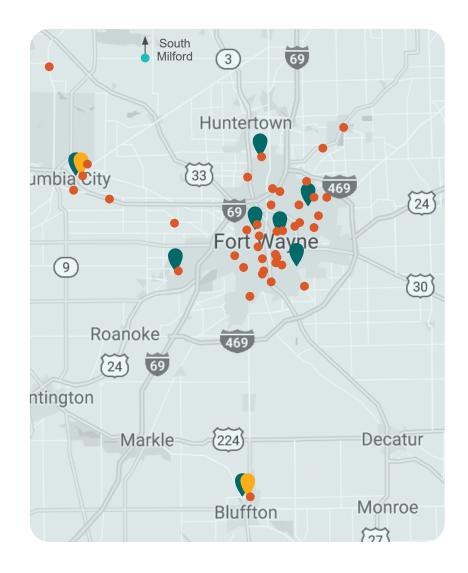
# RANGE OF MOTION: OUR REACH













Players receive an encouraging word from their coach.

## **FULL MOTION: OUR CAUSE**



#### **44,476 PEOPLE**

found a place to belong at the Y because of financial assistance made available through the YMCA Annual Campaign



#### 2,242 VOLUNTEERS CONTRIBUTED

to projects that helped strengthen community



#### 2,307 INDIVIDUAL & **CORPORATE DONORS**

gave back to their neighbors by donating to the Y



## **FORWARD MOTION: OUR INFLUENCE**



#### **MORE THAN 1,370 PEOPLE WITH DISABILITIES**

discovered the joys of a healthy, active life through the YMCA's adaptive and inclusive programs



#### 159 PEOPLE FIGHTING CANCER

were introduced to the LIVESTRONG® at the YMCA program, a supportive, encouraging community that truly understands what they are going through



#### **UPWARDS OF 23,000 INDIVIDUALS**

took part in a wide variety of YMCA health and wellness programs



#### **MORE THAN 1,270 NORTHEAST INDIANA YOUTH**

participated in YMCA Youth Service Bureau's truancy and mentoring program

MOVE Camp participants show love to their community by painting fire hydrants.



Steve Riethmiller enjoying an adaptive swim lesson with Austin Kelly.

Sailing, bicycling, kayaking, swimming—you name it, Steve Riethmiller did it. Everything changed in 2015 when Steve was struck by a car while cycling. Although his deep intelligence, quick wit and bold spirit of adventure were unwavering, the accident claimed his coordination and balance. Reliant on a wheelchair and in need of 24-hour care, he became a permanent resident in a long-term care facility. However, it soon became obvious that he was ready for more physical activity and mental stimulation than life in a wheelchair could provide.

"Steve loved life," said his wife, Donna. "Finding ways to increase his quality of life became my personal mission." Donna and Steve began to explore their options and discovered that the YMCA offered a variety of adaptive programs. Initially, Steve participated in weekly one-on-one adaptive swim classes with Aquatics Director Austin Kelly, and he quickly regained his strength and confidence. While looking for the next adventure, Steve and Donna rediscovered his greatest passion—cycling.

The Trail Buddies program gave Steve the opportunity to board a Duet bike specifically engineered to carry wheelchair riders. Assisted by one volunteer who pedaled and another who rode beside them, Steve was back in the saddle. Calling themselves the "Three Amigos," Steve and his cycling partners enjoyed weekly rides along local trails and through quiet neighborhoods, greeting fellow bikers, runners and walkers along the way.

## SOMETHING **FOR EVERYONE**

Life is movement and action. It's joy and discovery. The YMCA's adaptive and inclusive programs are designed so everyone, regardless of ability, is able to experience life to the fullest.

The YMCA offers an incredibly diverse range of activities for all ages and physical abilities. Team sports such as baseball, soccer, tennis, swimming and t-ball provide fun and competition. Swim lessons, Trail Buddies and therapeutic creative activities—including dance, music and cheer—build strength and confidence while delivering great experiences.

The LEAP day camps give young campers of all abilities a chance to enjoy games, art projects and outdoor play alongside peers.

Other programs provide wellness, social skills and employment readiness activities to help people of every ability improve their health, build their relationships and boost their confidence.

In 2019, more than 1,370 people with disabilities, along with their families and friends, discovered the joys of a healthy, active life through the YMCA's adaptive and inclusive programs.

Steve passed away in 2019, but with help from the YMCA's adaptive programs, his final years left many good memories. "Swimming and biking became an integral, invaluable part of our lives," said Donna. "I will always treasure the memories of the joy and freedom Steve experienced both in the pool and on the trail."

## "THE SPARKLE IN STEVE'S EYES AND THE GRIN ON HIS FACE SPOKE VOLUMES, WATCHING STEVE ENJOY THE FRESH AIR, SUNSHINE AND CAMARADERIE WAS MY GREATEST PLEASURE."

- DONNA RIETHMILLER, STEVE'S WIFE

Through the YMCA's adaptive programs, Steve and Donna also gained much more. They developed relationships with other participants and their families, which helped overcome feelings of isolation.



Joining, supporting and promoting the YMCA's adaptive programs also helped raise awareness of the importance of the programs and the need for a supportive, inclusive community.

"Steve and I were both grateful for these programs," said Donna. "Honoring Steve's memory is also honoring those whose efforts, kindness, care and commitment will continue to greatly enhance and enrich many more lives."

Tom Reithmiller, Steve's brother, pedals Steve on the specialized Duet bike.



In her own words, Tina Conrad is a "Type A, workaholic, go-getter." So after fighting and beating breast cancer, it's no surprise that Tina went to work reclaiming her life. An avid runner prior to cancer, Tina had run both a half and a full marathon. After cancer, she returned to running shorter 5k races, but she missed the challenge and endurance of longer races.

She discovered the LIVESTRONG® at the YMCA program through her support group at the hospital. "They told me it was a great way to get more active and achieve my personal physical goals," said Tina. "But they also said it was a great opportunity to meet new survivors in a safe community—so I gave it a try."

That's where Tina met Sue Billian, her LIVESTRONG at the YMCA trainer. Together, they developed an exercise program for Tina, combining strength and cardio training. Sue also helped Tina set personal goals, giving Tina the confidence and ability she needed to run her first post-cancer half marathon.

## "THE YMCA IS SUCH A GREAT EXAMPLE OF **COMMUNITY FOR COMMUNITY, CANCER** SURVIVORS ARE LIVING LONGER, FULLER LIVES, AND THE LIVESTRONG PROGRAM IS A SHINING **EXAMPLE OF COMMUNITY IN ACTION."**

- TINA CONRAD, LIVE**STRONG** AT THE YMCA GRADUATE

The LIVESTRONG at the YMCA program has had a powerful impact on Tina's life. "Life after cancer can be hard to navigate," she says. "Finding like-minded people to bond with and work out with is truly a blessing." Tina has a new passion and direction for her life. She has started "DJ Breast Cancer," a podcast where she shares her own story, as well as the stories of other cancer survivors.



"I focus more on living fully and having a purpose-filled life and less on work," said Tina. "I truly believe in community, sharing your story, finding your tribe and helping others in their journey. LIVESTRONG helped me find a true sense of purpose and community and it has truly been a gift in my life."

## FINDING HOPE IN EACH OTHER

For adults living with cancer, strong relationships are a lifeline—a source of hope and strength. They are the driving force behind LIVE**STRONG®** at the YMCA. It is a proven, research-based program designed to help cancer patients and survivors form powerful relationships to help them focus on their physical, mental and spiritual health, rather than the disease.

Participants work with Y staff members who have been trained and certified by the YMCA and the LIVE**STRONG®** Foundation to learn healthy heart exercises, resistance and strength training, and balance and flexibility drills. These activities can reduce the severity of side effects, manage unwanted weight changes, and

increase energy levels, confidence and self-esteem.

In 2019, the LIVESTRONG at the YMCA program introduced more than 159 people who are fighting cancer to a



supportive, encouraging community that truly understands what they are going through. Together, they discovered that they are not alone in their fight against cancer.



Fareedah Hernandez is busy: She is earning a degree in social work, and she works at her school's library. She is also a mother of two—a 10-year-old son and a 2-year-old daughter—and a wife. Finding time to take care of herself was a challenge, but a move from Chicago to Fort Wayne brought her to a place where she would rediscover herself.

"When I moved to Fort Wayne, I wanted to find a place where my family could get active and get involved in the community," said Fareedah. "I was always a YMCA member growing up, and I have such great memories of going to camp and swimming—so I knew the YMCA was the right choice."

After joining the YMCA, it didn't take Fareedah and her family long to become regulars. With her daughter playing in the childcare center and her son taking basketball and swim lessons, Fareedah made time to explore the variety of options available to her. And she has made the most of every minute.

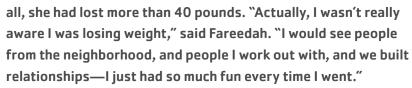
## SPIRIT, MIND **AND BODY**

Good health is about more than calories and pounds. It requires a holistic, balanced approach that treats body, mind and spirit as a unified system. The YMCA is committed to building programs focused on healthy living, social responsibility, strong families, character values and community development.

The YMCA's foundation has always been youth development, but it doesn't stop there. Throughout the years, the YMCA has evolved to provide an encouraging, inclusive environment where people of every age have access to the programs and support they need to be healthy—physically, mentally and spiritually.

In 2019, more than 23,000 individuals took part in a wide variety of YMCA programs, including sports, camps, health and wellness. swimming, youth education and leadership, and corporate wellness, as well as local and international service projects.

One week, she would take part in Zumba classes. The next week. she would be swimming or taking a cycling class. In no time at





- FAREEDAH HERNANDEZ, YMCA MEMBER

But the YMCA's impact reached far beyond Fareedah's physical health. From energizing workout sessions to quiet time in the sauna or whirlpool, Fareedah's mind was free. She found that her time at

> the YMCA was helping her reconnect with herself. "The YMCA gives me a calm place that lets me get in tune with who I really am—physically and spiritually," says Fareedah. "When that happens, I become a better person for my family and for myself."



Fareedah poses with her husband Julien, and her children, Michael and Angie.



Navigating junior high and high school can be tough. Add emotional stress and loss of a loved one, and it can seem almost impossible. That was the challenge 13-year-old Nichole was facing. Emotionally drained by efforts to reconnect with her biological father and the death of her grandmother, she was overcome with feelings of anxiety and hopelessness.

Nichole began to run away from home and would be gone for several days at a time. On her last attempt to run away, Nichole was arrested and turned over to Allen County Juvenile Court. That was the wakeup call she needed— Nichole was determined to make a change.

She was assigned to the YMCA's Status Offender Court Alternative Program (SOCAP), a program to help youth stay in school and avoid the juvenile justice system. It was here that she met her Youth Advocate, James McFadden.

James patiently worked with Nichole, introducing her to a few girls who shared similar experiences. As Nichole became more comfortable, James would introduce her to larger and larger groups of peers, and he would include her in Youth Service Bureau group activities.

"We would meet and talk about different things, and if we did well, sometimes they would take us to the movies," said Nichole. "We recently helped a girl in our group put together a shop to help people who didn't have enough food and aren't able to shop for it."

#### "THE YOUTH SERVICE BUREAU TRULY HELPS **FAMILIES—THEY TRULY CHANGE LIVES."**

- TONYA ANGULO, NICHOLE'S MOTHER

With unwavering support from her mother, Nichole met consistently with James. Over time, her compassion, intelligence and amazing sense of humor resurfaced. Once shy and guarded, she now uses her own experiences to reach out to peers who struggle with emotional distress and toxic relationships.

"I didn't recognize what Youth Service Bureau was until I got involved, and it's helped me with my life," said Nichole. "It helped me be more open and not be afraid of other people."

As she finishes her freshman year of high school, Nichole has rediscovered herself. At school, she is getting good grades and even went to the state finals with her volleyball team. She also sings in the school choir.

## **HELP AND HOPE**

While the YMCA continues to reach new segments of our community, we have never forgotten our roots: helping youth. Through the YMCA Youth Service Bureau, youth throughout northeast Indiana are finding loving support, calm guidance and a listening ear to help them find their way.

The Youth Service Bureau offers a comprehensive range of counseling, mentoring, training and activities, centered around the physical, emotional and spiritual needs of our youth. Peer support groups, sports and exercise programs, and camps and service projects give youth the opportunity to build relationships and learn how to cope with life challenges in a healthy way. In 2019, more than 1,270 northeast Indiana youth participated in Youth Service Bureau programs.



Youth Advocates talk about body positivity and healthy relationships.



Laura Wareing has a big heart—and a bigger family. She is a loving foster mom and "grandmother" to six children, ages 8, 9, 10, 11, 12 and 13. "What started as an overnight thing grew to four years," said Laura. "After those four years, it was either adopt them or give them back, and I was not going to give them back."

But life in the Wareing house wasn't always "storybook." The children arrived with a large amount of baggage and very little self-esteem. They struggled at school with behavior and grades. They struggled at home with respect and responsibility.

"They were dealing with so many anger issues, they did what they thought they needed to do to survive," said Laura. "They were so out of control that I didn't know if I could keep helping them."

But Laura believed in her family. She knew that all they needed was the opportunity to belong to something and be proud of themselves. So, she turned to the YMCA. As a single foster mother of six children, Laura doubted that she would be able to afford the YMCA, but she discovered that the YMCA offers financial assistance. In no time at all, she was a member, and her children were taking swim lessons.

## **EVERYBODY WINS**

Sports offer something for everyone. For adults, sports are an opportunity to get in shape, meet new friends or explore a new hobby. For youth, sports are a fun way to stay healthy, learn teamwork and simply have fun.

YMCA sports leagues, programs and camps offer activities for a wide range of skill and fitness levels, from basketball and volleyball to rock climbing and badminton. Through YMCA sports, communities throughout northeast Indiana are growing stronger, healthier and more inclusive. In 2019, more than 4,200 northeast Indiana residents took part in YMCA sports programs.

"The kids were afraid of the water at first, but their teacher kept encouraging them," said Laura. "They progressed to the point where their teacher asked them to join the swim team. Talk about a confidence booster."

## "THEY SAY IT TAKES A VILLAGE TO RAISE GOOD, SUCCESSFUL KIDS, AND THE YMCA IS MY VILLAGE."

- LAURA WAREING, FOSTER PARENT AND YMCA MEMBER

Building off of their swim class success, the children moved on to YMCA sports programs. Football, basketball, soccer, volleyball, gymnastics and cheer soon took up most of their time. The more the children did, the more confident they became. Each step of the way, the YMCA staff members were there to cheer them on.



Spring soccer at the Parkview Family YMCA provides fun for all participants.

"The coaches would check with my kids every week to see how they were doing," said Laura. "There were so many people there, giving my kids the guidance and encouragement they wanted and needed. The YMCA is so important to where my kids are today."

Today, life is very different for the Wareing family. At school, the children are excelling in their classes, and some have even begun to lead their peers. Outside of the classroom, they are more respectful, responsible and, most importantly, happy.

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



#### YMCA OF GREATER FORT WAYNE

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