



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTHENING MICHIGAN'S COMMUNITIES

THE STATE ALLIANCE OF MICHIGAN YMCAS  
2014-15 Community Benefit Report



## Youth Development: Nurturing the potential of every child and teen.

### MILDRED – LEARNING HEALTHY LIFESTYLES Niles-Buchanan YMCA



Coming to the YMCA Healthy U Program has been one of the best gifts! We love being able to come and let some energy out at the YMCA. Our instructors are always telling us to keep moving and be active in the gym. We learn about healthy foods too and how it's important to eat more "Go" foods every day. I like vegetables so I eat "Go" foods a lot. I really enjoy the swimming the best. We get to go under water and practice swimming. We even get to practice pulling in life buoys. I really like Healthy U and can't wait to come back next year.  
Wells 6th Grader

### ROBBY – THE POWER OF YOUTH EMPLOYMENT YMCA of Metropolitan Detroit

Robby, a student at our Detroit Leadership Academy High School, was placed in our Y Careerwise camp, which was funded partially by Annual Campaign dollars. Robby reported to work on time every day with a smile on his face. He was placed at our career camp for younger students. Every day he would stay after, offer to help the instructors and ask if there was anything he could do. One day, when the students were being disruptive, he asked them to stop and told them they should be appreciative for all that we do. Later that day, I found a letter on my desk thanking me for all that the staff and I have done and taught the students over the summer. He said, 'They don't understand how lucky they are, so I'm thanking you for them. One day they will realize just how fortunate they are.' I later found out that Robby was homeless. You just don't know how summer experiences can really change someone's life. It's obvious that we changed his.



#### Michigan Youth In Government "Fast Facts"

- The Michigan Youth In Government (YIG) Program is one of the 5 largest in the nation with 1,800 middle and high school participants during the 2014-15 school years.
- Michigan is a national leader in the mock trial program, including participation in the ABA National Mock Trials.
- New programs include Political Compromise for Middle School and Judicial Review for High School.
- At the Conference on National Affairs, Michigan students received 3 "Statesman" awards. Only 25 are awarded nationwide.

## Healthy Living: Improving the nation's health and well-being.

### A FAMILY SUPPORTED Tri-Cities Family YMCA

I am a single mother of three and left an abusive marriage of 8 years. My children and I had to hide out in a shelter and all of us had extremely low self-esteem coming out of this situation. The YMCA has meant so much to us. As I started working out and meeting new people my self-esteem started to sky rocket. I was finally able to feel safe and realize my worth. My children also were able to participate in Y camp. At first this just seemed like a great summer daycare for them to attend while I worked. I soon realized it was so much more than that. My children were taught values that backed up my own and they learned to be caring, responsible and respectful. They have so much fun at Y camp and the camp counselors are the most amazing role models my children could ever have. My kids are all now solid swimmers and love to explore new sports as well as new things in life. They were able to come out of their shells and have a wonderful and safe environment to do so. Thanks to the Y for restoring our self-esteem and our faith in people and ourselves.

### SUPPORTED IN RECOVERY Greater Marinette-Menominee YMCA

The day that I knew I had to change my lifestyle before my lifestyle changed me was when I was diagnosed with Rheumatoid Arthritis. After hearing this diagnosis from my rheumatologist, my heart sank into my chest a little deeper. I only felt sorry for myself for about 15 minutes---then I realized crying over this and feeling sorry for myself was not going to get me anywhere. Why was I even sad?? This diagnosis could have been much worse, in fact, I was lucky! The day I signed up for a consultation for personal training at the Y, I got a phone call from Steve Campbell, could I have gotten any luckier? Within a week or so we met and after I had confessed all my sins of the horrible lifestyle I had let myself slip into, I knew that everything was falling into place for me, it was all up to me to stay committed to my new lifestyle. I am now a year and a half or so into my new way of life and I have lost about 35 pounds and many inches. But there is no stopping here, this is only halfway or so to my goal of weight loss and the other gains I have made cannot be measured by anyone but me. My mental strength has increased so much; I couldn't work nightshift, be a full time nursing student and of course be the best mommy I can be if I hadn't gained all the mental strength I have from my workouts. My family has also benefited greatly from the YMCA family membership we have. My daughter, Mady, is on the Stingrays Swim Team which has brought her to her great love of swimming! Not only did she discover a hidden talent of hers in swimming but she has overcome her shyness and built up a great amount of confidence with excelling at swimming and it is showing in all areas of her life.



## Social Responsibility: Giving back and providing support to our community.

### ALEISHA GIVES BACK Monroe Family YMCA

Aleisha found out at age 15 that she had a rare kidney disorder. Upon learning this, she started dialysis and had several blood transfusions. She was put on the donor list, but due to the multiple transfusions, it was hard for her to find a match.

Aleisha is 25 now, and began volunteering for the Y five years ago. She said she felt called to help children. Through all of her health problems, she never complained. She always kept her hope.

A few months ago, Aleisha got the call that she had a kidney match. She was rushed to the hospital and immediately went into surgery. She came out of surgery and rehabilitation with flying colors. She said one of the first things that she wanted to do was come to the Y to go swimming, since she hadn't been able to be in a pool in over 10 years.

Aleisha credits the Y to giving her hope and a nurturing, caring community of people who have supported her through her ups and downs. She is excited to come back to work, and is now a member of our Member Services Team.



## LEARN, GROW & THRIVE AT YOUR NEARBY MICHIGAN YMCA

**12,397**

Volunteers at YMCAs  
throughout Michigan

**16**

YMCA Resident Camps  
in Michigan

**6,129,418**

Dollars provided in financial  
assistance to individuals  
and groups in 2014

**14,483,423**

Dollar value of contributions  
to Michigan YMCAs in 2014

**8,367**

Children enrolled in YMCA  
Child Care Programs

**69**

Physical locations  
throughout the state

**460,288**

Members and program  
participants in Michigan  
YMCAs

**10,206**

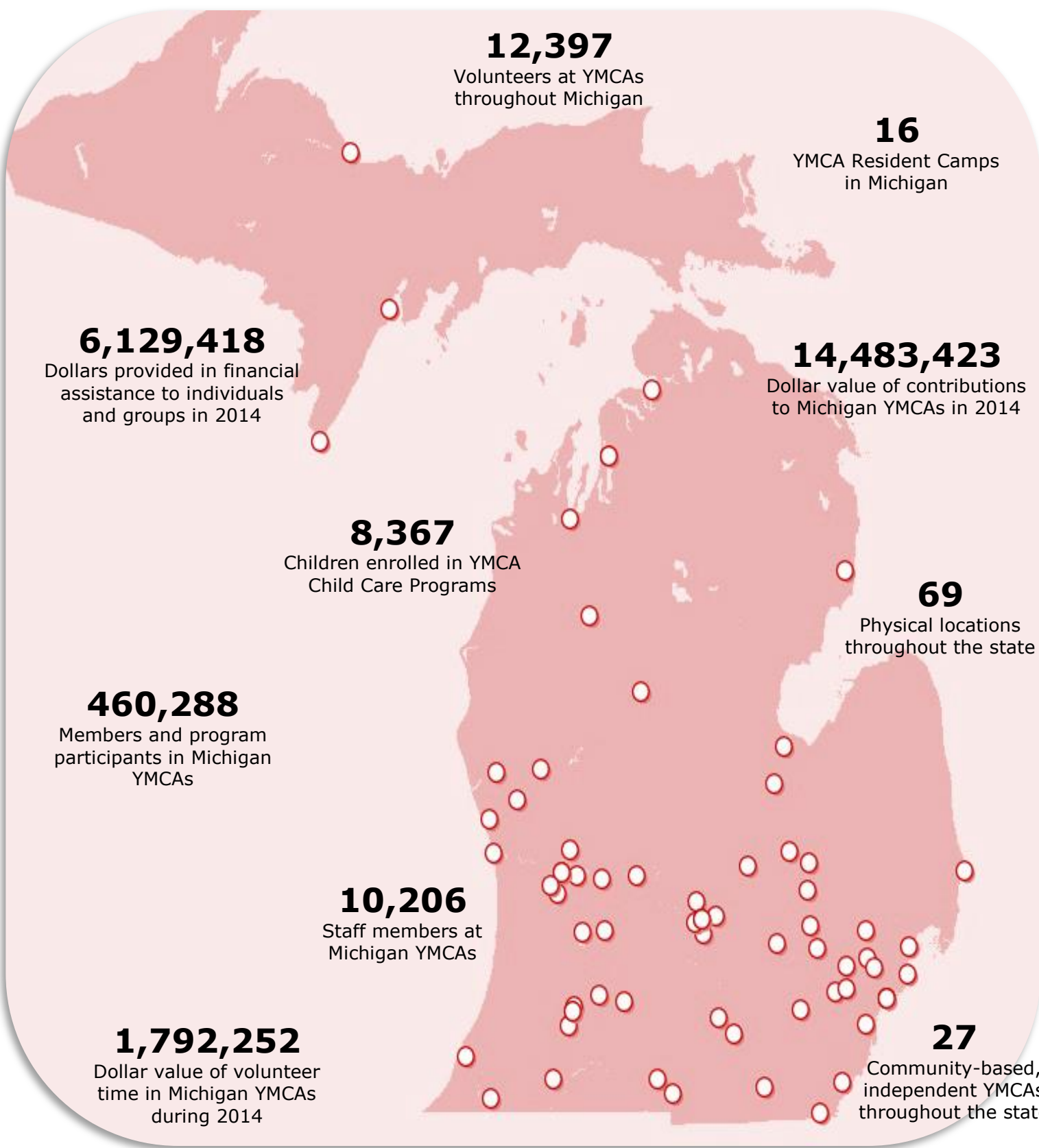
Staff members at  
Michigan YMCAs

**1,792,252**

Dollar value of volunteer  
time in Michigan YMCAs  
during 2014

**27**

Community-based,  
independent YMCAs  
throughout the state



**Ann Arbor YMCA**

Ann Arbor, MI

**Birmingham Family YMCA**

Birmingham, MI

**Camp Nissokone**

Oscoda, MI

**Camping Services  
Branch YMCA**

Middleville, MI

**Downtown Wellness  
Center YMCA**

Lansing, MI

**Francis Family YMCA**

Temperance, MI

**Jackson YMCA Center Inc.**

Jackson, MI

**Livingston County Family  
YMCA**

Howell, MI

**Maple Branch YMCA**

Kalamazoo, MI

**Muskegon Family YMCA**

Muskegon, MI

**North Oakland Family YMCA**

Auburn Hills, MI

**Plymouth Community  
Family YMCA**

Plymouth, MI

**Southeast Branch YMCA**

Grand Rapids, MI

**Tri-Cities Family YMCA**

Grand Haven, MI

**Wolverine World Wide  
Family YMCA**

Belmont, MI

**YMCA of Greater Flint**

Flint, MI

**YMCA of Marquette County**

Marquette, MI

**YMCA of Saginaw**

Saginaw, MI

**Battle Creek Family YMCA**

Battle Creek, MI

**Boll Family YMCA**

Detroit, MI

**Camp Ohiyesa**

Holly, MI

**David D. Hunting  
Branch YMCA**

Grand Rapids, MI

**Farmington Family YMCA**

Farmington Hills, MI

**Grand Traverse Bay YMCA**

Traverse City, MI

**Kimball Camp YMCA Nature  
Center**

Reading, MI

**Livonia Family YMCA**

Livonia, MI

**McGaw YMCA Camp Echo**

Fremont, MI

**Mystic Lake Camp Branch**

Lake, MI

**Oak Park Branch YMCA**

Lansing, MI

**Sherman Lake YMCA  
Outdoor Center**

Augusta, MI

**Spartan Stores  
Branch YMCA**

Wyoming, MI

**Visser Family YMCA**

Grandville, MI

**Y Arts Detroit**

Detroit, MI

**YMCA of Greater Grand  
Rapids**

Grand Rapids, MI

**YMCA of Metropolitan  
Detroit**

Detroit, MI

**YMCA of the Blue Water  
Area**

Port Huron, MI

**Bay Area Family YMCA**

Bay City, MI

**Cadillac Area YMCA**

Cadillac, MI

**Muskegon YMCA Camp  
Pendalouan**

Montague, MI

**DeWitt Branch YMCA**

DeWitt, MI

**Flint YMCA – Camp  
Copneconic**

Fenton, MI

**Greater Marinette-  
Menominee YMCA**

Menominee, MI

**Lakeshore Family YMCA**

St. Clair Shores, MI

**Lowell Branch YMCA**

Lowell, MI

**Metro Youth YMCA**

Detroit, MI

**Niles-Buchanan YMCA**

Niles, MI

**Parkwood Branch YMCA**

East Lansing, MI

**Shiawassee Family YMCA**

Owosso, MI

**State YMCA of Michigan**

Central Lake, MI

**Westside Community  
Branch YMCA**

Lansing, MI

**YMCA Michigan  
Youth in Government**

Quincy, MI

**YMCA of Greater Kalamazoo**

Kalamazoo, MI

**YMCA of Metropolitan  
Lansing**

Lansing, MI

**Benton Harbor-  
St. Joseph YMCA**

St. Joseph, MI

**Camp Hayo-Went-Ha YMCA**

Central Lake, MI

**Camp Pinewood YMCA**

Twin Lake, MI

**Downriver Family YMCA**

Southgate, MI

**Flint YMCA-Pierson  
Road Branch**

Flushing, MI

**Ionia County Branch YMCA**

Ionia, MI

**Lincoln School  
Branch YMCA**

Kalamazoo, MI

**Macomb Family YMCA**

Mount Clemens, MI

**Monroe Family YMCA**

Monroe, MI

**Northern Lights YMCA**

Escanaba, MI

**Portage Branch YMCA**

Portage, MI

**South Oakland Family YMCA**

Royal Oak, MI

**Toledo YMCA's Storer  
Camps**

Jackson, MI

**William & Marie Carls  
Family YMCA**

Milford, MI

**YMCA of Barry County**

Hastings, MI

**YMCA of Lenawee County**

Adrian, MI

**YMCA of Northern Michigan**

Petoskey, MI

Please visit our Alliance website at  
[www.michiganYMCA.org](http://www.michiganYMCA.org)

**HOW MUCH DO WE GIVE AWAY BECAUSE WE ARE A CHARITY?**

**DIRECT FINANCIAL ASSISTANCE**

Health and Well-Being	\$ 3,438,563
Child Care/After School Financial Assistance	\$ 736,247
Resident Camp/Day Camp Financial Assistance	\$ 1,501,930
Other Financial Assistance	\$ 452,678

**INDIRECT FINANCIAL ASSISTANCE**

Facilities used by community groups	\$ 171,837
Outreach and community development support	\$ 142,094
Other community support	\$ 165,494

<b>TOTAL PROVIDED IN SUBSIDY</b>	<b>\$ 6,608,843</b>
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**NON-MONETARY DATA**

*Accessibility to the whole community*

Total number of members served	309,619
Total number of program participants served	150,669
Total number under the age of 18	182,936
Number Enrolled in Child Care & Afterschool programs	8,367
Total number of YMCA staff	10,206
Total number of community-wide events	3,392
Total number of community-wide participants	39,519

**COMMUNITY SUPPORT**

Total Program Volunteers	9,442
Total Policy Volunteers	2,937
Total Hours Volunteers Served	184,489



## COMMUNITY BENEFIT

At the Y we take our commitment to strengthening communities to heart. To help distinguish the Y as a charity, this report showcases what the Y receives in donations, grants, United Way funding and other support. The report also showcases what Ys give back to their communities through financial assistance and other subsidies.

## ABOUT THE Y

There is no other Michigan nonprofit quite like the Y. The Y is a community-based association of people committed to nurturing the potential of youth, promoting healthy lifestyles and fostering social responsibility to ensure that every individual has access to the essential resources needed to learn, grow, and thrive.

Anchored in over **60 communities across our state**, the Y has the long-standing relationships and physical presence not just to promise, but also to deliver lasting personal social change. We know that when we work as one, we can move people and communities forward. That's why we are committed to providing support to our neighbors and opportunities for kids, adults and families to learn, grow and thrive.

**The Y's Mission:** To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

**The Y's Cause:** At the Y, strengthening community is their cause. Every day, the Y works side by side with its neighbors to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive.

**The Y** is one of the nation's leading nonprofits, committed to strengthening communities in the areas of youth development, healthy living and social responsibility.

**Involvement at the Y:** The Y hopes to engage more people in the communities it serves whether it is as a member, volunteer, supporter or advocate. Each YMCA association is an independent, autonomous organization with its own governing board, professional staff and assets.

### Critical Issues for Michigan YMCAs

- ✓ Michigan YMCAs support using local initiatives and coalitions to address the issues related to curbing chronic diseases in our communities.
- ✓ Michigan YMCAs support expanding eligibility criteria, access, and increasing funding for the Great Start Readiness Program so that Michigan's most vulnerable children are served.
- ✓ Michigan YMCAs support programs that promote educational success through after school and early learning programs. The Y supports programs that help close the summer learning gap, to which children from low income families are most vulnerable.
- ✓ Michigan YMCAs support preventing obesity by utilizing the coordinated school health model, which supports physical, mental, and nutritional services for school children.

