



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# STRENGTHENING MICHIGAN'S COMMUNITIES

**2018 Community Benefit Report**  
**STATE ALLIANCE OF MICHIGAN YMCAS**

May 2019

## 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 though financial assistance and other subsidies.**

## THE Y IS HERE TO HELP

### YOUTH DEVELOPMENT

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why the Y takes a holistic approach in developing the social, emotional, academic, and physical well-being of youth and cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievements. The Y wants all Michigan children to have access to safe, high quality child care and programs offering physical activity, academic support, and nutritious meals when school is out.

### HEALTHY LIVING

In communities across the state, the Y is a leading voice on health and well-being. The Y believes that all people—regardless of age, income or background—should be able to live life to its fullest, healthiest potential. The Y's reach into 73 communities makes it a strong partner to deliver programs that help Michiganders improve their overall health and well-being and prevent and control chronic disease and disabilities.

### SOCIAL RESPONSIBILITY

The Y has been listening and responding to our communities' most critical social needs for 160 years. Whether developing skills through education and training, welcoming and connecting diverse demographic populations through global service, or strengthening communities, the Y fosters the care and respect all people need and deserve. Through the Y, nearly 15,000 volunteers and thousands of donors, leaders and partners across the state are empowering Michigan children, youth, and seniors to be healthy, confident, connected and secure.

**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 as a member, volunteer, supporter or advocate. Each YMCA association is an independent, autonomous organization with its own governing board, professional staff and assets.

## OUR STRENGTH IS IN COMMUNITY

### THE Y IS UNIQUE.

With **26 ASSOCIATIONS** and **73 YMCA LOCATIONS** throughout Michigan, we have the presence and partnerships to not just promise, but to deliver positive change.

### THE Y IS COMMUNITY CENTERED.

For over **155 YEARS**, we have been listening and responding to the changing needs of our communities.

### THE Y BRINGS PEOPLE TOGETHER.

We served more than **338,145 MEMBERS** and an additional **133,387 PROGRAM PARTICIPANTS** in diverse communities throughout the state. From an infant to an active older adult; we connect people of all ages and backgrounds to bridge the gaps in community need.

### THE Y NURTURES POTENTIAL.

We believe that everyone should have the opportunity to learn, grow and thrive. We provided **\$7,033,375 in FINANCIAL ASSISTANCE**, making programs affordable and/or possible for people throughout Michigan.

### THE Y HAS LOCAL PRESENCE AND GLOBAL REACH.

We mobilize our local communities to effect lasting and meaningful change by education and training through our innovative programs.

### THE Y BUILDS PEOPLE.

Collectively, our staff, along with **14,882 VOLUNTEERS**, are united by a deep commitment to strengthening our communities.

## BY THE NUMBERS

**14,882**

volunteers at YMCAs  
throughout Michigan

**over 1 million**

meals served to kids during out of  
school hours

**17**

YMCA Resident Camps  
in Michigan

**7,033,375**

dollars provided in financial  
assistance to individuals  
and groups in 2018

**28,999,809**

dollar value of contributions to  
Michigan YMCAs in 2018

**48,060**

children enrolled in YMCA  
Child Care programs

**73**

physical locations  
in Michigan

**26**

community-based, independent  
Ys associations throughout the state

**471,532**

members and program participants  
in Michigan YMCAs

**11,961**

staff members at Michigan YMCAs

**4,480,839**

dollar value of volunteer time in  
Michigan YMCAs during 2018

# HEALTHY FOOD ACCESS IN WEST MICHIGAN

## Healthy Corner Stores, YMCA OF GREATER GRAND RAPIDS

To combat the rising obesity epidemic and lack of access to affordable healthy food in some Michigan communities, the YMCA of Greater Grand Rapids has committed to strategic Healthy Corner Store initiatives.



Since 2014, the Y has connected small-scale growers and distributors with urban corner stores to increase the fresh fruits and vegetables available to families in Grand Rapids. People living in under-resourced communities in the gray area between poverty and financial security struggle to prioritize healthy living.

The YMCA's goal is to bring healthier and more affordable food options to communities that often have limited fresh options by making local produce more readily available at urban corner stores.

The Y currently works with stores in USDA-designated low food access communities by providing fresh fruits and veggies, refrigeration, shelving, and marketing materials that educate the community about the benefits of eating nutrient rich food.

The YMCA is committed to increasing access to nutrition and works hand-in-hand with local community to ensure increased consumption of fruits and vegetables. Through strategic partnerships and intentional relationships in the community, the YMCA is dedicated to empowering corner store owners to grow their businesses in ways that increase access to fresh produce in low food access neighborhoods. Double Up Food Bucks allow individuals using SNAP benefits to double their purchase of Michigan grown produce up to \$20 per visit.

Many corner stores and ethnic groceries in the Grand Rapids area struggle to find distributors willing to deliver small quantities of fresh produce. The Y is filling this need as part of its commitment to reforming our local food system, working collaboratively with small scale growers, educating corner store owners about the benefits of selling more fruits and veggies, and educating the community about the benefits of eating nutrient rich food.

Today, seven corner stores throughout our West Michigan community are providing nutrient-rich food options conveniently to local families.

Debbie Stabenow April 10, 2019  
at a hearing on Child Nutrition Programs:

This is a crisis of both child health and hunger. We need to address this crisis by improving access to nutritious food, so our kids get healthier—not hungrier. Our children need healthy lunch options—and they also need wholesome breakfasts and after-school snacks. And we know hunger doesn't take a break when school is out for the summer. Whether it's a summer meals program at the YMCA to help prevent the summer learning slide, or a "Veggie Van" driving out to a rural community to ensure children have healthy meals in July—we need to do better.

# PARTNERSHIP FOR HEALTHY CHANGE

## Diabetes Prevention, YMCA OF MUSKEGON

Operating under the CDC 1705 grant through Trinity Health's Mercy Health Project, Muskegon YMCA has launched 18 new YMCA Diabetes Prevention Program (YDPP) cohorts in the past year. The first CDC-funded cohort celebrated graduation this month with a party of fruits and veggies and a plan to launch a participant-led alumni program. Collectively, they have lost 304 pounds with a retention rate over 80%!

Let by the efforts of Muskegon YMCA in partnership with Mercy Health Project, the YMCA Diabetes Prevention Program is expanding.

Building on the success in Muskegon, the Muskegon YMCA and TriCities Family YMCA are now partnering to bring YDPP to northern Ottawa County. The partnership features sharing staff, working together on medical provider communication and holding a class at the TriCities Y location taught and funded by Muskegon YMCA.

Moving northward, the Muskegon YMCA will be launching classes in Oceana County working in concert with the Mercy Health Project and Community Health workers there.

The continued success of this program has truly been a collaborative effort including a robust referral system linked through Great Lakes Health Connect.



# NOURISHING BODIES AND SPIRITS

## Teen Meals, MONROE FAMILY YMCA

When the Monroe Family YMCA first began serving meals to teens at a local community center, most of the teens had very little interest in participating in meal service. They questioned our presence and our motives.

Several months later, and the teens wait for us to arrive! They offer to help serve, and even plan the menu. Without supper service, many of these teens would not have an opportunity to eat until they get to school the next day (and some eat lunch as early as 10:30 am).



## SUMMER DAY CAMP FOR ALL ABILITIES

### Deontae's Story, YMCA OF METROPOLITAN DETROIT

At ten years old and on the autism spectrum, Deontae needed a summer program inclusive of all abilities. Deontae began attending summer camp at the Y in 2017 when he qualified for scholarship support. Camp has been a blessing. We know that during the summer, he is safe. He loves swimming and playing basketball. Camp helps him with social skills and teaches him the importance of engaging in physical activity. He comes home happy. His behavior at home has improved because of camp. This lessens stress for everyone else in the household. We know that camp will ensure Deontae has the life skills he needs to become a more successful member of society.



## TRUST, PURPOSE AND OPPORTUNITY

### Amber's Story, CADILLAC AREA YMCA

Due to a prior conflicts at our former daycare I was unable to work hardly any hours at my job. That is when I learned about the daycare at the Cadillac Area YMCA. They approved my son and I for their new daycare site at Baker College.



It was a sudden relief for us because it was income efficient, friendly, and caring, and had a trained staff. They made me feel relaxed as a mother due to the safety of my son. I had formed a sense of purpose and trust as they transferred my son to the YMCA building for daycare and head start when he turned 3 years old. I was reassured of the education my son has and will receive.

Because I've trusted the YMCA so much and for so long I felt like I wanted to be a part of that as well. I discovered there was a child care position available, so I applied. I applied for the position, was interviewed and offered the job. I am currently training for the position and becoming a part of the YMCA family. I haven't felt like such a confident and appreciated individual like I do now. Therefore I would like to thank the YMCA for welcoming my son and I and truly appreciating us. Thank you for giving us this amazing opportunity. I couldn't be more grateful for also helping the bond between my son and I become stronger. Thank you.

Amber lives with Tourette's which has caused her some anxiety when she is out in public. Her disorder has also made it difficult to maintain a job. Amber has become a great fit for our early child care department and is enjoying her new job.

## ENCOURAGEMENT BUILDS CONFIDENCE

### Jamie's Story, MARQUETTE COUNTY YMCA

First of all, I want to thank you for your overwhelming generosity and selflessness in providing me a scholarship during the past year. It has meant more than you know, and has been a blessing from above.

My name is Jaime, I'm 36 years old, and have been involved in the Y since 2004 when I moved here for school. I ran my first 5K as a student, and as I struggled to keep up, another Y member whom I'd never met jogged with me and talked me through it. I remember reaching the finish line in tears, overwhelmed by emotion at the shouts of support of the crowd of community members and other participants. That was so many years ago, and my life has changed drastically since then, but I still feel the same way about the YMCA: I am cheered on every single time I enter the doors.



I struggle with severe mental illness (Bipolar Disorder) and the last several years have been very challenging. I feel hopeless at times and 2018 has been devastating in many ways, but encouragement from wonderful Y staff like Amanda, Mathie, and Tracy get me into the studio to dance, an activity that has changed my life and my confidence.

My goals for 2019 include learning to do things I am afraid of, like using free weights, and trying Zumba Step again. Thank you for sharing your resources with me—you truly are angels and someday I hope I can pay it forward. I've been blessed by all of you and our amazing community of Marquette.

Please know I will do my best to make you proud of using the gift of a YMCA scholarship. Thank you for your passion for helping others to live their best life, without judgment. I look forward to giving you an update in a year!

## SWIMMING BUILDS SKILLS FOR LIFE

### Hank's Story, YMCA OF THE BLUE WATER AREA

Hank has gained self-confidence and self-respect through the life skills that he has learned at the Y, and we are so grateful for Hank's growth and development. He has learned to be part of a team by participating in Y swim teams and has learned to work with others in a group environment. Hank feels accepted and supported by everyone at the Y. We have truly found a place that will accept all people no matter their ability.



**ANN ARBOR YMCA** [annarborymca.org](http://annarborymca.org)

- Ann Arbor YMCA**  
400 W. Washington Street, Ann Arbor, MI 48103  
(734) 996-9622
- Camp Al-Gon-Quian**  
9928 M-68, Burt Lake, MI 49717  
(734) 661-8051
- Camp Birkett**  
9141 Dexter Townhall Road, Pinckney, MI 48169  
(734) 426-0072
- Ypsilanti YMCA Child Development Center**  
111 S Wallace Blvd, Ypsilanti, MI 48197  
(734) 661.8058

**YMCA OF METROPOLITAN DETROIT** [ymcadowetroit.org](http://ymcadowetroit.org)

- Birmingham Family YMCA**  
400 E. Lincoln Street, Birmingham, MI 48009  
(248) 644-9036
- Boll Family YMCA**  
1401 Broadway, Detroit, MI 48226  
(313) 309-9622  
**Metro Youth YMCA**  
1401 Broadway, Suite 2G, Detroit, MI 48202  
(313) 223-2841  
**Y Arts**  
1401 Broadway, Suite 2G, Detroit, MI 48226  
(313) 223-2751
- Carls Family YMCA**  
300 Family Drive, Milford, MI 48381  
(248) 685-3020  
**Livingston County Family YMCA**  
300 Family Drive, Milford, MI 48381  
(248) 685-3020
- Downriver Family YMCA**  
16777 Northline Road, Southgate, MI 48195  
(734) 282-9622
- Farmington Family YMCA**  
28100 Farmington Rd, Farmington Hills, MI 48334  
(248) 553-4020
- Lakeshore Family YMCA**  
23401 East Jefferson, St. Clair Shores, MI 48080  
(586) 778-5811
- Livonia Family YMCA**  
14255 Stark Road, Livonia, MI 48154  
(734) 261-2161
- Macomb Family YMCA**  
10 North River Road, Mount Clemens, MI 48043  
(586) 468-1411
- Plymouth Family YMCA**  
248 Union Street, Plymouth, MI 48170  
(734) 453-2904
- North Oakland Family YMCA**  
3378 E. Walton Boulevard, Auburn Hills, MI 48326  
(248) 370-9622
- South Oakland Family YMCA**  
1016 W. 11 Mile Road, Royal Oak, MI 48067  
(248) 547-0030
- YMCA Camp Nissokone**  
6836 F-41, Oscoda, MI 48750  
(989) 739-2801
- YMCA Camp Ohiyesa**  
7300 Hickory Ridge Road, Holly, MI 48442  
(248) 887-4533

**YMCA OF GREATER FLINT** [flintymca.com](http://flintymca.com)

- Pierson Road Branch**  
5219 W. Pierson Road, Flushing, MI 48433  
(810) 732-9622
- Downtown Flint YMCA**  
411 E. 3rd St., Flint, MI 48503  
(810) 232-9622
- YMCA Camp Copneconic**  
10407 Fenton Rd, Fenton, MI 48430  
(810) 629-9622 campcopneconic.org

**YMCA OF GREATER GRAND RAPIDS** [grymca.org](http://grymca.org)

- Spartan Stores Branch YMCA**  
5722 Metro Way SW, Wyoming, MI 49519  
(616) 885-5500
- Mary Free Bed YMCA**  
5500 Burton Street SE, Grand Rapids, MI 49546  
(616) 285-9077
- David D. Hunting Branch YMCA**  
475 Lake Michigan Drive NW, Grand Rapids, MI 49504  
(616) 855-9622
- Ionia County Branch YMCA**  
250 East Tuttle Road, Ionia, MI 48846  
(616) 527-5760
- Lowell Branch YMCA**  
1335 W. Main Street, Lowell, MI 49331  
(616) 897-8445

- Visser Family YMCA**  
3540 Fairlanes SW, Grandville, MI 49418  
(616) 530-9199
- Wolverine World Wide Family YMCA**  
6555 Jupiter Ave NE, Belmont, MI 49306  
(616) 363-3000
- YMCA Camp Manitou-Lin**  
1095 N Briggs Rd, Middleville, MI 49333  
(888) 909-2267

**GRAND TRAVERSE BAY YMCA** [gtbayymca.org](http://gtbayymca.org)

- West Y**  
3700 Silver Lake Road, Traverse City, MI 49684  
(231) 486-6357
- South Y**  
3000 Racquet Club Drive, Traverse City, MI 49684  
(231) 933-9622
- Central Y**  
1213 W Civic Center Dr, Traverse City, MI 49686  
(231) 922-4814
- YMCA Child Development Center**  
1027 McRae Hill Dr, Traverse City, MI 49685  
(231) 933-9622
- YMCA of Northern Michigan**  
434 E. Lake Street, Petoskey, MI 49770  
(231) 348-8393E

**JACKSON YMCA** [jacksonymca.org](http://jacksonymca.org)

- Downtown Branch**  
127 West Wesley, Jackson, MI 49201  
(517) 784-9622
- Summit Branch**  
2151 Ferguson Rd., Jackson MI, 49203  
(517) 784-9622

**YMCA OF GREATER KALAMAZOO** [kzooyymca.org](http://kzooyymca.org)

- Portage Branch**  
2900 W. Centre Street, Portage, MI 49024  
(269) 324-9622
- Maple Branch**  
1001 W. Maple Street, Kalamazoo, MI 49008  
(269) 345-9622
- Lincoln School Branch YMCA**  
912 N. Burdick, Kalamazoo, MI 49007  
(269) 345-9845

**YMCA OF METROPOLITAN LANSING** [ymcaoflansing.org](http://ymcaoflansing.org)

- DeWitt Branch YMCA**  
13161 Schavey Rd., DeWitt, MI 48820  
(517) 827-9660
- Downtown Wellness Center YMCA**  
119 N. Washington Sq., Lansing, MI 48933  
(517) 827-9640
- Oak Park Branch YMCA**  
900 Long Blvd., Lansing, MI 48911  
(517) 827-9700
- Parkwood Branch YMCA**  
2306 Haslett Rd., East Lansing, MI 48823  
(517) 827-9680
- Westside Community Branch YMCA**  
3700 Old Lansing Rd., Lansing, MI 48917  
(517) 827-9670
- Mystic Lake YMCA Camp**  
9505 W Ludington Dr, Lake, MI 48632  
(517) 827-9650

**YMCA OF MARQUETTE COUNTY** [ymcamqt.org](http://ymcamqt.org)

- Marquette Facility**  
1420 Pine Street Marquette MI 49855  
(906) 227-9622
- West End Facility**  
350 Iron Street, Negaunee MI 49866  
(906) 475-9666

**MUSKEGON YMCA** [muskegonymca.org](http://muskegonymca.org)

- Muskegon YMCA**  
1115 Third Street, Muskegon, MI 49441  
(231) 722-9622
- YMCA Camp Pentalouan**  
41243 E. Fruitvale Rd., Montague, MI 49437  
(231) 894-4538

**NORTHERN LIGHTS YMCA** [nlymca.com](http://nlymca.com)

- Delta Program Center**  
2001 North Lincoln Road, Escanaba, MI 49829  
(906) 789-0005
- Dickinson Program Center**  
800 Crystal Lake Blvd. #110, Iron Mountain, MI 49801  
(906) 774-4076

**YMCA OF SAGINAW** [saginawymca.org](http://saginawymca.org)

- YMCA of Saginaw**  
1915 Fordney St., Saginaw, MI 48601  
(989) 753-7721
- YMCA Camp Timbers**  
3269 Horseshoe Lake Rd., West Branch, MI 48661  
(989) 345-2630

**YMCA OF SOUTHWEST MICHIGAN** [ymcaswmi.org](http://ymcaswmi.org)

- Niles-Buchanan YMCA**  
905 North Front Street, Niles, MI 49120  
(269) 683-1552
- Benton Harbor-St. Joseph YMCA**  
3665 Hollywood Road, St. Joseph, MI 49085  
(269) 428-9622

**STATE YMCA OF MICHIGAN** [hayowentha.org/state-YMCA-of-michigan](http://hayowentha.org/state-YMCA-of-michigan)

- YMCA CAMP HAYO-WENT-HA**  
919 N. East Torch Lake Drive, Central Lake, MI 49622  
(231) 544-5915
- YMCA CAMP ARBUTUS HAYO-WENT-HA**  
1380 E Arbutus Lake Rd, Traverse City, MI 49696  
(231) 544-5915
- YMCA MICHIGAN YOUTH IN GOVERNMENT**  
2175 Association Dr #200, Okemos, MI 48864  
(517) 639-4480

**INDEPENDENT YMCAS**

- Battle Creek Family YMCA**  
182 Capital Ave. NE, Battle Creek, MI 49017  
(269) 963-9622 ymcabattlecreek.org
- Cadillac Area YMCA**  
9845 Campus Dr., Cadillac, MI 49601  
(231) 775-3369 cadillacareaymca.org
- Dow Bay Area Family YMCA**  
225 Washington Ave, Bay City, MI, 48708  
(989) 895-8596 ymcbaycity.org
- Greater Marinette-Menominee YMCA**  
1600 West Dr, Menominee, MI 49858  
(906) 863-9983 mmymca.org
- Kimball Camp YMCA**  
4502 Berlin Dr., Reading MI, 49274  
(517) 283-2168 kimballcamp.com
- Monroe Family YMCA**  
1111 W Elm Ave, Monroe, MI 48162  
(734) 241-2606 ymcaofmonroe.org
- Sherman Lake YMCA Outdoor Center**  
6225 North 39th Street, Hastings, Augusta, MI 49102  
(269) 731-3000 shermanlakeymca.org
- Shiawassee Family YMCA**  
515 W. Main Street, Owosso, MI 48867  
(989) 725-8136 shiawasseeymca.org
- Tri-Cities Family YMCA**  
1 Y Drive, Grand Haven, MI 49417  
(616) 842-7051 tcfymca.org
- YMCA of Barry County / Camp Algonquin**  
2055 Iroquois Trail, Hastings, MI 49058  
(269) 945-4574 ymcaofbarrycounty.org
- YMCA of the Blue Water Area**  
1525 3rd Street, Port Huron, MI 48060  
(810) 987-6400 bluewaterymca.com
- YMCA of Lenawee County**  
638 W. Maumee St., Adrian, MI 49221  
(517) 263-2151 ymcaoflenawee.org

**YMCA OF METRO CHICAGO** [ymcachicago.org](http://ymcachicago.org)

- YMCA Camp Pinewood**  
4230 Obenauf Road, Twin Lake, MI 49457  
(231) 821-2421

**YMCA OF GREATER TOLEDO** [ymcatoledo.org](http://ymcatoledo.org)

- Francis Family YMCA**  
2000 W. Dean Road, Temperence, MI 48182  
(734) 850-9622
- YMCA Storer Camps**  
6941 Stoney Lake Rd, Jackson, MI 49201  
(517) 536-8607

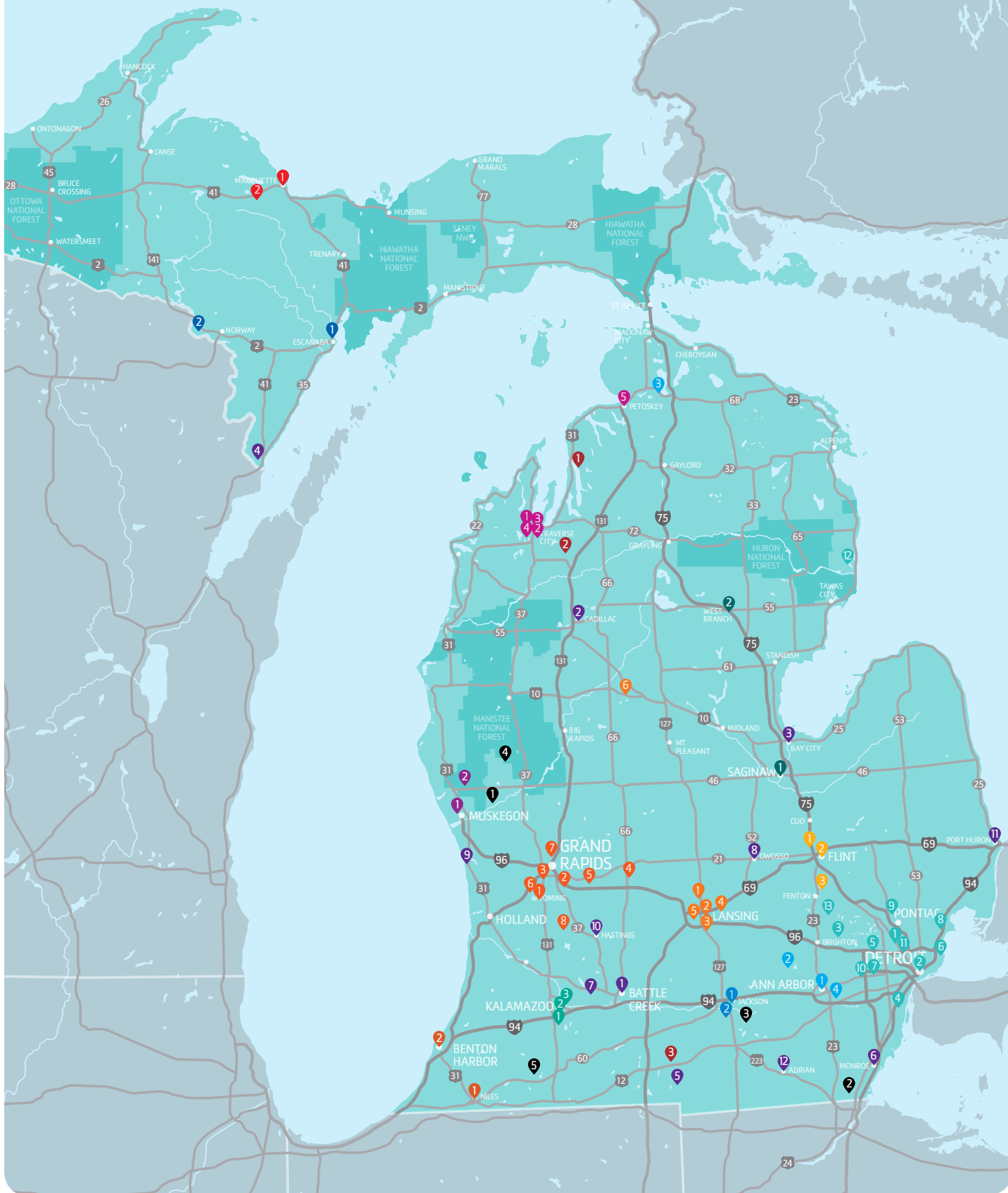
**MCGAW YMCA** [mcgawymca.org](http://mcgawymca.org)

- YMCA Camp Echo**  
3782 S Triangle Tr, Fremont, MI 49412  
(231) 924-7076

**MICHIANA YMCA** [michianaymca.org](http://michianaymca.org)

- YMCA Camp Eberhart**  
10481 Camp Eberhart Rd., Three Rivers, MI 490932  
(269) 244-5125

# LEARN, GROW & THRIVE at your Nearby Michigan YMCAs



The Y is now...as it has always been...a place of possibility and promise for all. Unfortunately, in times when the true power of “us” is unknown to many and our bonds are fraying, we must do even more to enhance our human connections. That’s why the Y passionately focuses on strengthening communities.

Every day, the Y supports kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. Everything we do helps empower communities and the “us” who live in them to thrive.

We can’t do it alone.

**» ADVOCATE FOR A BETTER US.**