

Y People Are For a Better Us.



**The Y in Central Maryland
Annual Report 2017**







Stronger Together

Our deepest appreciation to the many Y members, participants, volunteers, partners and associates like those pictured and written about in this annual report, who work together for a better us.



Dear friends,

As our national dialogue has gotten ever more fractious and our collective capacity to look past our differences to discover our common humanity has eroded, the Y remains one of the few organizations that is built upon the bedrock commitment of being for all. While our country remains the most stirring experiment in democracy ever created, our society has too often created barriers, not bridges, between us. As challenging and uncomfortable as this reality can be at times, it has forced an even sharper clarity around what it is that Y people, Y values and our work together means in making this community a stronger and healthier place in every way, for all.

In this Annual Report, you'll meet eight of the more than 9,500 inspiring Y in Central Maryland volunteers and associates who have made an active, defining and deliberate choice to come together to work for something bigger than themselves, for a better community, for a better us.

They are as wonderfully idiosyncratic and diverse as our community itself and, at the same time, united by a deep desire to help others. The Y is both the proud catalyst which facilitates their passions and, along with the community we serve, the fortunate benefactor of their tremendous goodwill and commitment.

This Annual Report is dedicated to our community of selfless doers who understand that a chain is only as strong as its weakest link and that our best selves strive to strengthen and uplift every part of it, for a better us.

Thank you.
Kind regards,



Tom Brandt
Chair, Board of Directors



John K. Hoey
President & CEO





**Introducing eight of the more than 9,500 individuals
in central Maryland who are working for a better us.**

**“This program
saw something
in me that I
didn’t know
was there...”**



Andrew Rawls

Owner, Fiat Luxe Tours

Y Youth & Government volunteer

Growing up in California, Andrew Rawls was a participant in Y Youth & Government and cites the program as a critical part of his life; one he credits with helping him learn he is capable of so much more than he thought. Today he gives back to the program that gave him so much by volunteering to help Youth & Government students at trainings and by supporting their legislative work during conferences.

Says Andrew, "It was clear that this program saw something in me that I didn't know was there yet. It helped me become the confident, risk-taking person I am. It taught me that hard work and doing the right thing will be rewarded in the end."



Our Youth & Government Work

Youth & Government uses a statewide model legislature to build student leaders and prepare engaged citizens. With the help of 31 volunteers like Andrew, and nine dedicated Y associates, each year 150+ Maryland high school students (referred to as "delegates") meet with their coaches at a Y or in their school to prepare for statewide conferences, including a culminating legislative session in the State House in Annapolis where each take on a different role. Whether acting as an elected member of the legislature, press corps, court, or lobbyist, these future leaders energetically participate in the democratic process and learn the principles upon which this country was founded.



“I used to be one of the kids I’m working with now.”

Shanelle England

Y Associate

Although the Y was not directly part of her life growing up, Shanelle England says she enjoys her role as a Community School Site Director because she “used to be one of the kids I’m working with now.” Born and raised in Baltimore, Shanelle grew up with little parental support and was not engaged in after school programs. She’s proud to work for an organization providing safe spaces, stability and a sense of family and community within the schools.

In addition to finding fulfillment through her work with Baltimore City youth, Shanelle also enjoys her broader experience working at the Y, saying, “We’re like family. I feel supported, professionally, and even personally.”



Our Community Schools Work

Largely funded by the Family League of Baltimore, Community Schools are located in Baltimore neighborhoods in which students and families face the highest levels of poverty.

The Y has responsibility for 12 Community Schools in which Directors like Shanelle work with the school principal and other stakeholders to create partnerships which address barriers to learning, like arriving at school hungry or without adequate supplies.



**“I greatly appreciate
the Y coming together
and giving back to
our veterans.”**



John Votta

Y Member, US Veteran
Togetherhood Volunteer

John Votta served 36 years with the U.S. military including the Marine Corps, the Maryland Air National Guard and the Air Force Reserve, in Japan, Vietnam, a military hospital in Germany, and supporting "Operation Desert Storm" via the Base Hospital in Myrtle Beach. Upon "retirement," John joined the Y but it certainly wasn't to slow down because before we knew it, he stepped up as a Y Togetherhood volunteer!

Applying his clearly deep sense of duty, John led a Y Togetherhood project which generated the donation of more than 4,000 personal items like toiletries and books to area VA hospitals. It was an all-out effort marshalling the energy and love of Y member volunteers, kids and associates alike.

P.S. John also credits the Y with helping him recover quickly from surgery following a heart attack in 2017, saying he went into the surgery in great shape, and was back on his feet and driving soon after!



Our Togetherhood Work

Togetherhood invites Y members to lead volunteer service projects in their community. The program runs through individual Ys as a partnership between a committee of members and Y associate advisors. It is designed to be a simple, fun and rewarding way for members to give back and support their neighbors through their own ideas, skills, energy, and the network of the Y. In 2017 alone, 14 Togetherhood community service projects took place involving 158 member volunteers!



“ I appreciate the Y for the sense of family and community connectedness it brings.”



Months of the Year		Days of the Week
January	July	Sunday
February	August	Monday
March	September	Tuesday
April	October	Wednesday
May	November	Thursday
June	December	Friday
		Saturday



Jordan Brown

Y Associate

Jordan Brown enjoys working for the Y because of “the sense of family and community connectedness it brings.” Growing up in North Carolina, there was a Y relatively close to Jordan, but not accessible enough to really be part of his life. Maybe this is why Jordan is so passionate about finding ways to take the Y outside of its four walls and into the community.

During the summer, Jordan leads “Y on the Fly,” bringing play and healthy recipes (including food prep and cooking demos) to kids and families in underserved neighborhoods throughout Baltimore City. During the school year, Jordan uses his vast energy and passion by working with Y Head Start teachers, helping them implement “I am Moving I am Learning,” a curriculum which integrates games revolving around movement and nutritional learning into the early learning classroom.



Our Work Bringing Play, Exercise and Nutrition to Young Children

Y on the Fly is a kind of “pop up Y,” a van stocked with games and sports equipment that travels to underserved communities (known as “play deserts”), sponsored by PNC Bank and McCormick Flavor For Life™. During the summer of 2017, Y on the Fly made 67 neighborhood stops and reached over 3,000 children and families throughout Baltimore City.

I am Moving I am Learning provides Head Start teachers and parents with effective activities, strategies and resources designed to embed high quality exercise experiences and healthy food choices within their daily classroom routines, and at home. Thanks to the support of Giant Food, *I am Moving I am Learning* is now integrated into the curriculum of our Y Head Start program.





"I am a native Baltimorean and grew up in the City. I think the Y is one of the organizations that can make a difference now in a city that is challenged in many ways."

Bonnie Phipps

Y Board Member

Campaign Co-Chair: Baltimore City Mission Expansion Capital Campaign

Bonnie Phipps “grew up in the Y,” learning how to swim, as a member of Youth & Government and just finding out, as she puts it, “how to be comfortable with who I was while growing from a pre-teen to a young adult. That was a great gift to me and now I want to give back to the organization that gave so much to me.”

Give back? Bonnie Phipps gives new meaning to the phrase! She has served as a Y Board member for 11 years, including a two-year term as Board chair and now as co-chair of our capital campaign, called the “Baltimore City Mission Expansion Campaign.”

Says Bonnie, “Investing in the city-based Ys will assure that we can continue to be a change-maker in the city for many years to come. Personally, I feel like I owe that to my city.”

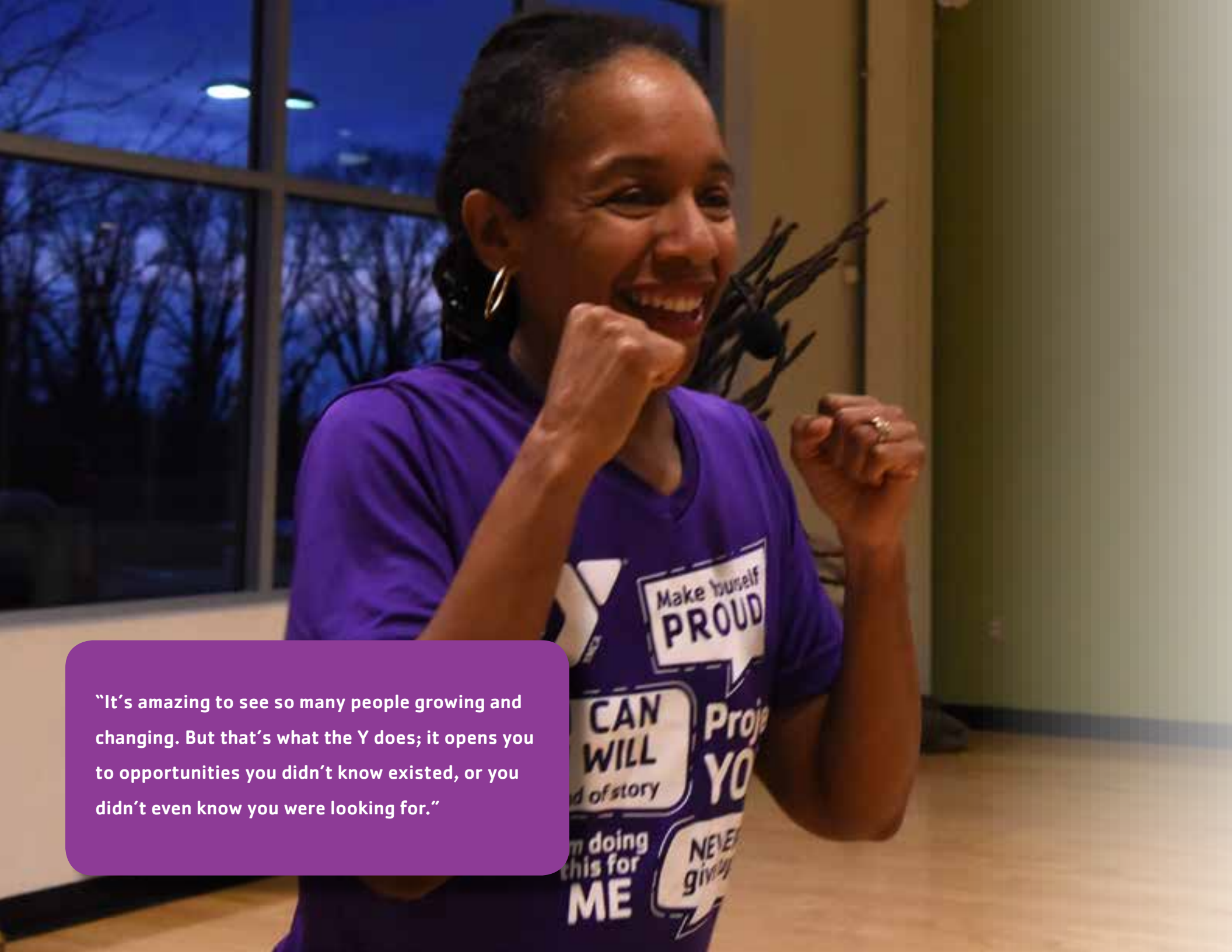


Our Mission Expansion Capital Campaign for Baltimore City.

The Baltimore City Mission Expansion Campaign is a \$16 million capital campaign which will deepen the reach and impact of our work in Baltimore City by improving the Weinberg and Druid Hill Ys and redeveloping the former Cardinal Gibbons High School in Southwest Baltimore into a full service Y.

Each project also includes the establishment of a fund to support programs for vulnerable youth.





“It’s amazing to see so many people growing and changing. But that’s what the Y does; it opens you to opportunities you didn’t know existed, or you didn’t even know you were looking for.”

Laura Carey Blackman

Y Associate

Laura Carey Blackman and her family joined the Orokawa Y in Towson several years ago but it wasn't until she also started working as a group exercise instructor that Laura saw the exponential power of people working together as an encouraging community of health seekers.

Speaking about "Project You," a 12-week group program focused on healthy living and well-being, Laura said, "It was incredible; such a variety of people working together to be their best selves and celebrating the success of others. As the program was ending, we were already planning our own meet-ups!"




Our Healthy Living Work

Our healthy living work embraces all dimensions of well-being at both the individual and community levels, so we look at a Y membership as something much more than a chance to workout. It's really a "front door" to a bigger opportunity for a greater sense of meaning and connectedness in life. That's why we offer hundreds of group exercise classes, but also intentionally facilitate social opportunities for family and friends.

It's why we have created Healthy Living partnerships which enable people to have greater sense of "agency" over their own health. Our Open Doors financial aid helps us create a sense of belonging for all. Our robust volunteerism program makes our community a better place while also enabling a greater sense of purpose for our volunteers. Y membership is a very large portal which enables all this and more.





“The Y gives more to me than I could ever give to the Y.”

Ruth Heltne

Y Associate

After a successful career as Director of Station Marketing & Development for WJZ-TV, which included a four-year stint serving on the Y's Board of Directors, Ruth Heltne abandoned her plans for a quiet retirement and instead took a job at the Y in 2013. Today, she is Vice President of Healthy Living & Strategic Partnerships, working with health care partners to bring a more active and healthy lifestyle to more people in more ways than would otherwise be possible, enabling greater health and well-being across the entire region.

Five years into her second career, Ruth is fulfilled by the way the Y and its many touch points impact people's lives. As she puts it, "the work the Y does is so much more than the sum of its parts."



Our Work with Healthy Living Partners

The Y is blessed with many outstanding partners who act as force multipliers for our work. Detailed more on pages 21 to 23, these partners include health care systems, foundations and corporations who "walk the walk and talk the talk" alongside us. Every single one goes well beyond check writing to full partnership in every sense of the word. This includes employee volunteerism, on-site health screenings, Diabetes prevention and other preventative services; and enabling vital programs for vulnerable youth and families who might otherwise be left behind.





“The best advice I have for Joe is to continue to believe he is capable of anything.”

Adrienne Carrington

Y Volunteer Mentor

CareFirst employee and “Big Sister” Adrienne Carrington met her “Little Brother” Joe four years ago through Big Brothers Big Sisters, now a part of the Y and known as “Big Brothers Big Sisters at the Y.” Since being matched in October 2013, Adrienne and Joe have met once a week at City Springs Elementary/Middle School where Joe is an eighth grader. Adrienne’s description of their relationship says it all:

“I have seen Joe mature into a fine young man. I look forward to each Tuesday and I’m sad when Joe has a test or is absent! I try to plan and prepare and really look forward to our time together. I have learned from being a mentor how important it is to be consistent and patient. The best advice I have for Joe is to continue to believe he is capable of anything; to try new things even when they seem hard or impossible.”



Our Mentoring Work

It seems that now more than ever, youth are in need of positive role models; adults who will support them, guide them, and let them know they matter. Through Big Brothers Big Sisters at the Y, Reach & Rise and Badges for Baseball, we enable one to one and group mentoring programs which match adult volunteers to young people who need the presence of responsible and caring adults in their lives. We provide training and a complimentary Y membership for the mentors and mentees so that the opportunities for engagement and positive role modeling can be a part of daily life, rather than episodic. Over 750 young people are reached through our mentoring work in central Maryland.



Community Partnerships: The Force Multiplier of Social Responsibility.



With full energy (pun intended) and commitment, BGE has been a sustained and generous partner in so many ways. In 2017 alone, they jumped in full force to support Youth & Government, enabling three delegations of youth from Baltimore City the opportunity to learn about, and experience first-hand, the art of democracy. Carrying on a familiar theme of helping vulnerable youth, our friends at BGE also support Big Brothers Big Sisters at the Y.

Thank you.



If stepping up and stepping in when the need arises is the mark of a good friend, then the France Merrick Foundation is the model. When we took over operations of Big Brothers Big Sisters in our region in the summer of 2017, the France Merrick Foundation quickly stepped in to support a successful transition and assure uninterrupted mentoring for the vulnerable youth served by this vitally important program. When we asked again for a commitment to our Baltimore City Mission Expansion Campaign, they stepped up again, reaffirming and building upon their past investments in our Y, in our city and in our youth.

Thank you.



Healthy habits start early, and Giant Food is here to help assure they do. As a generous funder through their "Our Family Foundation," Giant Food has enabled the integration of the "I am Moving I am Learning" curriculum into our Head Start program throughout Baltimore City, Baltimore and Anne Arundel Counties. This program brings exercise and nutrition education into the early learning classroom as a daily part of the children's routine; a gift that will serve them throughout their lives and which has generational impact.

Thank you.



Thanks to the Kahlert Foundation, Carroll County kids (and a few grown-ups too) can now splash to their hearts' content in our new splash pad at the Hill Family Y in Westminster. This, along with other improvements to the Hill Y and a generous commitment to our Baltimore City Mission Expansion Capital Campaign, are concrete (and watery!) reinforcements of the Kahlert Foundation's clear commitment to, as their mission states, "improve the quality of life and well-being of the community."

Thank you.



As Title Sponsor for the Y Turkey Trot Charity 5K and a Healthy Living Partner with Sinai, Northwest and Carroll Hospitals for the last two years, LifeBridge Health is an “all-in” Y partner. Through screenings and other hands-on health promotion delivered to members at our Hill Family Y in Westminster and our Y Swim Center in Randallstown, LifeBridge Health is, as their name suggests, acting as a true bridge to a better life! Their commitment to our Turkey Trot Charity 5K, for example, catalyzed an event which in 2017 alone (their second year as the Title Sponsor) brought together approximately 15,000 runners and raised over \$800,000 for our charitable cause!

Thank you.



MedStar Union Memorial Hospital

This long-time partner shares more than space with us at the Harry and Jeanette Weinberg Y in Waverly. They also share a passionate commitment to preventative health. In addition to helping deliver physical therapy to patients in our Y, our MedStar Union Memorial partners also regularly deliver healthy living tips and opportunities to our members and members of the community surrounding this Y.

Thank you.



Taking the full meaning of social responsibility to heart, McCormick Flavor for Life™ seems to embrace every opportunity to work with the Y in support of healthy living. From teaching kids the value of nutrition at Y camp, to co-sponsorship of “Y on the Fly,” to sponsorship of our Turkey Trot Charity 5K, Healthy Kids Day and the Druid Hill Y Camp, McCormick Flavor for Life™ is an energetic and clearly passionate partner whose actions demonstrate a commitment to community strengthening well beyond anything that can be measured in a financial statement!

Thank you.



Recognizing and acting upon the need to upend the old health care delivery model that waited for people to become sick and then treat them, our University of Maryland Medical System partners, University of Maryland Baltimore Washington Medical Center and University of Maryland St. Joseph Medical Center, are proactively working to keep people as healthy as possible by preventing them from ever becoming patients in the first place.

By stepping outside their four walls and bringing preventative health delivery inside our four walls, these leaders are changing the health care paradigm for the better.

Thank you.

The Orokawa Foundation

Named for the Orokawa Bay in New Zealand, The Orokawa Foundation is as generous and kind-hearted as its namesake is lush and expansive.

While enabling the building of the Orokawa Y in Towson would have been enough, their generosity and deep commitment to the work of the Y seems to know no bounds. Every year since we can remember, the people behind The Orokawa Foundation have stepped up to help further our charitable cause, having untold but deeply felt impact on those in our community who need it most.

Thank you.



The Harry and Jeanette Weinberg Foundation

“Foundation” is the word, because The Harry and Jeanette Weinberg Foundation quite literally is the foundation of a good deal of our Youth Development work in Baltimore City, not to mention the generous lead donor towards the Harry and Jeanette Weinberg Y named in their honor. Their sustained generosity is impacting the lives of thousands of vulnerable youth in Baltimore City. From the youngest little learners in our preschools and Head Start programs, to older youth navigating their way through an often confusing world, The Harry and Jeanette Weinberg Foundation is a bedrock of our work and our community.

Thank you.



Building on years of support for Y early childhood development programs, PNC doubled down in 2017 and introduced us to “Y on the Fly,” a program they supported in Pittsburgh and helped make possible in central Maryland too.

Taking the Y on the road to reach under-served communities in Baltimore, Y on the Fly brought exercise and healthy cooking tips to 3,000 kids and families in areas of Baltimore that are too often left behind and left out.

Thank you.



Special thanks is also owed to our 2017 Y Turkey Trot Charity 5K title and lead sponsors whose support helped us raise more than \$800,000 for our charitable cause.



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Honoring Our Special Volunteers

Over 6,300 very special volunteers devote their time and energy to our cause each year. We are deeply grateful to them all. We honored the following volunteers at our annual meeting held in April of 2017:

Instrumental in Supporting Positive Change for a Stronger Future Award

Rich Rapuano, Association Board Member



Outstanding Community Outreach and Engagement Award

Dr. Sallie Rixey, Association Board Member

Season Voelker, Harford County Community Leadership Board Member



Outstanding Community Board Leadership Award

Anne Healy, Towson Community Leadership Board Chair



Instrumental in Supporting the Y's Critical Mission

Congressman John Sarbanes, Association Board Member

Donna Wilson, Association Board Member



Outstanding Partnership Awards

BGE

Accepted by Dave Vahos, Association Board Member



McCormick & Co.

Accepted by Lori Robinson



The Office of Fine Arts and Social Sciences Baltimore County Public Schools

Accepted by Dr. Mary McComas



Principal Abbey Campbell

Owings Mills High School, a Y Community School



Outstanding Program Volunteerism Awards

Liz Bushman,
Badges for Baseball



Liza Luster
Bonnie Hamilton
Pat Sappington
Y Associate, Archie Cumberbatch,
Togetherhood



Geraldine Young Distinguished Service to Youth Award

Honoring long-time Y Board volunteer and fearless advocate for youth, Geraldine Young
Alan Cason, Association Board Member



Mitch Halbrich Fellowship Award

Honoring the memory of long-time Y Board volunteer and indefatigable
Y advocate, Mitch Halbrich
Tom Brandt, Association Board Chair



Bob Brosmer Leadership Award

Michelle Becote-Jackson, Chief Social Responsibility Officer

**This award honors the Y associate who most embodies
and upholds the leadership qualities modeled by our
friend and former Chief Operating Officer, Bob Brosmer**



Our Impact in the Community

After 165 years of working to strengthen the central Maryland community, the Y always seems to be there; a "given" that's as expected and ubiquitous as the lights that go on when you flip the switch, or the floor that is solid beneath your feet.

Though this is a mark of success of which we are proud, it bears noting that our impact does not come easily and is only assured through the hard work, care and deep commitment of Y associates, volunteers and partners alike, only a fraction of whom are featured in this report.

Here's a snapshot of what we have accomplished together in just the last year.



\$ 25,503,389

raised and invested through individual donations and grants to support

15,771

vulnerable youth and families, all of whom live in poverty.



2,212

young children

able to attend one of 51 Y Head Start and Preschool sites across the region, where they are given the best possible chance at entering kindergarten ready to learn and succeed.

750 Vulnerable Youth

(many of whom cope with an incarcerated or otherwise absent parent) paired with caring, responsible mentors giving the consistency and guidance every child needs.



194,360

 seniors, families and other individuals enjoying Y membership, 11,042 of whom are supported through Y "Open Doors," keeping them connected to life through exercise and friendships.

7,544

 kids of all ages in Y summer and after-school enrichment programs keeping them safe, learning and happy while their parents work.

7,200

 students and families in 12 Y Community Schools where we assure that basic needs like hunger are met so learning can happen.

9,607

 children taught to swim so they can safely experience the joys of water play and exercise.

6,377

 volunteers enabled to fulfill the innate drive for a greater sense of purpose and usefulness while helping others.

3,121

 Y associates learning new skills, supported in their aspirations, and a part of a virtuous cycle of good works that nurture the human spirit and basic desire of all people to live to their fullest potential.

The Y in Central Maryland Financial Report

	2016	2017
Revenue		
Public Support		
Contributions	\$6,294,992	\$8,416,305
Grants	\$21,118,671	\$23,825,576
Total Support From Public	\$27,413,663	\$32,241,881
Membership and Activities		
Membership Fees	\$29,981,879	\$33,662,078
Program Fees	\$15,065,537	\$17,182,893
Total Membership and Activities	\$ 45,047,416	\$ 50,844,971
Other Revenue	\$ 427,281	\$840,704
Total Revenue	\$72,888,360	\$83,927,556
Expenses		
Program Expenses	\$ 56,156,773	\$64,849,978
Supporting Services	\$ 8,046,281	\$8,990,853
Interest and Financing Costs	\$ 2,580,356	\$2,307,023
Total Cash Expenses	\$ 66,783,410	\$76,147,854
Depreciation / Amortization	\$5,743,024	\$6,119,300
Total Expenses	\$ 72,526,434	\$82,267,154

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(Chair)

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PNC Bank (1st Vice Chair)

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Government

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*Denotes Member of
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Baltimore County North –
Anne Healy, CareFirst

Baltimore County South –
Caitlin Kirby, Community
Volunteer

Carroll County –
Thomas Breakey, MedStar
Union Memorial Hospital

Harford County –
Paul Fallace,
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Howard County –
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Community Volunteer

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SVP, Early Childhood
Development

Michelle Becote-Jackson,
Chief Social
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EJ Amyot,
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Director, Health &
Wellness Operations,
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The Y in Central Maryland

**A charitable, cause-driven organization working
for community well-being. The Y. For a Better Us.**

ymaryland.org