

MY Y IS...



**YMCA of
Okanagan**
2018 Impact Report

A message from the Board Chair and CEO

Dear Friends,

It is our pleasure to present the 2018 Impact Report. This year's report shares the personal and moving stories from five individuals who have found "their Y" — belonging, encouragement, gratitude, healing, and sharing — through participation in Y programs and membership.

These are just a few of the reasons why the YMCA exists — to provide everyone with an equal opportunity to be healthy and reach their full potential, connect with others, and contribute to a better community.

There has never been a more exciting time to be part of the YMCA. Through health partnerships, we are making important strides in improving outcomes for individuals with chronic diseases; in partnership with the Government of BC, we are continually expanding our programs to families throughout the valley; and through belonging, more children, youth, adults and seniors are becoming healthy and active.

Moving forward into the 38th year of service to our community, we will continue to work towards our Vision 2020 Strategic Plan to position the YMCA of Okanagan as an organization that:

- ▶ Is a great place to work for the most talented, trusted and engaged **volunteers and staff** who believe in our mission and create a culture where everyone can thrive
- ▶ Is a great place to belong for a **growing number of people** who participate in innovative, relevant and responsive programs that meet community needs
- ▶ Actively engages donors and partners who share our values and want to play a vital role in positively **impacting the lives of others**
- ▶ Practices strong leadership and board governance by achieving sustainable financial performance and building on a strong foundation of **operational excellence**

As always, we send our heartfelt thanks to all of you. Our work is only made possible through a collaboration of engaged members, caring donors, passionate staff and volunteers, and like-minded partners who have helped us to create positive change for over 43,000 individuals in 2018.

Sincerely,



Sharon Peterson
Chief Executive Officer



John Duff
Board Chair



Board of Directors



John Duff
Board Chair



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Past Chair



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Vice Chair



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Judy Shoemaker
Director



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Director

2018 Highlights



Healthy resources and heart-pumping activities were provided to over **4,000** children and families at **YMCA HEALTHY KIDS DAY**.

Through partnership with Y BC and supported by provincial funding, ten group-based YMind and MindFit youth **MENTAL WELLNESS PROGRAMS** were delivered in five locations throughout Kelowna and Penticton.

A new multi-age **YMCA CHILD CARE** centre was built at Queen's Park Elementary in Penticton. Opening early 2019, this centre will provide care for 60 children aged 0–12.



YMCA members were **MOVED TO GIVE**, raising **\$30,100** in the second annual campaign focused on providing more financially assisted Y memberships for low income children, families and individuals.

Generous community members and businesses raised over **\$145,000** through their involvement in the 12th Annual **YMCA CYCLE FOR STRONG KIDS** and 9th Annual **CHARITY GOLF TOURNAMENT**.



Together, UBCO and the Downtown Y completed their first year of offering **SMALL STEPS FOR BIG CHANGES**, a lifestyle modification program aimed at lowering the chances of developing type 2 diabetes for at-risk individuals.

The Y was awarded a new **CARE WORKER** program contract to provide specialized life skills for youth ages 13–19 who have been diagnosed with Autism Spectrum Disorder and other developmental disabilities.

The **KELOWNA DOWNTOWN Y** celebrated its one-year anniversary and helped **1,187** members achieve healthier lifestyles.

252 volunteers contributed **10,818** hours of their time and talent supporting Y programs and helping to make a difference in the lives of others.

514 dedicated employees connected with 15,821 members to fulfill the Y's mission.

The YMCA inspires success by providing meaningful employment and volunteer opportunities as well as access to quality training and resources.

“ **My name is Bryan Wentworth and volunteering at the Kelowna Family Y has had a profound impact on my life.**

Originally, I came to the Kelowna Family YMCA to swim but I started volunteering with the Member Services team soon after. I have now been volunteering for thirteen years in a variety of departments and I learn something new every time I come here.

Through volunteering at the YMCA, I have found new friends, a support system and a community where I truly feel I belong. I have strengthened my abilities and relationships with others by giving tours, ensuring clean facilities, greeting members, and will soon be training to become an aquatics volunteer.

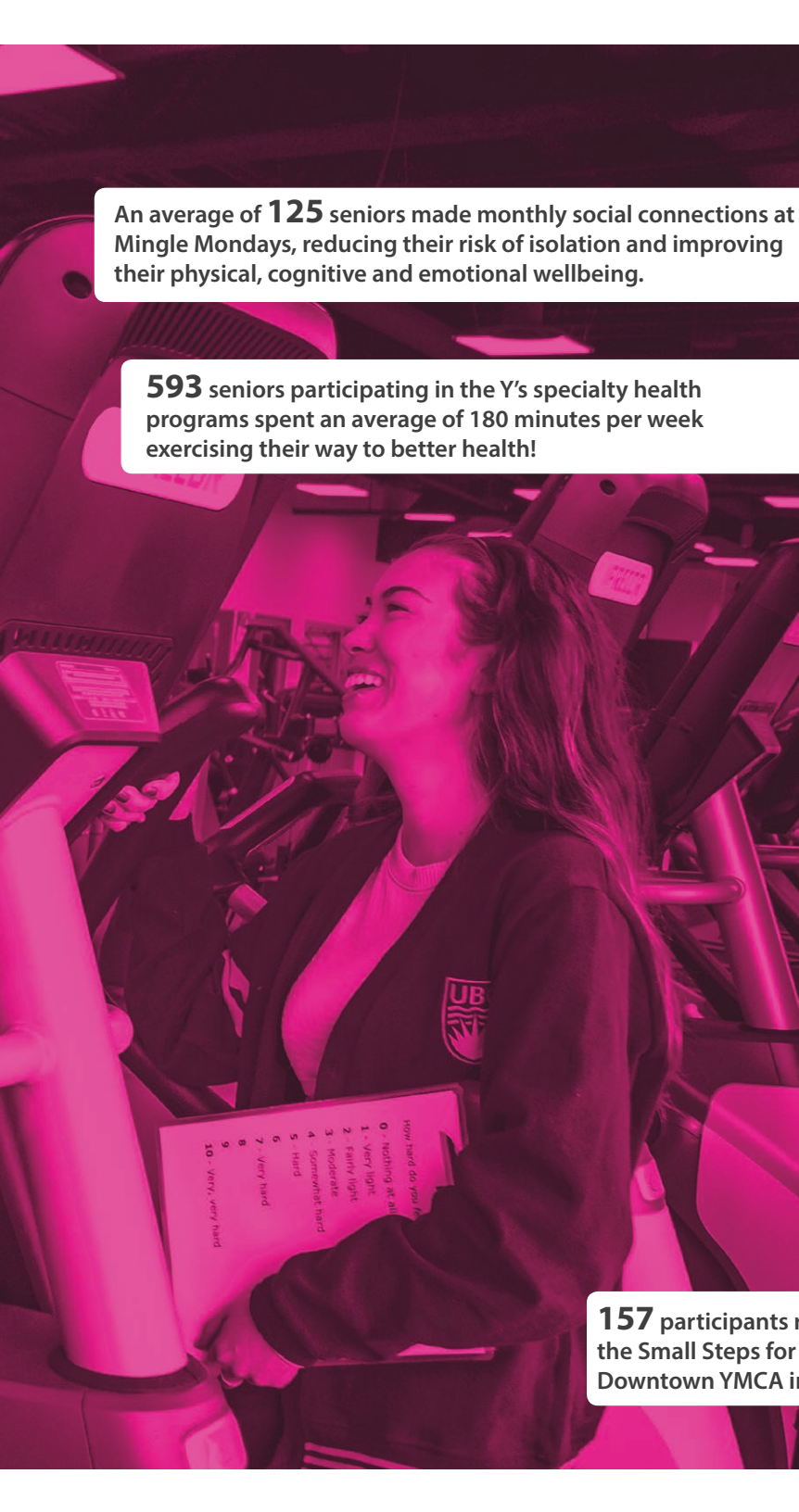
My experiences with the YMCA have been life-changing and the staff, members, and other volunteers have become my second family. My parents also think it's great and they are really proud of me. I just love being here.

BRYAN'S Y IS BELONGING

313 seniors took the first step towards better health by completing a free health assessment offered by the Y.

Presently, only 1 in 5 Canadian adults achieve the recommended 150 minutes of moderate-to-vigorous physical activity per week. Aging is inevitable, but its impacts can be alleviated with a healthy diet, active lifestyle and opportunities for social interaction.

**LOIS' Y IS
ENCOURAGEMENT**

A woman with long brown hair, wearing a black jacket with a 'UB' logo, is smiling while running on a treadmill in a gym. The image has a pinkish-red tint. In the background, other gym equipment is visible.

An average of **125** seniors made monthly social connections at Mingle Mondays, reducing their risk of isolation and improving their physical, cognitive and emotional wellbeing.

593 seniors participating in the Y's specialty health programs spent an average of 180 minutes per week exercising their way to better health!

157 participants reduced their risk of type 2 diabetes through the Small Steps for Big Changes program offered at the Kelowna Downtown YMCA in partnership with UBCO.


“ My name is Lois Hourston and the Y helped me adopt a healthier lifestyle after I was diagnosed with prediabetes. ”

At the age of 60, my doctor delivered the startling diagnosis that I had prediabetes. I was terrified and ashamed that my poor eating habits and a lack of exercise had jeopardized my health so gravely. I knew something needed to change.

Remarkably, I then received a phone call advising me that I was the perfect match for a new pilot program designed to help people like me turn their health around before it was too late. I didn't want to set any high expectations, so I quietly joined the Small Steps for Big Changes program made possible by UBCO and the YMCA.

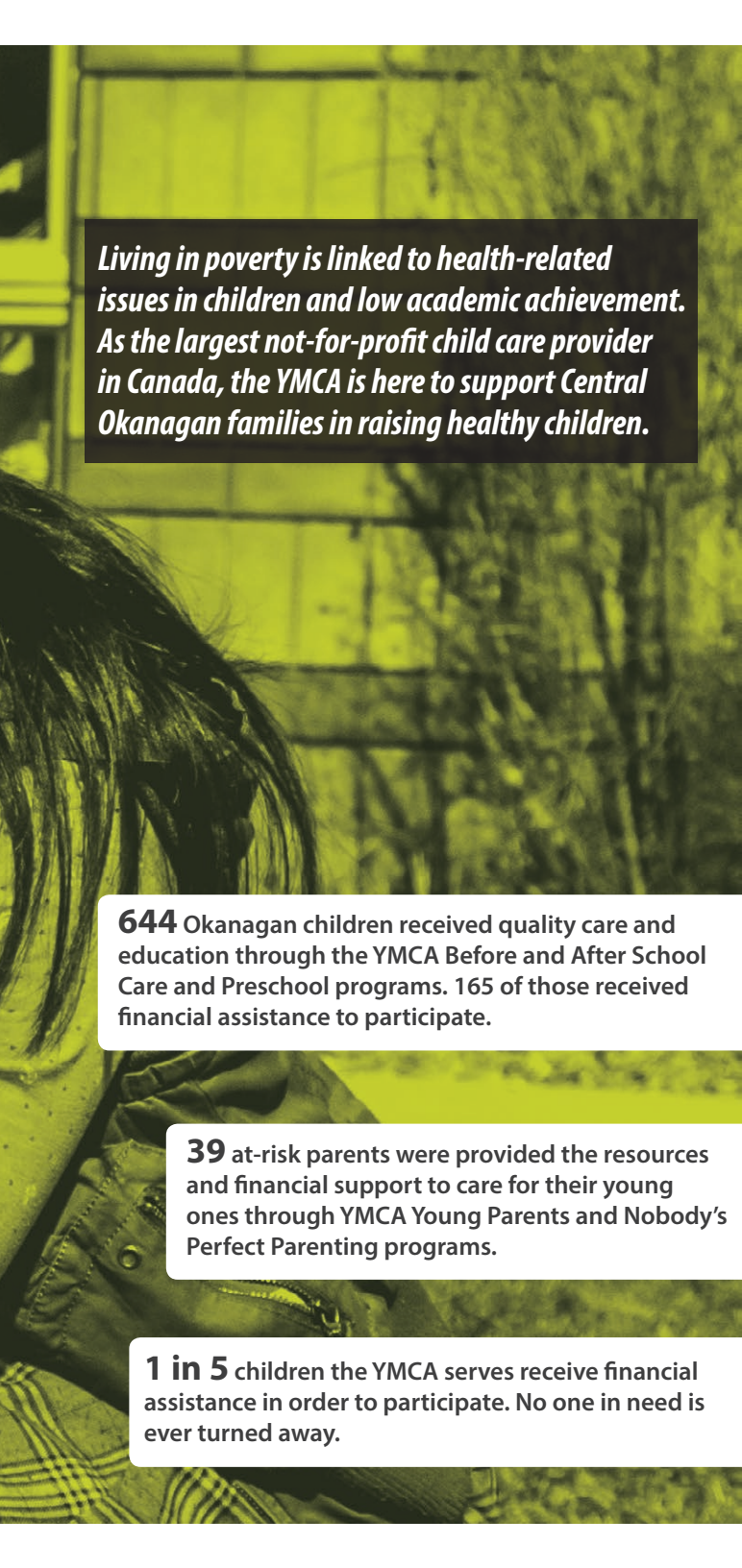
The first sessions I attended were alarming, and I found myself in tears. It was hard to accept that I was in such a bad place physically, emotionally, and had gained so much weight. But with the help of a great team I began interval training and learned proper eating habits.

Now that I've completed the program, for the first time in a long time I have a waist and have fully embraced my new healthy lifestyle. I would not have been able to accomplish my goals without the encouragement and support that I received from the amazing counsellors and fellow program participants.



Over the past 4 years, **125** children improved their literary skills by at least one grade level at YMCA Beyond the Bell: a donor-funded program that helps struggling children keep pace with their grade level and classmates.

AIKO'S Y IS GRATITUDE



Living in poverty is linked to health-related issues in children and low academic achievement. As the largest not-for-profit child care provider in Canada, the YMCA is here to support Central Okanagan families in raising healthy children.

644 Okanagan children received quality care and education through the YMCA Before and After School Care and Preschool programs. 165 of those received financial assistance to participate.

39 at-risk parents were provided the resources and financial support to care for their young ones through YMCA Young Parents and Nobody's Perfect Parenting programs.


1 in 5 children the YMCA serves receive financial assistance in order to participate. No one in need is ever turned away.

“ My name is Aiko Neal and I am grateful that no one is ever turned away during times of hardship.

When my son Hiro turned 11 months old, I wanted to return to my job as an Early Childhood Educator at YMCA Little Scholars Playing to Learn Centre. However, due to financial constraints, my husband and I could not afford the cost of full-time child care. We had no family support as my husband's parents had passed away and my family lived in Japan. We were at a loss as to how we were going to cope.

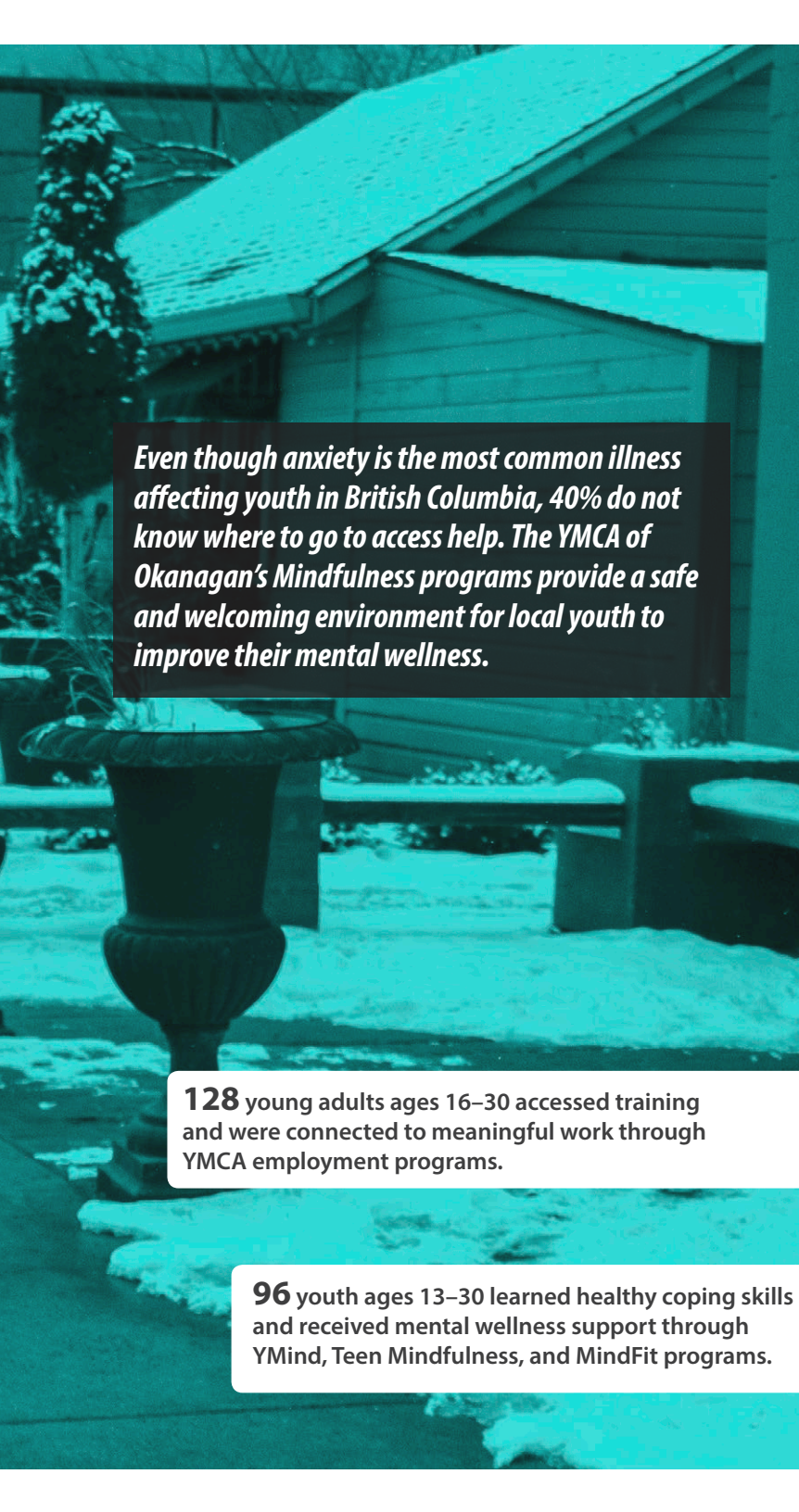
I met with my previous supervisor at the Y who suggested we apply for financial assistance. I was uncertain if we would qualify, as we were not in the most dire of financial situations compared to other families the Y so generously helps. This is when I discovered that the YMCA works hard to remain accessible for all families, even during temporary times of crisis, illness or hardship.

I cannot express how grateful we are to the Y and the many donors who have provided our son with quality child care and the opportunity for me to return to a career that I love.

A photograph of a woman with curly hair, smiling and walking on a snowy sidewalk. She is wearing a grey hoodie with a white Under Armour logo and a dark denim jacket. The background shows a winter street scene with snow-covered ground, bare trees, and buildings. The entire image has a teal color overlay.

The YMCA of Okanagan is a collaborative community with over **125** local community partners working together to better the lives of others.

**KIAH'S Y IS
HEALING**



Even though anxiety is the most common illness affecting youth in British Columbia, 40% do not know where to go to access help. The YMCA of Okanagan's Mindfulness programs provide a safe and welcoming environment for local youth to improve their mental wellness.

128 young adults ages 16–30 accessed training and were connected to meaningful work through YMCA employment programs.

96 youth ages 13–30 learned healthy coping skills and received mental wellness support through YMind, Teen Mindfulness, and MindFit programs.



My name is Kiah Wallace-Webb and the YMind program helped me conquer my debilitating anxiety issues.

In 2018 I took time away from my job as a lifeguard at the Kelowna Family Y to manage a swimming pool in the Yukon. My high expectations quickly turned into those of regret and disappointment. Feeling alone and closed off, I began down the path of severe anxiety.

My condition became so extreme that I could no longer study to become a teacher, work, or even socialize. I struggled to live in the present, became isolated and constantly worried about things out of my control. This is when I sought out serious help for my mental health.

My healing process started when I found the YMind program. I was very nervous at the first class and imagined that everyone was judging me for attending a mental health program. The warm staff made me feel safe and welcomed. The mindfulness tools I gained helped me to recognize my feelings and identified different paths that I could take to heal.

The YMCA gives life and a sense of purpose to so many people, and I am no exception. They have given me a reason to get up in the morning and provided me with incredible opportunities. I'm now proudly back on track to become a teacher while working as a lifeguard at the Y.



**RANDY'S Y IS
SHARING**



“ My name is Randy Christian and I am honored to share my good fortune by sponsoring a Y membership for a family in need.

When my children were young the Y was like a second home to us. We spent many a day swimming in the pool together, working out in the gym, and developed countless happy family memories. Now that my kids are grown I still regularly work out at the Kelowna Family Y. While I am there, I often see kids playing basketball in the gym, swimming in the pool, hanging out with other kids, or spending time with their families. Seeing this gives me great joy.

During the Y's Move to Give campaign, I read about the ability to sponsor a family and that 100% of my donation would go directly to providing them with a membership. Immediately I liked the mechanics of the program and based on my history with the Y, I decided to make a donation to help a family of four who couldn't afford a membership on their own.

Quite simply, the Y is a good place for a kid to be. I know that my children benefited from the positive experiences they had at the Y, and I wanted to do my part to ensure that no family in need would ever be denied quality time together.

5,471 low-income individuals, children and families were given the opportunity to live healthier, happier lives through financially assisted memberships.

100% of all funds raised locally stay in our community and directly help those in need.

2,896 grade 3 & 4 students gained confidence and vital water safety skills at no cost through the YMCA Okanagan Swims program which is funded by generous donations to the YMCA Strong Kids Campaign.

Our communities are facing growing challenges — vulnerable families, unhealthy lifestyles and social isolation. Donations made to the YMCA provide financial assistance to low-income families so they have equal access to Y programs, memberships and child care.

1,282 reasons we are grateful

In 2018, 1,282 people came together and raised more than **\$514,000** to provide those less fortunate with the financial assistance they needed to reach their full potential through YMCA programs.

Annual Gifts \$500 & above

Great care was taken to ensure the accuracy of the names listed in this report; however, if your name appears incorrectly or was omitted, please contact us so we may correct our records.

Across the Lake Swim Society ▼ Brock Aynsley ▼ Harry Bensler ▼ Duncan, Missy and Tim Blackburn ▼ Dave Bond ▼ Boyd Autobody & Glass ▼ Dean Braham ▼ Robert Bryce ▼ Margo and David Buckley ▼ Callow and Associates Management Consultants Inc. ▼ Ross and Ann Carviel ▼ Randy Christian ▼ Diana Christie ▼ Coast Capital Community Foundation ▼ Community Foundation of the South Okanagan/Similkameen ▼ Dave Cronquist and Barb MacPherson ▼ Gino Dal Ponte ▼ Deb Canada Inc. ▼ Delcourt Advisory Group at Scotia Wealth Management ▼ Demay Family Foundation ▼ John and Joanna Duff ▼ Robin Durrant ▼ Susan Ellard ▼ Enterprise RV ▼ Alessandro Errico ▼ Farris, Vaughan, Wills & Murphy LLP ▼ First West Foundation ▼ Frank J. Flaman Foundation ▼ Fresh Air ▼ Grace Furman ▼ Clayton Gall ▼ Laurie Gauthier ▼ Gibson Contracting ▼ Graf Family ▼ Graham Management Services LP ▼ Hamber Foundation ▼ Chuck and Denise Henderson ▼ Wayne Henrikson ▼ Melissa Ihaksi ▼ Interior Savings ▼ Invasion Championship Wrestling ▼ Barry Johnson ▼ Kathryn Johnson and Jeff Lawson ▼ Rodney Joshua ▼ Jugo Juice – H₂O Adventure + Fitness Centre ▼ Kairos Foundation ▼ Richard Kasper ▼ Kelowna AquaJets ▼ Kelowna Cherry Blossom Triathlon ▼ Kelowna Rutland Lions Club ▼ KF Aerospace ▼ Knights of Columbus – St. Charles Garnier Council ▼ KPMG LLP ▼ Norma LaChance ▼ Brea Lake ▼ Pamela and Kevin Leco ▼ Ledcor Industries Inc. ▼ Gordon and Colleen Lees ▼ Ryan Lund ▼ Peter and Arline Marriott ▼ Pieter Matthijse ▼ Melcor Developments Ltd. ▼ Joni Metherell ▼ Emma and Alex Miller ▼ Missionwood Retirement Resort ▼ Derek Moran ▼ Reg Moran ▼ Morningside Rotary Club of Kelowna ▼ Kevin and Kaiyo Muir ▼ Jack and Ethel Newton ▼ O'Connor Electric ▼ Allison O'Donnell ▼ Fred Parker ▼ Par-t-Perfect ▼ Paul Lee Family Foundation ▼ Steven and Chantel Pavelich ▼ Sharon and Gary Peterson ▼ Anne Postlewaite ▼ Precor USA ▼ Frank Proto ▼ Doug and Lorna Pumphrey ▼ Pushor Mitchell Lawyers LLP ▼ RBC Financial Group ▼ RE/MAX ▼ Judith Renyk ▼ Mike Rizzo ▼ RTO-ERO District 42 ▼ Running Room Canada Inc. ▼ Martin Rutherford ▼ Rutland Pet Hospital ▼ Safrane Construction ▼ Alan and Lisa Sanderson ▼ Mary Sedgewick ▼ Shawn Talbot Photography Ltd. ▼ Jill Siebert ▼ Barb Simpson ▼ Lily Simpson ▼ Joan Spence ▼ Ron and Karen Stewardson ▼ Ginny Strachen ▼ Alistair Taylor ▼ Marilyn Taylor ▼ Ron Taylor ▼ TELUS ▼ Tennis Canada ▼ Brent Therrien ▼ Thomas Alan Budd Foundation ▼ Tim Hortons Smile Cookie Campaign ▼ Tom Harris Fund for Families ▼ UBCO Exercise is Medicine ▼ Urban Systems Foundation ▼ Sharon Varette and Cam Kourany ▼ Rhonda Zakala ▼ Andrew Zelke ▼ Gerry and Sandra Zimmermann

Thank you to the donors and community partners who make our work possible.

We are truly grateful for all donations. A list of donors who gave gifts \$100 and above is proudly displayed on donor recognition walls in our centres as well as online at ymcaokanagan.ca/impact2018.



Community Event Sponsors \$1,000 and above

A-1 Machine & Welding ▼ ABCS Safety Training Inc.
 ▼ All Occasions Party & Event Rentals ▼ Bell Media
 ▼ BDO Canada ▼ BMO ▼ Capital News ▼ Carver
 Construction ▼ Castanet ▼ Daily Courier ▼ Fidelity
 Investments ▼ FortisBC ▼ Fresh Air ▼ Global TV ▼
 Grant Thornton LLP ▼ Interior Savings ▼ Kelowna
 Now ▼ Manchester Signs/Printing/Graphics ▼ Mile-
 stones Grill + Bar ▼ Northern Computer ▼ Okanagan
 Vending ▼ Pacific Coastal Airlines ▼ Parke Pacific
 Projects Ltd ▼ Peace Hills Insurance ▼ Power 104 &
 Beach Radio 103.1 ▼ Prosign ▼ RBC Financial Group
 ▼ Save-On-Foods Rutland ▼ Schueler Group Benefits
 ▼ Scotiabank Team Community Program/Delcourt
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 Source Office Furnishings ▼ Sun-Rype Products Ltd.
 ▼ Trisura ▼ Valley First ▼ Vic Van Isle Group ▼ WestJet
 ▼ Wilson M. Beck Insurance Group ▼ Winn Rentals

Financial Highlights

Statement of financial position (000's)

| | 2018 | 2017 |
|---|-----------------|-----------------|
| Current assets | \$3,010 | \$2,683 |
| Restricted cash and investments | \$4,195 | \$4,639 |
| Tangible capital assets | \$7,085 | \$6,545 |
| Total assets | \$14,290 | \$13,867 |
| Current liabilities | \$2,881 | \$2,624 |
| Deferred contributions | \$3,132 | \$3,352 |
| Long-term debt | \$128 | \$149 |
| Net assets | \$8,149 | \$7,742 |
| Total liabilities and net assets | \$14,290 | \$13,867 |

Statement of operations (000's)

| | 2018 | 2017 |
|---|-----------------|-----------------|
| Revenue | | |
| Admissions and memberships | \$7,543 | \$6,631 |
| Programs and rentals | \$2,027 | \$1,740 |
| Operational funding | \$6,232 | \$5,659 |
| Fund development | \$643 | \$571 |
| Other revenue | \$473 | \$700 |
| Total revenue | \$16,918 | \$15,301 |
| Expenses | | |
| Contract services | \$1,105 | \$1,141 |
| Information technology | \$616 | \$519 |
| Labour | \$9,813 | \$8,942 |
| Marketing | \$239 | \$238 |
| Occupancy | \$608 | \$501 |
| Participant costs | \$1,503 | \$1,245 |
| Staff and volunteer expenses | \$289 | \$252 |
| Supplies | \$486 | \$485 |
| Depreciation of tangible capital assets | \$878 | \$666 |
| Other expenses | \$974 | \$927 |
| Total expenses | \$16,511 | \$14,916 |
| Net contribution | \$407 | \$385 |

FIND YOUR Y.

Donate

Give others hope and health when they need it most.

Join

Belong and stay active at our centres of community.

Volunteer

Mentor others and share your time, treasure and talents.

Mission

The YMCA of Okanagan is a charity dedicated to strengthening the foundations of community.

Vision

We are building a community in which children and families reach their full potential.

Values

The YMCA of Okanagan is committed to practicing and demonstrating the core values of caring, honesty, respect, responsibility and inclusiveness in all aspects of the organization.

Health Fitness & Aquatic Centres

Child & Youth Programs

Child Care

Employment Services

Community Initiatives



YMCA of Okanagan

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