

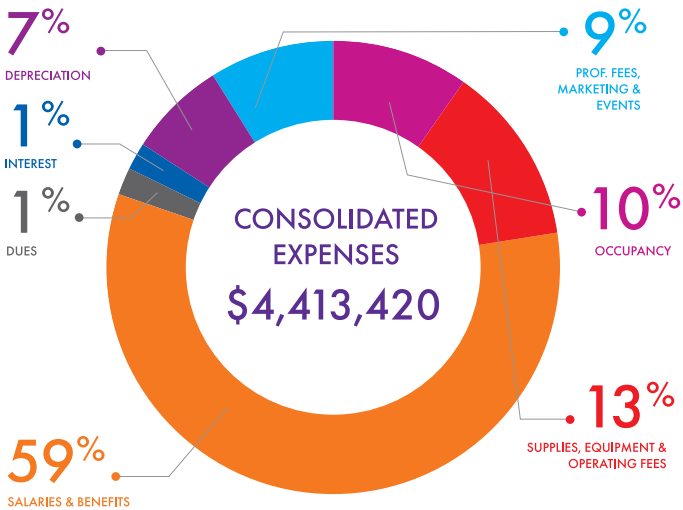
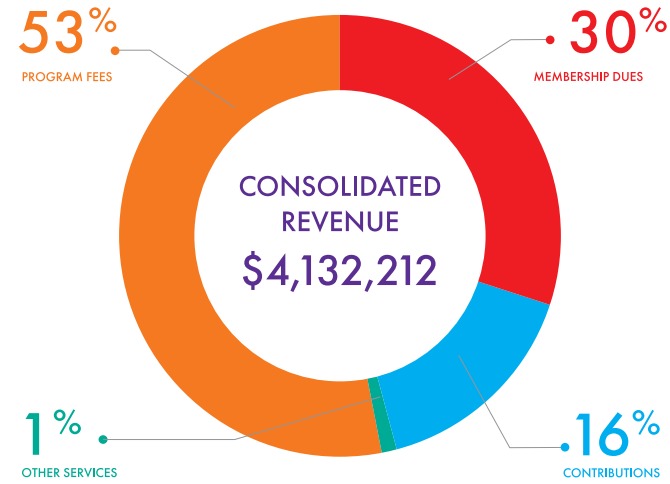


**2022 - 2023**

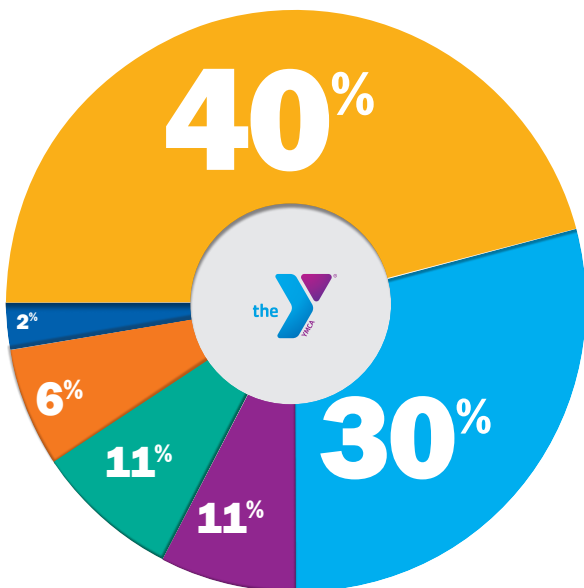
# ANNUAL REPORT

**North Suburban YMCA**

## FINANCES TO DATE



## DONATED DOLLARS AT WORK



## HIGHLIGHTS OF 2022 -2023

- Replaced HVAC in pool with new air handler, thanks in part, to a state DCEO grant from Rep. Robyn Gabel.
- 239 youth learned to swim thanks to a financial assistance scholarship.
- New senior and special needs friendly fitness equipment installed.
- Certified 137 lifeguards in our community.
- Provided services and financial assistance to Afghan and Ukrainian refugees and other migrants.
- More than 350 older adults attended Senior Pallooza, our FREE annual senior health fair.
- Hosted Village of Northbrook's Cultural Fair and helped with Illuminate Northbrook.
- Won 8 Readers Choice Awards from the Daily Herald.
- Café Voca received a Program Excellence Award from the Illinois State Alliance of YMCA's and the YMCA Professional Network.
- After two years of Café Voca, 50% of participants have received job offer, compared to the national average of 20%.
- Hawks Special needs campers improved their independence skills by 31%.
- Over 250 seniors rely on financial assistance to participate at the Y.
- Implemented an Immunization Project to provide resources for community to make their own best choices.
- Camp has a very successful summer, surpassing 800 youth.
- Grant dollars helped 69 seniors get involved in additional classes to support their overall health.
- Added a new Enhance Your Balance class, based on feedback.
- More than 150 children received financial assistance for childcare programs.
- Y Education Series reached more than 2,500 participants.
- Community Volunteer events made an impact! The Holiday Giveback packed 200 blessings bags for the homeless and the Pet Blanket Making Event provided 140 blankets and dog toys for shelter animals.
- Completed the preliminary work to implement a Youth In Government Program for next year.
- Provided more than 2,400 financial assistance scholarships.



# “Paying it Forward”

Thank you for having my back when I needed summer camp for my son so I could work. Your scholarship program was a godsend! My son recently graduated from college and is starting to make his way in the world. Thank you for keeping my son safe & happy for multiple summers oh so many years ago. Keep up the great work supporting families from all kinds of financial backgrounds. Please accept this small gift so the Y can continue to have a big heart. Wishing you always enough! – Past financial assistance mom

“The Y is not just integral to this community but of the whole country. ... You can walk through the door of the Y with a different body type or a different ethnicity or a different anything and there’s just no judgement here for the kids or us adults as well. For our family, the Y has been a centerpiece of Northbrook.

– Excerpts from David Valentine and Lucy Gutman’s Y story



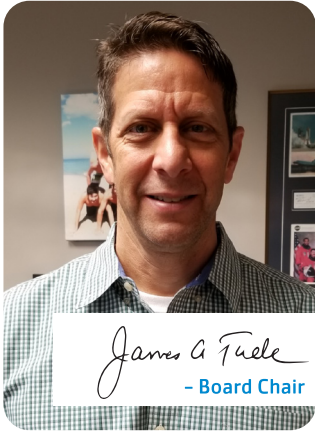
# Center of the Community

# “Happy Campers”



There’s two key differentiators that I particularly valued as a working mom, the convenience for me plus the variety for my kids. Camp starts at the beginning of summer and goes to the end of summer. It is Monday through Friday and they have Before Care and After Care, ...” .... “The other thing is my kids really wanted variety and instead of me having to coordinate with ‘different’ camps each week, I got all of that optionality in one location.

– Excerpts from Renee, Lili and Valencia’s Y story



As I wrap up my second year as NSYMCA Board President, I am pleased to note the progress we continue to make in providing the community with programs and tools that will help them become healthier, more connected and confident. As part of our mission, we view ourselves as stewards of the community, with a big emphasis on supporting those who need support. A couple statistics to back that up:

- Community Strong, provided over 2,400 financial assistance scholarships to children, families, seniors and adults so they could participate in life-changing programs to reach their full potential.
- Café Voca, enabled vocational training for young adults with special needs. Hundreds of cups of coffee have been served and as we enter our 3rd year of the program, we are proud to share that more than 50% of our participants have received job offers.

• Based on participant feedback, we added a class for our active older adults called Enhance Your Balance, and 29 new participants registered! We will continue to focus on the needs of our older adults.

This past year we worked on our strategic plan to ensure we're meeting the current and future needs of our members in the new post-covid landscape. We engaged staff, volunteers, donors, members, and community partners to give feedback on the direction of the Y. We are now working on implementing the objectives from the plan and are working on initiatives to improve your experience at the Y, including a better registration system, more green initiatives, directional signage throughout the building and many others.

We are so grateful for all of our members and understand that membership is the core of our facility and we will continue to work to provide what you need, as well as expand to new members! We have a lot to offer and remain the best value in our community.

Longer term, we recognize that we have some infrastructure work and will need to raise additional funding to accomplish some of our broader long-term plans including replacing our aging roof and other internal systems. We continue to work with our legislators and partners to work on grants, but we know we will need the support of our membership and donors to make these repairs happen.

I am so grateful to the staff and Board of Directors who work tirelessly to serve the community. This coming year we will work to continue to meet the needs our community and serve our members. The YMCA is truly a place where our community comes together to be healthier, happier, and to give back to others.



As we emerge from the pandemic and finalize our strategic plan, our focus will be, as it always has been, to passionately serve the entire community by supporting healthy living, youth development, and social responsibility.

This year at the YMCA, we have seen so many wonderful opportunities come to life. From young children learning to swim for the first time, to providing safe spaces for our children and teens to participate in educational and physical activities under the guidance of mentors who care about them, to fellow community organizations and our very own groups, such as our active older adults, taking advantage of spaces throughout our facility to meet, connect and grow. We've seen the encouragement among friends and family through pickle-ball, basketball and family open gym, and we are proudly cheering on our motivated members of all ages who are taking time each day to maintain a healthy lifestyles. Positive changes happen every day in our building.

We continue to be a staple in the community helping other agencies host food collections, candy & school supply drives, and volunteer giveback events

like making blessing bags and pet blankets. We continue recycling, blood drives, Immunization opportunities, health fairs and more. We address inclusion and equity as well as mental health throughout our building and are continuing to see an increased demand for special services and senior programming.

I am thrilled to work with amazing staff and volunteers through our Board of Directors who are constantly working to make the Y and the community better. I want to thank the staff (the best around!) who work every day to make the Y the amazing place it is. I also want to thank the Board for all of their hard work, especially under the leadership of Jim Tuchler who is an amazing leader and cares so much for the Y.

We are so grateful for the support that our membership, donors and the community has given us. Because of you, we are able to open up a world of possibility, opportunity, and hope to e individuals in our community that we serve on a daily basis. You help turn obstacles into opportunities and we are grateful for your continued friendship, dedication, and support. It is because of you, we can continue to serve the community and make a difference every day.

## NORTH SUBURBAN YMCA Board of Directors 2022-2023

Jim Tuchler  
Board Chair

Ron Bernardi  
Vice Chairman

Sal Manso  
Vice Chairman

Anne O'Connor  
Treasurer

Steven Elisco  
Secretary

Michael Redstone  
At Large

Larry Koehler  
At Large

Cathy Gregory  
Immediate  
Past Chair

Meredith Ade  
Johanna Benavides  
Andrew Dempsey  
Hussein Din  
Todd Heller  
Nathan Margol  
Kamal Natarajan  
Jerry Nolan  
Bill Schloss  
Alison Whitlock  
Chinmaya Yerramilli

**Emeritus**  
Peggy Reynolds  
Marv White