

EMPOWERING COMMUNITIES

2019 Annual Report

www.winonaymca.org

WINONA FAMILY YMCA

The Winona YMCA is an inclusive organization open to all. We welcome all people regardless of ability, age, background, ethnicity/race, faith/religion, gender, gender identity or sexual orientation. The Y believes that, in a diverse world, we are stronger when we are inclusive, when our doors are open to all and when everyone has the opportunity to learn, grow and thrive.



Hiawatha Valley Mental Health Center helped members get a respite grant from Winona County so they can have memberships and participate in YMCA programs. One of the counselors shared, "I just spoke with one of my families who has received one of the passes that I applied for. They are loving spending their time at the Y. Both kiddos are so happy and parents have been less stressed knowing they have a place to go for the kiddos to burn off their energy in a safe place. Thanks so much for all the help!"

"The YMCA has been an irreplaceable support for our small family. As a parent of a young one studying in graduate school, it was really hard to find times to complete my school work. Kids Corner was a safe, enriching space for my daughter to play and learn while I worked my way through school and engaged in the community. We have grown to love our time at the Y and my daughter is always thrilled to be with her friends in the Kids Corner."

"We are so grateful for the Y. I took our foster kids there to play basketball and run around, and that time was just so beautiful and fun and created family bonds. We are also thankful that foster and adoptive kiddos are honored by the Y. It means a lot."

"In our program we had a 6 year old male diagnosed with Autism that was struggling with bathing routines at home. He would get overstimulated by the water, running water noise, and become dysregulated for the remainder of the night. With the help of respite funds (for a YMCA membership), we were able to get him enrolled in one-on-one swim lessons where he became comfortable with water and even began to enjoy it. After approximately 6 weeks, bath time was no linger an issue for the family. Many of my other clients used the Kids Corner, which has increased self-confidence and socialization skills in these children."

STORIES OF IMPACT

Strengthening bodies; strengthening communities

Growth & Discovery

"Thank you for making Claire's week at camp a huge success. You planted a seed of confidence in our quiet-natured introvert and sparked new curiosity in our already inquisitive girl. She came home every night exhausted with a smile on her face and many stories to share. She's already recruited her younger sister to join in the fun next summer! After the first day of camp, I asked Claire if she met any new friends, to which she replied "Well, I met a lot of new people" in an uncertain tone. Jump ahead to Thursday's Family Night when she confidently exclaimed "Hold on! I need to say bye to my friends!" as we were trying to leave. That made my heart swell! It was a week of growth for Claire and I want you to know how much we appreciate all of the time and energy you put in to make this such a memorable experience for your campers.



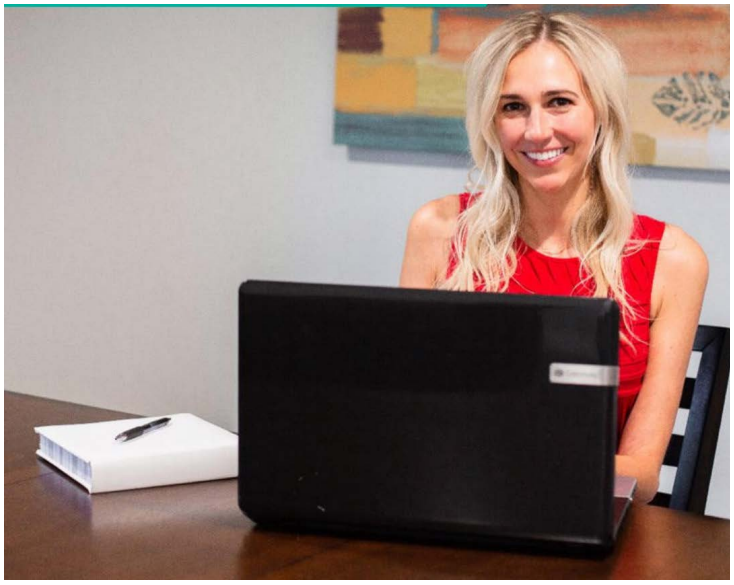
For those who cannot afford a membership or programs at the YMCA, we offer financial assistance up to 70%. In 2019, **36% of our members received a subsidized membership**. The YMCA gave a total of **$186,000 in subsidized memberships or reduced program costs** last year.

Care & Calm

At times, Jenna struggles with handling her emotions. With guidance from trained YMCA staff, she has learned how to handle her outburts. If she is having a hard time, staff work with her to calm down by practicing deep breathing together. Doing these exercises helps her calm down quicker because she does not feel alone. Once she is calm, she can explain why she is upset, and work with staff to address the situation.



Health & Energy



Certified Nutritionist and Mayo Clinic Wellness Coach Amy Lydia McNally helps people take important steps toward living their best life.

CHANGING LIVES
THROUGH IMPACTFUL PROGRAMMING



In the fall of 2019, Cameron, a sixth grade student, had just moved to Winona to live with his grandmother. His parents had been in and out of his life for years, so Cameron was in the middle of a major transition as he settled into his new town, school, and home life as a foster child. Cameron's grandmother signed him up for football through the Y, hoping that the experience would help provide Cameron with some stability as he adapted to his new life. Cameron didn't have a lot of experience with football and, after the first practice, told his grandmother he wanted to quit. His grandmother called the Youth Sports Director shortly after Cameron made his decision to let him know how Cameron was feeling. She asked if the Director would be willing to talk to Cameron when he dropped off his equipment to try and encourage him to stick with the program. The next day, when Cameron came to drop off his equipment, the Director spent some time talking to him.

He told him that while football is hard work, it's a great opportunity to make new friends and be a part of a team. He expressed that he didn't want Cameron to regret his decision and hoped he would reconsider in the future. Shortly after, the Director received this email from the grandmother:
"He is suddenly surprisingly willing to give it a chance quoting some of the reasons that you gave him. I am deeply grateful for all the time you spent and hope that he can stick with it but we'll plan to show up tonight. Whatever you said to him he had plenty of time to think about in the pool and it seemed to put it in perspective for him. He said I think I can do one and a half hours out of every 24 hours. You have gone above and beyond with this young man and whether or not it makes a difference after today with football, it matters and I won't forget it so thank you."

Cameron went on to have a great season with his team and coaches, who all worked to support and welcome him to the community. At the end of the season, the Director received another email from the grandmother:
"This is what happiness looks like when you don't quit on a scared boy! Please share with the wonderful coach who made him feel part of the team also. So much thanks to you both, and the Miller mentorship program."

Youth Sports Highlights
Morrie Miller Youth Tackle Football League increased total participation by 20% from 2018.
Happy Feet soccer and Happy Hoops basketball participation numbers increased 15% from 2018.
Added a new 1st-4th grade track program.

A NEW BUILDING
A BRIGHT FUTURE

The Winona Family YMCA has been changing lives in the Winona community for nearly 135 years, putting Christian principles into practice through programs that build healthy spirit, mind, and body for all. Significant pressures in managing the aging and inefficient YMCA facility have impacted our ability to continue growing. We are building a new 65,000 square foot state-of-the-art facility, based on a national model, with a strategic partnership between the YMCA and Winona Health. Opening a new YMCA facility is at the heart of our ability to strengthen and improve the health and wellbeing of our community. Facility is scheduled to open in the fall of 2020.







Key Features

This building will transform the Y and create a revitalized community partner poised to offer the facility and programs that our community needs and deserves, including:

- Better accessibility with much more parking.
- Modern, bright, and inviting fitness, weight, and group exercise facilities.
- A light-filled 6-lane pool with co-ed sauna, whirlpool and steam room.
- A mixed-use gymnasium.
- Fully ADA compliant space with an elevator and universally accessible design.
- Energy efficiency that benefits the environment and the bottom line.
- Home of Winona Health's Physical Therapy, Speech Language Pathology, and Occupational Therapy services.
- Office space for partners Live Well Winona and American Red Cross.

The new facility is projected to greatly increase membership, restoring the Y's revenue engine and generating the funds needed to support community service programs and scholarships.

To follow our progress, view floor plans, construction pictures, and Frequently Asked Questions please visit https://www.winonaymca.org/new-building

MANY THANKS TO OUR DONORS

We are very appreciative of the donors that have supported the YMCA through our various campaigns, and those that contributed through in-kind gifts. Every contribution is meaningful and allows us to grow our impact. If we have missed a donor, please accept our sincerest apology and contact us to correct the error.

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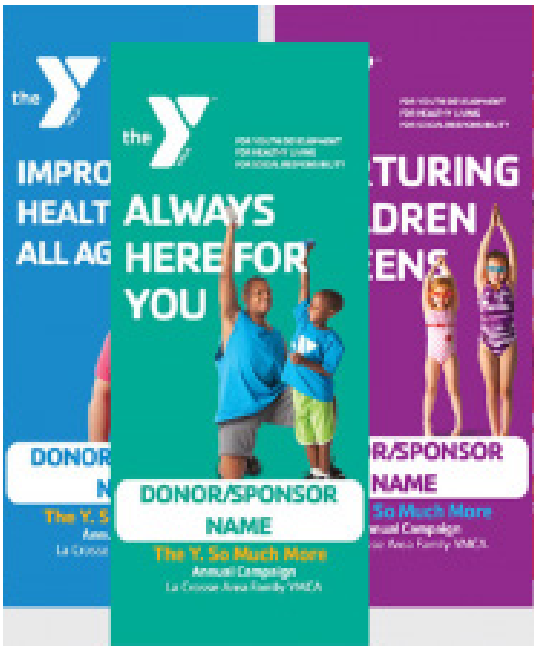
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Wellington's Pub & Grill
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Acoustic Cafe



We launched a new banner sponsorship opportunity to recognize donors

GRANTS

Winona Community Foundation: Trail signage system at Camp Wenonah that includes two kiosks and carsonite trail markers/trailhead signs, as well as greater security of existing infrastructure.
BK5K: Youth programs equipment including mountain bikes and helmets, life jackets, and basketballs.
Statewide Health Improvement Partnership: Bike fix station.
Clara Barton Grant: American Red Cross instructor training to certify two staff members to instruct CPR/First Aid/AED and babysitting classes.
Mayo Research: Contribution for the Building Campaign for the new YMCA.
Gunderson Health Systems: Contribution for the Building Campaign for the new YMCA.
Walmart: Science Fair hosted in the After School Care program.



Volunteers make our work possible

117 VOLUNTEERS

3,211 VOLUNTEER HOURS

$90,390 VALUE

GET INVOLVED

Volunteer

Each of our volunteers helps deliver the benefits of good health, strong connections, greater self-confidence and a sense of security to all who seek it. Check out what we need help with at

https://www.winonaymca.org/volunteer

Join Our Team

Learn, grow, and thrive with a position at the YMCA. Working at the Y, you'll discover more than a job—you'll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.

Learn more at https://www.winonaymca.org/employment

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Because of people like you, we are able to provide opportunities that improve our community's health and well-being, activities that bring families closer together and programs that empower young people to find success. Your generous support keeps the Y available for those who need us most. Donate online at https://www.winonaymca.org/donate or mail your check to

Winona Family YMCA
207 Winona Street
Winona, MN 55987



Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Vision: To connect and engage people by enhancing lives and building community.

Values: Caring, Honesty, Respect, and Responsibility

Winona Family YMCA
207 Winona Street, Winona, MN 55987
507-454-1520
https://www.winonaymca.org/



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