



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## THE Y. WE ARE BETTER TOGETHER

2017 ANNUAL REPORT  
YMCA OF METROPOLITAN WASHINGTON

# ROTARY CLUB



The Rotary Foundation of Washington, D.C. visited YMCA Camp Letts to celebrate their generous donation to our camp. Thanks to their donation of \$20,000, Camp Letts was able to renovate the exterior of the Quartermaster 2 cabin. This renovation helps to ensure a safe and welcoming environment for Y campers and guests for many years to come.

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## A LETTER FROM THE CHAIRMAN & CEO

Dear Friends,

What makes the Y special is that we represent the diverse and rich communities in Maryland, Washington, D.C. and Virginia. Without our members, volunteers, donors, and board of directors, we would not be the YMCA of Metropolitan Washington that has evolved into a community staple over the years, and that we know and love today.

Just like the game Jenga®, each building block is a composition of what makes our communities grow and thrive. If one piece is removed, the entire structure falls down, which impacts the children and families in our communities. The Y is a driving force in closing the gaps between race, gender and equality. The Y continues to be a galvanizing force that brings people of different backgrounds together.

For over 165+ years, the Y has had the privilege of working as a tight knit team with community leaders and people of great influence. As a

result, we witnessed first-hand how the Y makes a difference in the lives of individuals and communities beyond the physical structures of each branch. The programs and initiatives the Y focuses on are the core pillars: Youth Development, Healthy Living and Social Responsibility. These values serve as the catalyst to individuals of all ages and demographics, creating intertwining pathways to a brighter future. **Y. We Are Better Together** – because of all of you who have dedicated their time and efforts to ensure the Y successfully achieves our mission.

A great example of the Y's programs that have flourished as a direct result of your teamwork, is Youth Development. Offered in conjunction with our partners, this program has been life-changing. Its success is only possible with partners whom we value, are thankful for, and whom like us, believe the values and skills learned early on are vital building blocks for

life. And, with so many demands on today's families, as well as the increased focus on early brain development, it's important for our communities to receive all the support they can get to effectively nurture the potential of our youth.

I think we all have a child in mind who could benefit from the Y's Youth Development programs. The Y nurtures the full potential of every child and teen by supporting his or her unique youth developmental journey through holistic programming. From cradle to career, the Y provides all youth with the tools and resources they need to succeed in life.

In 2017, the Y worked tirelessly with our partners to improve and enrich the lives of our members and our communities. We made great strides because we did not work alone, demonstrating that we are the **Y. We Are Better Together**.

*Angie Reese-Hawkins*

**Angie Reese-Hawkins**  
President & CEO

*Fitzroy Smith*

**Fitzroy Smith**  
Chair, Board of Directors

A young child is swimming underwater, wearing blue goggles. The water is clear and blue, with many bubbles around the child's head. The child is looking directly at the camera.

**SUCCESS IS NOT FINAL,  
FAILURE IS NOT FATAL:  
IT IS THE COURAGE TO CONTINUE THAT COUNTS.**

- Winston Churchill

# YOUTH DEVELOPMENT

The Y is the country's largest provider of youth programming, and operates the highest-quality youth programs possible. The Y seeks to provide programs that support and strengthen families; and nurtures the healthy, successful growth and development of each child involved.

The Y's Physical, Healthy and Driven (PHD), Thingamajig Invention Convention, Bell Powers Scholars, Summer Day and Resident Camp and Early Learning programs help to support a child's cognitive development and analytical skills while fueling their creativity and natural curiosity about exploring the world around them.

## EVERY CHILD DESERVES TO REACH THEIR FULLEST POTENTIAL



# 21,116

children explored new interests, discovered new passions and learned core values in our *day camps*. (This number does not include Resident Camp.)

## 37,780

children participated in our nationally renowned youth wellness program, PHD (Physical, Healthy, and Driven). PHD combats childhood obesity and inactivity using assessments, exercise, nutrition, education, and family involvement.

## 4,244

children explored the fields of science and technology, and learned the importance of protecting the environment at our Annual YMCA Thingamajig Invention Convention. The first year there were 138 children from 3 camps. In 2017 there was incredible support with 493 volunteers present to help with the day of learning and exploration. There were 571 inventions.



# 1,900

children created priceless summer memories at our 219-acre resident camp.

## 23,016

TOTAL CAMPERS participated in the Y's day and residential summer camps.

## 2,189

children from 6 weeks to 15 years of age were enrolled in our curriculum-based child care programs.



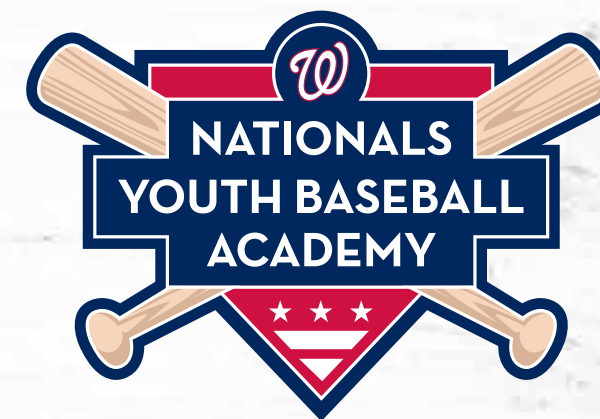


## HEALTHY LIVING

Healthy living is more than simple daily habits; it's a lifestyle. What does it take to lead a healthy life? Taking steps toward healthy living can help reduce your risk of heart disease, cancer, and other diseases. Being the healthiest you can possibly be means eating a variety of healthy foods, being physically active and understanding the nutrients you need to protect your body.

Whether you're trying to eat a well-balanced diet or live a happier life, the Y works with its communities to reduce hunger and promote healthy lifestyles. Our anti-hunger and diabetes prevention programs build lasting, positive changes in overall health and eating habits of our members and their families that last a lifetime and can be passed down through generations.

## HEALTHY LIVING IS MORE THAN SIMPLE DAILY HABITS... IT'S A LIFESTYLE.



### NATS COOKING PROGRAM

Our partnership with the Nationals Youth Baseball Academy and 4P Foods aims to increase health outcomes and food access to Ward 7 and 8 residents, improve economic stability of small Mid-Atlantic farmers, and build a community around healthy eating. We have created a participant-designed program that incorporates successive, evidence-based cooking classes, monthly community dinners, and produce distribution.



# \$275,000

Aetna generously chose to work together with the Y to ensure that we could serve our communities by providing \$275,000 in funding.

# 2,200

We distributed over 2,200 pounds of healthy produce in Washington, D.C. Wards 7 and 8 to promote healthy eating and support nutrition equity.

More than 250,000 men, women, and children in Washington, D.C., Maryland, and Virginia were touched by the Y's programs and services.



The Y provided over **171,258**

meals for

**4,011**

children across the DMV to help support growth and development.

**60,223**

children, adults, and seniors pursued a healthy lifestyle in our six local health and wellbeing centers with Y membership

**20,410**

children, teens, adults, and seniors participated in programs and classes at the Y that helped them build strong spirits, minds, and bodies.

**14,604**

adults and children participated in aquatics classes or camp at the Y.

**1,875**

youth and their families participated in our 2017 Healthy Kids Day, and was supported by 181 volunteers. We added a community service component to allow us to deepen connections, provide value added services, and support our neighbors.

**56,545**

group exercise experiences were provided, which supported healthy living, building strong internal communities, and creating lifelong friendships.

**171,258**

The Y provided 171,258 meals for 4,011 children across the DMV to help support growth and development. Distributed over 2,200 pounds of healthy produce.



**HEALTHY LIFESTYLES ARE  
DIFFICULT TO MAINTAIN WITHOUT  
A SUPPORTIVE ENVIRONMENT.**

Through our partnership with 405 Yoga, the Y continues to broaden our reach, our brand, and capacity by maximizing offerings and attendance through Yoga Teacher Trainings at several Y branch locations. The Y and 405 YOGA host a vibrant, lively and happy yoga community. Yoga Teacher Training has also allowed both organizations to deliver some of the best teachers in the Washington, D.C. Metropolitan area, who are committed to teaching classic yoga principles and alignment in a manner that is accessible, challenging and fun.

**THE Y EQUIPS  
COMMUNITIES WITH  
THE NEEDED TOOLS  
TO START WORKING  
TOWARDS BUILDING  
A HEALTHIER  
LIFESTYLE.**







## TOGETHER WE MAKE A DIFFERENCE

### SOCIAL RESPONSIBILITY

We know that we are Y. Better Together when we see communities in surrounding neighborhoods we work with flourish as a direct result of our programs, services, and hands on work. **Social responsibility** is an ethical framework that suggests that an entity, be it an organization or individual, has an obligation to act for the benefit of society at large. The Y is dedicated to improving and enriching the lives of our members and those in our surrounding communities. We are also committed to inspiring a spirit of working as a team and being...**Y. We Are Better Together.**

**\$2,518,840.23**

was provided in scholarships and subsidies to local children and families who turned to the Y for help.

**18,994**

children and adults were able to participate in life-enriching programs and services they otherwise could not afford because of our scholarship program.

**\$1,018,783.68**

was provided in scholarships to local families to help cover the cost of curriculum-based childcare at the Y.

**3,687**

adults and children were served by the YMCA's social services branch, YMCA Youth and Family Services (YFS). YFS services include counseling, mentoring, and early intervention for some of our regions' neediest families. All services are offered free of charge.

**\$711,956.49**

1,498 individuals and families received \$711,956.49 in membership scholarships, affording them the opportunity to achieve a healthy lifestyle

**\$752,484.87**

5,921 children received \$752,484.87 in scholarships, allowing them to have priceless summer fun, growth opportunities and memories at our resident camp and day camps.

**43.58%**

of the resident campers at YMCA Camp Letts received scholarships to help cover the cost of camp.



# COMMUNITY IMPACT

## OUR MISSION IN ACTION

With 58,798 members, 38,329 volunteers and numerous partners throughout the community, we are able to make great things happen at the YMCA of Metropolitan Washington.

Youth Development, Healthy Living, and Social Responsibility.

**WHEN WE WORK  
TOGETHER TO INVEST  
IN OUR KIDS, HEALTH  
AND NEIGHBORS,  
WONDERFUL THINGS  
HAPPEN IN AND AROUND  
OUR COMMUNITY.**

# 2017 THE Y. WE ARE BETTER TOGETHER

## BY THE NUMBERS

### REVENUE

<b>Revenue and Support</b>	<b>\$51,999,306 Total</b>
Membership Dues	\$19,216,049
Program Fees	\$24,820,167
Grants	\$4,420,194
Contributions	\$2,212,145
Net Income Investment	\$1,284,835
Other	\$45,916

### EXPENSES

<b>Program Services</b>	<b>\$44,657,585 Total</b>
Wellness Services	\$19,654,406
Youth Development	\$15,936,630
Community & Social Services	\$3,713,284
Day Camp Programs	\$2,774,088
Resident Camp Programs	\$2,358,223
Group Social Rehabilitation	\$220,954
<b>Supporting Services</b>	<b>\$7,175,654 Total</b>
Management & General	\$6,336,941
Fundraising	\$838,713

## 2017 CONSOLIDATED STATEMENT OF ACTIVITIES

Assets	<b>\$85,715,799</b>
Liabilities	<b>\$39,129,286</b>
Net Assets	<b>\$46,586,513</b>

# OUR DONORS

## HELPING US TO BE BETTER TOGETHER

### CORPORATION & FOUNDATION DONORS LIST

#### Over \$100,000

Kiwanis Foundation of Bethesda  
YMCA of the USA

#### \$50,001 to \$100,000

Bank of America  
Our Family Foundation (Giant)

#### \$20,000 to \$50,000

Helping Children Grow  
Loudoun Education Foundation INC  
My Office Products  
Northrop Grumman  
Perfect Sense  
TNS Charitable Fund

#### \$5,001 to \$20,000

ABC Events  
Active Network, LLC  
Annapolis Subaru  
Arlington Community Foundation  
Chipotle Mexican Grill  
Est. of Mary Elizabeth Hileman

Eventbrite, Inc.  
Harris Teeter, Inc.  
I AM ATHLETE, LLC  
Ivakota Association – IMA  
Mrs. May Liang  
Nauticon Imaging Systems  
SunTrust Foundation  
WalMart Foundation  
Washington Forrest Foundation  
Washington Gas  
Wells Fargo Foundation  
YMCA Loudoun County  
YMCA Youth Fund Advisory Committee

#### \$1,001 to \$5,000

American Heart Association  
America's Charities  
AmeriHealth Caritas Services LLC  
Anthony & Sylvan Pools  
Ashley Furniture  
Aspenhome and Aspen Furniture  
Aylawn Donations  
Bank of Clarke County

Baroody Camps  
BCC Donations  
Belfort Furniture  
Bernhardt Furniture Company  
Blue Cross Blue Shield  
Boston Properties  
Broad Street  
Capital One  
CFC of the National Capital Area  
Columbus Club of Arlington  
Comcast Spotlight  
Community Foundation for Loudoun  
Community Insurance Services  
Cornerstones  
CSG Urban Partners, LLC  
Early, Cassidy, & Schilling  
Federal Aviation Administration  
Greenbrier Media, LLC  
Griffin-Owens & Associates  
GRO Development, LLC  
Heritage Home Group  
IMPAQ International  
INOVA Health System

Ivy Vine Charities  
Jackson Furniture  
Jackson Lewis P.C.  
John Marshall Bank  
Jules And Associates, Inc.  
Kohl's  
La-Z-Boy Caseloads  
Legacy Classic Furniture  
Lexington Home Brands  
Lifelong Learning  
Machine- M3, LLC  
Main Street Bank  
McGuireWoods LLP  
Middleburg Bank  
Mitchell-Richards Family Fund  
Montgomery Community College  
Montgomery Printing Solutions, LLC  
Nancy Peery Marriott Foundation, Inc.  
Northrop Grumman  
Nova 94 Feet INC  
Oakmont Citizens Committee  
Pepco Holdings, Inc.  
Perkins + Will

Precision Environmental Ser Inc.  
Sanctuary of Praise, Inc.  
Sinclair Broadcast Group, Inc.  
SpeedPro Imaging  
St. Mary's Episcopal Church  
Stewart Zemil  
Stone Tower Winery  
Surya Carpet INC  
The Brick Companies  
The Community Foundation of NCR  
The Kiwanis Foundation of Arlington  
The Purnell Group  
Twin Springs Fruit Farm  
United Way Of The National Capital  
US Chamber of Commerce  
Vaughan-Bassett  
Venable Foundation, Inc.  
Walmart Technology Reston  
Washington Suburban Sanitary Comm  
Woodmont Program Center

#### \$500 to \$1,000

Advanced Project Management, Inc.

Alexandria YMCA  
Allstate Foundation  
Antiok Holdings Inc.  
ART Home Furnishings  
Avalon Settlements  
Baily Tea USA Inc.  
BDI  
Booz, Allen & Hamilton  
Bullis School  
Capital Impact Partners  
Car Clinic Virginia  
Clark Construction Group, LLC  
Craftmaster Furniture Inc.  
Crescent Fine Furniture  
Crown Mark INC  
Fidelity Charitable Gift Fund  
Furniture Dealer  
Fusion Furniture  
Girl Scout Troop #0519  
Gray Kirk Vansant Advertising, Inc.  
Green Touch Builders  
Heymann Realty  
High Sierra Pools, Inc.

Hooker Furniture Company  
Hospice Caring, Inc.  
Industry Drive  
Intercon  
Johnson & Johnson  
K & C Framing Inc  
Law Office of Adele L. Abrams PC  
Little & Associates Architects, Inc.  
M & T Bank, NA  
Maryland's Athletic House  
Max and Ruth Oltarsh Foundation, Inc.  
Munoz Handyman Services, LLC  
One Way Limo  
Patient First  
Redan  
Reston Association  
Ryan & Wetmore, PC  
Schneider Enterprice Resource LLC  
Scott Team International  
Sevila, Saunders, Huddleston & White PC  
Silver Spring-Kensington Rotary Club  
St. Theresa Church  
Superior Auto Body

Symmetrical Solutions  
Synchrony Financial  
TEFCU  
The Charles Delmar Foundation  
The Children's House  
The Comcast Foundation  
The Goddard School of Columbia, MD  
Top Flight Corvette Club  
Toth Financial  
United Way of C.M. Anon Donors  
United Way of Central Maryland  
Universal Furniture  
Vanguard Furniture  
Verizon Foundation  
Veterans of Foreign Wars Auxiliary  
Whole Foods Market  
WTOP  
YMCA Silver Spring Golf Event  
Zoom Data

# OUR DONORS

## HELPING US TO BE BETTER TOGETHER

### INDIVIDUAL DONORS LIST

#### \$20,001 to \$50,000

Rama Kapur

#### \$5,001 to \$20,000

Charles Filson

Hugh E. Taylor

Kim L. Bailey–Middleton

Ruth Ann Gieser

#### \$1,001 to \$5,000

Andrew B. Mason

Angie L. Reese–Hawkins

Bobby Robinson

Brian J. Madden

Carolyn A. Samuel–King

Carson E. Henry

Charles Todd

Christopher Padilla

Constance A. McCabe

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Cynthia Hyland

Dan R. Dixon

Dan Ruttenberg

Daniel Smelcer

David M. Repass

David N. Tipler

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Evelyn M. Karson

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Geri Hansen

Greti Aguilera–Harwood

J. Steven Justis

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Janice M. Williams

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John Jaeger

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John Sissala

Josh Sartino

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Kathryn R. Speakman

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LaTasha Austin

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Stacey Leoniak

Stacey Miller

Stuart A. Raphael

Tamia Ward

Theresa Testoni

Thomas Mallaney

Tiffany Russo

Velma M. Tinner

Walter R. Somerville, Jr.

William Roske

#### \$500 to \$1,000

Alexander Ryan

Alex Inglese

Alexis D. Casby

Allison C. Jones

Amanda Chesley

Andy Shallal

Angela Butler

Ann Castiglione

Anne Cross

Arthur Levy

Barbara Ott

Brian J. Nason

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Bryan Sprinkles

Carl Starmark

Carla P. Larrick

Carol Conjura

Carol Enders

Carol Klein

Carolyn Bassin

Caryn Morse

Charles Walton

Cheryl Wilkins

Christine Newman

Connie F. Hellen

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Therese Howe

Thomas Feusse

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VJ Murrell

Wade Perry

Wade Tetsuka

William Lippincott

William Shontell

William Stratton

Yihsiung Chu



# LEADERSHIP

## BOARD OF DIRECTORS

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<b>Kathryn Speakman</b>	Vice Chair
<b>Angie Reese-Hawkins</b>	President & CEO
Robert Bolle	
Dave DiLuigi	
Roxana Ehsani	
Michelle Hallerdin	
Roland Hawthorne	
Norma B. Hutcheson	
Michael Repass	
Sandra Robinson	
Keith Smith	
Lesley Zork	

## EXECUTIVE OFFICERS

<b>Angie Reese-Hawkins</b>	President & CEO
<b>Pamela Curran</b>	Chief Operating Officer
<b>Janice Williams</b>	Senior Vice President, Program Development
<b>Stacey Leoniak</b>	Senior Vice President, Human Resources
<b>Leigh Taylor-Kron</b>	Chief Financial Officer

# LOCATIONS

## WASHINGTON, D.C.

YMCA of Metropolitan  
Washington Association  
Services Office  
1112 16th Street, NW  
Suite 240  
Washington, D.C. 20036

Child Development  
Center at Goodwill  
1776 G Street, NW  
Washington, D.C. 20006

YMCA Anthony Bowen  
1325 W Street, NW  
Washington, D.C. 20009

YMCA Calomiris Program Center  
1906 Allison Street, NE  
Washington, D.C. 20018

YMCA Capital View Program Center  
2118 Ridgecrest Court  
Washington, D.C. 20020

The YMCA at The Children's House  
U.S. Department of Housing  
and Urban Development  
451 7th Street, SW  
Washington, D.C. 20410

## VIRGINIA

YMCA Alexandria  
420 East Monroe Avenue  
Alexandria, VA 22301

YMCA Arlington  
3422 North 13th Street  
Arlington, VA 22201

YMCA Arlington Tennis  
& Squash Center  
3400 North 13th Street  
Arlington, VA 22201

YMCA Fairfax  
County Reston  
12196 Sunset Hills Road  
Reston, VA 20190

YMCA Loudoun County  
Youth Development Center  
624 West Church Road  
Sterling, VA 20164

YMCA Woodmont  
Gymnastics Center  
2422 Fillmore Street  
Arlington, VA 22207

## MARYLAND

YMCA Ayr lawn  
Program Center  
5650 Oakmont Avenue  
Bethesda, MD 20817

YMCA Bethesda-Chevy Chase  
9401 Old Georgetown Road  
Bethesda, MD 20814

YMCA Bowie  
Program Center  
At Trinity Lutheran Church  
6600 Laurel Bowie Road  
Bowie, MD 20715

YMCA Camp Letts  
4009 Camp Letts Road  
Edgewater, MD 21037

YMCA Silver Spring  
9800 Hastings Drive  
Silver Spring, MD 20901

YMCA Youth & Family Services  
Administrative Office  
9601 Colesville Road  
Silver Spring, MD 20901



# THE Y. WE ARE BETTER TOGETHER

## OUR MISSION

To foster the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all.

## OUR CAUSE

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive.

## OUR FOCUS

The YMCA of Metropolitan Washington is an inclusive organization. We define "inclusion" as the deliberate and conscientious effort to be knowledgeable about differences, supportive of others, and active in changing structures that are oppressive to various groups. We understand that everyone brings valuable skills and abilities to the YMCA. Every day, we strive to embody in action the "for all" part of our YMCA mission statement.



Give to the YMCA  
of Metropolitan  
using the QR Code

or

TEXT2GIVE  
"YMCADMV"  
243725

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YMCA of METROPOLITAN WASHINGTON  
1112 16th Street N.W., Suite 240, Washington, D.C. 20036

[www.ymcadc.org](http://www.ymcadc.org)