



The Y: We're for Youth Development,  
Healthy Living, and Social Responsibility

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



# SUPPORT FOR OUR NEIGHBORS



Steve Clever  
Executive Director / CEO  
YMCA OF ROSS COUNTY

## A message from the Executive Director & CEO

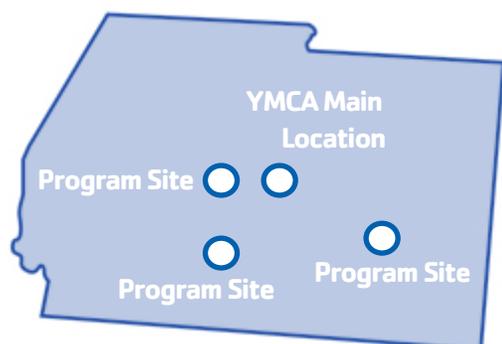
John Maxwell once said that “Change is inevitable...**Growth is optional.**” 2020 forced all of us to change the way we lived our daily lives, in ways that very few have ever experienced. It impacted us all profoundly, from the ways that we interacted, worked, gathered supplies, worshiped, and simply lived. As a YMCA, it changed the way we taught children, supported healthy living, nurtured youth development, and served our members.

Change is the act of undergoing transformation, transition, or substitution. Circumstances around us are ever changing, although rarely as profoundly as 2020 brought upon us. But, the word change doesn’t imply good or bad, positive or negative, chosen or forced. It simply refers to the process by which we evolve.

During the past year, **the Y evolved.** We laid the foundation for our first ever **Child and Adult Care Feeding Program.** This program will provide food to children across our community who are hungry and in need. We also opened our third **after-school mentoring and tutoring program** for elementary students in Ross County. This program, in collaboration with Chillicothe City Schools will serve up to 75 young people after-school providing a safe place for children to learn, grow, be fed, and thrive. We also learned how to deliver **health programs to you virtually**, so that anyone can access the benefits of the YMCA from wherever they are. Online live and streamed classes, health tips, and workout programs to meet healthy living needs for all persons.

Together we are changing. We are changing the lives of children, adults and families all across our community. Through your **membership**, your **giving** and your **volunteerism**, we will continue to change for the better of our community.

## SERVICE AREA



415

YOUTH  
PARTICIPATING IN  
YMCA YOUTH  
SPORTS

4

SCHOOL DISTRICTS  
SERVED BY YMCA  
AFTER-SCHOOL  
PROGRAMS

79

ATTENDING AN  
AFTER-SCHOOL  
LEARNING &  
FEEDING SITE

44

SPENT THE  
SUMMER AT THE  
YMCA'S DAY  
CAMP

# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

80

LEARNED VALUES  
AND COMPETED  
AS A MARLIN OR  
CHILICOTHE HIGH  
SCHOOL SWIMMER  
AT THE YMCA

519

LEARNED TO  
SWIM AT THE  
YMCA IN 2019  
AND 2020

7,500

HOURS OF  
VOLUNTEERISM  
PROVIDED  
THROUGH THE  
YMCA IN 2019 and  
2020

100

BECAME SAFE  
AROUND WATER  
THROUGH SCHOOL  
WATER SAFETY

\$39,662

IN WELLNESS SUBSIDIES FOR  
AT RISK YOUTH AND FAMILIES  
IN NEED IN 2019 AND 2020

# ADVANCING OUR CAUSE

It's an exciting time at the YMCA of Ross County where **strengthening community is our cause.**

From athletics to academic achievement, healthy bodies to disease prevention, and unlimited fun to unlimited possibilities, our Y is doing so much more. In 2019-2020, we served over 5,500 members, program participants and guests through programs that nurture the potential of our youth, improved the health and well-being of children and adults, and provided help and hope to our neighbors. Our commitment to strengthen our community is stronger than ever.

Our members, volunteers, staff, donors and partners—each person in the Y movement—is a critical piece to our community's success. We all share a **passion** for strengthening our community.

## OUR MISSION

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

## OUR IMPACT

Build a stronger community through encouraging connections between people; by promoting social, recreational and educational programs for healthier living; and through development of skills and values in young people that lead to happy and successful lives.

## OUR VALUES

We embrace the values of caring, honesty, respect and responsibility in all of our interactions, decisions and programs.

## OUR AREAS OF FOCUS

### YOUTH DEVELOPMENT

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of adults who care about them and believe in their potential. We see interaction with young people as an opportunity for learning and development

### HEALTHY LIVING

Health and well-being are all about balance. That's why we help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all backgrounds improve their health and well-being, we build a stronger community.

### SOCIAL RESPONSIBILITY

With our doors open to all, we work every day to connect people from all backgrounds and support those who need us the most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers and staff demonstrate the power of what we can achieve by giving back together.

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



At the Y, we believe that all kids have amazing potential. The values and skills learned early are vital building blocks for life, and young people deserve an opportunity to discover who they are and what they can achieve. From the youngest in our child care programs to teens in Youth in Government, the Y gives kids and teens a safe place to belong, build confidence and learn positive behaviors grounded in our core values of caring, honest, respect and responsibility.

## The Y's Impact 19-20 Highlights

**44**

### Day Campers

Participated in our summer day camp program, learning adventure, STEM programs and healthy living.

**135**

### Youth in After-School Program

From Chillicothe to Southeastern and Huntington, youth have a safe space with the Y. Mentoring and homework assistance are fundamental to helping youth thrive before, during and after school.

**58**

### Preschool Early Learning

Early education is essential to lifelong learning. The Y fills the gap for families looking to give their children a head start in an environment of fun, play and creative learning.

**1**

### Child

Every child served at the Y is unique, with limitless potential for success. We believe when you invest in children, you lay a foundation for our entire community to succeed.

# The Y. So Much More.

## YMCA OF ROSS COUNTY ANNUAL CAMPAIGN

Our community faces new challenges that create a greater need for the work we do. From fractured families to the obesity crisis, we know that we face challenges. Fortunately, where some see obstacles, see opportunities for our members, volunteers, and generous donors to make a difference.

**WE'RE MORE  
THAN YOU  
KNOW.  
WE'RE A  
CAUSE.**

Every gift makes a difference.

Everyone has a role to play.

Together, we can achieve so much more.

**GIVE. JOIN. VOLUNTEER.**



### BRIDGING THE GAP

EVERYONE NEEDS HELP AT SOME POINT. THROUGH GIVING, THE Y PROVIDE FREE AND REDUCED COST ACCESS TO THOSE IN NEED.

**100%**

EVERY PENNY OF FUNDS RAISED STAYS IN OUR COMMUNITY BECAUSE NO ONE IS TURNED AWAY.



**235** INDIVIDUALS, CHILDREN AND FAMILIES GIVEN OPPORTUNITIES THROUGH CHARITABLE GIVING TO **LEARN, GROW AND THRIVE.**

**56 GENEROUS DONORS**

HELPED MAKE YMCA PROGRAMS A REALITY FOR INDIVIDUALS, CHILDREN AND FAMILIES. THANK YOU.



**TOTAL GIVING \$33,650**

WITH GIFTS RANGING FROM \$20 TO \$3,000, FROM INDIVIDUAL DONORS TO CORPORATIONS, GIVING MAKES SERVICE POSSIBLE. WITHOUT YOU, PROGRAMS LIKE TOUCH A TRUCK, FAMILY NIGHTS, HEALTHY KIDS DAY, AND LIVESTRONG CANCER SURVIVORSHIP PROGRAMS COULDN'T EXIST.

# HEALTHY LIVING

## Improving the community's health and well-being

At the Y, we believe that being healthy means more than simply being physically active. It is about maintaining a balanced spirit, mind and body. The Y is a leading voice on health and well-being issues—and a leader in fighting chronic disease—and is committed to empowering people to lead longer, fuller lives. We bring families closer together, promote healthy living and foster connections through fitness, sport, fun and shared interests. As a result, thousands of youth, adults and families receive the support guidance and resources they need to become and stay healthy.

### The Y's Impact 19-20 Highlights

**31**  
**DIABETES  
PREVENTION  
CLASSES**

In 2019, the YMCA of Ross County facilitated the CDC's Diabetes Program, which is proven to lower the risk of type II diabetes in high risk persons by nearly 60%. The year-long lifestyle change program is evidence-based.

**509**  
**SILVERSNEAKERS™  
& SENIOR  
MEMBERS**



**TOTAL YMCA  
MEMBERS 2,234**



#### The Y strengthens community through:

##### First Step Joint PreHab

Helping patients facing orthopedic surgery to heal faster, have better outcomes through nutrition and exercise.

##### EnhanceFitness Arthritis Program

Stronger connections and stronger bodies lead to longer, healthier lives. This program builds strength in seniors.

##### Livestrong Cancer Survivor Program

Uniting those facing and winning the battle against cancer together, with healthy lifestyle education.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHANGING LIVES FOR GOOD

## 2020 COMMUNITY IMPACT REPORT



### YMCA OF ROSS COUNTY

100 Mill Street  
Chillicothe, Ohio 45601  
740.772.4340  
[www.RossCountyYMCA.org](http://www.RossCountyYMCA.org)

Report produced January 2021