



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RECLAIMING OUR HEALTH



ITASCA COUNTY FAMILY YMCA

2015 ANNUAL REPORT

www.ymcaitasca.org

A BETTER US

Our “Grand Reopening” was held in June, and along with the beautiful new space and new partnerships, we expanded programming for all age groups and offer more options to help people reclaim their health—socially, emotionally, mentally and physically. The Y has been serving our community for 35 years, and we are proud to make a difference in the health of those we serve.

- For some people, it’s about **SOCIAL HEALTH**. They need a place to belong, a place to meet up with friends and neighbors, a place to be with others to reflect, share and laugh, or perhaps a reason to get out and do something...take part in a program or volunteer.
- For some people, it’s about **EDUCATIONAL HEALTH**. They need continuing education, opportunities to learn, and support groups and information to help deal with issues or ailments they are facing in their lives.
- For some people, it’s about **PHYSICAL HEALTH**. They want to become or stay healthy. They want health screenings and information to see where they are at and monitor their progress. They want to prevent diseases, gain strength or reclaim their health after an illness or surgery.
- For some, it’s about **FAMILY AND CHILDREN**. They want a safe place where their children can learn, grow and thrive. They want peace of mind knowing their children are cared for in a quality program. They want their children to have access to healthy foods and physical activity. They want their children to learn to swim in this land of 10,000 lakes. They want to spend time together and have fun.

In this report, you will read about some of the programs that have taken place this past year and how they have directly impacted the people we serve.

People come to the Y for many reasons. Whatever the reason they come, the Itasca County Family Y will continue on its mission to serve and meet the needs of the community...

FOR A BETTER US!

~Betsy McBride, Executive Director

HERE FOR OUR COMMUNITY.

Every day at the Y, we take on challenges that shape our community’s future. Where some see obstacles, we see opportunities for our members, volunteers, staff and donors to make a difference. Together, we are **A BETTER US**.

OUR CAUSE: At the Y, we strengthen the foundations of community. 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: Youth Development, Healthy Living and Social Responsibility

YOUTH DEVELOPMENT: Nurturing the potential of every child and teen

HEALTHY LIVING: Promoting positive choices around health and well-being

SOCIAL RESPONSIBILITY: Giving back and providing support to our neighbors

OUR VALUES: All Y programs instill and model the core values of **HONESTY, CARING, RESPECT, RESPONSIBILITY** and **FAITH**.

PHYSICAL AND SOCIAL HEALTH

Bernie Winger had attended the YMCA in the past to utilize the swimming pool for her health but was intrigued by the addition of the Active Living Center (ALC), and returned in April of 2015 to see what took place with the expansion. Bernie's Y membership is covered by her insurance carrier, and she started coming again mainly for "Rusty Hinges" classes, an Arthritis Foundation class that takes place in the water. Bernie stated that when she started Rusty Hinges, she



couldn't move her right arm behind her back. Now, since being in the class, she can do that and she can move with a lot less pain than before. Bernie is down thirteen pounds and many inches since her return to the Y.

Bernie wanted to give back to her community, and now she is a volunteer at the ALC Information Desk. She loves seeing everyone who walks through the doors, young and old. During her down time at the desk, she knits hats and blankets for the Warm Fuzzies program through ElderCircle. Bernie believes the ALC, the Y, and ElderCircle have improved her life.

LIVESTRONG:

PHYSICAL AND EDUCATIONAL HEALTH

Everything I was exposed to while participating in LIVESTRONG at the YMCA was outstanding. This program gave me the emotional and physical support to keep me going. I went into the program very nervous due to my own cancer and still working through the death of a dear friend who died from cancer. This friend worked at the Y, and I didn't have the courage to go back after her death. This program gave me the strength to take on this hurdle, and I am so very grateful that I stepped over it. The Y has exposed me not only to the LIVESTRONG at the YMCA program, but other programming and activities. Our community is fortunate to have our Y! - *Jan Rosin*



We're about the fight. We hug. These survivors are my team and I am theirs. We cheer as each of us completes balance, strength and duration assessments. And we know the fight never ends. The unity of being a cancer survivor connects us and also provides us a framework for the strength and perseverance to continue down the path of seeking knowledge and hope for a bright future as a LIVESTRONG survivor. - *Anita Williams*

Diabetes Prevention Program: PHYSICAL AND EDUCATIONAL HEALTH

Over the years, I have been on the sideline watching my fasting glucose numbers creep up into the pre-diabetic stage. My doctor kept warning me because of my family history (maternal grandmother, mother and sister are diabetic) that I needed to change or I too would become diabetic. I made a decision that if I was going to become diabetic, it would not be because I didn't try.



I would not go down without a fight.

So I joined the YMCA. Then I heard about the DPP program and immediately signed up! What an eye opener this was! Through this program, I was able to lower my fasting glucose to 93 and my cholesterol is down 40 points!! I am no longer pre-diabetic!!! I cannot tell you how ecstatic and how proud I am! I know I would not have been able to do this on my own. I highly recommend the DPP program.

Julie

Financial Scholarship Program: FAMILY & CHILDREN

Dear Y Board of Directors:

I am really appreciative of the scholarship that you approved for our daughter's participation in the Sea Turtles Swim Team. She has really enjoyed being a part of this group.

T.D.

Dear YMCA,

We cannot thank you enough for the financial assistance for Camp Wannago. I finally made it back from the Mayo after a few bumps in the road. We have been using the Y since 2004 and always recommend the childcare and facilities. Keep up the good work. Thank you so much for ALL you do!

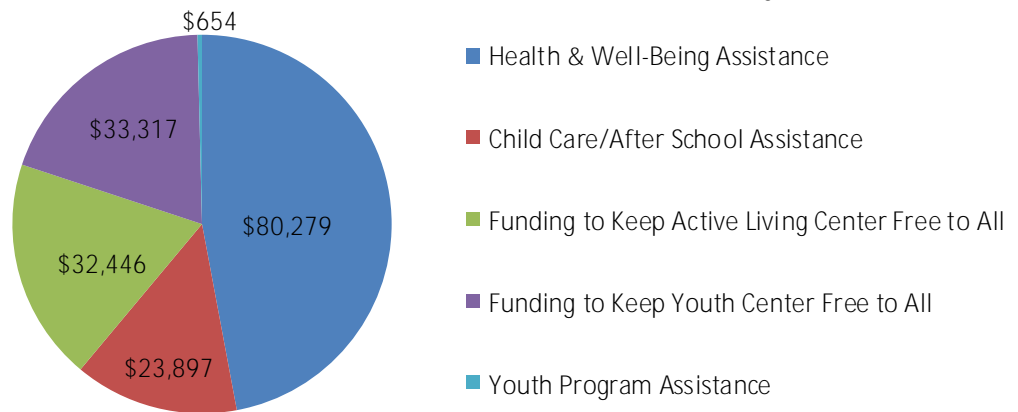
C.J.



“No one will be denied access to our memberships or programs due to an inability to pay.” This philosophy continues, and over 1,400 people in our county benefited from our scholarship dollars in 2015. We provided over \$104,100 of financial assistance to assure that people were able to participate in childcare, day camp, membership, youth sports, and swim lessons.

Twenty-one percent of the Itasca County Family YMCA’s members receive assistance to help them with their member dues. Members who qualify for scholarships retain some financial responsibility based on their ability to pay.

How Much Do We Give Back Because We Are A Charity?



2015 CHAIRMAN’S ROUNDTABLE

At the YMCA, one of our most important goals has always been to enrich the lives of children and families in our community. With the generosity of many individuals and businesses, the YMCA strengthens the foundations of our communities.

Our Chairman’s Roundtable is recognition reserved for those individuals, businesses, and foundations who give \$1,000.00 or more on an annual basis.

American Bank
 Jerry and Cathie (Saxhaug) Anderson
 Anonymous
 Arrowhead Promotion & Fulfillment
 Jim and Katie Christmas
 Tim and Patty Flood Family
 Bob & Evie Fredrickson Memorial
 Grand Rapids State Bank
 Great River Energy

Mike & Mary Ives Family
 Lake Country Power/Operation Round Up
 Betsy McBride
 Meds- 1 Emergency Medical Services
 Minnesota Power Foundation
 Minuteman Press
 North Homes Children & Family Services
 Paul Bunyan Communications
 Ed and Mary Pat Zabinski

OUR 2015 SUPPORTERS

Jim & Katie Ackerman
John & Cheryl Adams
Jon Adams
Bob & Sherry Affledt
Erek Akre
Marilyn Akre
American Bank
Hannah Anderson
Jerry & Cathie (Saxhaug) Anderson
Keith & Janet Anderson
Phil & Pat Anderson
Brett Andrews
Anonymus
Arrowhead Promotion & Fulfillment
Will & Bernie Backes
Barry & Victoria Beck
Brad & Amy Beier
Matt & Monica Beighley
Craig Bell
Bender's Shoe & Sport
Milton & Sandra Black
Rick & Kathleen Blake
Jason & Connie Bluntach
Sheldon & Kris Bolin
Harry & Linda Bonney
Andy & Meghan Bown
Gene & Kathy Brackett
Steve & Diane Bradt
RJ & Ann Braiedy
Betty Brasgala
Naomi Bray
The Breakfast Club
Elizabeth Brenden
Dave Broberg & Jacquelyn Tofte
Broberg & Ferraro
Bruce & Carolyn Brown
Buzz & Susan Burgess
William & Beverly Burk
Paula Butler
Colleen Calliguri
Karen Carlson
Tony & Pamey Casio
Casper Construction
Norma Chalberg
Jim & Katie Christmas
Guy & Pam Clairmont
David Claypool
Darla Clemens
Phil & Pam Cochran
Melissa Coleman
Computer Enterprises
Greg Craiglow
Mary Custer
Katie Dagele
Lane & Darlene Dahline
Dale's Auto Body
Donna Derby
Bob & Mary Lou Dezelske
Dick Distributing
Leta Dobbyn
Charles "Todd" Driscoll
Chelsi Drobnick
Lyle & Tiina Eidelbes
Randy & Deb Erickson
Ken & Jennifer Ericson

Essentia Health
Conrad & Diane Feldt
Anthony Ferraro
Steve & Lynn Feyma
First National Agency
First National Bank of Coleraine
Dana & Susan Flinck
Tim & Patty Flood
Fraternal Order of Eagles
Fraternal Order of Eagles Auxiliary
JoAnn Frick
Kevin & Terri Friesen
Max & Anne Fulton Memorials
Peder & Maren Gaalaas
Dave & Judy Garshelis
Ashley Geier
Mary Jo Gibbons
Bob & Pat Gilsvik
Richard Gislason
Donald & Phyllis Gornowich
Grand Rapids State Bank
Great River Energy
Mike & Aurimy Groom
Candy Grunke
Scott & Frieda Hall
Herb & Jean Halverson
Jeff Halvorson
Ralph & Maya Hamady
Tom Hanna
Bill & Rhoda Hare
Erica Harrison
Mark & Carol Hawkinson
Susan Hawkinson
Julie Hazelwood
Leonard Hedman & Carol Rasmussen
Helmbrecht Professional Appraisals
Rich & Holly Hickman
Sue Hickman
Mary Hiemenz
Cindy Hinkkanen
Shannon Holmied
Bob & Patty Holycross
Hopkins Electric
Jean Hoshal
David & Marilyn Hrouda
Harry & Trudy Huffer
Adrienne Huson
Dave & Marilyn Hutchins
Itasca Reliable Insurance
Itasca Surgical Clinic
Mike & Mary Ives
Don & Shirley Jamsa
William & Doris Jamsa
Dr. Lee & Mary Jo Jess
James Johnson, DDS
Kimberly Johnson
Mary Johnson
Scott & Julie Johnson
Roy & Beth Joki
Larry & Barbara Karnes
Loretta Kemp
Carolyn King
James & Kathleen Knight
Steve Kohorst
Dave & Kathy Kooda
Marv & Irene Koski

Tony & Ruth Kotula
L & M Supply
Lake Country Power/
Operation Round Up
Ron & Deborah L'Amie
Scott & Jean Lane
Dana & Susan Flinck
Timothy Lange
Robert & Shirley Larson
Latvala Lumber
Wayne Leeds & Laurie Antonson
Tracey Lehmborg
Judy Lemieux
Benjamin & Cecilia Lewis
Karen Lillesve
Bryan & Mary Clare Lindsley
Larry & Lois Lussier
Loretto MacDonell
Tim & Paula Mackey
Shirley Marshall
Dan & Janine Mattfield
Vangie Mattfield
Betsy McBride
Sarah McBroom
Verl McCarty
Mike McGinnis & Ann Clark
Judy McIlwain
Meds-1 EMS
Fred & Loie Meyer
Jeffrey Meyers
Sally Ann Michel
Gary & Shirley Miller
Russell Miller
William Miller
John & Annell Miner
Minnesota Energy Resources
Minnesota Power Foundation
Minuteman Press
Norm & Brenda Miranda
Jamie Mjolsness
Donald Modrow
John Mooty
Roger & Carol Morrill
Gil & Kay Mracek
Frank & Shirley Mustar
Patrick & Joni Namyst
Jim & Colleen Nardone
Holly Neary
Charmayne Nelson
Kristin Nelson
Tom & Autumn Nelson
Therese Nett
Kathleen Neustrom
Dale & Susan Nichols
Nordic Fiberglass, Inc.
North Homes Children &
Family Services
James Noyes
Marvin & Diane Nygaard
Maurice & Marianne Nyhous
Ralph & Deb Nyquist
Robert & Sandra Nyvall
Jim & Sylvia Olson
William & Diane Oman
Rod & Jolene Oviatt
Paul Bunyan Communications

Gerard & Sharon Pearson
Personnel Dynamics
Chris & Biz Peterson
Deb Peterson
Carter Pettersen
Jeanine Phillips
Tony & Abbey Pierce
Darin & Tami Pohl
Pat & Sandy Pollard
Brian & Rieanne Polovina
Bill & Peg Poulter
Steven & Linda Przytarski
Paul & Jane Quitney
Gene & Pat Radecki
Karyn Rajala
Kenyon & Kathy Rasmussen
Timothy Rasmusson
Casey & Georgette Renslow
Jade Richtsmeier
Donald & Barbara Ricker
Stanley & Laura Ringold
Renee Robertson
Bruce Robinson
Dick & Sue Rohloff
Nick & Peggy Rolfes
Bob & Paula Ross
Gail Ross
Stan & Nancy Roth
Rowe Funeral Home
Wendell & Diann Rude
Allan Rudquist
Danielle Sackett
Salmela Jewelers
Len & Faye Salmela
Tom & Nancy Saxhaug
Matthew Schmisek
Bryan Schlicht Agency, Inc.
Richard & Kathy Schneider
Bart Schrom
Marly Schrom
Rob & Cheryl Schrom
Michael & Kathy Selmsler
Bob & Carole Shankland
Joan Shaughnessy
Jean Sheffield
Charlie & Judy Sherman
Roland & Roberta Sinn
Royal & Carolyn Slack
Dale Slettom & Krista Maki
Zack & Michelle Snell
Loren & Joan Solberg
Solid Foundations
John Soll
Vic Spadaccini
Bri Stacklie
James & Sandy Stanson
Tom & Ann Stanley
James Stauff
Patricia Stedman
Jesse Stewart
Arthur & Lorraine Stokes
Frances Strommer
Swanson Law Office
Celeste Tarbuck
Gary Tavis Memorial
Jane Thames

Lee & Katie Thies
Thousand Lakes Sporting Goods
Ernest Tillman
Michael Tomperi
Scott Toole
Town of Arbo
Becky Truman
Jean Tuominen
Ron & Angie Ulseth
Ron & Wanda Ulseth
US Bank
Aaron & Sarah Verke
Connie Vincent
Todd & Kristin Vogelgesang
Paul & Eva Mae Waller
Dee Warren
Joyce Watson
Ben & Kari Weerts
Matt & Heidi Wegwerth
Dillon Weston
Mark & Michelle White
Paul & Kelly Whitted
Robert & Ginny Wickman
Roger & Ann Will
Jim & Vickie Willford
Gilbert & Kathleen Willson
WIPFLI
Steve & Julie Wright
Steve & Adele Yorde
Mark & Kim Young
Ed & Mary Pat Zabinski
Roberta Zimmerman
Ronald & Nancy Zwonitzer

Gifts in Memory of:

Bob & Carney Dean
Bob & Evie Fredrickson
Max Fulton
Janet Hinkkanen
Wayne Hoshal
Russ Johannsen
Bill McBride
Margie Miller
Gary Tavis
Gary Zimmerman

Endowment Donations

James Fideldy
& Louise Koglin Fideldy
Jo Ann Heikkila
Bert Kleven
Gerard & Sharon Pearson
Jim & Betty Wass

ITASCA COUNTY FAMILY YMCA
2015 FINANCIALS

INCOME

Public Support

Contributions	\$ 30,121
United Way	31,636
Grants	337,723
Fundraising Events	75,959
Total Public Support	\$475,439

Earned Revenue

Membership Dues & Guest Passes	\$1,080,837
Childcare	656,033
Classes & Programs	107,667
Rentals & Sales	80,094
USDA Reimbursement (Food Program)	38,360
Other	56,321
Total Earned Revenues	\$2,019,312

TOTAL INCOME \$2,494,751

EXPENSES

Wages & Payroll Related Expense	\$1,548,033
Building Expense & Utilities	326,949
Fair Shares (Franchise Fee)	41,130
All Building/Program Equipment/Repair	70,972
Program Supplies for all Programs	109,645
Promotion	9,950
Staff Development	19,390
Office, Telephone, Banking	34,342
Volunteers	943
Membership Scholarships	80,279
Childcare and Program Scholarships	24,551
Specific Grant-Related Expense	124,207
TOTAL EXPENSES	\$2,390,391

NET SURPLUS \$ 104,360



102

CHILDCARE AND PRESCHOOL

373

SWIM LESSON PARTICIPANTS



237

AFTERSCHOOL KIDS

180

CAMP WANNAGO KIDS



177

YOUTH SPORTS PARTICIPANTS

3,371

YOUTH CENTER VISITS



457

VOLUNTEERS

100

STAFF



31,864

STUDIO CLASS VISITS

LEAVE A LASTING LEGACY: HERITAGE CLUB

The Itasca County Family YMCA has impacted thousands of lives since its start in 1981. As a Heritage Club member, you are not only playing a rich part in our history, but in our future as well.

You are making a powerful difference and will leave a lasting legacy. With your pledged gift to the YMCA Endowment Fund, you are ensuring that the Y's impact in the community will continue for future generations.

Giving to the Y is the gift of a lifetime. Thank you for your gift and continued support. Together, we are building a stronger future and a stronger community. To learn more about how you can become a member of the Heritage Club, contact Betsy McBride or Joni Namyst at 218.327.1161.

Ralph & Mavis Alberty
Jerry & Cathie (Saxhaug) Anderson
Phil & Pat Anderson
Anonymous
Tony & Sharon Appelget
Edward W. Asplin
David Aurell Sr.
Jacqueline Baggott
Jim Balfour
Randy & Carolyn Benthien
Clarence & Vylene Blaine
Gerald & Molly Bogie
Eleanor Bourdage
Steve & Diane Bradt
Dr. & Mrs. O.C. Braun
Robert & Valerie Burge
Hazel Butts
David & Connie Claypool
Mary Claypool
David & Kathryn Clusiau
Cub Foods
Dr. & Mrs. Granville Custer
Carl & Hulda Dahlberg
Robin & Cathe Dahline
Phil DeWeerd
Kenneth & Carolyn Eck
Jack & Susanne Edmonds
Tom & LeeAnn Edwards
Randy & Deb Erickson
Vernon & Carole Erickson
Dave Ewens
Jim Fideldy & Louise Koglin Fideldy
Helen Freeman
Jack & Georgia Freeman
Kevin & Terri Friesen
Max & Anne Fulton
Grand Rapids State Bank
Edward & Eleanore Gregerson
Carl Gustafson
Michael Hagley & Mary Donnellan
J.H. Harrison
Frances & Ken Haubrich
John & Gina Hawkinson
Mark & Carol Hawkinson
Sair Hawkinson
Led Hedman & Carol Rasmussen
Bob & Mavis Herendeen
Ken & Nancy Hickman
Jim & JoAnn Hoffman
Bob & Patty Holycross
Alice Hoolihan
Jim & Kathy Hoolihan

Laura Hoolihan
Dr. William Hoolihan
Thomas & Nancy Horn
Larke Huntley & Lana Bjorgum
Mike & Mary Ives
George Jacobson
Scott & Dianne Jacobson
Wayne Jacobson, Jr.
Wayne & Corinne Jacobson
Don & Shirley Jamsa
Kathryn Jensen
Dr. Lee & Mary Jo Jess
Dave & Judy Johnson
Betsy Johnson
Jim Johnson
Drs. William & Kristin Johnson
Jerry & Joyce Karau
Dr. Larry & Phyllis Karges
Tom & Tina Karges
Dr. & Mrs. R.T. Kelly
Viola King
William & Willow King
David & Margaret Kircher
Bertram Kleven
L & M Supply
Lake States Tree Service, Inc.
Lynn Leming
Dr. Gordon & Maxine Leroux
John & Marty Licke
Dr. & Mrs. Lloyd Lindberg
Larry & Ruth Locken
Chris & Susan Lynch
Raimo & Ulla Malkki
Bob & Carol Marcella
Bill & Betty Marshall
Jim & Patti Marshall
Bill & Betsy McBride
Rilla G. McCormack
John McCoy
Peter & Charlotte McDermott
David & Mary Michels
Russ & Maxine Miller
Doug & JoEllen Miner
Jay Miner
Jon & Pam Miner
Leah Miner
Mark & Kim Miner
Miner's Mart
Minnesota Power
Norm & Brenda Miranda
Gil & Kay Mracek
John J. & Janice Muhar
Myron & Miriam Nielsen

North Country Equipment
Larry & Marykay O'Brien
Diana & Robert Olson
Hazel Olson
Paul Olson
Tom & Connie Osborn
Dr. Richard & Carol Perrott
Chris & Biz Peterson
John Podominick
Bill & Peg Poulter
William J. & Merry Powell
Katie & Gary Prokop
Paul & Jane Quitney
Gene & Pat Radecki
Maynard & Betty Redding
John Reif
Carole Ritter
John Ritter
Eugene & Jean Rothstein
Dr. Byron & Luann Rowell
Mike Salisbury
John L. & Virginia Saxhaug
Tom & Nancy Saxhaug
Dr. Dennis & Suzanne Scherer
Steven & Wendy Shaler
Robert & Carole Shankland
Don & Irene Simons
Royal & Carolyn Slack
Ken & Pam Spangler
Tom & Ann Stanley
Bill & Ardis Stoeke
Keith & Carolyn Stolen
Larry & Barbara Storbeck
Swanson Motors
Paul & Betty Tveite
UPM Blandin Paper Company
Brian & Debbie Vergin
Mary B. Vergin
John & Jewel Ward
Jim & Betty Wass
Dolores Weber
Terry & Diane Weber
Judd & Anne Welliver
Stephen & Ann Welliver
Wells Fargo Bank
Richard & Elizabeth White
Clair & Virginia Wilcox
Steve & Vickie Wilcox
Roger & Ann Will
Chuck & Elaine Yaggie
Gerald & Jane Ylitalo
Edward & Mary Pat Zabinski
Zigmond & Marie Zasada

Have you thought of putting the YMCA in your will?

BOARD OF DIRECTORS

2015-2016 Board of Directors:

Officers:

President.....Dale Rosier
Vice President.....Dave Kooda
Vice President.....Valerie Shangreaux

Board Members:

Ben Buchanan
Jim Christmas
Frieda Hall
Jean MacDonell
Vic Moen
Dwight Moody
Deb Nyquist
Amanda Okech
Steve Wright
Toni Youngdahl

Past Presidents-Cont:

Diane Bradt
Steve Bradt
Sarah Bustron
Dave Clusiau
Dave Ewens
Steve Feyma
Max Fulton
Lester Kachinske
Jim Kosak
John Licke
Chris Lynch
Elizabeth Miskovich
Mike Miskovich
Bob Moore
Jack Muhar
Father Robert North
Katie Prokop
Ron Oleheiser
Gene Radecki
John Reif
Mary Richie
Nancy Saxhaug
Ann Stanley
Anne Welliver
Noah Wilcox
Deb Young
Kim Young
Ed Zabinski
Mary Pat Zabinski
Kim Young

Departmental Staff:

Executive Director
Betsy McBride
Finance Director
Colleen Calliguri
Development Director
Joni Namyst
Aquatic Director
Monica Beighley
Childcare Director
Autumn Nelson
Active Living Center Coordinator
Jamie Mjolsness
Building & Grounds Director
Amy Morrisette
Member Service Desk Supervisor
Candy Grunke
Health & Wellness Director
Kris Bolin
Health & Wellness Coordinator
Janessa Pierzina
Marketing & IT Director
Cheryl Schrom
Community Health Coordinator
Meghan Bown

Community Partner



United Way of 1000 Lakes

Non-Profit Org.
U.S. Postage
PAID
Grand Rapids, MN
Permit No. 169

Itasca County Family YMCA
400 River Road
Grand Rapids, MN 55744

