The mission of the YMCA of Austin is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Visit AustinYMCA.org to read the report online, download a PDF version, or share it on Facebook or Twitter.
“Life is all about moments of **IMPACT** and how they change our lives forever.”

—Ziad Abdelnour
DEAR FRIENDS,
From Exercise to Education. From Corporate Board Room to Camp Cypress. For more than 60 years in Austin and 160 years nationwide, the YMCA has been a cause for change, impact and transformation. But we are so much more than most people realize.

In 2013, we served nearly 100,000 members and more than 70,000 program participants—more than ever in our history. We provided more than $2.1 million in financial assistance to more than 37,000 men, women and children. We celebrated the Grand Re-Opening of our TownLake YMCA after a multi-year renovation. We marked the first full year of operation at the City of Austin/YMCA North Austin Community Recreation Center, a first-of-its-kind collaboration. And we began planning in earnest to develop YMCA Camp Cypress on Onion Creek.

Over the past year, we also joined the wider national Y movement in an effort to articulate more clearly the work that we are doing across our community. Our Y sits at the forefront of several key issues facing our nation, including adult and childhood obesity, nutrition awareness, diabetes prevention, and early learning readiness. But in order to leverage our efforts in combating these issues, we must clearly articulate our cause and gather support from the community.

Some organizations exist to find a cure for cancer. Others exist to feed the hungry. Our Y exists to strengthen the foundations of our community through Youth Development, Healthy Living and Social Responsibility.

We do it by teaching kids new skills that build self-confidence, character values and leadership. We do it by helping adults and families lead healthy lifestyles.

We do it by connecting older adults to an active support network. We do it by providing outlets to give back to those in need and volunteer your time.

In the following pages, we’ll highlight examples of our impact in action. The needs in our community never stop growing and changing, and neither does our Y. Such is the nature of our work. For every known, there is an even more compelling unknown.

People engage with us on one level, but they soon find a deeper meaning to their activities and a connection to those around them. Ultimately, at its highest form, they feel compelled to volunteer, to give back and help others strengthen the entire community.

This is the true magic of our Y.

James Finck
President/CEO, YMCA of Austin

Paul Hoffman
Chair, Board of Directors
Winston Churchill said, “It is not enough to make a life for a person with a disability. We must make them a life worth living.” In 2013, the YMCA of Austin’s, Special Needs programs provided Adaptive Physical Education, Aquatics, Adult Transition and Gymnastics for nearly 700 individuals. In partnership with the Family Connections Center, the Special Needs Gymnastics program served 41 kids with challenges ranging from autism to downs syndrome and cerebral palsy. Along with developing gross motor skills, gaining overall strength and balance, some results have been remarkable. One child has graduated to ‘mainstream’ gymnastics class, another child that has worn leg braces for the last 14 months has been able to remove them. Now that is truly transformation in action.

Summer Camp is about learning skills, developing character, and making friends. Few environments are as special as camp, where kids learn independence, teamwork and develop higher self-esteem as they engage in physical, social, and educational activities. In 2013, 2,700 children experienced the YMCA of Austin summer camp program.

Leigh, better known as “Nana,” has been bringing her kids to the Springs Family YMCA for more than a year to participate in their thriving special needs gymnastics program. Leigh shares, “I believe this program has provided Channey and Chaytin with an experience that they may not have had otherwise. They enjoy learning to use the equipment, and the volunteers are really great! They enjoy the singing of songs and the fun activities at the end of class. “Channey’s upper body strength has increased, and she seems to be able to move her legs better. In addition to all of this, I feel that they have the confidence now to try anything that you ask them to do. I feel this program has helped them both tremendously. Thank you so much!”

“TRANSFORMATION IN ACTION”

“LASTING IMPACT”

“If you somehow positively affect one child, and they get a sense of self-confidence or even just happiness, and they bring that back to their family and their school, camp can affect millions of people.”

— YMCA Camp Counselor
MaKayla from Bastrop participated in the YMCA Youth & Government Program as a high school junior. After qualifying for the State Conference at the Texas Capitol, she was one of only 1,000 students nationwide to be selected to attend the prestigious Council on National Affairs at the YMCA Blue Ridge Assembly in North Carolina. “YMCA Youth & Government has been the most significant experience of my life.”

“I’ve developed so many new skills, debate skills, listening skills and a greater appreciation for the differences between people...and how much we all have in common.”

YMCA Youth & Government was established in 1936 in New York by Clement “Pete” Duran, then a director of the Albany YMCA. Duran coined the motto of the program, “Democracy must be learned by each generation.” As of 2012, the program operates in 37 states and the District of Columbia, serving 47,000 high school students around the country.

With a mission to "help teenagers become responsible citizens and future leaders of our nation," YMCA of Austin Youth & Government has played a key role in developing our next generation of leaders. Beyond the impact of experiencing state government in action, these future leaders improved their public speaking, leadership, critical thinking skills, built self-esteem, and strengthened their character. The Austin Y gave over $16,000 of financial assistance to more than 175 Austin-area high school students in 2013, and through the generosity of The Hatton W. Sumners Foundation, an additional 294 students across Texas reaped the benefits of the program.

Activity makes the body stronger; thinking advances the mind; and belief makes our spirit grow. With this objective, in 2013 the YMCA of Austin’s Youth Sports program engaged more than 9,000 kids in teamwork and sportsmanship that will help them reach their fullest potential. More than 1,000 volunteer coaches engaged youth in our community as they had fun, developed friendships, and learned life skills from adult mentors.

“Do it. It’ll change your life.”
—Y&G participant

“I have truly been made a more confident individual.”
—Y&G participant
Being a caregiver for a loved one with Alzheimer’s or dementia, is difficult at best. Being in a supportive space with others in the same situation eases feelings of isolation; and on Fridays you sing and dance. That is the beauty of Senior Retreat, a signature program of the YMCA of Austin that provides a space of joy, connection and respite for caregivers and their affected family members. This volunteer-led program provided resources and community for more than 40 families in 2013.

Swimming is fun. Swimming builds endurance, keeps our muscles lean, keeps our hearts healthy...and learning to swim saves lives. In 2013, the YMCA of Austin helped more than 15,000 people have fun and be safe in the water. Through Project SAFE, an additional 1,453 first graders learned to swim; an impact likely to be felt for generations. Project SAFE, a free program supported through partnerships with Safe Kids and Dell Children’s Medical Center, is a life-saver.

“Sara, a Senior Retreat Volunteer at the TownLake Y shares, “Well, I can say with pure joy in my heart how much I love the Senior Retreat. It has been near and dear to me since we first began in 2008. It is so fun being their friend, caring for them, laughing with them and being silly and creative together. It warms your heart to see them smile and have this opportunity to socialize with others and get exercise all at the same time.

“All of the YMCA staff and other volunteers are such special, kind people that it makes the retreat that much more enjoyable. It is a blessing for these participants and caregivers that programs like this exist. I also see Alzheimer’s patients in my medical practice and know the much-needed respite for those caregivers is vital. It’s a win-win for everyone.”

“It’s our ‘feel good fix’ for the week. Mother literally leaves with a smile on her face and a song in her heart. While her memory of the program may slip, that feeling of joy is what remains.”  
—Senior Retreat Participant

In answer to a YMCA campaign “to teach every man and boy in N. America to swim”, George Corsan arrived at the Detroit YMCA in 1909 to teach swimming using radical new methods: group swimming lessons and lessons on land as a confidence builder. In Newark, N.J., alone, he taught 800 boys to swim in just four weeks.
SARA K.
Senior Retreat Volunteer
Saul now laughs, “Before I started MEND I was an indoor boy. Now I’m playing with my friends and getting exercise outdoors all the time. I didn’t even realize how much I was learning, it just felt like good fun. The games helped me get healthy, and that is the best part of my day.” Saul’s mom Elbia says, “The best part is that my kids and my family have learned how to eat in new, healthy ways. We’ve learned how to buy food, to exercise, to move and stay healthy. Those are the biggest benefits of the program.

“I love that Saul has taken charge of reading labels when we go shopping, closely checking the calories, sugars, fats—all the nutritional content we never paid attention to before. The biggest impact of this program has been on my two kids. They’ve improved their communication with people, and they’ve become focused on how food affects their quality of life. That is the greatest gift of MEND.”

The continued support of the St. David’s Foundation allows the YMCA of Austin to tackle childhood obesity head-on. Through MEND (Mind, Exercise, Nutrition, Do It!) a family-focused childhood obesity intervention program, families learned healthier eating and exercise habits. MEND grew to 23 programs during the 2013 school year and served nearly 192 youth, age 7–13 and their parents. The result: confident kids playing sports and feeling better about being active. Kids help keep the whole family on track, pushing parents to work out and shop healthier. “The family is a family again,” shared one parent. Over 73% of graduates demonstrated an increase in physical activity; 83% demonstrated a reduction or maintenance of body mass index; and 84% had a positive change in their eating habits. MEND equals positive change.

Physical activity affects everything. Activity promotes the immune system, builds muscle, increases self-esteem and helps prevent depression and chronic disease. 100,000. The number of YMCA of Austin exercise program participants in 2013. 100,000. The number of YMCA members actively engaged in maintaining a healthy lifestyle.

“IT has helped us unite as a family. We found a reason to join together and support a cause for healthy living.”
— MEND Parent
PHILANTHROPY
IN ACTION

In 2013 generous individuals, businesses and foundations contributing $2,500 and up, collectively donated $428,354.

Below is a snapshot of the impact those dollars make in our community.

<table>
<thead>
<tr>
<th>dollars in thousands</th>
<th>Donors</th>
</tr>
</thead>
<tbody>
<tr>
<td>$20+</td>
<td>Go! Calendars, ONEOK Foundation, PreCor, Inc.</td>
</tr>
<tr>
<td>$10–19.9</td>
<td>Hines Pool and Spa, A+ Federal Credit Union, Lisa and Kevin Embree, J.E. Dunn Construction Co., Link Foundation, Loyal IT</td>
</tr>
</tbody>
</table>

1,250 children learned to safely swim through Y instruction

3,007 children played a full season of Youth Sports

152 children attended an entire summer of Day Camp

A complete listing of all donors can be found at AustinYMCA.org
COLLABORATION IN ACTION

Partnerships and collaborations sustain the work of the YMCA of Austin. Together in 2013, we invested more in our community, increased quality programming, expanded services and served more people than ever before. We extend a heart full of gratitude to all of our community partners, and would like to highlight just a few.

ST. DAVID’S FOUNDATION
More than 800 individuals have learned to incorporate healthy nutrition and physical activity into their daily lives through MEND (Mind, Exercise, Nutrition, Do It!), which has received significant ongoing support from the St. David’s Foundation.

COA / AIPP / SFC
An innovative collaboration between the Y and the City of Austin, Art in Public Places and Sustainable Food Center resulted in the new North Austin Community Garden and year-round educational and recreational programming.

HUMANA
Through a new partnership with Humana, Austin YMCAs provided free community education seminars about the Affordable Care Act, and the North Austin Community Garden received vital startup funding.

SHIELD-AYRES FOUNDATION
Children and families at the East Communities YMCA are benefiting from enriching activities coordinated through our Youth & Family Director position, which is underwritten by the Shield-Ayres Foundation.

TEXAS PIONEER FOUNDATION
The Texas Pioneer Foundation’s support for YMCA Youth & Government has enabled Hays County teens to develop leadership and civic engagement experience by participating in hands-on legislative, judicial and media activities.

WE GREATLY APPRECIATE EACH GIFT GIVEN IN SUPPORT of the YMCA of Austin and have made every effort to ensure the accuracy of this listing. Please notify Megan Arnold, Associate Development Director, of any inaccuracies or omissions: megan.arnold@austinymca.org or 512.322.9622.
2013 IMPACT IN ACTION

$2,100,000
in Financial Assistance Given by the YMCA of Austin

15,300 AQUATICS PARTICIPANTS
having fun, building confidence, saving lives... just by learning to swim

1,900 PROGRAM VOLUNTEERS
providing vital leadership, philanthropy & dedication to mission

9,402 YOUTH SPORTS ATHLETES
building sportsmanship, teamwork and fairness. There is a Y in team.

$2,100,000
in Financial Assistance Given by the YMCA of Austin

96,195 Members Served

17,086 YOUTH & TEENS
experiencing teachable moments and developing leadership

37,000 People served through Financial Assistance

1,740 Y Employees

2,740 CAMPERS
developing, self-esteem, leadership, and self-respect

2,551 AFTERSCHOOL KIDS
receiving support, guidance and education to build their future

14,500 EVENT PARTICIPANTS
strengthening the foundations of community

8,766 ADULT FITNESS & ENRICHMENT
Exercising, Socializing and creating a hub of community & activity

209 Policy Volunteers
## STABILITY IN ACTION

### FINANCIAL HIGHLIGHTS

<table>
<thead>
<tr>
<th></th>
<th>2012 audited</th>
<th>2013 unaudited</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>REVENUES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contributions</td>
<td>$1,260,883</td>
<td>$1,551,532</td>
</tr>
<tr>
<td>Membership fees</td>
<td>13,624,628</td>
<td>16,423,741</td>
</tr>
<tr>
<td>Less financial assistance to members</td>
<td>(1,705,473)</td>
<td>(1,905,931)</td>
</tr>
<tr>
<td>Program service fees</td>
<td>6,181,764</td>
<td>6,528,879</td>
</tr>
<tr>
<td>Less financial assistance to participants</td>
<td>(746,091)</td>
<td>(796,280)</td>
</tr>
<tr>
<td>Investments</td>
<td>150,348</td>
<td>453,640</td>
</tr>
<tr>
<td>Other</td>
<td>186,029</td>
<td>174,746</td>
</tr>
<tr>
<td><strong>Total revenue and other support</strong></td>
<td>$18,952,088</td>
<td>$22,430,327</td>
</tr>
</tbody>
</table>

|                |              |                |
| **EXPENSES**   |              |                |
| Salaries and related payroll costs | $9,958,179 | $11,623,157 |
| Outside Services | 678,402    | 1,026,050      |
| Occupancy       | 2,072,420   | 2,130,069      |
| Other operating costs | 2,838,269 | 3,038,032     |
| National YMCA support | 183,185 | 212,135       |
| Other Expenses  | 539,701     | 526,083        |
| **TOTAL EXPENSES** | $16,270,156 | $18,555,526 |

|                |              |                |
| **SUB-TOTAL NET** | $2,681,932 | $3,874,801 |

|                |              |                |
| **LESS**       |              |                |
| Interest Expense | $255,809 | $228,872        |
| Depreciation   | 1,578,904   | 1,964,298      |
| Change in net assets | 847,219 | 1,681,631   |
| Net assets at beginning of year | 29,555,952 | 30,403,171 |
| **NET ASSETS—END OF YEAR** | $30,403,171 | $32,084,802 |

### YMCA OF AUSTIN BRANCH MEMBERSHIP

<table>
<thead>
<tr>
<th>Branch</th>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Townlake</td>
<td>23,539</td>
<td></td>
</tr>
<tr>
<td>Hays</td>
<td>15,240</td>
<td></td>
</tr>
<tr>
<td>Northwest</td>
<td>13,690</td>
<td></td>
</tr>
<tr>
<td>Southwest</td>
<td>13,185</td>
<td></td>
</tr>
<tr>
<td>East</td>
<td>12,117</td>
<td></td>
</tr>
<tr>
<td>Springs</td>
<td>7,017</td>
<td></td>
</tr>
<tr>
<td>N Austin</td>
<td>5,254</td>
<td></td>
</tr>
<tr>
<td>Bastrop</td>
<td>2,150</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>96,195</td>
<td></td>
</tr>
</tbody>
</table>
It is said that

**One strong, unselfish soul in every community could actually redeem the world.**

From Giants to Generosity.

James Ruiz epitomizes the impact of the Y, as life lessons take root and manifest themselves years later in socially responsible action. He began his Y “career” as a member of the Giants at the Park Cities YMCA in Dallas, where his family benefited from financial assistance. Today, he’s paying it forward, having volunteered at the YMCA of Austin for the past 18 years on numerous branch boards. He currently serves on our Metropolitan Board of Directors, and, in 2013, he chaired our Annual Campaign, which raised more than $1 million and provided assistance to thousands of kids and families. Funny how things come full circle.

We are grateful that James Ruiz is a part of our community, and we are proud to have named him as the 2013 Will W. Miller Volunteer Leadership Award recipient. This award is presented annually to a person of high character and commitment, whose leadership and vision have made only the most significant and long lasting contribution to the YMCA of Austin. It is awarded to a key volunteer who has not only inspired others, but has helped the YMCA of Austin enrich the lives of people in our community.
## METROPOLITAN BOARD OF DIRECTORS

- **Paul E Hoffman**  
  Board Chair
- **Kate Henderson**  
  Vice Chair
- **Craig Hackler**  
  Treasurer
- **D’Andra Ulmer**  
  Secretary
- **Kelly Latz**  
  Immediate Past Chair
- **Jeff Bomer**
- **Veronica Briseño Lara**
- **Bob Digneo**
- **Kevin Embree**
- **Mike Etie**
- **Maria Luisa (Lulu) Flores**
- **Leslie Fossler**
- **Daniel A Gillett**
- **Bart Gunkel**
- **Susan Henricks**
- **Ryan Keathley**
- **Julie Kreager**
- **Katherine Loayza**
- **Terry McDaniel**
- **Hamilton Rial III**
- **A Jay Rimovsky**
- **James Ruiz**
- **David Saling**
- **Mark Stacey**
- **Michael Stone**
- **Jamie Wills**

## BRANCH BOARD CHAIRS

- **Martha Harris**  
  Bastrop
- **James Hines**  
  East Communities
- **Scott Cary**  
  Hays Communities
- **Mike Hermes**  
  North Austin
- **Dick Schwab**  
  Northwest
- **Megan Lueders**  
  Program Services
- **Craig Hackler**  
  Southwest
- **Dorothee Auldridge**  
  Springs
- **Andy Carlson**  
  TownLake

## ASSOCIATION ADMINISTRATION

- **James P Finck**  
  President/CEO
- **Jim Pacey**  
  Vice President of Operations
- **Thom Parker**  
  Vice President of Facilities
- **Sean Doles**  
  Vice President of Mission Advancement
- **Pat Baldry**  
  Accounting Director
- **Kathleen Schneeman**  
  Human Resources Director
- **Leilani Perry**  
  Marketing & Communications Director
- **Megan Arnold**  
  Assoc. Director of Development
- **Mark Olmstead**  
  Director of Risk Management
- **Mary Blalock**  
  Director of Member Experience
- **Stacey Phillips**  
  Accounts Payable Manager
- **Jeff Vernon**  
  Payroll Coordinator
- **Phillip Lybrand**  
  Digital Marketing Coordinator
- **Brian Green**  
  Graphic Designer
- **Daniela Daniel**  
  Executive Assistant to the CEO

## BRANCH EXECUTIVES

- **Terry Moore**  
  Bastrop
- **Cinnamon Henley**  
  East Communities
- **Bret Kiester**  
  Hays Communities
- **Elizabeth Hansbury**  
  North Austin
- **Mark Olmstead**  
  Northwest
- **Andrew Wiggins**  
  Program Services
- **Kim Yeakey**  
  Southwest
- **Jason Daniel**  
  Springs
- **Tiffany Patterson**  
  TownLake

## ASSOCIATION ADMINISTRATION (continued)

- **Kelli Stoffels**  
  Human Resources Manager
- **Lauren McPhail**  
  Annual Campaign Coordinator
- **Austin Arnold**  
  Business Manager