



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER CARBONDALE YMCA
82 N. Main St
Carbondale PA 18407
570-282-2210



proud partner of:



United Way of
Lackawanna and Wayne Counties

OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind, & body, for the greater good of our service area.

OUR CAUSE

Strengthening communities 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, thrive and grow.

OUR VALUES

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

OUR AREAS OF FOCUS

YOUTH DEVELOPMENT

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

HEALTHY LIVING

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

SOCIAL RESPONSIBILITY

The Y has been listening and responding to our communities' most critical social needs for 160 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve. Through the Y, 500,000 volunteers and thousands of donors, leaders and partners across the country are empowering millions of people in the U.S. and around the world to be healthy, confident, connected and secure.

GROWING & THRIVING TOGETHER



GREATER CARBONDALE YMCA IMPACT REPORT

July 1, 2016 - June 30, 2017

**HERE
FOR
YOU**



The Greater Carbondale YMCA ranked in the top 1 percent nationwide among hundreds of YMCAs for its community impact, according to a recent survey. According to the study conducted in September 2016 by SEER Analytics, a marketing firm that “helps Ys in setting benchmarks and quantifying their impact,” the Greater Carbondale YMCA ranked in the 99th percentile with respect to community impact. “It’s a home run,” said Aaron Mueller, sales manager for SEER. “You don’t get a higher score than that. There’s probably only one or two (YMCAs) that we’ve surveyed that are sitting there right now.”

Each year, SEER surveys between 400 and 500 YMCAs across the country through its BaseMetrics program, which delivers standardized measures for facilities to quantify success in different areas. Surveys are sent to Y members to provide feedback in a variety of categories. Based on the responses of the 196 members who responded to the survey, the Greater Carbondale YMCA also ranked in the top 8 percent of facilities surveyed in terms of operations, top 14 percent in terms of engagement and top 8 percent in terms of impact. “They are probably in the top 5 percent of Ys that we’ve surveyed,” Mr. Mueller said.

The survey also offered Carbondale members the opportunity to leave anonymous responses to specific questions about their YMCA. For Steve Durkin, executive director of the Greater Carbondale YMCA, the SEER findings serve as validation of the work he and his staff do. “You work hard and you think you’re doing everything right, and this kind of verifies it,” Mr. Durkin said. “I think in a community this size it means so much more than a Y in a big city, where they have hospitals, civic centers (and) colleges. We don’t have any of that up here. If it’s going to happen, it’s going to happen here.”

Written by Jeff Horvath, Scranton Times Tribune

NURTURING STAFF, TOO

The Moses Taylor Foundation announced their “Healthy Workplace Initiative” in January. The Foundation recognized that nonprofits are often so focused on meeting community needs that they don’t have the time or resources to invest in themselves. But the health of the people who serve our community is critical to the health of our community. The Foundation issued a request for proposal (RFP) to local organizations to challenge them to think creatively about small investments that could be made to promote the health and well-being of the grantee’s team. The Greater Carbondale YMCA was a recipient of \$1,000 to remodel the staff break room. The only staff break room at the YMCA doubled as storage and “catch all” in the office area. Grant funds were used to relocate storage and refinish the room - including repainting a peaceful color, “real” tables and chairs (previously a card table and folding chairs), phone charging station, inspirational art, and staff communication center. We feel it’s critical that our teachers be refreshed, wellness staff be energized, and lifeguards be alert. We were able to create a space where staff can step away, renew and return to their position ready to serve.



Lisa Levine is always seen around the Y speed walking. Her son, Matt, shares his time volunteering at a variety of events and working at our Day Camp. This active duo recently walked in the Wayne County YMCA’s 5K and both took 1st Place in their age groups. CONGRATULATIONS to both of them!

Monthly Membership Rates as of January 1, 2018

Youth - \$10.00
High School - \$17.00
College - \$22.00
Adult - \$36.00

Family - \$54.00
Single Parent - \$44.50
Senior - \$30.00





In June 2017, Aquatics Director, Jeremy Popiel, attended the American Red Cross Water Safety Instructor Trainer certification course. The course was conducted over 5 days totaling 40 hours of instruction. This course trains Water Safety Instructor candidates to teach courses and give presentations in the American Red Cross Swimming and Water Safety program by developing their

understanding of how to use the course materials, how to conduct training sessions and how to evaluate participant's progress. By obtaining this certification we can offer more to the community and provide greater knowledge of water safety, as well as instruct technical skills in an effort to spread awareness for aquatic safety.

CELEBRATING MILESTONES



Recently, we had the pleasure of honoring one of our own, Mary Pantzar, on achieving 30 years here at the Greater Carbondale YMCA. Mary has been the backbone of the childcare department for 30 years and continues to grow the program numbers. She has dedicated her time to make sure that each child is well cared for and well supervised. She continually strives for the best possible Y and maintains a strong and loving staff. As childcare director, she continues to impress and motivate each staff member to become a better person.

We are truly blessed to have Miss Mary on our staff and thank her for her undying loyalty and dedication! Here's to 30 more!

Memorial Report:

The YMCA is humbled to be the recipient of many memorial donations. This year, we honor the memory of :

Agnes Ward
Chris Wallace
Edie Gaudenzi
Gladys Nepa
Hazel Sohalsky
Jack Mangan
Joe Haran

John "Jackie" Durkin
Mafalda Tedesco
Robert Fallon
Shirley Rumford
Violet Bonacci
William Brown

The YMCA's Endowment Fund will ensure the YMCA will be serving our community in perpetuity. Attorney Jeff Levine has generously offered to prepare wills free of cost to those naming the Greater Carbondale YMCA as a beneficiary. For more information, call Atty. Levine at (570) 282-7999.



AllOne Foundation Check Presentation



A-TEAM Light the Night



The Arc of NEPA Swim Lessons



Steve, YMCA Ex. Dir.,
& Brandon

ALL ARE WELCOME

The Greater Carbondale YMCA strongly believes that the Y is for everyone, regardless of ability. When the YMCA completed renovations in 2010, one major goal of the project was to ensure the entire facility was handicap accessible. When community organizations approached us to host gatherings and special events, the renovations made it exponentially easier to accommodate any request at a moment's notice. Because of that, we have created and adapted programs to meet the needs of children, youth, and young adults with special needs. These specific programs include autism family nights ("The A-Team") and swim lessons. YMCA staff makes accommodations in general programs such as preschool, afterschool, day camp, and youth athletic/nonathletic programs to include children with different abilities. In addition, we partner with outside organizations serving children with special needs to provide their own programs at the Y at a free/reduced rate. These organizations include, but are not limited to, Abilities 21, Special Olympics, the ARC of NEPA, Friendship House, OVR, and NHS.

Because these programs and services are offered at/below cost, the YMCA received generous grants & donations to keep these programs affordable and open to those in need. We would like to extend a HUGE thank you to the AllOne Foundation for a \$60,000 grant and the Spring Break for Autism for a \$10,000 donation to support our work for youth and young adults with special needs.



Special Olympics Tennis Practice

DON'T SKIP A BEAT

Sudden cardiac deaths in competitive athletes continue to be highly visible, compelling emotional events with significant liability concerns. These catastrophes are frequently subjected to intense scrutiny largely because of their occurrence in young otherwise healthy - appearing individuals, including elite participants in collegiate and professional sports. In 2012, Carbondale lost its hospital (Marian Community) when it permanently closed its doors. Then, the community lost the next closest hospital -- MidValley. With these closures go the services provided. In a community where many are low/middle income, it's crucial to have health and wellness programs easily accessible to residents.

The Y has stepped up to fill the gap. We recognized the need for cardiovascular screenings but did not want to limit the program to just athletes. With an emphasis on athletes, first responders, and military personnel, the HEART Screening program is affordable and available to anyone prior to a cardiac incident (other similar screenings are only ordered after an incident). Through grants from the McGowan Foundation & Lackawanna County ReInvest, we were able to purchase an 8-lead wireless telemetry system and new fitness equipment. With new equipment, the organization can monitor participants more effectively by observing with constant cardiac monitoring during exercise sessions and detecting abnormalities...heart arrhythmia, heart block, and other concerns. The system can also monitor those with COPD that have tach-arrythmias. With the wireless system, a participant can be monitored from anywhere in the building. This information is communicated back to physicians/specialists so that problems can be addressed with further testing and/or medication.

This groundbreaking program was featured on News Channel 16's Ryan Leckey LIVE and is already saving lives.



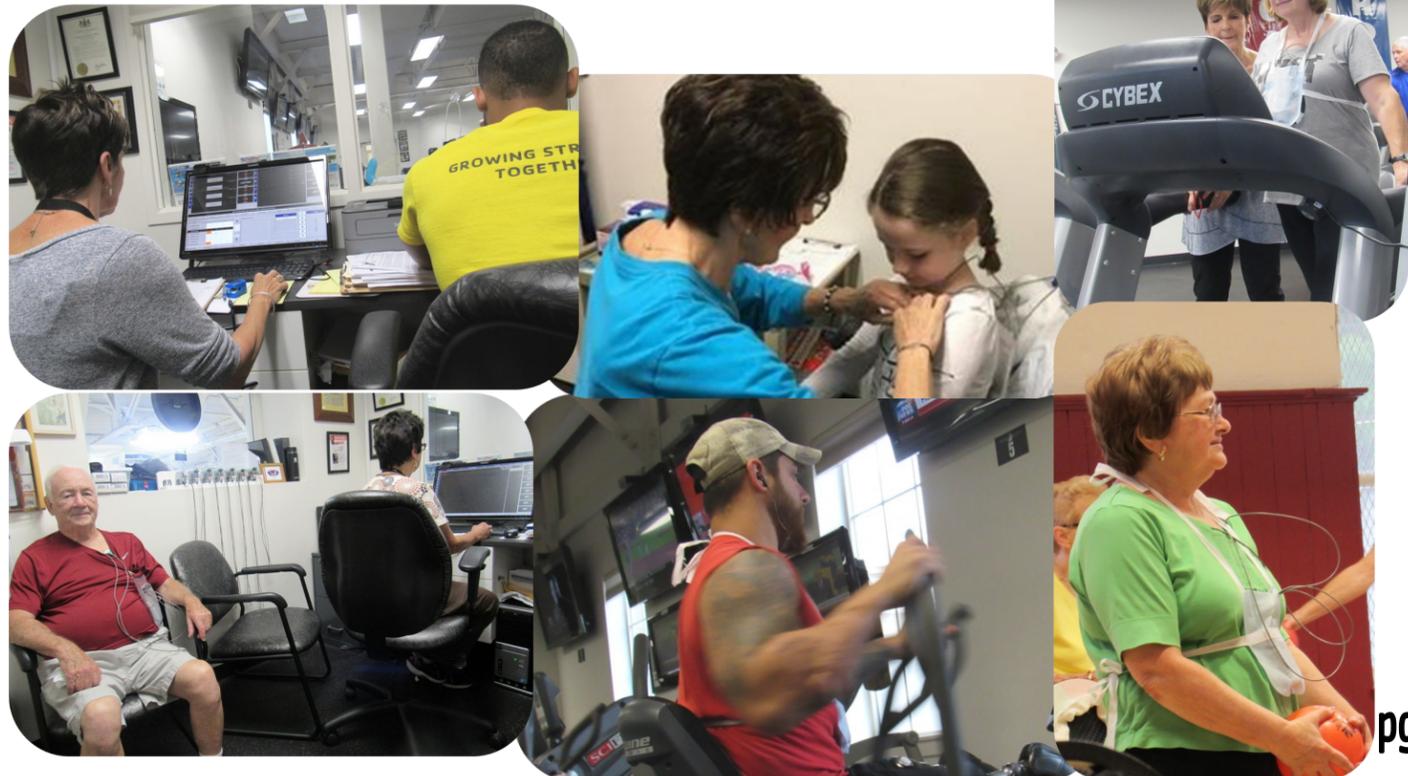
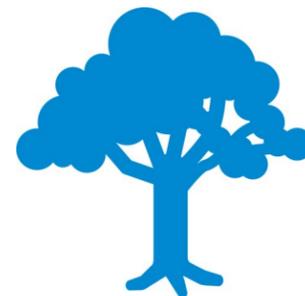
For over five years, the YMCA Day Camp has been invited to participate in a special night at the Circle Drive In. After an evening of games and face painting, Mr. Mike Delfino generously plays a new movie and gives each child a free popcorn. This event is enjoyed by all who attend and everyone looks forward to it each year!

Thank you, Mr. Delfino!

A FUN PLACE FOR ALL

We currently have the opportunity to purchase 3.5 acres of green space directly across the street from the YMCA (behind the Ben Mar Restaurant) along with parking. We are particularly excited about the potential to develop this land into a community park. Studies show that trails and outdoor recreation *make communities more livable, improve the economy, preserve and restore open space, and provide opportunities for physical activity to improve fitness and mental health.* The proposed park will be adjacent to the John Street Trailhead of the Carbondale/Simpson Riverwalk and will have access to the creek, river, and trails. With proper restoration, the property will become a focal point of recreation in the Upper Valley. The overall vision for the site includes a family and senior adult oriented wellness park with an ADA-accessible trail loop, natural playground, splash pad, outdoor meditation space, pavilion, sports fields and more. This space can be used for general recreation, festivals and events within the community; as well as the YMCA child care, preschool, afterschool, day camp, and senior fitness programs.

While the YMCA has the vision, funds are needed to acquire and develop the property. We have submitted two state grant applications that could support 1/2 of the cost of acquisition and held a very successful year-end campaign in December raising \$80,000. Currently, the YMCA has signed a sales agreement and we anxiously await the next steps.



BUILDING BRIGHTER FUTURES

This year, the YMCA implemented the “Healthy Way to Grow” program in all our childcare programs – infant through school age. Through the American Heart Association, the goal of the program is to improve the ability of early care and education centers and to sustain four key lifestyle behaviors – physical activity, nutrition, screen time, and infant feeding.



At the Y, staff reviewed & created wellness policies, built an action plan, and made improvements to the programs.

We engaged children at meal times and incorporated physical activities and nutrition into the curriculum. We are proud to provide the ability to help children grow up healthy and ready to learn in school.

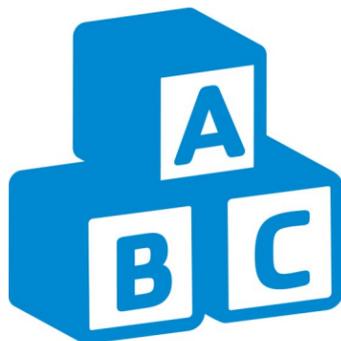


& A HEAD START

The mission of Head Start is to improve the overall well being and foster economic self sufficiency of income eligible children and their families through the provision of a comprehensive, integrated curriculum

including educational, health, nutritional, special needs, social and community services.

The Greater Carbondale YMCA has been a proud partner with Head Start for many years – offering Early Head Start (Infant & Toddler) and two ½ day programs. Because of the success of this partnership, we were able to offer a Full Day Head Start classroom for the first time in 2016/17. This classroom provided quality education to 19 children during the academic year. We look forward to continuing this program.



STILL GROWING



The lower level of the Greater Carbondale YMCA is currently underutilized. While this was previously functional space, a great deal of work was needed to update the lower level and make it fully accessible. The Y has a vision to create a community space where local organizations can affordably rent an office and have access to the full facility for their patients/participants. In a facility like the YMCA, the possibilities are endless. This type of arrangement has multiple benefits to the community. Patients of community organizations will have access to a “one door” type of facility. Organizations benefit by having affordable office space and a state of the art facility without the overhead of their own building. We are currently able to meet several needs all in one location. The YMCA is utilizing its space to its fullest and ensuring sustainability for years to come; without compromising the quality of its current programs and services.

We are pleased to announce that Phase 1 of this project has been completed with funds from a state grant (Local Share Account from Monroe County). The space has been opened up and the previous pool has been filled in. Once this project is completed, it will be self-sustaining through generated revenue. This income will also assist in supporting the YMCA’s operations, which in turn allows the Y to better serve the community through needed programs and financial assistance.

Final Capital Payment:
We are pleased to announce that immediately following the 2015/16 Annual Meeting, a donor approached us with a \$25,000 gift to put us at our Capital Debt goal. We have since been able to meet our three year/\$1.5 million goal to practically eliminate our debt. Due to the generous support of the Weinberg Foundation, Gentex/Frieder Foundation, and many private donors, we will soon have successfully reduced our debt from \$1.8 million to \$260,000 in just three years.

HEALTHY YMCA (noun):

1. Debt free
2. Endowment Fund is twice the Annual Budget
3. Raises 15% of Annual Budget through Annual Campaign, United Way, and Special Events



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Greater
Carbondale **YMCA**
PIONEER
Heroes
AWARD

On Thursday, May 25th the Greater Carbondale YMCA held its inaugural Pioneer Heroes Awards program at the Carbondale Grand Hotel. One hundred seventy five guests gathered to honor four super supporters of the organization.

Donny Hoyle – Lifetime Award – Mr. Hoyle served as President of the Board of Directors shortly after the completion of the “YMCA Church Street Gym”. He was also President of the bank which held the YMCA’s mortgage. When times were tight, Mr. Hoyle assured the YMCA, “You get kids to the YMCA. I’ll worry about the mortgage.” His support has been invaluable to the Y’s success.



Mike Delfino – Donor Award – As a native of Carbondale, Mr. Delfino has a great love of the community and its people. Through a very generous donation to the 2009 Capital Campaign, Mike and Gwen (Calabro) Delfino ensured the ability of the YMCA to serve greater Carbondale in perpetuity, making the YMCA the cornerstone of the community.



L. Peter Frieder Jr. / Gentex Corp – Corporate Award – Through his innovative thinking, Mr. Frieder sparked the idea for the 2009 21st Century Capital Campaign. This campaign launched the revitalization of the Greater Carbondale YMCA and, in turn, downtown Carbondale. He has backed both the Capital Campaign and the Debt Reduction through charitable gifts from Gentex & the Frieder Foundation.



Shirley Rumford (posthumously) – Volunteer Award – Mrs. Rumford dedicated decades of her life serving the YMCA with her whole heart. As a valued Board Member, she spearheaded multiple annual fundraisers and her signature program, Coffee Klatch. Unfortunately, Shirley passed away in April 2017 just prior to the awards. Mrs. Rumford’s tireless efforts never ceased to amaze those around her at the Y or go unnoticed.



These individuals have given their time, talent and treasure to build up the YMCA. Proceeds from the event support the Greater Carbondale YMCA Endowment Fund; allowing the Y to continue their work in perpetuity. In the 130 years since the YMCA was founded in the Carbondale community, thousands have personally benefitted from the Y’s commitment to strengthening its neighbors. The YMCA Board of Directors has created an Endowment Fund and Heritage Club honoring those who have made a commitment to provide for the future of the YMCA. Heritage Club members, by their current or planned gift, promote the values of caring, honesty, respect, and responsibility and ensure that YMCA programs will positively impact the community for generations to come. Please contact the YMCA if you have already made a provision for the Y in your estate plans and would like to be recognized in the Heritage Club.