# OUR MISSION
# OUR IMPACT

## 2017 ANNUAL REPORT
## SEWICKLEY VALLEY YMCA

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## MISSION STATEMENT

To build a healthy spirit, mind, and body based on Christian principles and to improve the quality of life for children, individuals, and families in the Ambridge Area, Cornell, Moon Area, and Quaker Valley school districts.

The Y, is the nation's leading nonprofit, is committed to strengthening the community through youth development, healthy living and social responsibility. At the Sewickley Valley YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For more information about making the Sewickley Valley YMCA your charity of choice, please contact 412-741-9622 ext. 108.

# A message to our Stakeholders

As we look back on the past year, one thread carries through all of the Sewickley Valley YMCA's work – community.

It is our privilege to be a place where people of our community come together to create communities of their own where they feel heard, respected and encouraged to be their best selves. We see this happening at the Y in large and small ways every day.

It happens when an adult retires after a long life of work, and joins the Y wondering, what's next? They join a social group or exercise class at the Y, and quickly find that they joined a community of friends who want to get to know them and who really care about them.

It happens when a youth comes to the OASIS youth and teen center for the first time, and realizes that other kids and adults want to know what's on his mind, and care about how his day at school went.

It happens when a child who is on the autism spectrum is able to join with others to swim, play volleyball or walk the track – all while making friends when that may have seemed impossible at one time.

At the Sewickley Valley YMCA, community is the outcome we strive to create and sustain for today, tomorrow and years to come. For so many, the Y is more than a convenient place to work out. It's a community and a home away from home where they are welcome and where they belong.

We build community by being fiscally responsible, providing outstanding member service, and being a trusted community partner. However, we could not create the community we have without your support as members, and as donors who fund our annual campaign that keeps our doors open for all. Your charitable gifts inspire our work, and your membership sustains our ability to be a community asset.

We thank you for your support and participation in our Y community because together we are stronger.

Craig Hertzfeld

Trish Hooper

**Nurturing the potential of every child and teen.** We believe that all kids deserve the opportunity to discover who they are and what they can achieve. At the Sewickley Valley YMCA, we work to instill positive values, develop skills and relationships and build a foundation for youth to succeed.

**86**

### Autism Spectrum Lessons

Spectrum Swim Lessons develop each child's swimming ability regardless of where they are on the Autism Spectrum. These free lessons focus on personal safety, basic stroke development and water games in an environment that helps kids stay safe near water, and embrace the wonders swimming has to offer.

**220**

### Teens visited the OASIS

The OASIS engages area youth and teens in after-school activities that help them develop emotionally, physically, and socially while guiding them on their journey to adulthood. It also provides daily snacks, homework assistance, swimming, basketball and more during the school year, and provides food on weekends and during the summer.

**421**

### Child Care & Educational Development

We help each child to reach his/her fullest potential through support and developmentally appropriate activities that establish a solid foundation for lifelong learning and healthy living. Children learn from a S.T.E.A.M. based curriculum so they are prepared for Kindergarten and beyond.

**914**

### Summer Campers

Camp offers new experiences, skill building, a sense of community, as well as lasting friendships. For 105 years, the Sewickley Valley YMCA has provided summer campers with a summer to remember. The Y partners with community organizations to ensure all kids who need it have access to camp.

**1,236**

### Youth Sports

Our philosophy is simple "Everybody plays, everybody wins". We believe in the value of participation, team-building, individual development and a sense of fair play. All of our youth sports are built on the foundation of our core values of caring, honesty, respect and responsibility.

**2,254**

### Swim Lessons

YMCA Swim Lessons help swimmers of all ages build confidence in the water, and develop swimming and water safety skills. Kids feel a sense of achievement from mastering skills they can enjoy the rest of their lives. Parents know their children are developing skills to keep them safe around water when they attend our swim lessons.

# Stories of Impact

Over the past eight years, the YMCA has had the privilege of teaching and preparing Krish and Sejal Manocha for Kindergarten and beyond through its Early Childhood Child Care program at the Y. Sejal, 9, and Krish, 5, both started at the Y as toddlers and are now YMCA graduates! "The Y prepared Sejal and Krish for Kindergarten and helped to build a foundation for learning while reinforcing values. The Y is the best thing that happened to my kids," said Tinny, Sejal & Krish's mother.

At the Y, kids just like Sejal and Krish get their daily dose of fun and educational lessons that support each child's physical, intellectual, emotional, social and language development. Parents like Tinny and Eric Manocha have peace of mind knowing their children are in a safe and nurturing environment with carefully selected teachers who encourage students to do their best.

Every morning Krish greets staff member Barb Herman before walking upstairs to his preschool classroom. Krish tells Barb what he did over the weekend, what is new and about school. "Krish's connections to the YMCA staff is incredible. My children feel at home when they are at the Y, and I feel comfortable because of how safe and welcoming it is. The Y and the staff have become an extension of my family," said Tinny.

In addition to child care, both Sajel and Krish have learned how to swim through swim lessons at the Y, participated in summer camp and classes such as gymnastics, little ninjas and more. Positive activities and influences at the Y from an early age help kids like Sajel and Krish develop and achieve their potential so they can grow into healthy adults. Everyone at the Y has loved watching Sajel and Krish mature and gain confidence. The Y is committed to working with families like the Manochas to create a support system for healthy development. We give everyone the opportunity to learn, build, play, empower and grow.

**Leading the fullest life possible at any age.** We know that healthy lifestyles are achieved through nurturing mind, body and spirit. Well-being and fitness at the Y is much more than working out.

**43**

## Parkinson's Disease

Delay the Disease is designed to empower people with Parkinson's Disease by optimizing their physical function and helping to delay the progression of symptoms. During class, participants improve their self-confidence, mobility and strength.

**65**

## Adult Swim Lessons

It's never too late to learn how to swim, or improve swimming skills. At the Y, we know how important it is for individuals of all ages to have the life-saving ability to swim.

**121.8**

## Pounds lost during Get Lean

Get Lean informs, empowers and motivates participants to live mindfully as they make choices about healthy eating and physical activity. Real-time, interactive, weekly sessions include personalized support and resources.

**1,416**

## Rides provided by Faith in Action

In partnership with Heritage Valley Health System and support from donors like the Presbyterian Church of Sewickley, we help the elderly remain independent by providing rides to doctor appointments and medical treatments, the grocery store and access to conduct their personal affairs.

**2,254**

## Therapeutic Aquatic Aerobics

Active older adults find that aqua aerobics provides motivation, improved cardiovascular endurance and muscle tone by using the buoyancy and resistance of the Warm Water Pool. The benefits extend far beyond wellness with newly formed friendships and guidance from supportive, caring instructors.

**3,098**

## Group Exercise Classes

The Sewickley Valley YMCA offers programs and services for every age and every level of activity with a mission to help everyone achieve a balance of spirit, mind and body. Our staff encourages healthy living through resources, support, safe and effective equipment, and an environment that promotes our core values of caring, honesty, respect and responsibility.

# Stories of Impact

Tony Ciaccia, has been a member of the Sewickley Valley YMCA for 25 years. Tony can be found talking and teasing with friends regularly at the Y, either in the wellness center, or holding court on the lobby sofa. Tony, who lives in Aliquippa, has found that friendship at the Y has become as vital as his daily workouts. The friends he has made at the Y over the last 25 years have become as close as family.

"The Y is an extension of Tony's home, and everyone loves to be around Tony. I think it is because he loves life so much and his sense of humor", said Karen Parker, his friend and workout buddy.

Karen Parker, of Edgeworth, and her family have become especially close to Tony. They spend afternoons, weekends, dinners and time with each other's families. "My son, Michael, loves being around Tony and wants to be just like him when he is older. When Michael had the opportunity to write his college entrance essay of who has influenced his life the most, Michael instantly knew he wanted to write about Tony and his zest for life," said Karen.

The lessons, or "Tonyisms", as Karen and her family calls them, has reinforced what is important in Michael: family, friends, love, laughing and most of all, not taking life too seriously.

When asked what keeps him coming to the Y five days per week for three hours each visit, Tony replied, "I can't quit. I work hard, but it's the best thing that I do. The Y has expanded my life, my heart is in good shape, and I have made lots of friends."

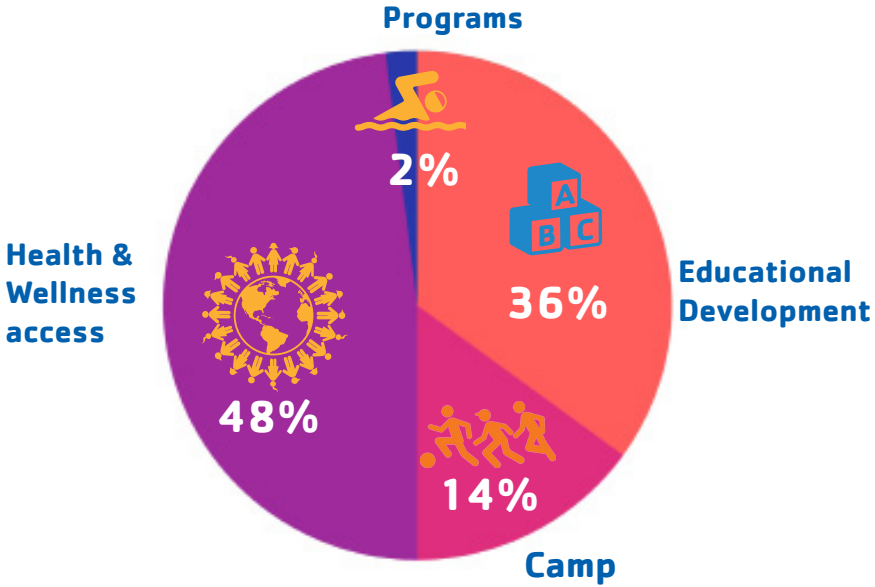
**We are here for those who need us most.** Over the last century, our programs and services have progressed but we remain focused on meeting the evolving needs of our communities.

The Sewickley Valley Y's Annual Campaign supports financial assistance so the Y's programs and services are available to all, regardless of their ability to pay. In 2017, the Sewickley Valley YMCA awarded $448,344 to 1,833 individuals and families in need. Over the last five years, the Sewickley Valley YMCA has provided almost $2 million in financial assistance.

Your generous support for our Annual Campaign allows us to continue to meet the growing needs of the community. Working families receive affordable state-licensed child care so they can work. Kids attend summer camp where they grow in confidence, learn to swim, and make friends. Families from all walks of life rely on our Y to live healthier.

Our mission is to open our doors to all, and charitable support from individuals, foundations and corporations make that possible.

## ANNUAL CAMPAIGN



# Stories of Impact

Faith in Action provides a safety net for the elderly in our community by providing free transportation to medical treatments and doctor appointments. This service gives residents the ability to maintain their independence and quality of life in a dignified way. The community outreach program matches volunteer drivers with the elderly who are unable to drive themselves to appointments. Joe, pictured to the left with care receiver, Melba, both residents of Sewickley, has volunteered for Faith in Action for two years.

"I learned about the service from my wife, Susan, who was a volunteer and really enjoyed doing it," Joe McKenna said. "So when I retired, I decided to sign up too and I'm really glad that I did. I get way more out of it then I give. I truly enjoy the company of all the people that I have driven. Despite mobility issues and other afflictions, almost everybody I take still has a great attitude and makes me laugh or smile. And all of them are so grateful and comment on what a wonderful service it is."

Melba, 92, is a care receiver for Faith in Action who uses the service to get to and from doctor appointments. "The volunteers are so welcoming, I don't know how I would get to my appointments without them, they are a godsend," said Melba. "Melba's connection with the volunteers and staff is a true joy to see. Heather Ochman, Faith in Action Director says, she called and played Happy Birthday on her piano for Karen and myself on our birthdays, her thoughtfulness and wanting to share her joy and zest for life is contagious."

Faith in Action has been serving the elderly in our community since 2002.

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We recognize and extend our heartfelt thanks and gratitude to the following organizations and individual donors who have made a contribution to the Sewickley Valley YMCA Annual Campaign, Faith in Action and senior programming.

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Ms. Paula Tapia
Ms. Kelly Tocci
Ms. Ilene Topper
Ms. Claire Torrance
Ms. Carolyn Toth
Ms. Joyce Trapp
Mr. Matthew Trapp

Mr. Donald Traviss
Mr. Jessie Ulibarri
Ms. Jane Valenty
Ms. Sandra Veney
Mr. Giovanni Verbene
Ms. Catherine Vogl
Ms. Camille Vrabely
Mr. Kirby Walker
Ms. Mary Walker
Mr. Leonard Wanchock
Mr. Brad Ward
Ms. Tarae Washington
Mr. Neil Watko
Mr. Charles Watson
Ms. Dina Weber
Mr. Timothy Weick
Mr. Robert Weinberg
Mr. Dan Weisberg
Mr. Anthony Welsh
Mr. Mike Wick
Ms. Ingrid Williams
Ms. Rosanna Wyche
Ms. Karen Yant
Ms. Valerie Young
Ms. Viktoria Zelazny
Ms. Julie Zewe
Ms. Linda Zuccaro

# HERITAGE CLUB

The Heritage Club of the Sewickley Valley YMCA supports the long-term sustainability of the Sewickley Valley YMCA through an endowment fund. This fund represents bequests, memorials and planned gifts that are made directly or are deferred. We are grateful to those who chose to extend their legacy in supporting the needs of the community beyond today to ensure the Y will be here to serve future generations.

The Heritage Club recognizes the generosity of donors who have contributed toward the YMCA's Endowment Fund.

Mr. & Mrs. Henry G. Allyn, Jr.
Dr. Geri Bacu
Mr. & Mrs. George Barber
Mr. & Mrs. Neill Barker
Mr. & Mrs. Henry F. Devens, III
Mr. & Mrs. Anthony Floro
Mr. & Mrs. Charles Gross
Miss Helen Hegner
Ms. Trish Hooper
Mr. Thomas O. Hornstein
Mr. E. Thomas McKallip
Ms. Elizabeth McPherson
Mr. George Morgan
Mrs. Katherine Nash
Mr. & Mrs. David B. Oliver, II
Mr. John Orndorff, Sr.
Mr. & Mrs. Frederic B. Potts, Sr.
Mr. William L. Santee
Mr. & Mrs. Frank Schroeder, Jr.
Mr. G. Whitney Snyder
The Honorable William & Mrs. Marguerite Standish
The Pittsburgh Foundation
Mr. John M. Thornton
W. Lukens & Dr. Barbara Ward

# Stories of Impact

Our competitive swim team, the Sea Dragons, encourages children and teens to continue their love of swimming, while providing an ideal environment for physical and social-emotional development.

The Sewickley Valley YMCA and the Y Swim Coaches would like to celebrate and congratulate the successes of the swimmers who attended the local district swim meets and those who qualified for state competitions. Throughout the five-month swim season, the Y's Sea Dragons youth swim team provided participants the opportunity to enhance and refine swim strokes, meet new friends and develop confidence to compete in local swim meets and invitational. Some swimmers went on to qualify at district and state level swim meets.

All of our swimmers work hard from September to February each season. The swimmers who qualify for silver districts, districts and states must make specific times to qualify for those championship meets. These kids travel to these meets to compete against all of Western PA Y teams as well as the State of PA Y teams. "It is neat to see how they have worked so hard all season pay off to compete at that level. We have a dedicated coaching staff this season in Amber Miller, Liz Keller, Paula Kwalick, Brittany Coulter and Bill White. Their hearts were truly into coaching our swimmers do their very best in the pool and in life," said Kelly Wagner, Senior Director for Aquatics.

The Sewickley YMCA 2018 PA West District qualifiers were: Tyler Bell, Ellie Cain, Kieran Cain, Patrick Connors, Hannah Fetterolf, Ella Fuener, Thomas Fuener, Nora Hammond, Kirsten Have, Kaitlyn Hayden, Hope Linge, Katherine Linge, Ruby Olliffe, Lucy Roig, Poppy Roig, Abby Suhayda, Isaac Tennant and Deven Tomey

The Sewickley YMCA 2018 PA State qualifiers were: Tyler Bell, Ellie Cain, Kieran Cain, Hannah Fetterolf, Ella Fuener, Thomas Fuener, Nora Hammond, Kirsten Have, Katherine Linge, Ruby Olliffe, Lucy Roig, Abby Suhayda and Deven Tomey

# 2017 VOLUNTEERS

Volunteers are a critical part of how we transform lives through programs and services at the Y. We see first hand how giving back impacts not only the community, but the volunteer involved. Thank you to all of the volunteers who donated their time and talent.

Benilda Alfonso
Todd Anderson
Cathy Andrasko
Josh Andrasko
Mike Andrasko
Debra Anthony
Thomas Anthony
Alice Anton
Guiomar Arbelaez
Dennis Auld
Karli Babylon
Forrest Backman
Mike Bailey
Marcus Banning
Matt Becker
Chloe Becotte
Meghan Bell
Sami Bell
Brian Bellissimo
Craig Biller
Mark Bitsura
Mama Blackmer
Anne Blazak
Judy Bolind
Hal Bonnett
Maria Bounos
Edie Brain
Kaylyn Brice
Gail Brooks
Mark Brooks
Sarah Brown
Anthony Bufalini
Robert Burnham
Jerry Burr
Bronwyn Cain
Shane Callaghan
Bryan Campbell
Scott Carlisle
Marty Carnahan
James Carolan
Marilyn Carter
Steve Carver
John Casker
Richard Cassoff
Priscilla Castner
Bobby Catley
Carrie Cernetic
Kim Chekan
Carole Christian
Brad Christof
Shelia Clark
Skip Clydesdale
Susan Cockrell
Jim Cohen
Steph Cohen
Chris Connors
Leslie Connors
Anne Cooper
Ryan Cooper
Cadji Cordeiro
Allison Cosgrove
Mark Cox
John Cripe
Lucy Cripe
Sadie Cripe
Sarah Cripe
Suzanne Currier
Joan Darby
Jeff Davis
Marsha Davis
Sala Debelak
Jane deHaven
Christine Demarco
Cassie DeWitt
Jonathan DiLorenzo
Maria Dorgan
Byron Dunn
Amy Dwyer
Todd Edmunds
Alex Elchik
Betsy Ergen
Adam Eubanks
Marcee Evans
Tim Evans
Anna Exkert
Becky Fallgren
Mike Farley
Floyd Faulkner
Jennifer Fetterolf
Gregg Findley
Donna Fisher
Georgie Fishter
Kathleen Flannery
Cara Flati
Joneatra Florence
Robyn Francis
Paul Fuener
Keira Fuerner
Brian Furfari
Brenda Fusco
Miles Garber
Ausra Gause
Mark Gensheimer
Dorothy Gerry
Amy Gibson
Megan Gibson
Sam Gill
Katie Glass
Joan Gonnella
Doris Gotwald
Lorraine Grant
Mary Lea Gray

Thomas Grech
MaryAnn Gretch
Jackie Groff
Charlie Gross
Kitty Gross
Barbara Hairston
Corinne Hall
Sean Hamill
Jamie Hammond
Teresa Hammond
Katy Harbist
Nicole Hartung
Jitty Have
Anda Hayden
Robert Hayden
Christi Hays
Becky Heckathorn
Barb Herman
Craig Heryford
Linda Hines
Trish Hooper
Mark Hoover
Lamar Horne
Heidi Houser
Rosemary Howley
Allison Hull
Michelle Hutchens
Doug Irwin
Kathy Isherwood
Ashley Iverson
David Iverson
Joe Jackson
Jeff Jarvis
Heekwang Jin
Kathryn Johnson
Jim Joyce
Meghan Kalmar
Lee Karayusuf
Yenner Karto
Brett Keisel
Sarah Keisel
Laurie Kelly
Sue Kennedy
Sarah Kenny
Craig Kirsch
James Klapperich
Stacy Klatzkin
Annette Knott
Sara Kobak
Alyson Korman
Alex Kouvolo
Henrrietta Kretzler
Kerri Krotine
Julie Krul
Laura Kulin
Nancy Kury
Amee Kuzniarski
Paula Kwalick
Tyler LaChapelle
Peg Landon
Erika Lavelle
Laurene LaVoie
Leslie Leibscher
Sheila Lenehan
Dan Leslie
Leslie Liebscher
Scott Lindstrom
Betsey Linge
Diamond Linn
Ryan Linn
Alma Lleras
David Lockerbie
Wood Lovell
Betty Luff
Austen Lunt
Chris Marsico
Jeff Marsico
Laurie Mathie
Rich McCormick
Morgan McGee
Joe McKenna
Sue McKenna
Julie McMullen
Rosemary McNells
Bonnie Megan
Barbara Mellett
Tom Mellett
Dale Merow
Nancy Merrill
Leslie Miele
Ian Miller
Shaney Mitchell
Ben Mohan
Kelsey Monyok
Marcus Moore
Bonnie Moorhead
James Moorhead
Tracy Moravitz
Suzanne Morgan
Paula Motzel
Cindy Muders
Corinne Murawski
Joan Murdoch
Abby Neiser
Liza Nevin
Emily Novak
Heather Ochman
Scott Ochman
Tim O'Shea
Adam Packard
Jackie Packard
Angie Pansmith
Vernon Pansmith
Nancy Patterson
Jessica Peluso
Sierra Perlik
Sinoma Pickett
Gabriella Polesky
Rachel Pontis
Allison Ponzo
Heather Ponzo
George Portoulas
Sara Portoulas
Philip Pribik
Christy Pulver
Beth Pyle
Oliver Rae
Cherine Rafla
Rachel Rakovan
Max Reyes
Jeff Rhoads
Amy Richardson
Jo Rifkin
Alina Roberts
Stephanie Roostomey
Sue Royer
Rudy Rudowski
Raymond Ruscoe
Vince Russo
Marge Rychel
Bruce Sakson
Patricia Sandman
Kevin Santelli
Amelia Schillingsburg
Rob Schillingsburg
Gwendolyn Schillo
Laura Scimio
Judy Scioscia
Mildred Sierra
Marc Smith
Robin Smith
William Snyder
Mari Soderlund
Nicole Steele
Sharon Steinfurth
J. P. Stephan
Kim Stephan
Clay Steup
Jennifer Stewart
Pat Stofko
Adriane Stoner
Ann Strong
David Suhayda
Ramona Sulkowski
Elizabeth Szuba
Paula Tapia
Simon Taylor Powell
Kitty Telep
Holly Tennant
Sara Thornburg
Rick Thornhill
Brian Thyen
Rod Torbic
Kristen Umscheid
John Urda
James Usher
Steve Victor
Emily Viggiano
Beth Vincent
Kelly Wagner
Todd Waldo
Kirby Walker
Tyler Walker
Jessica Webster
Jacqui Weinberg
Robert Weinberg
Allison Westwood
Cherry White
Kendra White
Melanie Willig-Friedrich
Joe Wilson
Ian Wood
Kelley Wood
Jim Zern
Anna Zinsser
Michelle Zinsser
Will Zinsser
William Zinsser
Henry Zupanc
Sasha Zupanc

# The Y. For a Better Us.

## JOIN. GIVE. VOLUNTEER.

Sewickley Valley YMCA, 625 Blackburn Road, Sewickley PA 15143