



**YMCA OF  
THE PRAIRIE**

**2014  
ANNUAL REPORT**



**THE UNITY  
IN COMMUNITY**

# Y UNITES PEOPLE, COMMUNITIES, GENERATIONS

We've heard it time and time again. The Y is the center of our community. It's where people gather for all sorts of activities that often don't have anything to do with exercise. It's where we bring our friends and relatives or newcomers. It's where new and old friends visit over a cup of coffee in the lobby, or where a young mom enjoys a few minutes to herself while her children are cared for in Child Watch. It's where working parents know that their children are safe after school. It's a place where we can come together to help our friends and neighbors. Our community impact extends beyond the walls of the Y.

> With the opening of the new **Orthman Community YMCA** in Lexington, the YMCA of the Prairie has built a connection between these two communities and opens the door to so many new members in Lexington. Between both branches, the Y now serves nearly 6,500 members!

> The YMCA After-School program has united friends of different generations through the **Adopt-A-Grandparent Program** with Holdrege Memorial Homes. Read about this program on page 4.

> Through the Y's family programs and youth and adult sports, children and adults **discover their potential** and have a chance to socialize and learn character skills or leadership skills through playing or volunteering.

> The Y continues to reach beyond its walls to fill needs in our community, such as the summer lunch program. In the summer of 2014, **1,001 free, nutritious lunches were served** thanks to the generosity of so many in our community. And, the Y brought them all together.

> Look inside this report for more stories of how the Y is truly the

**UNITY IN COMMUNITY!**



## NEW LEXINGTON Y OPENS

The Orthman Community YMCA opened October 20 at 1207 N. Grant in Lexington. Under the guidance of the YMCA of the Prairie and great community volunteers and staff in Lexington, the Y is already making an impact on so many more lives. With programs like Fit Farmers, flag football, soccer and family events, the Orthman Y is uniting people in this multicultural community. And, it's a great example of what can happen when two communities cooperate and share resources.

# > A NEW VIBRANT LOOK

Bright new colors and inviting furniture started appearing at the YMCA of the Prairie in 2014 in response to the national YMCA's brand revitalization. It's all part of our movement to show our vibrancy and inclusiveness.

All YMCAs are required to update their interior and exterior signs and become 'brand compliant' by the end of 2015 to remain a chartered YMCA. Thanks to a generous grant from the Phelps County Community Foundation and work by our staff and volunteers, our Y was the first YMCA in Nebraska to meet the new brand regulations!

A committee of staff and volunteers met throughout the year to determine how to make the Y vibrant, welcoming and inspiring. Staying within the color guidelines set by the Y of the USA, the committee selected new furniture to replace the old blue couches and selected bold colors for the walls.

YMCA housekeeping staff shared their painting talents by adding splashes of color to several areas of the Y, including the whirlpool, the family activity room and the main floor hallways. The committee outlined a master plan to create a bold and vibrant environment in the entire facility. These changes will be implemented as time and finances allow throughout the next few years.



# BUILDING BONDS ACROSS GENERATIONS

## Adopt-A-Grandparent Program unites young, old

When kids join the YMCA after-school program, they may expect to meet new friends.

However, they might be surprised to find some of those friends are from a different generation.

Bonds of friendship are forming between Holdrege Memorial Homes residents and the YMCA after-school program participants involved in the Adopt-A-Grandparent program.

Each Tuesday afternoon, the elementary-school students skip swimming at the Y for playing Old Maid, singing, doing crafts or reading with residents of Holdrege Homes.

Loree Province, a HMH resident, said she enjoys playing cards or "fixing puzzles" with the girls she meets each week.



A special bond has formed between HMH resident Mary Sigl and her Y friend, Gabby Klein.

"She's my sweetheart," Mary said of Gabby. "I think it's great. You couldn't have given me a better girl."

YMCA Program Manager Janell Brown said the relationship with Holdrege Memorial Homes started in January when the after school program was invited to a hat party.

"We continued to visit the homes twice a month for crafts days," she said. "Through these visits, we were able to see relationships starting with the kids and seniors and so we kicked off the Adopt-A-Grandparent program in March. The kids really look forward to going each week."

Participation in the grandparent program is optional for Y after-school kids. Thirty of the 56 kids chose to be involved.

"We have watched the kids grow and become comfortable in the nursing home setting and interacting with another generation," Janell said.

She was happy to know that one of kids who graduated from the after-school program last summer continued to visit with his "grandparent" on his own time.

## A SAFE PLACE AFTER SCHOOL

"The after-school program works for me because they bring them right over after school so I don't have to worry about their safety. The people at the Y are just awesome! It's a place I trust and that I know where my kids are and that they are safe. That's all any parent would want — to know that their kids are in a safe environment."

- Cathy Piska, mother of Tanner, 9, current after-school program participant, and Tustin, 12, former after-school program participant.



Tanner Piska with Mrs. Jennifer

# > CONNECTING THE COMMUNITY

## VEGGIE EXCHANGE

In the summer of 2014, the Y encouraged healthy eating and let local gardeners share their bounty by offering a Veggie Exchange. Y staff realized that members were sharing veggies at the Y anyway, so why not make official. Staff organized an official veggie stand, and members shared everything from cucumbers and tomatoes to giant zucchini and fall apples.



## VETERAN'S BREAKFAST

In November, the Y organized its second annual Veteran's Day breakfast. Seventy veterans and family members attended. The Y enjoys honoring those who serve.



## HEALTHY KIDS DAY AND DUK RUN

The Y educated nearly 400 parents and kids about how to stay healthy and active during the summer at the free Healthy Kids Day event in May. In conjunction with the event, 149 kids discovered their potential in the 4th annual Kids Rainbow Duck Run.

## PRAIRIE RUNNERS

The Y provided a place for runners to connect and encourage each other in reaching their goals. Y members competed in races across the country, and a group of more than 20 local runners ran in the Lincoln half or full marathon. The Y helped bring many of these runners together for support and motivation.



# A SECOND CHANCE FOR AN ACTIVE LIFE

## Drake glad to be back at Y after artery disease surgery

For five years, Lee Drake lived with pain in his lower legs. The pain grew so severe that he stopped exercising at the Y and figured he would just live a sedentary life.

"I had given up, I thought I was crippled," the 78-year-old former high school teacher said.

He partly blamed the pain on the medicines he was taking since his quadruple by-pass surgery five years ago.

Then, he received a diagnosis – peripheral artery disease. While the diagnosis wasn't great, doctors determined there was a surgery to cure his leg pain.

So, in September and October of 2014, Lee endured two six-hour surgeries (one for each leg) where a doctor scraped the plaque out of his leg arteries.

Lee said it was like "an ocean" of blood rushing to his feet after the surgery. His feet were no longer cold, and his pain was gone.

His cardiologist, Dr. Richard Markiewicz of Kearney, encouraged him to make healthy lifestyle changes to prevent the plaque from returning.

"He said, 'You eat fish and you exercise,'" Drake said.

So, he is strictly following that advice. As soon as he could after surgery, Lee renewed his YMCA membership and has found time to exercise every day since then – no matter the weather.

"If the Y is open, I'm here," he said. "The cold



weather is bad, but once you do it, it's OK."

Lee's favorite exercise is the NU-Step, where he once completed 9,000 steps in one day! He also enjoys walking on the track. His routine has become 30 minutes on the NU-Step followed by 30 minutes of walking and then another 30 minutes on the NU-Step.

"It's so nice," Lee said of his time at the Y. "The people are so nice at the Y. You get a smile and hello from most everybody."

He enjoys the company of others at the Y.

"It helps so much if you have a friend sitting at the next machine visiting with you," he said.

And most of all, he is enjoying his second chance at an active lifestyle.

"I say praise God! I'm happy," he said.

**"The people are so nice at the Y. You get a smile and hello from most everybody. It helps so much if you have a friend sitting at the next machine visiting with you."**

**— Lee Drake**

# > SERVING OUR COMMUNITY

## 1,001 MEALS SERVED AT SUMMER KIDS CAFE

Because of the Y and generous donors, children in our community have access to free healthy lunches each summer. In 2014, 1,001 meals were served during the Kids Café. That is 231 meals more than the previous summer.

## DONORS SHOW YMCA IS TOP NON-PROFIT

YMCA donors gave \$78,485 in the Phelps County Community Foundation's Give2Grow event in November. The YMCA's donors made the Y the top non-profit in the day of giving! These funds will help with membership and program assistance so that everyone can participate at the Y, regardless of income. Some donations helped grow the Y's endowment fund, and some donors funded special projects.

## YMCA MEMBERS HELP FEED THE HUNGRY

YMCA members brought 172.6 pounds of food to the Y that was then donated to the Phelps County Food Pantry in the 2014 Holiday Food & Snow Boot Drive. Many pairs of snow boots were also collected and were given to local children in need.



## HOLIDAY GIVING TREE

In the spirit of holiday giving, YMCA members helped purchase needed items at the Y through the Giving Tree. YMCA members purchased balls for the gymnasium and supplies and toys for Child Watch, including diapers and wipes, Hot Wheels cars, Barbie dolls, puzzles and books. The giving tree provided a morale boost for Child Watch staff and the kids they serve.

## VOLUNTEERS GIVE MORE THAN 350 HOURS

From serving on the YMCA board to coaching a youth sport to helping with a race or family event, the YMCA is blessed to have wonderful volunteers. In 2014, 34 volunteers helped raise funds so that everyone can belong to the Y and participate in Y programs. In addition, approximately 103 volunteers gave more than 350 hours of their time to help throughout the year, improving the lives of people right here in our communities and helping boost their own feeling of well-being as well. Helping others just feels good!

# > BECAUSE OF YOU ...

## LIFETIME GIVING

We are thankful to all Y donors and would specifically like to recognize the following donors for being the top 10 givers based on dollar amount given between 2003- 2014.

Phelps County Community Foundation

Peter Kiewit Foundation

Phelps Memorial Health Center

First National Bank of Holdrege

Gloria Erickson

Roy W. and Mary L. Pearson

Bruce and Carol Hendrickson

BBT Corp.

Anonymous

Marge Richards

Virginia and Kelly Holthus

The YMCA's commitment is to provide health, education and social services to anyone, regardless of their ability to pay. We express our sincere gratitude and appreciation to all of our donors for their continued support of our mission. We have listed here those who donated between January and December 2014. We have done our best to ensure the accuracy of this listing. If there is an error, we hope you will accept our apologies and contact us to correct the error.

### SIR GEORGE WILLIAMS SOCIETY (\$10,000 or greater)

Phelps Memorial Health Center  
Phelps County Community Foundation  
The Roy W. and Mary L. Pearson  
Charitable Fund given through PCCF  
Marlin and Polly Murdoch and Family  
Brian and Julie Johnson

### CAPTAIN THOMAS VALENTINE SULLIVAN SOCIETY (\$2,500-\$9,999)

Anonymous  
Don Sjogren  
First National Bank of Holdrege  
Anonymous  
Snow-Redfern Foundation  
B-D  
CHS Agri Service Center  
Anonymous  
Coca-Cola Chesterman Co.

### CHAIR'S ROUNDTABLE SOCIETY (\$1,000-\$2,499)

Bruning State Bank  
Roger and Marlis Allmand  
Farm Bureau Financial Services  
Allmand Bros. Inc.  
Central Valley Irrigation  
Steve and Barb Allen  
Great Western Bank  
Dan and Kimberly Powers  
Batie & Thorell Insurance Agency  
Lundeen-Isaacson Ins.-Barney Ins.  
Robert and Michelle McCormick

John and Wendy Skallberg  
Jim and Dee Van Marter  
Ag West Commodities  
Andrew and Amy Weides  
Ben and Connie Lans  
Blake and Renee Johnson  
Bob and Jean Linder  
Brock and Erin Sandy  
Bruce and Carol Hendrickson  
Cargill  
Chadd and Kristine Jacobson  
Collis and Leora Smith  
Dale and Diana Sall  
Dave Rosenthal  
Don and Sandy Kraus  
Dr. Doug and Laurie Hohman  
Gary and Dot Wall  
Gerald Weber  
Gloria Erickson  
Grant and Kay Hinze  
Jeff and Rachel Morgan  
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John and Janet Boehler  
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Johnny and Evie Nelson  
Ken and Karen Stute  
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Lois Carlson  
Luke and Ashton Sandy  
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Reed Disposal  
Roger and Mona Peterson  
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Ronald and Lanna Haflich

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Tye and Aimee Marquardt  
Virginia Gustafson  
Dr. Wayne and Jerrie Quincy  
Dr. William and Pam Sandy  
Monty and Tammy Vonasek  
Phelps County Farm Bureau Federation

### DONORS \$200-\$970

Holdrege Market Place  
Rich and Lori Watson  
Larry and Connie Jacobson  
Brian and Rechelle Bertrand  
Tim and Bev Rehm  
Benjamin's Counseling Service  
Brad and Beth Allmand  
Chris and Caroline Erickson  
Chris and Jessica Sundquist  
Eric and Sharon Fuentes  
Ivalene Simmons  
Jeff and Cheryl Cox  
Joe and Lyndsey Bilka  
Jon and Andrea McClymont  
Kent and Janet Exstrom  
Mark and Bree Harrel  
Mark and Teresa Bertrand  
Matt and Jessica Samuelson  
North Park Assembly of God  
Robert and Marilyn Ide  
Robert Pafford

# WE CAN DO MORE

Titan Machinery Inc.  
Jim and Jean Clayton  
Durable Service  
Holdrege Irrigation  
Holdrege Soft Water  
Runza Restaurant  
South Central Diesel Inc.  
Wells Flying Service  
Kevin and Kari Fishell  
Betty Geer  
Nebraska Ag Specialties  
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Brian and Kim Rust  
David and Tasha Manahn  
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Michael and Deb Corkery  
Mike Gintzler and Diana Watson  
Monte Schultz  
Anonymous  
Lucille Erickson  
Hilsabeck Sporting Goods  
Anonymous  
Kyle and Christi Anderson  
Dr. Scott Ehresman  
Dr. Tom and Natalie Nelsen  
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Luke and Becky Deaver  
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Sheila Harouff  
Sharon Kruback  
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Traci Keyser  
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Bruce Furniture  
Bunker Hill Farms  
Ed's Electric and Plumbing  
Family Medical Specialties  
Fulmer U-Save Pharmacy  
Lions Club Holdrege  
Holdrege Optimist  
Janssen Auto Group  
K & D Motor and Electric  
Knights of Columbus Council #8590  
Landmark Implement

Melroy Construction  
Nebraska Lock and Key  
Pizza Hut  
Principal Financial Group  
Svoboda's ACE Hardware  
The Screen Machine  
Tri City Auto Parts  
Blake and Holly Johnson  
Bob and Shirley Butz  
George and Ludene Krem  
John Paulsen  
Ron and Patsy Johnson  
Tim and Barb Malm  
Tom and Amy May  
Joe and Amber Larson  
Jim and Janet Jensen  
Kyle and Ann Anderson  
Ralph Schroeder  
Tom and Margo Carlson

## DONORS \$ 150 AND LESS

Catherine Anderson  
Aurora Cooperative  
Bosselman Energy Inc.  
Cole Haying  
Fraternal Order of Eagles  
Fritz's Meat  
Golden Harvest, Chadd Jacobson  
Hawkins Mfg.  
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Holdrege Family Dental LLC  
Holdrege Family Vision  
Holdrege Kiwanis Club  
Nelson-Bauer Funeral Home  
Olsson Associates  
Paulsen Inc.  
Pro Building Supply  
South Platte Youth Athletic Club Inc.  
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Patty Samuelson  
Helen Swanson  
Carole Peterson  
Tami Reese  
Leonard and Marcie Streff  
Robin and Terry Shield  
Veneta Johnson  
Jim and Sally Fox  
Scott and Kris Thorell  
Darci Samuelson

## 2014 MEMORIAL GIFTS

Gifts given in memory of:  
Peggy Booe by Tim and Barb Malm  
TJ Waller by Rich and Sue Waller  
Robert G. Brown from the Donald E.  
Sjogren Fund  
Richard "Dick" Brown from the Donald  
E. Sjogren Fund

## HERITAGE CLUB MEMBERS

(Those who have given or have let  
the Y know that are committed to  
giving a gift of at least \$1,000 to  
the YMCA Endowment Fund.)

Anonymous  
Mike and Marcia Bussey  
Lois Carlson  
Cheryl Cox  
Julie Doolittle  
Gloria Erickson  
Betty Geer  
Bruce and Carol Hendrickson  
Phil and Kim Hinrichs  
Doug and Laurie Hohman  
Chadd and Kristine Jacobson  
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John and Wendy Skallberg  
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Jim and Dee Van Marter  
Robert and Michelle McCormick  
Monty and Tammy Vonasek  
Gary and Dot Wall  
Diana Watson  
Gerald Weber  
In Memorium  
Curly Geer  
Roy W. and Mary L. Pearson

# > WE IMPACT LIVES



## MEMBERSHIP

**1,410**

MEMBERSHIP UNITS

**3,609**

MEMBERS

**110,178**

ANNUAL USAGE 2014

**\$133,280**

Given out in membership and program assistance, including 191 GOLDEN MEMBERS



**1,310** YOUTH SPORTS

**351** ADULT SPORTS

**20,395** GROUP EXERCISE

**58** AFTER-SCHOOL PROGRAM

## PROGRAMS

**497** CONNECTED AT FAMILY EVENTS

**7,172** CHILD WATCH VISITS

**1,228** VISITS TO LEAP & LEARN

**160** KIDS LEARNED TO SWIM

**553** REGISTRATIONS AT SUMMER CAMP



# > RESPONSIBLE STEWARDSHIP

## PUBLIC SUPPORT

	2013	2014
Contributions .....	\$119,092	\$130,412
Grants.....	\$25,956	\$63,274
Sponsorships.....	\$38,804	\$38,325

## EARNED REVENUE

Youth Programs .....	\$98,126	\$116,536
Adult Programs .....	\$48,748	\$51,663
Membership .....	\$559,146	\$571,967
Investment Income .....	\$18,125	\$18,440
Aquatics .....	\$9,715	\$11,448
Other Income.....	\$112,781	\$57,888
Total Operational Income.....	\$1,030,492	\$1,064,953

## EXPENSES

Employee Expense .....	\$556,463	\$557,524
Occupancy .....	\$306,997	\$299,244
Program Expense .....	\$75,722	\$80,772
National Support .....	\$19,754	\$15,248
Total Operational Expenses.....	\$968,491	\$964,295

## SALES TAX RECEIPTS

City Sales Tax Receipts .....	\$237,185	\$240,933
Long-Term Debt (Building Loan).....	\$220,202	\$0

## ENDOWMENT FUND

Balance as of December 31 .....	\$113,651	\$147,453
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## ASSETS & LIABILITIES

Total Assets .....	\$5,351,700	\$5,581,891
Total Liabilities .....	\$294,964	\$210,868

## 2014 YMCA BOARD OF DIRECTORS ASSOCIATION BOARD

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Robert McCormick, vice chair  
Mark Harrel, treasurer  
Amy Biehl-Owens, secretary  
Gloria Erickson  
Doug Hohman  
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**CURRENT RESIDENT OR**

**OUR MISSION:  
TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS  
THAT BUILD A HEALTHY SPIRIT, MIND AND BODY FOR ALL.**

The YMCA OF THE PRAIRIE is a non-profit organization committed to strengthening our communities through youth development, healthy living and social responsibility.

**YMCA OF THE PRAIRIE**

1415 Broadway | Holdrege, NE 68949 | (308) 995-4050 | [www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org)