



# REACHING HIGHER

**GATEWAY REGION YMCA  
2023 ANNUAL REPORT**



# DEAR FRIENDS,

What a great time to be part of the Gateway Region YMCA! In 2023, we celebrated our 170th year serving the St. Louis and Southwest Illinois regions. The year was marked by growth, renovations and the deepening of meaningful relationships, reaffirming our commitment to serving the children, teens, and families of our region.

We are thrilled to report that participation in Y membership and programs continued to grow in 2023, serving nearly 265,000 individuals and families who found the Y as a trusted space to learn, grow and thrive.

We awarded financial assistance to more than 8,700 local children, seniors, adults and families to take part in life-changing programs and services at the Y. Thanks to the support of our generous community, we ensured that these individuals were not turned away from childcare, programs or membership due to an inability to pay.

We are particularly proud of the tremendously successful completion of our Comprehensive "Opportunity for All" Capital Campaign. Launched in 2018, we wrapped up year-five of the campaign by raising more than \$58 million -- exceeding our \$55 million campaign goal -- to support capital projects, community programming, financial assistance and endowment.

Through this campaign, we continue renovations to Y facilities in key areas aimed at addressing ongoing needs in the communities we serve. This also included significant milestones with some of our key community partners. We celebrated the grand opening of Affinia Healthcare's new 15,000 square foot center adjacent to the Emerson YMCA to provide people of all ages in Ferguson, MO and the surrounding communities with both affordable healthcare and more access to Y programs. In addition,

construction continued on a new YMCA Adaptive Sports Complex that is a joint partnership with the St. Louis Cardinals and Cardinals Care, Boniface Foundation, and Miracle League to provide athletic facilities for youth and adults with disabilities. We look forward to that opening in 2024. Our Y also joined with Edward Jones to unveil \$2.2 million of investments for program enhancements and facility improvements at the Edward Jones Y.

Importantly, in 2023 the Gateway Region YMCA was awarded Praesidium Accreditation® by Praesidium, the leader in abuse risk management. This accreditation is a prestigious honor that demonstrates our ongoing commitment to helping prevent child abuse and to making this a priority in all of our programs and services.

These are just a few examples of the significant initiatives we undertook in 2023 you will see featured in this report.

As we set course for 2024, we are more committed than ever to inclusivity and excellence, and we look forward to partnering across our great community to ensure that all have a chance to belong, grow and thrive – whether inside the doors of the Y or out in the community. Together, we're building a brighter future for all. Thank you for your support.



**Tim Helm**  
President & CEO



**Jon Rosenstengel**  
Metro Board Chair

# BUDGET & SCOPE

## Revenue

Operating revenue	\$68.54M
Total end of year net assets	\$154.67M

## Expenses

Program	\$62.59M
Fundraising	\$2.39M
Administrative	\$8.52M

## Public Support

United Way	\$1.37M
Grants	\$3.75M
Contributions	\$13.24M

**264,217**  
**LIVES IMPACTED**  
through membership  
and programs.

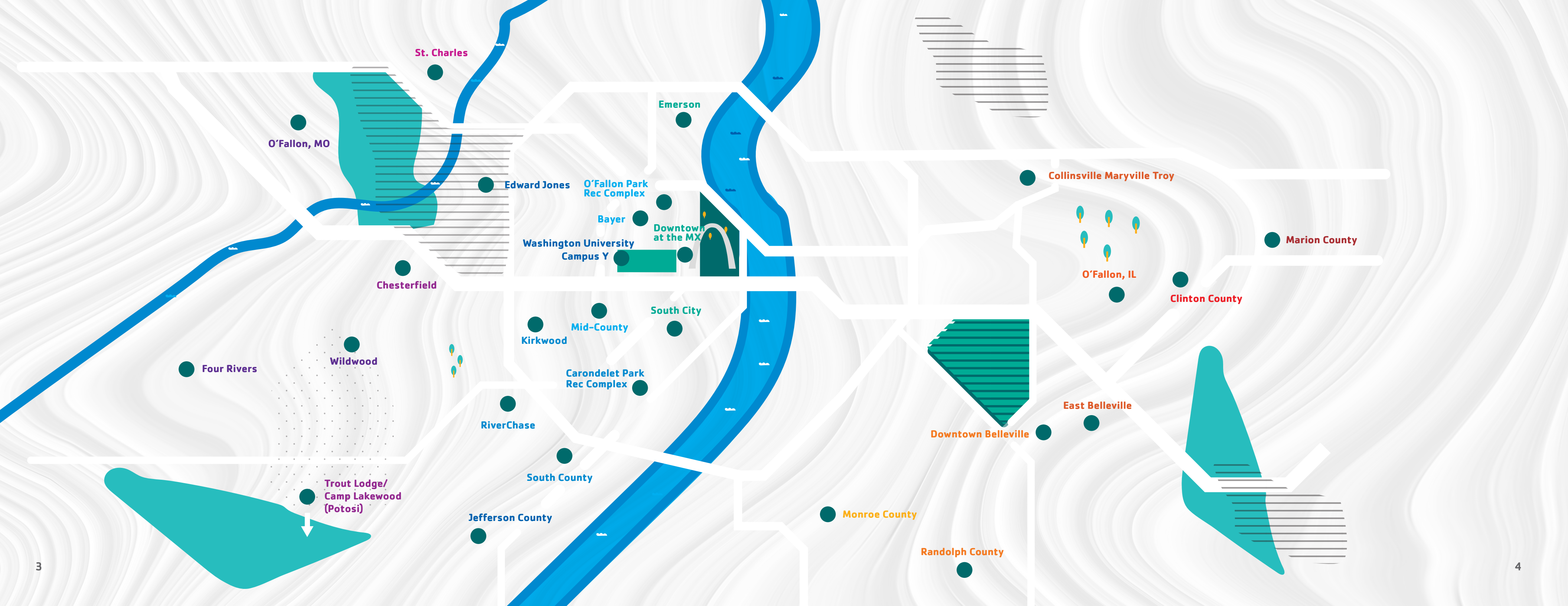
**\$2.44M**  
**IN DIRECT**  
**FINANCIAL**  
**ASSISTANCE**  
given to those in need  
to participate in Y  
programs.

**4,355**  
**EMPLOYEES**  
(full-time &  
part-time)

**2,673**  
**VOLUNTEERS**  
to help serve and  
strengthen  
their community.

**5th largest**  
**UNITED WAY**  
**RECIPIENT**

Source: St. Louis Business  
Journal list of largest  
United Way of Greater St.  
Louis allocations



St. Charles

O'Fallon, MO

Emerson

Edward Jones

O'Fallon Park Rec Complex

Bayer

Downtown at the MX

Washington University Campus Y

Collinsville Maryville Troy

Marion County

Chesterfield

O'Fallon, IL

Clinton County

South City

Mid-County

Kirkwood

Carondelet Park Rec Complex

Four Rivers

Wildwood

East Belleville

RiverChase

Downtown Belleville

South County

Trout Lodge/  
Camp Lakewood  
(Potosi)

Monroe County

Jefferson County

Randolph County



## YOUTH DEVELOPMENT

The Y works to nurture the potential of every child and teen by cultivating the values, skills, and relationships that lead to positive behaviors, better health and educational achievement.

**19,860**

youth sports participants

**6,508**

day camp participants

**1,593**

YMCA Camp Lakewood participants

**359**

participants at 7 Early Childhood Education Centers

**3,678**

Y Club participants at 77 Y Club sites

**19**

school district partnerships

**11,639**

youth served in out-of-school programs



## SAFETY AROUND WATER

According to the Centers for Disease Control and Prevention (CDC), every year in the U.S., over 4,000 people die from drowning. Research has shown disproportionately high drowning rates among some racial and ethnic groups, an important health equity issue. The Y's size and reach uniquely position the organization to bridge the gap in the delivery of water safety education. Our Y has a goal of increasing the number of children participating in our Safety Around Water programs to 5,500 by 2026, thereby helping reduce the risk of drowning for at-risk youth.

**21,769 swim lesson participants**

taught life-saving skills, developed self-esteem and created positive experiences to last a lifetime.

**3,052 individuals**

given **discounted \$5 swim lessons** to promote safety and provide assistance where needed, thanks to the St. Louis City Museum, at 10 of our YMCAs.

**FREE PROGRAMS:**

**382 individuals**

in **swim outreach programming** targeting at risk communities

**563 children**

in **Safety Around Water school collaborations** (classroom, dry land, and in-water curriculum)

**1,026 children**

in **Go for Green**, a program offering lessons to day camp youth who haven't passed their swim test

## HEALTHY LIVING

The Y continues to serve as a community leader in health and wellness by providing education and opportunities around physical activity, nutrition and lifestyle changes.



### YMCA Diabetes Prevention Program

**241 individuals**

participated in a 12-month, group-based program to encourage behavioral change to reduce the risk for diabetes.

### YMCA Blood Pressure Self-Monitoring Program

**95 individuals**

participated in an evidence-based program combining blood pressure self-monitoring, nutrition education seminars, and personalized support.

### Exercise for Parkinson's

**124 individuals**

with Parkinson's disease participated in regular exercise to help extend mobility and quality of life.

### LiveSTRONG® at the YMCA

**104 survivors**

participated in a free 12-week wellness program for adult cancer survivors.

### Starting the Conversation

**130 individuals**

took part in our Starting the Conversation program which helps caregivers learn how to engage in conversations and address concerning behaviors around mental health.

### YMCA Trout Lodge

**8,971 guests**

enjoyed the beauty and relaxation of YMCA Trout Lodge, which has long been a destination for families to reconnect, create new memories and discover the joys of embracing the simple pleasures of nature.





## SOCIAL RESPONSIBILITY

The Y believes that giving back and inspiring action is a key part of strengthening communities.

## Women in STEAM

According to the Pew Research Center, women make up a quarter or fewer of workers in computing and engineering. In 2023, the Y continued growing our partnership with Techbridge Girls (50 participants) and Technovation (20 participants) programs to equip girls in gaining technology and entrepreneurial skills to solve real-world problems in their community.

### Family STEAM Nights 212 youth and parents

explored artificial intelligence, engineering, extreme weather, cyberspace, and robotics while participating as a family.

### Underwater Drones 6 schools

participated in the Underwater Drones program that engages youth in building a remotely operated vehicle that can fly underwater. Youth learn circuitry, buoyancy and physics.

### Exploring Robotics 13 youth

learned the basics of Vex robotics while building and programming robotics, including one that plays basketball.

## Y Literacy

**147 students** received **4,945 hours** of instruction from 70 volunteers. Youth averaged a **two-grade increase** in reading level.

## Community Drives

**1,300 families** in need received gifts during the holidays through the Angel Tree community gift drive.

**800+** cans of food were donated to area food banks.

## Learning Labs

**97 students** received small group support in math.

**431 youth** completed STEAM programs.

## Teen Engagement

**556 teens** participated in Y nights and other teen activity programs, allowing them to enjoy a safe place to meet with friends.

## Campus Y at Washington University

**440 college students participated in 23 active programs with 50 community partners** providing support to the St. Louis community through blood drives, educational enrichment, tutoring, and mentoring youth.

## Youth and Government

**388 teens** experienced the democratic process of government, developing the leadership skills needed to become citizens of a participatory society.



## COMPREHENSIVE CAMPAIGN

The Gateway Region YMCA is so thankful for the widespread community support for our multi-year, Comprehensive Capital Campaign themed "Opportunity for All". In 2023, we concluded the five-year campaign, raising more than \$58 million -- exceeding our \$55 million campaign goal.

In undertaking this campaign, we identified three focus areas to help us reach our goal to ensure all youth and families in our region have the resources needed to succeed:

- Bridging the Opportunity Gap
- Connecting Communities
- Cultivating Health Equity

Through this effort, we committed to significantly increasing our impact in the Gateway Region by serving more people, innovating and improving programs, and ensuring we have purposefully designed spaces to support generations to come.

**Raised for 2023 Annual Campaign:**  
\$3,173,131

**Endowment Value:**  
\$31,042,615

**Capital Campaign total in 2023:**  
\$20,432,869

**Comprehensive:**  
\$58,594,458

**Donors to the Y:**  
5,500+

To support our efforts, the Y is proud to partner with leading companies and organizations in the St. Louis region, including:



## INVESTING IN OUR COMMUNITY

Our Y celebrated the newly renovated Edward Jones YMCA with a ribbon-cutting ceremony with the Edward Jones Company. The company's \$2.2 million donation allowed us to make significant facility improvements and program investments that will improve our service to youth and families, help bridge gaps in chronic disease prevention, and bring together people from all backgrounds.

*"We are so grateful for the leadership of Edward Jones in our region and its support of programs that enhance our ability to provide even more services to help strengthen the Maryland Heights and surrounding communities."*

- Tim Helm, President and CEO, Gateway Region YMCA



EDWARD JONES  
**AFFINIA HEALTHCARE**  
 ST. LOUIS CITY SC  
 CARDINALS CARE

## AFFORDABLE HEALTHCARE FOR ALL

Our Y joined with Affinia Healthcare to announce completion of their new 15,000 square foot healthcare center adjacent to the Emerson YMCA to provide people of all ages in Ferguson and the surrounding communities with both affordable healthcare and more access to Y programs that improve individual health and wellbeing.

*“Through this partnership with the Emerson YMCA, we can provide high quality healthcare to marginalized communities, Black and Brown families, in the communities where they live,”*

- Dr. Kendra Holmes, President & CEO, Affinia Healthcare

EDWARD JONES  
 AFFINIA HEALTHCARE  
**ST. LOUIS CITY SC**  
 CARDINALS CARE

## SOCCER FOR OUR CITY

Our Y expanded its partnership with St. Louis CITY Soccer Club (CITY SC) in 2023, providing 2,083 eligible youth the opportunity to participate in the Y’s soccer programs at a reduced cost. CITY SC also provided equipment for the program, training staff and curriculum for Y volunteer coaches.

In addition, our Y partnered with CITY SC and Together Credit Union on the Saves for Savings program. Together Credit Union opened a \$300 Earn & Learn savings account for a local student for every save by CITY SC during their inaugural regular season. CITY achieved 127 saves, which resulted in \$38,100 in total savings. To be eligible for the program, teens, ages 13-18, had to complete a financial education program co-hosted by CITY SC and Together Credit Union at the Gateway Region Y. Recipients were from the Y and Boys Hope Girls Hope of St. Louis.







## SPORTS FOR ALL

Our Y has partnered with the St. Louis Cardinals and Cardinals Care, Boniface Foundation, and Miracle League on construction of a new YMCA Adaptive Sports Complex.

Scheduled for completion in 2024, the centerpiece of the \$5.2 million sports complex is a custom-designed Miracle League Baseball Field so more people in the region with disabilities have the opportunity to play sports.

## INCLUSION AND ADAPTIVE SUPPORT SERVICES

For more than 25 years, our Y has been proud to have a fully operational Inclusion and Adaptive Support Services department serving children and adults with disabilities.

### DIRECT SUPPORT IN 2023:

**503**  
adaptive sports participants

**231**  
day camp participants

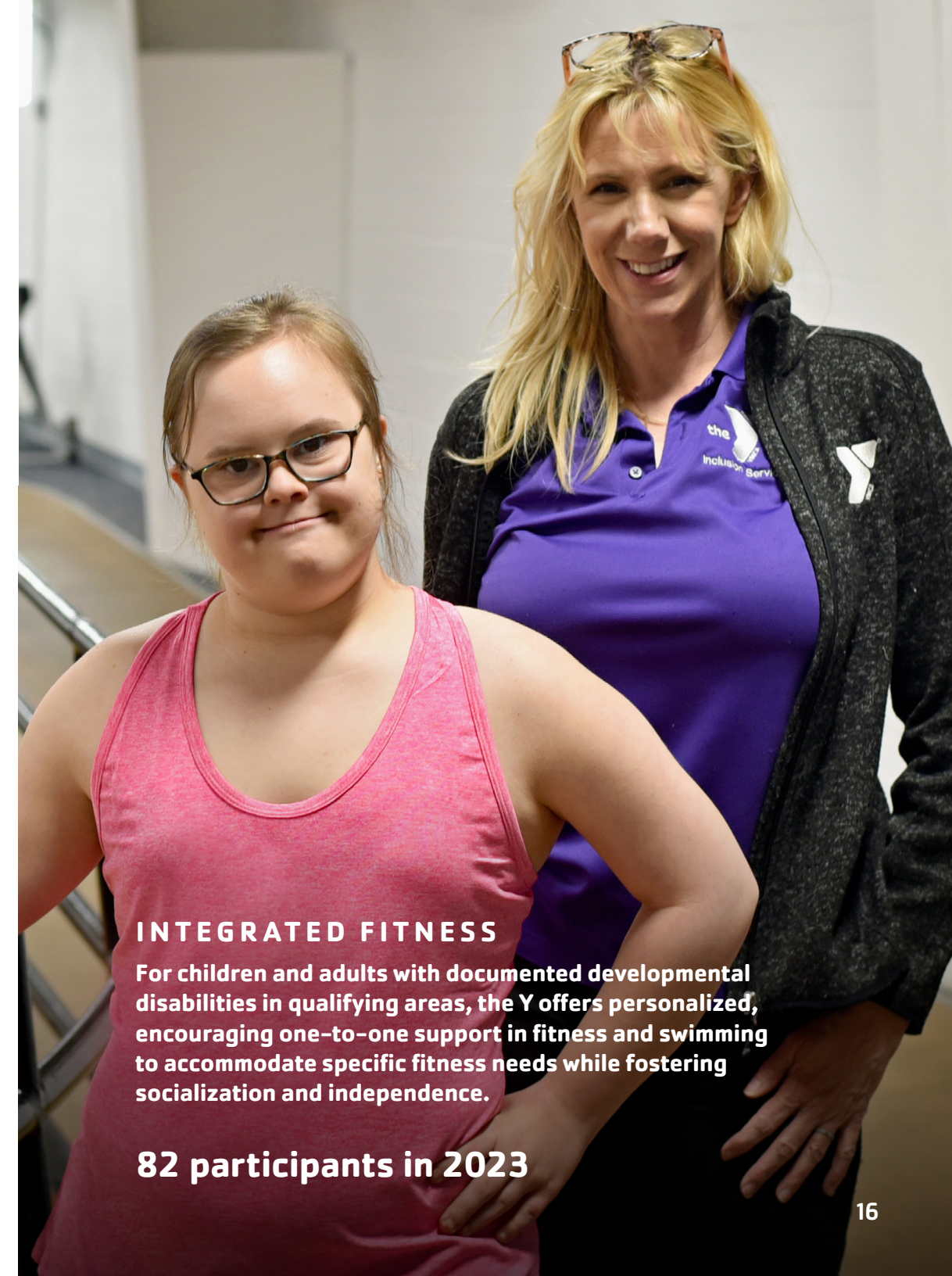
**255**  
Y Club participants

**18**  
TEAMWORK participants  
(Provides assistance to young adults with disabilities to become independent adults after high school.)

### INTEGRATED FITNESS

For children and adults with documented developmental disabilities in qualifying areas, the Y offers personalized, encouraging one-to-one support in fitness and swimming to accommodate specific fitness needs while fostering socialization and independence.

**82 participants in 2023**





— ACCREDITED BY —  
**PRAESIDIUM**  
— 2023-2026 —

## CHILD ABUSE PREVENTION

Serving the youth in our community is a vital part of our mission, and we are committed to creating a safe environment for the thousands of children and teens we serve every year.

In 2023, the Gateway Region YMCA was proud to be awarded Praesidium Accreditation® by Praesidium, the leader in abuse risk management. Praesidium Accreditation® is a prestigious honor that publicly demonstrates the organization has worked to achieve the highest industry standards in abuse prevention.

## METRO BOARD OF DIRECTORS

### 2023-2024 Officers:

Jon Rosenstengel, BOARD CHAIR  
Steve Hanley, VICE-CHAIR  
Kurt Schwager, SECRETARY  
Amy Smith, TREASURER

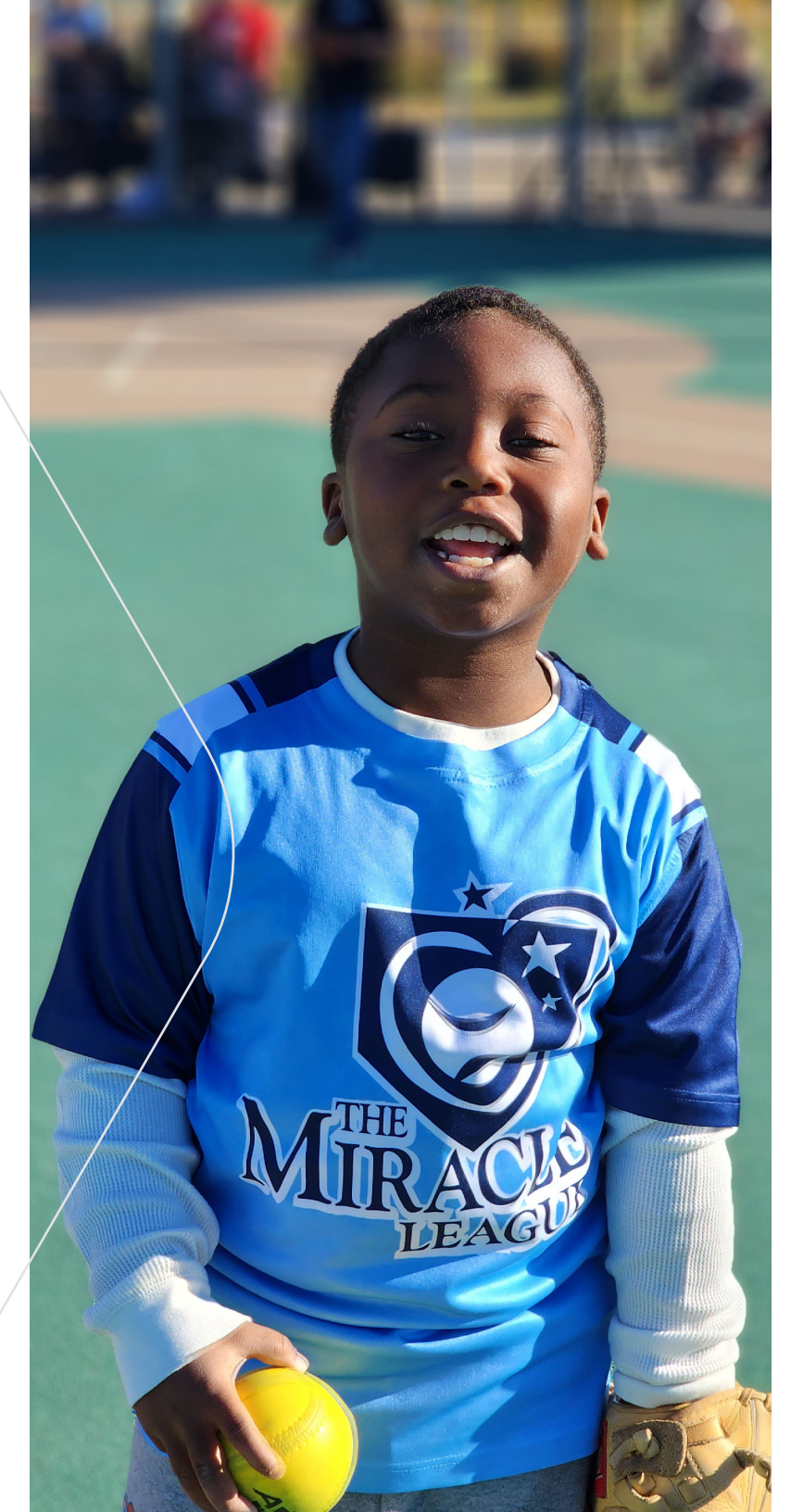
### District Branch Board Chair Representatives:

Chrissy Efthim, CITY DISTRICT  
Brad Gift, SOUTH DISTRICT  
Dave Randolph, WEST DISTRICT  
Rich Bridge, EAST DISTRICT  
Darren George, YMCA CAMP  
LAKEWOOD/TROUT LODGE

### 2024 At-Large Members:

Amy Smith  
Bradford Koeneman  
Brent Jackson  
Cary Stalnecker  
Danna Stone  
David Layton  
Greg Dart  
Hardy Washington, Jr.  
Jacques Thro  
Jennifer O'Neal  
Jim Zeck  
Joe Barnard  
Joe King Jr. (Dr.)  
Jon Rosenstengel

Julie Tang  
Kurt Schwager  
Mark Leeker  
Matthew Whiting  
Melissa Lackey  
Michael Gibbons  
Pamela Morris-Thornton  
Rodney Malone  
Sarah Hannah  
Steve Hanley  
Steve Rasche  
Susan Ratz  
Suzan McDaniel  
Suzanne Lyons  
Vince Bennett



## **MISSION:**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.