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### **BUILDING MORE THAN MUSCLE**



Fran Gallati
President and CEO
YMCA of the East Bay



**Jack Gardner** Board President YMCA of the East Bay

#### Friends and Supporters,

We are excited to share this year's annual report. This is an opportunity to review and reflect on the accomplishments we've achieved, and the goals we still strive for every day.

On July 1, 2018, the YMCA of the East Bay joined forces with the former YMCA of the Central Bay Area to create one of the largest YMCAs in the nation. In our first year as a combined association, it's been nothing short of inspiring to watch our staff and board come together to build a new culture rooted in our three mission priorities: early childhood impact, youth development, and healthy communities. As a united front, our impact is increasingly deep and far-reaching. This is a case in which the whole is truly greater than the sum of its parts.

Central to the Y's mission is a commitment to "building more than muscle." To significantly reduce the high number of diseases and health care costs we face, we must combat inactivity and idleness with energy, vigor, and access to high-quality health and fitness resources. This work is vital for building healthy individuals, families, and communities. Through personalized programs, exercise classes, fitness coaching, and much more, our Y branches are steadily advancing community health.

But we can't forget that our work extends far beyond the walls of our fitness centers and reaches deep into trauma influenced communities. We have 20 Early Learning Centers throughout the East Bay, all tirelessly working to close the opportunity gap, and give our children the head start they need to succeed in school. This work is critical. Studies show that children from under-resourced communities lag far behind their well-resourced peers in every category imaginable: self-efficacy, language acquisition, and self-esteem. Our Y programs are narrowing that gap every day.

Our Y team is also providing tutoring, counseling, and crucial support to students on 40 school campuses. This unceasing work is creating healthier school climates and allowing kids to see and reach their full potential, even in the most challenging circumstances.

We're proud that YMCAs continue to be diverse and vibrant places where people of all ages and backgrounds come together to improve their health and their communities, and our team looks forward to increasing our impact and deepening our work.

Thank you for your support. We couldn't do it without you!

Sell

Fran Gallati

lack Gardner

### 2017-18 YEAR AT-A-GLANCE



89,247

KIDS, TEENS, AND ADULTS were impacted by the Y

6,400
CHILDREN
LEARNED
HOW TO SWIM

"Financial assistance makes all the Y offers available to our whole community, regardless of ability to pay." —Roberta G.



\$3,354,402

**Allocated in Financial Assistance** 

"Y-Scholars helped me stay on track and assisted me in achieving one of my dreams—attend and graduate college."
—Jose

KIDS WENT TO OVERNIGHT CAMP



2,500

Kids attended YMCA after school programs



KIDS EXPERIENCED SUMMER DAY CAMP

260,000
CLASSROOM
days in the
Early Childhood
Preschool Program



### FORGING THEIR OWN PATH



If you've ever stepped into the Oakland Y, chances are, you've received a warm hello from Davi.

A front desk employee, yoga instructor, fitness coach, and Boot Camp leader, Davi's infectious positivity is all the more humbling when you learn about their journey.

One of those places has been YMCA Boot Camp—a group exercise class notorious for cheery camaraderie in the face of push-ups, sprints and burpees. Davi is an anchor of the class, and will often lead the class for regular instructor, Kym Sterner. Kym, a close friend and mentor for Davi, couldn't be prouder:

## "I've found friends, mentors, and hiking partners at the Y. When I needed it most, I found a family."



The Y has always been a part of Davi's life. A Bay Area native and self-proclaimed "Y kid," many happy memories were made at the Berkeley Y, and an early love for swimming developed. By the time High School rolled around, Davi was a certified swim instructor for a local community pool. High School, however, brought its own set of challenges.

"I felt a little lost," Davi says, "like any teenager, I was trying to figure out who I was, but I was also grappling with my gender identity."



Davi uses "they" pronouns and identifies as gender nonconforming, which hasn't always been met with acceptance. But Davi credits their mom and the Y community for paving a path of support.

"When I started to come into my own, it did close the door on some relationships, but it also opened new doors and allowed love to flow in from brand new places." "Davi packages a huge heart, along with resilience and strength of conviction, into a delightful pint-sized person. They've worked hard for self-acceptance, allowed their Y community to know and love them for who they are, and continue to give back, helping others through their questions and transitions."

For Davi, the boot camp crew represents what the Y is all about—cultivating positive relationships and building community. "I've found friends, mentors, hiking partners, everything," Davi says, "When I needed it most, I found a family."

Next up for Davi is nursing school. "I just want to help more people. I'd like to work with LGBTQ+ youth, help them with their journey, help them realize they're beautiful and strong." With a bright future ahead, Davi is quick to affirm that they'll always want to stay connected to the Y. And of course, the feeling is mutual.

### EARLY CHILDHOOD IMPACT

### Nunu was nine months old when she became a part of Patrick's family.

A foster child with a unique set of obstacles to overcome, Nunu drastically needed a stable and attentive home environment. For Patrick, his wife, and nine year-old son, the decision to bring Nunu into their family was an easy one. But Nunu needed more than a welcoming foster family to combat the significant developmental delays she was living with.

Physically, she wasn't sitting up or crawling, and as a preemie she was uniquely small. Cognitively, her verbal communication and emotional expression were far less developed The 21st St Learning Center has also been accommodating and attuned to Nunu's specific needs. Beyond her teacher, Nunu works with a speech therapist, physical therapist, and mental health therapist—all of whom collaborate with Y staff to accelerate Nunu's progress.

The support from all sides has been essential, and has led to enormous growth and development for Nunu, now two years-old. "It's been amazing how quickly we've seen improvements," Patrick notes. While Nunu's care team is still working to improve her verbal communication, her vocabulary has already tripled. She's beginning



### "It's been amazing how quickly we've seen improvements..."

than other children her age. Nunu needed quality high-touch care, not just from her family, but outside the home as well.

For this level of care, Patrick turned to the Y's Early Head Start Program. "She needed an environment where she could interact with other kids and still receive focused attention from staff," Patrick says, "and that's exactly what she's getting at the Y."

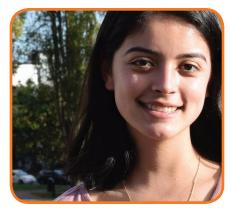
Patrick credits the small student teacher ratio and the devoted staff as key factors in Nunu's subsequent progress. "They've managed to create a space that's warm, welcoming, and calm in the midst of chaos," he says. to string words together, and her fine motor skills have also advanced substantially.

Patrick is quick to assure that this growth "isn't just conjecture. It's tangible, indisputable progress."

Though their first year and half as a foster family has not been without challenges, Patrick says they wouldn't trade the experience for anything: "We're rolling with whatever comes our way and couldn't be happier."

And the affectionate and adventurous Nunu seems to agree.





## FINDING MY VOICE



Operating out of the YMCA-PG&E
Teen Center, the Y-Scholars
Program is more than just a
tutoring service — it's a learning
community helping students
with personal and academic
advancement. With services ranging
from SAT prep to after-school tutoring
to family engagement and social
events, all Y-Scholars receive support
and individualized attention as they
navigate high school and the college
application process.



Victoria is currently a senior at Berkeley High, and has been a Y-Scholar since her freshman year. "I've always been a good student, but I struggled with the social and emotional parts of school," Victoria says, "The Y-Scholars program really changed all that."

Of course, those changes don't just happen overnight. For the first two years with the program, Victoria would just come to finish her homework and complete her group and one-on-one check-ins. But

something started to shift Junior year. "I realized I'd been slowly gaining more confidence, and knew I could be more involved," she says.

Since then, Victoria has led and hosted two of the biggest Teen Center events—the graduation celebration, and Senior Decision Day. She's incredibly proud of the personal progress she's made since joining the program, and deservedly so. "I'm not the same person I was. I'm so thankful for the boost the Y-Scholars program and the people here have given me."

When asked why she thinks the Y-Scholars Program has had such a profound impact, Victoria notes the holistic approach the program takes with each of the scholars. "The help with my college application process was huge, but it's much more than that," Victoria says. "This is a place that provides unconditional support, a place where you don't have to be scared to ask for anything, a place where you can be vulnerable. Places like that are rare."

Victoria sees a distinct connection between the skills Y–Scholars seeks to cultivate and the skills all scholars will need for future success. "It's actually a lot like a job," she notes. "You have to be accountable for your actions and keep your commitments." And Victoria is set on continuing her commitment to Y–Scholars. She hopes to attend UC Berkeley next fall and come back to the Teen Center as a Y–Scholar tutor.

"They told me I had a voice," Victoria says, "I just needed to start using it."

"The Y is a place that provides unconditional support, a place where you don't have to be scared to ask for anything, a place where you can be vulnerable. Places like that are rare."

### A COMMUNITY FIXTURE

They call him The Mayor. And every Monday, Wednesday, and Friday, from nine to noon at the Hilltop Y, Fred presides.

Fred can always be found sitting next to the vat of coffee and offering cheery hellos to anyone walking by. He high fives the kids, jokes with the staff, and makes room for anyone who just wants to sit and chat. For Fred, there are no strangers at the Y—everyone's a friend.

Fred's been a part of the Y for over 40 years. When you first ask what's kept him coming back for so many years, he chuckles and says it's to give his wife a break. But press further, and a pretty remarkable story emerges.

Fred is one of the few WWII veterans alive today. As an 18 year old Japanese American, he was drafted from an internment camp, and sent

He's been a dedicated Y member ever since. "I moved around, but always found a Y. I don't know what I'd have done without that." A California native, Fred eventually found his way back to the Golden State. A swimmer and martial artist in his active days, he put in years of volunteer work with the Berkeley Y, and volunteered with local law enforcement as a Martial Arts instructor.

At 92 years old, the joy he finds through fellowship at the Y still runs deep. "When you pass 90, you're allowed to just sit and enjoy life. It's good for the soul," he says. With few signs of slowing down, he might be on to something.

While Fred's story is certainly oneof-a-kind, the satisfaction he finds and community he enjoys as a Senior Member is not uncommon. All five





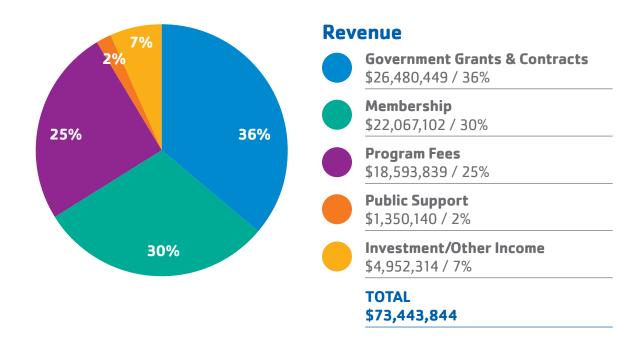


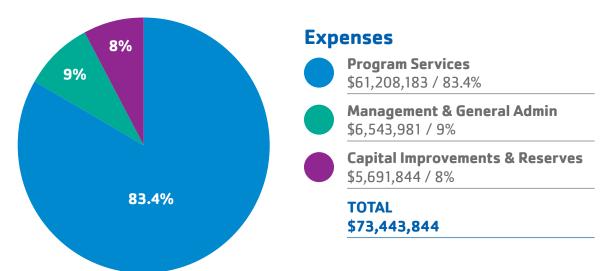
## "I moved around, but always found a Y. I don't know what I'd have done without that."

to fight in Europe. When the war ended and Fred returned to the U.S., it was the Y that offered comfort and immediate support. "The Y took care of us guys when we came back from overseas," he says, "they gave us a place to stay, helped us find work, put some money in our pockets."

East Bay fitness branches work hard to ensure that high quality programs are available for Seniors and active older adults. From monthly breakfasts, to aqua aerobics, to ballroom dancing, the Y strives to support our members in every phase of life.

### YMCA OF THE EAST BAY FINANCIAL STATEMENT 2017–18





### EARLY CHILDHOOD IMPACT ABOUT OUR PROGRAM

The Y has been serving low income children and families since 1972 as a Head Start Grantee and 1982 as a California Department of Education state subsidized child care provider. In 2017–18, we served over 1,100 children in Head Start/Early Head Start and state funded child care programs. Over 10% of enrollment included children with disabilities.

#### **2017–2018 Enrollment**

HEAD START PROGRAMS	FUNDED ENROLLMENT	TOTAL SERVED 17–18	AVERAGE ATTENDANCE	% OF ELIGIBLE POPULATION
Berkeley Head Start	234	251	97.90%	3.5%
Berkeley Early Head Start	134	154	95.50%	3.5%
EHS/CCP	114	194	89.90%	3.9%
Oakland Head Start	80	95	N/A	3.5%
Oakland Early Head Start	98	112	N/A	3.5%

HEAD START & STATE FUNDED PROGRAMS	ENROLLMENT
Alameda County	593
Contra Costa County	291
Yolo County	125
Sacramento County	85





### Preparing Children & Families for Kindergarten

**Teachers receive continuous training and coaching on how to deliver responsive care-giving, while utilizing Creative Curriculum.** Emphasis is put on helping children develop physical and cognitive milestones, while providing emotional security within a primary care-giving child/teacher relationship. As a part of the Y's implementation of School Readiness Goals, we support school readiness through a comprehensive services approach that includes:

- Home visits, play groups, and daily educational learning experiences
- Health screenings for optimal health so children can learn at their full potential
- Developmental and Social Emotional assessments and screenings
- Support to secure local medical and dental services
- Support to empower families to be advocates for their children
- Family engagement in school activities, parent education, and meetings
- Opportunities for life-long learning

We use the data collected through many sources to inform the training we provide to teachers to improve their skills with the children and families in preparation for the transition into kindergarten.









### School Readiness Goals Children will:

- Development age-appropriate fine motor/eye hand coordination skills.
- 2. Demonstrate developmentally appropriate cognition and general knowledge skills and age-appropriate early literacy/pre-reading skills.
- 3. Approach the world with curiosity, flexibilty, and persisitence, and develop strategies to solve problems.
- 4. Improve their ability to self-regulate in a developmentally appropriate manner and develop productive relationships with adults and peers.
- 5. Understand positive health and safety practices.

### **DRDP-School Readiness Goals Final Outcomes 2017–2018**

As a part of the Y's implementation of School Readiness Goals and kindergarten readiness, we look closely at how children progress developmentally on the Desired Results Developmental Profile: A Developmental Continuum from Early Infancy to Kindergarten Entry. The Y measures school readiness goals three times a year.

The 2017–2018 analysis of developmental progress across the agency demonstrates that children are continuously building the foundational skills to be successful in kindergarten. Historical data proves that highly trained staff and high quality classrooms improve children's scores in all domains. The Y has created a targeted comprehensive School Readiness Master Plan and Professional Development Plan to ensure children and their families are prepared for the transition to kindergarten. The Y will continue to explore additional strategies for a comprehensive approach to school readiness.

## EARLY CHILDHOOD IMPACT HEALTH DATA

	BERKELEY Head Start	BERKELEY Early Head Start	OAKLAND Head Start	OAKLAND Early Head Start	Early Head Start—CCP
Children with Health Insurance	99.6%	100%	100%	100%	96.4%
Children up to date on preventative and primary health care	94.8%	88.9%	82.9%	80.4%	81.4%
Children with up to date on Immunizations	99.6%	97.4%	97.4%	96.7%	95.9%
Children completing dental exams	93.6%	N/A	84.2%	N/A	N/A
Children who received dental treatment	75%	N/A	81.2%	N/A	N/A



The YMCA continues to work with community health and dental providers to ensure that 100% of our children are healthy and up-to-date on all health requirements. We struggle with finding appropriate pediatric dental treatment in a timely manner for very young children and will continue seeking appropriate resources that are accesible to our families/children.

### **EARLY CHILDHOOD IMPACT FINANCIAL STATEMENT 2017–18**

The Early Childhood Impact program receives both state and federal funds to operate full-day, full-year and part-day, part-year services based on families' need for care. Revenue and expenses for 2017–18 are detailed, along with proposed funding for 2018–19.

**Audit Findings:** The fiscal year 2017–18 audit by the Association's outside auditors brought about no findings.

**Federal Review:** The most recent review by the Office of Head Start was in February, 2018. No areas of non-compliance were found and no corrective actions were needed.

REVENUES	2017-18	2018–19
Head Start & Early Head Start Programs:		
Berkeley Head Start & Early Head Start	5,006,062	5,131,652
Oakland Head Start & Early Head Start	4,258,725	2,801,035
Early Head Start Childcare Partnership	3,067,007	1,910,365
Contra Costa County Head Start Enhancement & other	631,895	943,200
California Dept of Education & State Funded Programs:		
General Child Care & Development Programs—General	3,133,220	3,340,342
General Child Care & Development Programs—Alameda Pilot	2,256,368	3,416,200
California State Preschool Program—Contra Costa/Yolo	3,196,000	4,117,639
California State Preschool Program—Alameda	1,762,681	2,440,790
Migrant Child Care & Specialized Services	1,142,332	1,342,852
CCTR & CSPP Sub-contracts	151,702	225,649
Other:		
Child and Adult Care Food Program	878,957	960,000
Local & Privately Funded ECI Programs	807,998	1,019,521
Reserves & other funding sources	225,793	_
	26,518,740	27,649,245
EXPENDITURES	2017-18	2018–19
Salaries & Wages	11,368,667	13,650,419

EXPENDITURES	2017-18	2018–19
Salaries & Wages	11,368,667	13,650,419
Employee Benefits & Payroll Taxes	4,374,671	5,595,895
Occupancy	2,101,013	1,478,539
Supplies	1,772,945	710,113
Purchased, contract or donated services	1,767,378	2,565,265
Travel, conferences & meeting costs	383,749	460,164
Equipment	285,669	-
Facilities Construction	3,062,023	420,000
Other	1,402,625	2,768,850
	·	

26,518,740 27,649,245

## THANK YOU TO OUR DONORS

As a contributor to the Y, you are part of our shared commitment to advance health and wellness, empower youth, and strengthen our community. The impactful work we do every day would not be possible without your support. We can't thank you enough.

#### DREAM BUILDERS \$50,000-\$100,000+

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Michael Schnitzer

# "They understand here. I feel that they are truly invested in the children's success and development, they do it with grace and dignity."—Elana

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By joining the YMCA's Heritage Club, members make a promise to support future generations at YMCA of the East Bay. That promise builds a legacy to preserve the mission of the Y and ensures that the work of the Y continues for families and youth into the future.

Members of the Heritage Club have made an outright gift or notified the Y that they have provided for a future gift, large or small, to the YMCA of the East Bay's Endowment Fund. Through their generous gifts, members of the Heritage Club declare their intention to leave a legacy for children, teens, and adults so they may participate in Y programs far into the future.

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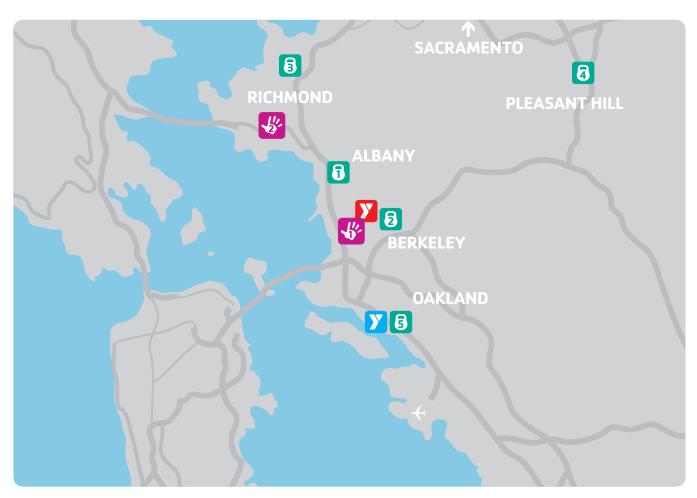
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For more information about the Heritage Club and how you can make a lasting gift to the Y, please contact Julie Rickert at (510) 318-7612 or jrickert@ymcaeastbay.org.

## YMCA OF THE EAST BAY LOCATIONS





#### **ASSOCIATION**

1. YMCA of the East Bay



#### **HEALTH & WELLNESS CENTERS**

- 1. Albany YMCA
- 2. Downtown Berkeley YMCA
- 3. Hilltop Family YMCA
- 4. Irvin Deutscher Family YMCA
- 5. Oakland Y



#### **TEEN CENTER**

1. YMCA-PG&E Teen Center



#### Administrative Offices

- 1. West YMCA/Tenth Street Alameda County
- 2. West Contra Costa EM Downer— Contra Costa, Yolo, Sacramento Counties

Visit ymcaeastbay.org/locations for a complete list of Early Childhood and After School sites.



#### YMCA OF THE EAST BAY

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