



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ANNUAL REPORT 2015

YMCA of the CENTRAL BAY AREA

FOR A BETTER US

Our Community



YMCA of the Central Bay Area Headquarters

2111 Martin Luther King Jr. Way
Berkeley, CA 94704

Health & Wellness Centers

Albany YMCA

921 Kains Avenue, Albany, CA 94706

Downtown Berkeley YMCA

2001 Allston Way, Berkeley, CA 94704

Irvin Deutscher Family YMCA

350 Civic Drive, Pleasant Hill, CA 94523

Teen Center

YMCA-PG&E

Teen Center

2111 Martin Luther King Jr. Way
Berkeley, CA 94704

Albany YMCA

Teen Center

921 Kains Avenue
Albany, CA 94706

Irvin Deutscher

Family YMCA

Teen Center

350 Civic Drive
Pleasant Hill, CA 94523

Preschools

Gale Ranch

2200 Brookcliff Circle
San Ramon, CA 94583

Rett Turner

350 Civic Drive
Pleasant Hill, CA 94523

Albany YMCA

1216 Solano Avenue
Albany, CA 94706

Before & After School Enrichment Locations

Alamo

100 Wilson Road
Alamo, CA 94507

Golden View

5025 Canyon Crest Drive
San Ramon, CA 94583

Hidden Valley

500 Glacier Drive
Martinez, CA 94553

Mountain View

1705 Thornwood Drive
Concord, CA 94521

Rancho Romero

180 Hemme Drive
Alamo, CA 94507

Strandwood

416 Gladys Drive
Pleasant Hill, CA 94523

Twin Creeks

2785 Marsh Drive
San Ramon, CA 94583

Valhalla

530 Kiki Drive
Pleasant Hill, CA 94523

Woodside

761 San Simeon Drive
Concord, CA 94518

Head Start Locations

West Y

2009 10th Street
Berkeley, CA 94710

Oceanview

1422 San Pablo Avenue
Berkeley, CA 94702

South Y

2901 California Street
Berkeley, CA 94703

Ralph Hawley

1275 61st Street
Emeryville, CA 94608

Vera Casey

2246 Martin Luther King Jr. Way
Berkeley, CA 94704

PE Sites

Elementary

- Archway
- Berkeley Arts Magnet
- Emerson
- Jefferson
- John Muir
- Thousand Oaks
- Yu Ming

Preschool

- Franklin
- Hopkins
- King Childhood Development Center

Dear YMCA Family and Friends,

Social policy experts are familiar with the conundrum, “a mile wide and an inch deep.” Too often, social welfare solutions are a thin scaffolding for problems that require building from the bottom up. At the YMCA of the Central Bay Area, our services are rooted in the communities they serve so we can go deeper. We venture beyond the standard gym routines and offer life-changing health solutions like behavior-based support groups for people with chronic disease. Our education resources for low-income children include a robust network of public partnerships, intensive teacher training and family literacy programs. Teaching young people life skills and leadership through our Y-Scholars and Youth Institute programs continues to be our answer to the damaging social realities of poverty and limited opportunity. By focusing one inch at a time, we create effective change.

At our Head Start preschools, for example, we are in our fifth year of a curriculum and teacher-training overhaul so we can address gaps in our students’ development.

Teachers are communicating more effectively with children, and redesigning classroom décor to feel homelike and subdued, students keep calm and comfortable. We have also implemented project-based learning. Last year, for example, one classroom chose shoes as a theme. They counted laces and pairs of shoes, learned about shoemaking and where shoes are manufactured, and also used shoes in language and literacy concepts. By infusing themes into our classrooms, we create an environment in which students can begin to understand the world.

At our after-school programs, we are in our second year of a tutor-training program for staff. Now our students get appropriate academic guidance to generate successful work. We are committed to creating quality time at home by taking the often, stressful responsibility of homework help off of working parents’ shoulders. We are also structuring our after-school environments so that students can choose a space that fits their mood: niches for quiet activities, tables for age-appropriate homework groups, or larger activity spaces for socializing.

Our diabetes prevention programs, which debuted this year at the Irvin Deutscher Family YMCA in Pleasant Hill and at the Downtown Berkeley YMCA, attracted 85 participants enrolled in five small group classes. The program focuses on making incremental changes in diet and exercise one step at a time. Participants report weight loss, greater energy, and in some cases no longer require medication.

Serving people with any efficacy requires depth. For over 100 years, we have worked on the fundamental social challenges that keep people from realizing their full potential. Therefore, we at the YMCA work to help people get better so they no longer struggle with ill health. We help them better their lives so they can escape poverty. We also work to help people live better by offering opportunities to make friends and form communities. The Y. For a Better Us.



ERIC EISENBERG
Chair, Board of Directors
YMCA of the Central Bay Area



FRAN GALLATI
President & CEO
YMCA of the Central Bay Area

FOR A BETTER US



36 teens became the first in their families to go to college in our Y-Scholars Program and **436** have graduated since program inception



325 teens learned civic engagement in Youth & Government



425 children prepared for kindergarten in Head Start



1,050 campers made lasting friendships, memories and developed values



1,445 children reinvigorated their minds and bodies in our before and after school enrichment program



2,457 donors have supported our Y through financial contributions

2014 - 2015



4,467 children learned to swim



8,687 individuals were able to participate in our programs because of financial assistance



1,000,000 + gallons reduce water consumption



1,128,165 is the number of visits individuals made to our three health and wellness centers to get healthy



2014-2015 launched Diabetes Prevention Program

IT WAS AN AMAZING YEAR FOR

YOUTH DEVELOPMENT

YMCA Head-Start Was Always There, Now She's Returning the Favor

At the age of three, Leticia Monroy was enrolled in a YMCA Head Start preschool in Berkeley. Looking back, she remembers it as a small space, with dress-up clothes and interesting activities for her and her peers to enjoy. Although described as 'small', this small space has made a big impact on Monroy. Such an impact, in fact, that Monroy has returned to our facilities. This time, though, she's determined to make a difference. Monroy is currently employed by the YMCA of the Central Bay as a Family Advocate, at two separate child-care centers in the East-Bay.

"Because I had a family advocate and Head Start resources, I know how the parents would like to be helped," Monroy stated. "I understand what they are going through because I lived it. I'm still living it."

Monroy was just 15 years old, when she returned to the YMCA for a second time. Being with child at such a young age, made her a perfect candidate to receive the benefits of our Head Start Program. Although she was dealt one of life's hardships, she did not let this stand in the way of her greatness. She earned credit toward graduation, by attending parenting classes at the Vera Casey Teen Center in Berkeley. "I learned parenting skills and time management. They gave us gifts that were donated," she said. "I really enjoyed going to Vera Casey."

Three years later, in 2012, Monroy reached out for a third time. Although, this time around, it was for her son, Alonzo. Newly accepted into UC Berkeley, Monroy qualified for free, full-day, childcare. During Alonzo's three years at a Berkeley pre-school, which is affiliated with our Head Start Program, Monroy asked staff to help her improve Alonzo's speech. Family Advocate, Rebecca Carroll, suggested that Monroy contact her local school district for help. In addition, she recommended language and literacy exercises for Monroy to practice with her son.



“It would have been very difficult for me, as a teenager, to know what to do for Alonzo,” Monroy said. “Supportive staff and teachers willing to work with parents were two of the preschool’s greatest resources.” Monroy added.

This year, Alonzo moved on to kindergarten, while Monroy graduated from UC Berkeley with a Bachelor’s Degree in Social Welfare. Like most graduates, Monroy felt that it would be a long time before she got any leads for a job, let alone a career. Once again, though, Head Start was there to help. With Carroll’s assistance, Monroy applied for a Family Advocate position, and was a perfect fit. She was hired as a Family Advocate at two Head Start

affiliated child care sites in Hayward, and at Richmond High School. She now connects teens and working parents with the same community resources she once was offered, such as health insurance enrollment, job referrals, and federal-aid.

“Because I personally went through [Head Start], I know how to help make the parents comfortable,” Monroy said. “It’s rewarding to give them support and guidance to help their families succeed.”

IT WAS AN AMAZING YEAR FOR

HEALTHY LIVING

Berkeley YMCA Offers Way to Recovery

As a regular patron of the YMCA gym in Berkeley, and a DIY-Home Renovator, nothing was too physical for 58-year-old Mary Kelsey. When Kelsey was bested by the short staircase in front of her Victorian home, it was such a surprise to her how no matter how strong and in shape she was, she was no match to the laws of gravity and broken bones.

"I was holding recycling to go out, and I tripped over my dog on the top stair," she recalled. "I flew down eight steps, and smashed by tibial plateau, the shin area right below the knee." Although she felt little pain, Kelsey underwent emergency surgery. During which, a plate and eight pins were inserted into her leg, in order to link the shattered bone back together. Following surgery, she was advised not to place any weight on her leg, which forced her to 'hop around', on crutches; and unfortunately, two months of physical therapy later, she was still not back to her original state. She walked with a limp, and had to use a cane for longer distances. In addition to this, her surgeon predicted she would have arthritis.

"In order to recapture a degree of strength and mobility, I knew I had workout and rehabilitate at the YMCA and I knew I had to ask for help," Kelsey said.

Doria Mueller-Beilschmidt, a physical trainer in the Women's Gym, at the Downtown Berkeley YMCA, created an individual workout regimen for Kelsey. She began gradually building up her atrophied muscles, by using a rowing machine, then moving on to step exercises. Doria said, "you never know what the body is going to do but you have to have faith," Kelsey stated. "She was only encouraging."



Throughout the next few months, Kelsey conquered various milestones. First, she walked for 45 minutes without a cane, then 60 minutes, then 90' — which was quite an accomplishment. Kelsey then moved on to harder exercises, which included the elliptical machines, weight training, and various stretches. Although it took 18 months, Kelsey reports she now has a full range of motion, and no longer limps. She maintains a bi-weekly exercise schedule at the YMCA and walks her dog daily.

“I took a look at a couple gyms closer to my house after I finished physical therapy but they had none of the resources, nor did they have a welcoming atmosphere as the Berkeley YMCA,” Kelsey recalled. “The gratitude I feel towards Doria and the Y is enormous.”

“Because I personally went through Head Start, I know how to help make the parents comfortable,” Monroy said. “It’s rewarding to give them support and guidance to help their families succeed.”

IT WAS AN AMAZING YEAR FOR
SOCIAL RESPONSIBILITY

YMCA of the Central Bay Area Takes Action for Major Water Reduction

The drought in California is ever present. Whether you are walking around Lake Merritt and seeing the lower water level, paying a higher water bill, or listening to the news — the drought, in its 4th severe year, is hard to ignore. With the state of emergency declaration from Governor Jerry Brown in early 2015, the YMCA of the Central Bay Area decided to take action for major water reduction. The Y's goals of raising awareness about facility water usage and overall savings of water was met with great success. In just seven months the Y has saved over 1.1 million gallons of water compared to last year.

The YMCA of the Central Bay Area has reduced water usage by nearly 38% by placing into effect the following plans. The Y implemented physical facility changes across its three Health and Wellness Centers, Teen Center, and multiple Preschools and Head Start locations as well as increased social awareness. Changes included the installation of water restrictors on every shower head and faucet, installation of low flow/waterless urinals, and all irrigated grass areas were removed. In addition, members pledged for one month to take a 5 minute shower or less, and to bring in their own towel each time they visited the facility. New behaviors emerged and new habits formed, thus reducing Y water usage.

We would like to thank all of you who have worked hard to save water. We are proud of our community members and leaders for joining together to make such a positive environmental impact.

WE THANK YOU FOR YOUR SUPPORT

At the Y, we do great things every day. We spark curiosity, we ignite a love of learning and we transform lives through health and wellness – every single day.

We couldn't do it without your support. Thank you to every single donor who has made a contribution to the YMCA of the Central Bay Area.

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Cydney Osano
Norman Owen
Rodrigo Pahati
Michael Pang
Peter Parenti
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Laurie Peoples
Jeanne Perkins
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Susan Peters
John & Janet Petroni
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Jean Phinney
Ann Plant
Lainey Pleet
Barbara Polk
Maggie Pond
Debbie & Francisco Potter / Vilaseca
Betty Prenter
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Nancy Pryer
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Kwanjira Pupairoj
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Gwendolyn Regalia
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Mari Reid
Sharon Reid
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Elaine Reuter
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Sandra Ried
Susan Riggs
Rick Robinson
Tracy Rogers
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Karen Rosenbaum
Margot Rosenberg
C. Simo Rosenblum
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Joan Russell
Steve & Juanita Rynerson
Harriet Sage
Dawn Sagorski
Pratibha Sampson
Edna San Juan
Siv Sandler
Sue Sandson
Robin Sanow
Lori & Davis Schack / Mermin
Russell Schaeffer
Eric Schroeder
Garth & Megan Schultz / Jennings
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Marjorie Schwartz
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David & Andrea Segall
Cindy Shamban
Dan Shaughnessy
Beryl Shaw
Anne Shim
Marianne Shin
Edna Shipley
Nina Shoehalter
Sara Shoji

Lisette Silva
Alexander Silva
Rosemary Silva
Ruth Silverwood
Ellen Simms
Chris Simon
Katherine Simpson
Beverly Slapin
Sara Sloan
Judith Small
Anne Smith
Dwight Smith
Patti Smolian
Immi Song
Francoise Sorgen-Goldschmidt
Leonard Sosnoski
Catherine Rice
Christina Spaulding
Daniele Spellman
Jocelyn Sperling
Helen & Thomas Spiro
Kathy Sprague
Mary Jo Starkey
Joshua Stearns
Mayoor Steinberg
Richard Sterling
Elizabeth Sternberg
Susan Sternberg
Marcia Stewart
Suzanne Stiller
Margaret Stone
Barclay Stone
David & Andrea Stump / Smith
Support of Youth!
Matt Taecker
Carol Taliaferro
Teresa Tan
Charlene Tanaka
Bryce Tanner
Sharon & Marty Taylor / Martinson
Jean Tenret
Theuracare, Inc.
Chris Thomas
Aaron E. Thompkins
James Thomson
Jennifer Ton
Nancy Toombs
Ester Torrevillas
Gunnel Tottie
Cynthia Truelove
Sam Tsujimoto
Teresa Tucker
Laura Tuller
Pat Tunney
Judy Turiel
Jack Turner
Mary Tyson
Jennifer Urban
Patricia Vanbramer
Alissa Vannet
Ramesh Vasireddi

Gail Vawter
Jehan & Eric Velji / Cicourel
Helene Vilett
Anna Vorster
Beth W
Dorothy Walker
Pete Walker
Wendy Walker
Joanne Wallace
Edna Lee & Jim Warnecke / Marks
Austine & David Warren / Dhaliwal
Trudy Washburn
Ally & John Watts / Champion
Sara & John Weale / Rudge
David Weitzman
Jennifer Wells
Wade Westhoff
Kathi Whalin
Ward & Lou Whaling
Anne Whaling
Rebecca Wheat
Liz White
Judith White
Katie Whitmer
Holly Wieber
June Wiley
Fred Wilkinson
Andrew & Linda Williams
Window Concepts
David Winn
Martha Winnacker
Randy Winters
Dan Wohlfeiler
Irving Wolf
Marian & Scott Wolfe / Scheffler
John & Amy Wolpert
Kitson Wood
Sue Wu
Chris & Lucy Yaldezian
Michiko Yanagisawa
Seung Hyun Yoo
Karen Young
Claire Yskamp
Lise Yskamp
Bin & Kenning Yu / Shen
Nick & Jude Yuen
Beth Zotter
Davia & David Zubkis

In Honor

Charles Aliberti
Talia Aliberti
Don and Peggy Alter
Jocelyn Bonkovitch
Irene Chung, Lifeguard
Anto Cingoz
Jill Cooper
Melanie Cresci
Mary D'Elia
Bob Dixon & Jenny Wenk
Gail Drulis
Kay Ellgard
Mary Friedman
Jack Gardner
Jim's YMCA Dinner Club
Velva M. Gay
Teresa H. & Christine M.
Teresa Hickman
Ralph Holker
Sue Jamison
Jim's YMCA Dinner Club
Bob Kaneko
Nancy Kaspar
Isabella Kulkarni
Cameron Lacek
Evelyn Larsen's 60th Birthday
Fara Manafi
Maria Monet
Eden O'Brien-Brenner
Jocelyn Pou-Rivera's 60th Birthday
Aron & Ruby Rosenberg
Senior Aerobics Class
Senior Exercise Class
Senior Group
Senior Program
Seniors
Tea & Talk
Ted & Rosie Ockels
Tom Ratcliff
Cathy Richards, Lifeguard
Milly Rosner
Helen Segall 95th Birthday
Jim Thomas
Teresa Tucker
Marsha Weintraub

In Memory

Roger G. Alexander Jr.
Carolyn Bates
Florence Bernstein
Judy Blomberg
Ida Chow
Li-Yung Chung
Bob and Merle Davis
Roy Faust
Joan Frisch
Robert Giusti
Grace and Chuck Keachie
Marjorie Keck
Bob Lindquist
Jules Mayer
Margaret Mould
Alex V. Nichols
Ted & Rosie Ockels
Sandra Potter
Webster Richardson
Allie Mae Robinson
Robert Rosenblum
Elsie Ruth Sebens
Maurine Shipp
Soraya Vorster
Susan Watson
Harriet Whittaker
Ray Wolfinger

Thank you to the members of our Heritage Club

The Heritage Club honors friends who support the Y's work through bequests or other planned gifts. While the YMCA of the Central Bay Area's mission has always been to respond to the communities' current needs, planned gifts provide a significant, long-term funding source that we can both plan around and leverage immediately.

Richard Adam
Roger & Mia Alexander
Paul Allman
Don & Peggy Alter
Donald Anderson
Hank & Mary Jo Bagelmann
Schuyler & Susan Bailey
Lawrence & Faye Berger
Clayton & Sarah Berling
Larry Bush
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Timothy Hassler
Janet Huseby
Pat Jensen
Shigeko Jinguji
Doris Johnson
T. W. Johnson

Grace Keachie
Connie Kidder
Jeffrey Leiter
Thomas & Tami Lowden
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Ermigine McDade
Donald & Mara Melandry
M.E. & Ruth Moore
Kay & Harry Rabin
B. Rocca
Sibyl & Walter Rubin
Henry Rysak
Carol Schilling
Robert Smith
Clarence & Josephine Sweitzer
Kenneth Towers
Alma & Edward Vanek
Jenny Wenk

THE HERITAGE CLUB

If you have made estate plans that include YMCA of the Central Bay Area and would like to be listed as a member of The Heritage Club, please call us at (510) 486-8409 or email at giving@ymca-cba.org.

YMCA OF THE CENTRAL BAY AREA VOLUNTEER LEADERSHIP

OUR IMPACT IS MADE POSSIBLE BECAUSE OF THE SUPPORT OF MANY CARING COMMUNITY LEADER

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Rachel Smith
Malaya Van Kleek
Juanita Villafuerte
Heather Ware
Monique Woodford-Breaux

Making It Count

At the Y, we leverage every dollar, making it count for our community. We manage our finances to fulfill our mission and ensure that our Ys are affordable and accessible to all.

YMCA of the Central Bay Area

Fiscal Year July 1, 2014 - June 30, 2015 (as of 10/26/15)

Public Support

Contributions	\$1,280,372
Foundation Grants	\$177,575
Special Events	\$18,959
Government Grants & Contracts	\$7,189,524
Total Public Support	\$8,666,430

Earned Revenue

Memberships	\$11,644,117
Programs	\$8,531,092
Investment Income	\$630,047
Other	\$200,404
Total Revenue	\$21,005,660
Total Public Support & Revenue	\$29,672,090

Program Expenses

Youth Development	\$13,693,426
Healthy Living	\$8,730,734
Social Responsibility	\$1,056,635
Total Program Services	\$23,480,795

Allocated Expenses

Supporting Services to Programs	\$4,135,314
Change in Net Assets	\$2,055,981
Total Program Services & Allocated Expenses	\$29,672,090

Vera Casey Child Care Center

The Vera Casey Child Care Center was donated to the YMCA in June of 2015 by the Parent-Child Education Foundation, Inc. We thank Kathy Lee, Carolyn Hendsch and Zoe Hill for their endless dedication to our community.

The Vera Casey Teen Parenting Program strive to facilitate self sufficiency and academic success of teen parents and their children by providing and coordinating support services, education, youth development, and child development. The Vera Casey Teen Parenting Program works with a cross sector of stakeholders in the community.





MISSION

**To bring people together in pursuit of
spiritual, mental and physical growth.**

To build community.

To serve.