



North Suburban YMCA
2705 Techny Rd.
Northbrook, IL 60062
nsymca.org

The NSYMCA is a 501(c)(3)
non-profit organization, open
and accessible to all.

2020 2021 ANNUAL REPORT

North Suburban YMCA





THANK YOU CATHY!

This year marks the close of Cathy Gregory's term as Board Chair. Our entire organization extends their gratitude for the amazing leadership Cathy brought to the Y. Cathy led the Y through the Covid 19 pandemic, has supported us at EVERY event, and led the nationwide search for the replacement of retiring CEO Howard Schultz. She created the Board Governance Committee and continues to follow the Y mission of inclusion by supporting the Diversity, Equity and Inclusion Committee and mental health issues. Even as she is stepping down, she will continue working with Carolyn Nyren on creating the Y's Women's Auxiliary. She is truly one of the strongest board ambassadors around. We are so thankful for her positive impact on our Y!



HIGHLIGHTS OF 2020-2021

- **238 youth** learned to swim thanks to financial assistance
- More than **150 children** were part of camp or afterschool thanks to financial assistance
- Y staff received **Mental Health First Aid Training & Lurie Children's Hospital Gender 101 Training**
- Adult Education Series (A.E.S.) expanded to **Y Education Series (Y.E.S.)**, serving close to **2,000 individuals**
- Participation in **Legislative National and State Advocacy Days**
- **Diversity, Inclusion and Equity** Committee formed
- **Camp Color Run** surpasses **\$3,000** in funds raised
- Inaugural Staff Campaign supported by over **50% of staff raising over \$6,000**
- More than **250 seniors** have a place to belong thanks to assistance
- Over **2,430** people received financial assistance support for membership
- **Remote Learning** for both school age and youth with special abilities
- Drive-In Movie Nights & Scavenger Hunt Events
- Holiday Giveback partnered with **Hunger Resource Network** to collect meals for **175** food insecure families
- Regularly scheduled **blood drives** with American Red Cross and Versiti
- **Flu Shot** Clinics
- **Hybrid programming** offered for all programs
- **FREE** senior programming including Caregiver Support Group, Brain Games and Social Networking Club continue as a hybrid option
- Expanded camp offerings to meet community needs
- **Café Voca** (special abilities job training program) prepares to open



COMMUNITY STRONG

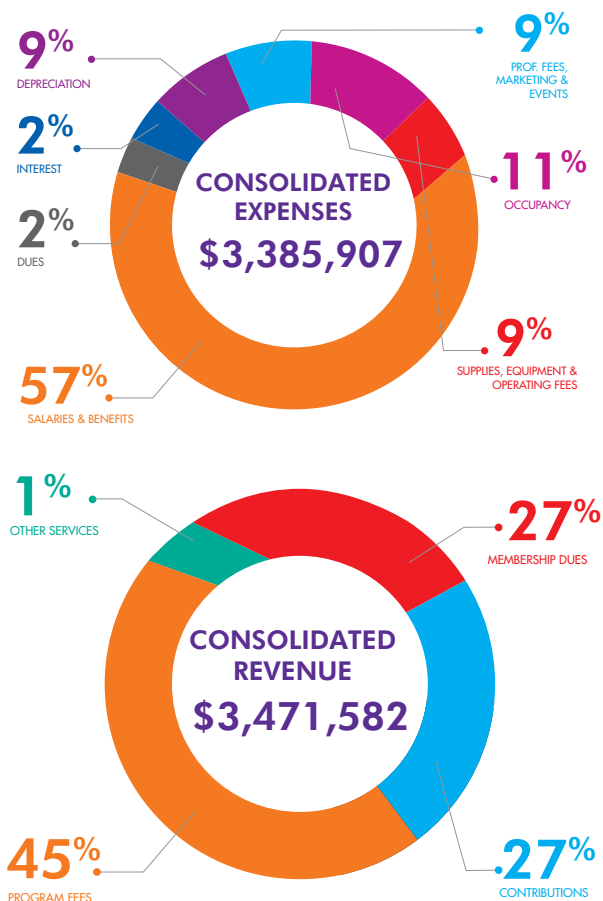
As the Y continues to adapt post pandemic, we have evolved the Ken & Alta Theil Strong Kids Fundraising Dinner into multiple events named Community Strong. These events included an Inaugural Golf Outing and a Dinner Under the Stars. Community Strong events not only fund financial assistance, but also support our operations as well as community programs. Community Strong more accurately reflects the work of our Y in our community.



Y CAMP SERVES YOUTH FROM TITLE I SCHOOLS

Thanks to a grant from Allstate and the Y financial assistance program, NSYMCA day camp offered 10 youth from Title I schools in Wheeling a 5-week summer camp experience. Students from London and Holmes Middle Schools were provided transportation to and from camp, which included character development and social emotional learning activities.





FORTIFY FOR OUR FUTURE

The COVID-19 pandemic created a variety of budgetary challenges for all businesses and the Y is no exception. With an eye on rebuilding and ensuring our Y is here for future generations to come, we have redirected the focus of our charitable giving to **Fortifying the Future**. Non-designated gifts will all contribute to our ability to help build a stronger community, keep the Y running operationally, and provide financial assistance for those who need it most.

MICHAEL'S CAMP STORY



Before NSYMCA Day Camp, Francis Flournoy described her son, Michael, as having no control, getting mixed up with the wrong people and making bad decisions. He didn't listen well and was always angry. "I had to find something positive for him for the summer," explained Francis. Michael attended five weeks of NSYMCA summer camp on a scholarship supported by the Y and a grant from Allstate, and the impact was so overwhelming that the Y provided him with an additional five weeks of camp scholarship. All NSYMCA camp programs follow a researched based character development curriculum that cultivates values and skills that promote positive behaviors, empathy, self-control and good relationships. Between the camp curriculum, excellent staff and leadership activities- Michael had an amazing summer.

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Michael has changed so much since coming to this camp. The camp at the Y made a huge impact... he's not having angry outbursts, he's talking more, he's making very good choice. He's 100% different now.

—Frances Flournoy (Mother of Michael Flournoy)

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A MESSAGE FROM OUR BOARD CHAIR



Being the Chair for the NSYMCA Board for the past three years has truly been a labor of love. We started our 2020-2021 fiscal year with a new CEO and a worldwide pandemic. We were thrilled to hire Kathy Fielding as our new CEO, but what a time to start. Nothing like jumping into the fire with both feet! But under her amazing leadership the Y has emerged even stronger. The Y staff, board, and members, responded in kind by remaining loyal, safe and flexible. Our Y staff and board have learned to adapt to changing community needs and have created new ways to serve. I think that, perhaps, this is what makes Y people so special: they have true compassion and genuinely want all people to reach their potential.

This past year our Y has had so many successes in spite of the challenges. We started out just trying to stay afloat and ended ready to fortify for future generations to come. We met our members where they were with a Virtual Y membership; added remote learning for all, including our special needs individuals. Our remote learning program for special needs individuals was so well received that we partnered with Glenbrook North High School and offer this program on Tuesdays even though school is back in session. Our Adult Education Series took off in new ways with virtual options and now we have expanded our topic areas and have rebranded it as the Y Education Series (or Y.E.S.). We moved our much loved dance recital to the Y gym; took the Caregiver Support Group and Brain Games online and made sure our seniors had the technology they needed to participate. We added regular blood drives, flu shot clinics, and partnered with Hunger Resource Network to provide over 175 holiday meals to food insecure individuals.

While it is bittersweet to pass the leadership torch, I am so excited to see what our incoming Board Chair, Jim Tuchler, will bring. Jim's energy, Y experience, compassion, and forward thinking attitude are exactly what we need now. As we move into the upcoming fiscal year, the need to fortify our Y for our future should remain a priority. The pandemic wreaked havoc on most businesses, including the Y, and we should stay focused on rebuilding to our strength, especially in the areas of membership, programs and fundraising.

By working together, we've moved mountains this past year. Under Jim and Kathy's combined leadership, I am confident we will climb them.

Cathy Gregory

A MESSAGE FROM OUR CEO



This year has been one of rebuilding and continuing to meet the needs of the community during the Covid-19 Pandemic. We focused on providing a facility and classes that helped people maintain their physical and mental well-being in a safe place. From swim, to sports, to camp to group exercise we made sure we adapted to meet your needs! We continued to work with local partners like Hunger Resource Network, the American Red Cross and Versiti to do our part to give back. We also expanded our Y Education Series through partnership and support from so many.

We are so humbled by the support that our membership, donors and the community have given us. In turn, we worked hard to give people some "normalcy" in a year that was anything but that. We made sure we could continue to gather safely for community events like Drive Ins, Healthy Kids Day runs, a Scavenger Hunt and so much more. Most of our staff became trained in Mental Health First Aid as

well as Lurie Children's Hospital Gender Training Program so we are prepared to work with adults and youth in an inclusive environment where everyone is heard and cared for.

Cathy Gregory has my sincere thanks and appreciation for her outstanding leadership as Board Chair for the last 3 years. Cathy has been an amazing leader and is involved in all aspects of the Y – from finding a successor to Howard Schultz, to helping lead us through a worldwide pandemic. She helped host our Community Strong Dinner Under the Stars, attended every Y event, and was there always looking out for the best interests of the Y, the staff, our members and our community. I deeply appreciate everything she has done for us and am forever grateful for her strength and leadership.

Cathy will be missed, but we have found another dedicated energetic Board member to fill the role of Board Chair in Jim Tuchler. Jim is a longtime Y member, entrepreneur and business owner who will continue to fortify the Y for the future. I am excited to work with Jim as my new partner in leadership, and I am excited for the future of our Y.

The world will continue to change and so will we, always finding new and better ways to help our community thrive because the Y is different, it is the community place. I want to thank the Y staff for working tirelessly everyday to make sure the Y is the best. I also want to thank the Board, volunteers, donors and members who have stayed with us through this last crazy year. It is because of you, we can continue to serve the community and make a difference every day.

Kathy Fielding

NORTH SUBURBAN YMCA

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