MOMENTUM is movement that creates more movement. It’s a leader’s best friend. It makes us better. It allows us to do more with less. And, it gets people to pay attention to you. At the source of momentum is HOPE.

When we look back on this past year, the YMCA of Rock River Valley gained momentum. No, not from us hitting the bikes in the cardio training center, although a little friendly competition between us never hurts. Rather, we cast a VISION in this community to inspire change and TRANSFORM lives. We painted a picture of hope that we can strengthen our community. We made great strides this year, but not without the support of many generous donors and volunteers.

Your contributions allowed us to modernize our facilities, expand our programs to serve more people, and make plans for future growth. Additionally, we have forged great partnerships and collaborations with many organizations and businesses that will allow us to further expand our reach and impact in the community.

We will not ride this momentum. Our promise is to continue to push it forward. We will work to regionalize the YMCA. It is our goal to expand our reach into Cherry Valley, Winnebago, Machesney Park and the west side of Rockford.

We would like to thank you for your SUPPORT of our cause to strengthen communities. TOGETHER we are transforming lives.

Very truly yours,

MIKE BROWN  
CEO & PRESIDENT

MIKE BROSKI  
CHIEF VOLUNTEER OFFICER
MOVEMENT BUILDS STRENGTH

The Y’s mission is to put Christian principles into practice by engaging individuals to give back in building a community filled with healthy minds, bodies and spirits. I first came to the Rock River Valley in 1987 and joined the Y because it was the “health club” closest to my new job as an attorney with WilliamsMcCarthy. For 27 years, I paid my dues, donated a little toward programming and used the exercise facilities. I never really gave a thought to the Y’s broader purpose.

Then, in September 2014, I was diagnosed with pancreatic cancer and told there was a 92% chance I would be dead within three years. A few days later, I was told that my tumor had been found very early and I was a candidate for a surgical procedure. I was also told that I should not worry about the statistics too much because I had been taking care of myself, physically, and was in excellent health. Well, except for the cancer thing.

Rather than fight cancer, I followed the advice and direction of the experts and, each day, did what I was told. I came through nine hours of surgery and was able to go home after only six days. Again, I was told the quick recovery was attributable to having used the Y to take care of my body.

The successful surgery was followed by six months of chemotherapy and six weeks of radiation with oral chemotherapy. While I was going through treatment, the oncologist told me to stay as active as I could. He promised that it would help me tolerate the regimen of toxic chemicals. I made my first visit back to the Y only a month after surgery and a year later, I’ve got my eyebrows back, and am in fighting shape. More importantly, for now, I remain metastases free. More than one of the doctors told me being a gym-rat has helped me beat the odds.

During treatment, I was only absent from the Y for a few days before I started getting emails and calls from Y-buddies. In my mind, these people had been mere acquaintances who really weren’t concerned with my problems or me. Yet, many of them were taking the time to reach out. I started getting cards, cookies, visits and prayers, lots and lots of prayers. The outpouring of concern was overwhelming.

Being diagnosed with pancreatic cancer is a life-transforming thing. One of the biggest changes has been in my outlook on life and discovering that so many people care. Being alive and knowing that others genuinely care makes it impossible not to start every day with gratitude. And starting every day at the Y, surrounded by positive people, is a joy. For me, the Y has become so much more than just a health club. It is a diverse collection of individuals bound by the desire to make the most of themselves and their community. It is friends engaging and trying to engage others by being of service without thought of reward. The Y has become my daily, full-service, mind, body and spirit lifter.

“The Y has become my daily, full-service, mind, body and spirit lifter.”
Over the years, our community has seen an increase in crime, particularly among our youth. Faced with this knowledge, the need to provide help and guidance to teens rose to the top of the Y’s priority list. In order to engage our teens, we would need to provide access to a safe alternative that is fun, but also create a sense of ownership in the community. Thus, Project 505 was conceived.

The YMCA of Rock River Valley launched Project 505 in April 2015 with a goal of activating hundreds of teens, while providing them with positive, engaging, and developmental support in a safe and inclusive environment. The Y provided 505 free teen memberships in exchange for the commitment of four volunteer hours a month at an organization of the teen’s choosing. The teens also get access to peer groups, mentors, and specialized programs at the Y.

When we announced Project 505, word spread fast around the world with the help of social media. We had people in Australia, England and Russia hearing of our cause. In its first six months, Project 505 has recruited 215 local teens to join the movement. They have contributed more than 600 hours of service in our community. Many organizations have benefited from our volunteers such as Keep Northern Illinois Beautiful, Northern Illinois Food Bank, Winnebago County Forest Preserve, Rock House Kids, Grounds for Life, Severson Dells, and Woodhaven Tornado Relief Team. To further support the teens, the Y extended its weekend hours to Midnight at the I.D. Pennock Family YMCA and opened a Teen Center.

We’re close to half way to our goal of serving 505 teens. At capacity the impact will be impressive. Annually, the teens would account for 24,000 hours of community service, which equates to $545,000 invested into parts of our community that need help the most.

Impact is more than dollars and hours, and sometimes can only be measured with a feeling. 13-year-old Sidney Malone says a YMCA membership has been life changing for him. Since growing up in foster care and eventually raised by his grandparents, life, as Sidney says, was full of ups and downs. With a Project 505 membership, Sidney is making new friends and connections, building self-esteem, and paving the way to become a leader in his community.

“I know we can be the change we want in our community.

If we believe it, we can achieve it.

ARE YOU IN?”

—Sidney Malone
Imagine finding yourself in a new country with two small children and a husband who's job takes him away for days. You do not have any friends nearby or community to rely on for support. You are alone.

Roberta Mihai found herself in this exact position six years ago. She found herself isolated in a completely different world. Instead of hiding inside, she went to the one place where she knew she could find friends, where she could become part of a community. And so, Roberta came to the Y.

Back then, Roberta would utilize the Kids Care at the Northeast Family YMCA and work tirelessly on the business her and her husband were starting. Roberta came to the Y to work and what she found was a safe place for her daughters to play. She found compassionate individuals who later became friends. With the care and support Roberta found, she also accomplished a Master of Science in Health Education.

Roberta also associates other family accomplishments to the Y. The Y had such an impact on her daughter’s, Andreea and Irina, physical and intellectual development over the past six years that they are both proud students of Washington Gifted Academy in Rockford. Roberta couldn’t be more proud as she talks about all the different achievements her girls have excelled in. She goes on to say how far her girls have come since being enrolled in swim lessons. They have set goals for themselves to soon compete on the Stingrays Swim Team.

To this day, Roberta and her family are proud YMCA members. They enjoy seeing friends when they walk through the doors, members and employees alike. You can tell that the YMCA is an important part of her family's life. "My family has gotten so much from the YMCA that I feel strongly about trying to pay the kindness forward." Roberta has since taken on the roll of Teacher in Kids Care to continue providing the same attention and love for children that was once given to her two daughters.

“My family has gotten so much from the YMCA that I feel strongly about trying to pay the kindness forward.”
COMMUNITY MOMENTUM

THE Y IS A NONPROFIT LIKE NO OTHER. For more than 160 years, delivering positive change. From childcare to volunteerism, and athletics to

48,000 SERVED
THROUGH YMCA MEMBERSHIP AND PROGRAMS

320 MILES
WALKED THROUGH OUR WALKING SCHOOL BUS PROGRAM

OVER 836
SERVED PER DAY
THROUGH KID GROWTH CENTER

22 STUDENTS
RECEIVED THEIR GED THROUGH THE ELEVATE PROGRAM
we’ve been listening and responding to the needs of our community and education – everything the Y does is in service of building a better us.

4,000 WEEKS
OF CAMP BUILDING LASTING MEMORIES

2,900LBS
OF FOOD COLLECTED AND DONATED TO LOCAL FOOD PANTRIES

3,200 SUPPLIES
COLLECTED FOR LOCAL SCHOOLS

3000 HOURS
OF COMMUNITY SERVICE THROUGH OUR TOGETHERHOOD & PROJECT 505 INITIATIVES

KIDS
PAY ON AVERAGE 15% LESS THAN NO Y’S TIME, A 15% OVER 2014

$1M
DIVIDED
SOFTWARE, PROGRAMS, LOCAL GRANTS

Doors
STRENGTH IN NUMBERS

2015 OPERATING REVENUE
Total Revenue: $9,013,731

- Membership: $4,563,081
- Programs: $2,073,527
- Annual Campaign: $532,495
- Grants: $1,225,749
- Rental & Sales: $364,446
- Other: $7,415
- Endowment: $247,018

2015 OPERATING EXPENSES
Total Expenses: $8,991,479

- Salaries: $5,053,759
- Depreciation: $1,111,106
- Operating: $2,706,053
- Annual Y Dues: $120,561

Over $1 million provided in scholarships, program subsidies and local grants to support the development of youth and families in our community.

More than $5 million in salaries that support employees and their families as they reinvest into our community.

Fully funded depreciation for investment in our facilities, which allows us to build reserves to expand our vision in the future.

A nearly 5% increase in operating revenue over the previous fiscal year.
OVER $850,000 RAISED
Successfully For The Capital Campaign

FACILITY TRANSFORMATIONS

As we build momentum in our community and move our association forward, we cannot neglect our current infrastructure. We were blessed to raise more than $850,000 in our capital campaign, which we invested in our current facilities. Thank you to our capital campaign donors for helping us transform our Ys.

I.D. PENNOCK & NORTHEAST UPDATES

- Updated Lighting in the Pools
- Renovated Boy's locker room
- Repairs to parking lots
- Purchased new floor cleaning equipment
- New swimming pool chair lift
- Resurfaced gym floors
- Replaced water heaters
- Repaired roof
- Removed asbestos
- New boiler system
- New pool pumps
- Replaced main water service
- Purchased new floor cleaning equipment

CAPITAL HIGHLIGHTS
2014/2015 Board

Mike Broski – Chair  
Entre Computer Solutions

Amy Diaz – Chair Elect  
Rock Valley College

David Anderson, Past Chair  
Spring Creek Development

Amy Ott  
Boylan Catholic High School

Dan Parod  
Rockford Health System

Dave Gomel  
Rosecrance Health Network

Earl Dotson Jr.  
Rockford Public School District

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Winnebago County State’s Attorney

Leslie Anderson  
State Farm Insurance

Michael Gann  
Retired, MPEC

Rick Engen  
Retired, Pharmaceuticals

Roberta Holzwarth  
Holmstrom & Kennedy, LLC

Steve Casper  
Woodward

Suzi Sullivan  
Retired, Educator

Tom Wieland  
Rock Valley Oil & Chemical Co.

2015/2016 Board

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Rock Valley College

Dave Gomel – Chair Elect  
Rosecrance Health Network

Mike Broski – Past Chair  
Entre Computer Solutions

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Boylan Catholic High School

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- Jacob Wilson
- Nick Campbell
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- Keith Akre
- Shelley Wagner
- Suzanne Sullivan
- Marilyn Goepfert
- Naomi Byars

Camp Winnebago YMCA
- Betty Bartos
- Bill Bartos
- Terese Marinelli
- Jenny Reddington
- Melissa Hendrix
- Rachael Latham

Community Outreach YMCA
- Jorge Herrera
- Mike Broski
- Sherrin Mulae
- Laurence Pearlman
- Thomas McNamara
- Monique McClurge
- Donald Kohlbacher

Youth Achievement YMCA
- Kuenzi Dearth
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- Shannon Schumacher
- Jamie Ruth
- Nathaniel Burren
- Amanda Rose Hyman
- Dawn Durkin

Northeast Family YMCA
- Timothy Holdeman
- Pedro Lara-Oliva
- Michael Gallagher
- Sherri Noel
- Patricia Fong
- Jen Mateus
- Dr. Ronit Golan
- Lawrence Taber
- Alan Mohring
- Jamin Unger
- Loren Salzman
Gaining **MOMENTUM** takes hard work, dedication, and most of all – generous donors like **YOU**. We’d like to thank the following donors for investing in our community to create and sustain opportunities that give everyone a chance to thrive. This investment propels us forward. Generosity breeds opportunity.

FOR A BETTER YOU. FOR A BETTER COMMUNITY. FOR A BETTER US.

---

### GOLDEN TRIANGLE $10,000+

- **BMO HARRIS BANK**
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- **OSF SAINT ANTHONY MEDICAL CENTER**
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ROCKFORD, IL 61107

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ROCKFORD, IL 61103

NORTHEAST FAMILY YMCA  
8451 ORTH RD  
LOVES PARK, IL 61111

COMMUNITY OUTREACH YMCA  
1325 N. JOHNSON AVE  
ROCKFORD, IL 61101

YOUTH ACHIEVEMENT YMCA  
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LOVES PARK, IL 61111

CENTRAL OFFICE  
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ROCKFORD, IL 61104

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