



YMCA of Arlington
is a family of volunteers, donors and members. We are dedicated
to building strong kids, strong families and strong communities.

FROM THE CHAIRMAN



Hair Dye, Tight Jeans, Sports Cars and the Y

Some ten years ago, as my hair began to turn from its original brown to what we Baby-Boomers call "Salt and Pepper," I thought that I'd be clever and dye it to keep it dark. I did this because I wanted my kids to think that I was still young and vivacious... because what my kids think of me is really pretty much all that matters. They said that I looked ridiculous, so I

stopped coloring my hair.

Then again about seven years ago, I went to the car dealer to buy a new car and instead of the sedan that I went to buy, I drove home a hot sports car. After all, I wanted my kids to think that I was cool. The next day when they said I looked ridiculous in the sports car, I went back to the dealer, and he graciously allowed me to trade it for a sensible sedan. I won't even go into the details of my tight jeans – ridiculous again!

Recently the YMCA of Arlington held its annual meeting celebrating our 52nd year serving the kids and families of our area. I had a role in that meeting and guess what? After the meeting both of my kids told me that they thought that it was so cool that I was involved with the leadership of the Y! Who knew? Amazing! For all of the hair color and silly cars and tight jeans that I had tried to use to earn my kids' admiration, it was volunteering at the YMCA that did the trick.

My point is this: our kids are watching us. They get it. It's not stuff that makes them like us, it's what we do... what they see us do for others. If our kids see us give money to good causes, they will want to give. If they see us volunteer our time, they will want to volunteer their time. If they see us care about others, they will care also.

So, if you're like me and are keenly aware of the example you are setting for your kids, if you want your kids to see you as cool, if you want your kids to have more respect for the life that you lead... I've got a suggestion for a great place to start. Volunteer your time, give your money and share your life with others who have a need. And at the end of the day your kids may think that you're really pretty cool after all!



Len Oszustowicz
Board Chairman



The City of Arlington accepted the YMCA's 2009 Community Partner Award at the YMCA of Arlington's Annual Meeting held in April. Pictured from left to right are: Council Members, Mel LeBlanc & Sheri Capehart, Y CEO, Willie Dean, and Council Members, Lana Wolff, Robert Rivera and Jimmy Bennett.

2009 ACCOMPLISHMENTS

Since 1958, the YMCA of Arlington has been working to build strong kids, strong families and strong communities, and that effort continued during 2009, despite very trying economic times. Here's a list of some of our accomplishments:



- In 2009, knowing that this economy was challenging, we set a modest goal of achieving a year-end operating net income of \$0. By paying close attention to expenses, we managed to achieve an operating net of \$2,414.
- We raised \$808,979 in community support to help provide important programs and offer financial assistance to those individuals and families who might not otherwise be able to participate in YMCA programs.
- We awarded \$522,501 in *direct financial assistance* to 24,580 participants!
- We held several special events, including: YMCA Healthy Kids Day, a Corporate Wellness Luncheon, a Community Splash Day sponsored by Reliant Energy, our first Community Prayer Breakfast, the 27th annual Taste of Arlington held in conjunction with Theatre Arlington, and YMCA Sunday, which strengthened our ties with the faith-based community. All together these events attracted over 3,200 participants!



- We took over organization of the Hutcheson Junior High School After-School Soccer Program, which served close to 100 youth three times a week and was designed to promote school attendance and sportsmanship. The program had such positive results that we were asked to apply it to seven other junior high schools in Arlington.

- All together through our program priorities we served more than 52,000 youth, teens, active older adults and individuals.

- We expanded our FitFuture program from one school to five and served 175 kids and their families.

- We served nearly 1,400 youth in our afterschool programs, allowing working parents to have the peace of mind of knowing that their kids are cared for in a loving, Christian environment.

- We provided sports programs... soccer, basketball, volleyball, baseball, flag football, and more... for more than 13,000 participants.

- We collaborated with the United Way, the Tarrant County Health Department and a number of other community organizations to offer the first-ever Arlington/Mansfield FitFuture KidsFest at the Y. The event, which focused on health and nutrition, attracted over 1,500 participants.

- We continued to serve the youth and families at the Artisan at Rush Creek Apartments, providing services such as Teen Leadership Council and Tween Leadership Council programs, swim lessons, sports programs, and more. And we expanded the program to another apartment complex next door.

- We continued our collaboration with the Miracle League, shifting the responsibility for administering this important program to our staff leadership team at the North branch. Through their leadership, we were able to work with the good folks at the Miracle League to offer the opportunity for kids to play baseball regardless of their abilities.

- Additionally, the North branch is responsible for our "Special Friends" program, which provides activities for special needs adults four afternoons each week. This program is a great opportunity for these individuals to come together for fun, healthy activities and social interaction with friends.

- We also began offering group exercise classes at the Life Shelter, sharing the message of health & well-being with EVERYONE in our community.



These are just some of the MANY things your YMCA is doing to make a difference in OUR community and why we say "It's My Y." Because our YMCA truly does belong to the people who live here!

ONGOING PROGRAMS

YMCA of Arlington Selected to Participate in YMCA of the USA Initiative

In the spring of 2009, the YMCA of Arlington was selected by the YMCA of the USA to participate in a Gulick Health and Well-Being Collaborative. Luther Gulick was an innovator in the early days of the YMCA. He is recognized for his contributions to physical education and the medical community. Gulick challenged a YMCA staff member to create a game with a ball and a peach basket, a game that later became "basketball." The collaborative bears his name as a symbol of innovation. The purpose of the collaborative is to facilitate a nearly two year transformative learning process through which the YMCA of Arlington integrates Activate America® into every aspect of operations. Activate America® is the YMCA's response to the nation's growing health crisis through changes in culture, policy and systems.

The Gulick Collaborative is based on the Institute for Healthcare Improvement's (IHI) Breakthrough Series, which was born out of the automotive industry and is used extensively in the healthcare field. It is an improvement process that focuses on closing the gaps that are barriers to YMCAs fully engaging health seekers. The outcomes will include:



Health-seeker families will be better served at the YMCA through the efforts put into place with the Gulick Collaborative.

- Moving from the fitness market to serving the health seeker
- Re-defining membership as relationships, engagement, support and involvement
- Increasing the variety of programs that foster small communities of support
- Creating physical environments to better support the health seeker, and
- Improving the culture to support staff health & well-being.

The focus of the Gulick work is on empowering staff to conduct small-scale experiments that help close the gaps in operational performance. Refined over the past five years through the work of 90 YMCA associations representing over 100 branches and child care sites, Gulick Collaboratives are benefiting YMCAs that embrace and are faithful to the improvement process. YMCAs have illustrated that they have become more focused on their mission, better able to serve members, more successful at fostering stronger community support and engagement, and have increased capacity to utilize data to respond and adapt to changes.



These teammates from a walking relay team encourage each other before the race at the YMCA's first "Senior Play Day" held May 27 at the Central Y. Active Older Adults are an important focus for the Gulick Collaborative.

Seven Years of Miracles

If you've never been to a Miracle League baseball game, it truly is something you need to experience. Miracle League provides youth with disabilities the opportunity to participate in America's pastime. The sheer joy of EVERYONE participating in the game... from players to parents, to coaches and buddies... is something that will warm your heart and confirm for you God's goodness.

This year's Miracle League spring season kicked off on April 10, with much fanfare and fun. With 20 teams playing this spring, that means that over 250 players are participating this season. To help them out during games, there are more than 300 player buddies. These volunteers assist the players in batting, fielding and base running.



Miracle League buddies come from all over the area and vary in age. This season, the Lamar High School volleyball team and a ten-year-old baseball team from Colleyville are acting as buddies. Additionally, there are cheerleading squads, volunteers from churches, and family and friends of the participants who are helping these players have a great time.

The YMCA has been a partner with the Miracle League from the beginning, when the program was first envisioned seven years ago. The Y helps administer the league and secures and trains buddies. We are proud of our association with this wonderful organization and look forward to every season!

Now that spring and summer are here, we say: **PLAY BALL!**



Participants, staff members and volunteers join CEO, Willie Dean and the CareFlite crew, at the Miracle League's 2010 Season Opening Day.

YMCA AT WORK IN THE COMMUNITY

YMCA Activate America® Expands and “GROWS”

In 2007, the YMCA of Arlington received Tarrant County United Way funding and support from the Tarrant County Health Department and other community partners to bring a FitFuture initiative to Amos Elementary School in the Arlington Independent School District. The initiative was strategically tied to the YMCA’s goals and Activate America® work to address the issue of youth obesity. Amos Elementary had the dubious distinction of having the highest incidence of childhood obesity in the county.

Through innovative programming that included physical activities and nutrition education for the kids and families at Amos, the YMCA and its partners began to see a difference in the health and well being of the families at Amos.

This past year, the concept of the original FitFuture initiative at Amos expanded to focus on FIVE additional schools in Arlington AND Mansfield. Now called YMCA Activates Afterschool, the Y and its partners began reaching more families with the message of embracing a healthier lifestyle.

Through funding from the United Way and Ethicon, the Y is carrying this message even further. Five community gardens will open this spring at five schools located in AISD and MISD! The gardens have been created using the help of volunteers, like the Arlington area librarians and others, but they will be managed and maintained by the students at each of the schools and in the YMCA afterschool and summer day camp programs held there.

These gardens help develop science and math skills as well as provide a hands-on learning experience for those involved with them about eating and living healthy. We predict a “fit future” for our kids in Arlington and Mansfield as the YMCA furthers the Activate America® imperative to address the nation’s health crisis.



The YMCA Activates Afterschool program provides fun physical activity for the children who participate.



Librarians from the Arlington libraries volunteered to help with the set up of a new community garden at Dunn Elementary in Arlington.



Artisan at Rush Creek families will benefit from a \$20,000 grant provided to the YMCA by the Arlington Tomorrow Foundation.

have made a significant difference. Crime is all but non-existent and the families living in these complexes have developed a sense of community pride. Everyone who lives in or near these complexes has benefited and continues to benefit everyday. That benefit can be projected onto the entire community as crime rates are reduced, youth and teens are educated and taught to be community leaders, and families are strengthened. The YMCA of Arlington acts as the lead agency in providing programs for the youth, teens and families in each of these complexes, joining with appropriate community partners in order to bring the best services to address the needs there.

The Arlington Tomorrow Foundation funds will help offset the costs associated with staffing the program, along with tutoring supplies, snacks, field trip expenses, and more.

Thanks to the Arlington Tomorrow Foundation and other city leaders for their continued support of this important program in our community.

Arlington Tomorrow Foundation Provides Funds for Youth & Teen Apartment Programs

The Arlington Tomorrow Foundation has granted the YMCA of Arlington \$20,000 to help fund the youth and teen outreach programs that the Y offers at the Artisan at Rush Creek and the Rush Creek apartment complexes in south Arlington.

The apartment communities where these youth and teen programs are held are both tax credit apartment complexes that were plagued with many issues related to youth and teen crime and the lack of adult supervision. By addressing the issues of lack of supervision, lack of healthy and productive activities, lack of leadership skills development and lack of community pride, the YMCA and its partners

It's my Y

You may have noticed that we're saying "It's My Y" a lot. That's because we believe that the YMCA of Arlington truly is our community's Y. The Y belongs to its members, its volunteers, its program participants and the entire community that it serves.

To emphasize this message, YMCA Board Member Ed Dalheim, took the lead on producing an "It's My Y" video that features many city, community and business leaders who agree that the YMCA of Arlington truly is an important part of the communities it serves. These individuals helped us share the story of the YMCA and the many programs we have that touch or have touched almost everyone who lives here.

Soon you will see posters and postcards up and around your YMCA that feature these same leaders expressing their pride in *their* Y. We hope you, too, agree that... **It's My Y!**



YMCA CEO Willie Dean, Pastor Michael Evans from Bethlehem Baptist Church, and YMCA Board Member, Ed Dalheim say "It's My Y!"

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From the CEO



I'm especially proud of the diversity and inclusiveness of our YMCA. No where is that more evident than in the work we do in our youth sports programs and with special populations. I'm gratified when I visit sports programs or see members of special populations at our branches, schools and parks. Our participants, parents, coaches, and directors truly represent the diversity in our community. Participants not only "get

along," they thrive together, working on a common goal, which often is not just winning the game or losing pounds. They are connecting with each other, and therefore, the larger community. By doing so, our members and participants achieve their health and well-being goals and find meaning in their lives.

The appreciation of diversity and inclusiveness—engendered by our core values (caring, honesty, respect, responsibility and faith)—provides teachable moments where we can help members and participants (youth, teens, adults or active older adults) grow and apply those values in their lives. We encourage and expect participants to display good sportsmanship and fair play. Hopefully, those lessons transcend sports and other activities and they will learn to apply them in their everyday lives.

I'm also pleased with the diversity and inclusiveness of our programs that serve special populations. We work closely with Special Friends year-round at the North branch and with the Miracle League, whose games are played at Randol Mill Park in the spring and fall. Our Special Friends program responds to the needs of special needs adults and their caregivers. Mentally challenged adults spend four afternoons a week at our North branch, building relationships, enjoying lots of fun and participating in healthy activities with one another. They also get to enjoy time among Y members who also are pursuing their health and well-being. We are also proud of our partnership with the Miracle League, which provides baseball for several hundred special needs youth and their families each year. Volunteer buddies and coaches work with youth and their families to ensure they can enjoy baseball, with lots of physical activity and socialization, in an atmosphere where everyone is valued, everyone plays and every game ends in a tie.

A member of our North branch reminded me recently that the diversity and involvement of everyone at our YMCA is truly the embodiment of John 17:21, "That they all may be one." I invite you to join me in celebrating the diversity in our Y and in our community!

Willie Dean, Ph.D.
President and CEO



We are proud to
partner with
United Way!