

ANNUAL REPORT 2007-2008



If you
think
we're just
a pool,
look deeper.

Dear friends,

If the past year was a year of change (and indeed it was), this coming year can be characterized as the year of forward momentum. In virtually every area, strong foundational work is being done to set us on a path for a vital future of more significant service to the Central Maryland region.

Supported by a 150+ year heritage of leadership in the development of the whole human being—spirit, mind and body—we have redoubled our efforts to provide environments for, and be advocates of, healthy, well-balanced personal and family development across all our service areas.

Over the coming years, this Association-wide focus will be ever more evident. You can expect to see a shift in our family health and wellness offering that is more member-centric. You'll see more opportunities for families to experience the Y together with greater ease of access to affordable programs that address the need for physical, mental and emotional health for all.

As the largest provider of childcare in the state, we bear a particular responsibility to be a trusted source of support and guidance for families. Our childcare curriculum serves as a partner with parents to raise healthy, well-balanced and confident children. We work hard to prepare children to address life's challenges in ways that are civically responsible and based on the Y core values of honesty, responsibility, caring and respect.

As important as the substance of our service offering is, the condition of our facilities and accessibility to the Central Maryland communities we serve is yet another important reflection of our commitment. No stone is being left unturned to bring the Y mission to more people in more places. The opening of the Walter and Betty Ward Family Center in Abington in 2007 was a prime and exciting example. In 2008, the renovation and expansion of our family center in Ellicott City will be complete. In every part of the region—inclusive of Baltimore City, Towson, Catonsville, Carroll and Anne Arundel Counties, and many spots in between, exciting plans for redevelopment and expansion are underway and written about in more depth later in this report.

None of this would be possible without the active support and leadership of our wonderful volunteers and supporters. A Y is only as strong as the communities that support it and in turn continually reinvests to strengthen those very same communities. It is a direct corollary relationship and a self-determining future that is entirely in our hands! What an exciting opportunity for us all.

Please join us.

With respect and appreciation,



L. John Pearson
Chair of the Board



John K. Hoey
President & CEO



*John K. Hoey, President & CEO
and L. John Pearson,
Association Board Chair.*



Open to all: Through the generosity of donors, more than 10,000 youth and adults participate in Y programs in Central Maryland who could not otherwise afford it.



Our Head Start programs in Baltimore City and County help roughly 900 children get a confident start in life. Over the past two years, Y Head Start children tested 41%-69% higher in school readiness than other low-income children across the state.

It's deeper here.

Supporting working families

The Y provides before and after school enrichment and academic support to more than 5,000 youth throughout the region. Carefully developed school-based programs give working parents peace of mind, while protecting children during the after school hours when they're most vulnerable.



Teens who do not participate in after school programs are nearly three times more likely to skip class, use drugs, drink alcohol, smoke and engage in sexual activity.

(YMCA of the USA, March 2001)

Our before and after school enrichment curriculum includes character development, homework support, literacy, arts & humanities, science & technology, health & fitness, service learning, social competence and conflict resolution.



Preparing for life

Through our ten preschools, the Y advances its leadership in the development of the whole child: spirit, mind and body. Our curriculum is skills-based and involves the family as active partners in healthy early childhood development. We help prepare children to be successful by teaching them to read, write, learn proper nutrition and become familiar with basic math concepts. What's more, Y programs are values infused and teach critical social skills.



Of 5,000 youth served after school, 1,700 are from Baltimore City's and County's most challenged neighborhoods. We actively reach out to these youth and their families through Urban Services programs operating in 19 sites.



Over a 6-month period, children enrolled in a Y of Central Maryland physical fitness program increased an average of 29% in six pre-and-post measures of strength and endurance.

Battling the crisis of inactivity

The CDC predicts that the current generation of children could be the first in history to lead shorter lives than their parents. As a leader in activities that help keep children fit, establishing lifetime patterns of activity is central to all we do. The Y of Central Maryland teaches appreciation for a healthy lifestyle to thousands of children a day.

Y camps were voted Maryland's Best Summer Camp by readers of *Maryland Family* magazine in 2007.



Play: summer's gift to children

The Y literally invented traditional summer camp. We're expert at providing summer experiences that help children harness the power of play and turn it into productive learning opportunities that have lifelong value.

In roughly 20 camp locations across Central Maryland, in day and overnight camp, thousands of children are nurtured each day while they learn new skills, fine tune old ones, make special friends and create memories that make summer such a precious part of healthy childhood development.

Over the last two years, more than \$500,000 in Y funded financial assistance was awarded to families who could not otherwise afford preschool.





Beyond health and wellness

Our seven family health and wellness centers across Central Maryland are doing more than meets the eye. We're providing affordable, accessible, family-focused health and wellness options that open an essential gateway to health that might not otherwise be possible. On a large scale, this makes the Y an important part of the long-term solution to address a looming health crisis.

Strong at any age

Multiple studies indicate the tremendous power of exercise as a means to slow down or even reverse the aging process—both physical and mental, including a 50% increase in strength among older adults participating in resistance training as well as dramatic results in reduction in falls, improvements in memory and other brain functions typically associated with aging.

The Y of Central Maryland responds to this health opportunity by providing multiple programs specifically geared to the health & wellness requirements of older adults including: Cardiac Follow up, Senior Weight Training, Ever-fit, Seniorcize and Senior Sports, among others.



Every year roughly 40,000 people enjoy Y of Central Maryland health and wellness programs, 14% of whom are given financial assistance to participate in our programs.

Partnerships that strengthen the community

We're grateful to our corporate partners and friends whose generous support and leadership enables us to make significant strides in advancing the cause of community health and wellness.

BB&T's leadership defines the notion of partnership and vision. In addition to providing a gift of \$300,000 to support essential Y programs and services, they have stepped up to help sustain our growth as we work to build a stronger future.



*Brant Standridge, Regional President, **BB&T**, addresses approximately 800 attendees at the 2008 Martin Luther King, Jr. Memorial Breakfast, held at the Baltimore Convention Center.*

Corporate partners and sponsors **BB&T, CareFirst BlueCross BlueShield, Johns Hopkins University, WYPR, WBAL and Clear Channel Communications**, among others, came together to help make the Y's

Annual Dr. Martin Luther King, Jr. Memorial breakfast a bigger success than in any of the past 33 years, raising more than \$50,000 to support urgently needed Y urban services programs.



The 2008 Martin Luther King, Jr. Memorial Breakfast: a panel discussion on race in America featuring world renowned pediatric neurosurgeon Dr. Ben Carson, social entrepreneur Thilbault Manekin, community activist Dante Wilson and civil rights leader and entertainer Lea Gilmore. Mayor Sheila Dixon, along with many other elected officials, participated in the event, making a call to "strive for excellence in our community."

PNC launches the Grow Up Great initiative at the Harry and Jeanette Weinberg Family Center at Stadium Place.



Y Fit 'n Fun, funded by **CareFirst BlueCross BlueShield**, takes exercise, nutrition, education and fun on the road to reach families and children in neighborhoods across the region.



*2008 Y of Central Maryland Annual Meeting panel discussion on raising healthy, well balanced children, sponsored by **PNC Bank**.*

What's happening to children in the era of over-scheduling and under-funding? How can we best support and nurture the whole child: spirit, mind and body? These were the questions raised and discussed by a distinguished panel of experts at our 2008 Annual Meeting, sponsored by **PNC Bank**. The panel was moderated by Sharon Williams of the Y of the USA and included Dr. Peter Beilenson, (Health Officer, Howard County), Eva Tansky Blum, (SVP, Director Community Affairs, PNC Bank and Chair, PNC Foundation) and Dr. David Bromberg, (Vice Chair, American Academy of Pediatrics, Mid-Atlantic region).

County Executive Jim Smith of Baltimore County was awarded the Geraldine Young Distinguished Service to Youth Award, with many other awards for outstanding service to the Y given to our exemplary volunteer leaders and community members. Special recognition also went to Martin K.P. Hill of **Hill Development Group** and Brant Standridge, Regional President, **BB&T**, for their inspired leadership, generosity and tireless dedication to the Y.

Thanks to a three year, one million dollar grant from **CareFirst BlueCross BlueShield**, the Ys of Central Maryland and Metropolitan Washington have established programs concentrated on addressing the growing childhood obesity epidemic via exercise, nutrition and education that establishes lifetime patterns of healthy living.



Hall of Famer Jim Palmer was on hand to kickoff the Y/CareFirst Fit'n Fun program dedicated to fighting the rising challenge of childhood obesity.



Reaching more people in more places

We're committed to extending the mission of community health and wellness to as many people in as many places across Central Maryland as possible. That requires a long-term strategic commitment to capital campaigns that will fund aggressive growth and outreach.

In 2007, the Walter and Betty Ward Family Center opened in Abingdon, Maryland, providing a programming focal point to services that had been delivered in Harford County for over 20 years, but absent an anchor site. This beautiful new center houses a climbing wall, a fitness floor, gymnasium, Child Watch services and numerous health and wellness classes. A generous \$300,000 grant from Harford County provides seed money to add an aquatics center. Capital campaign efforts are underway now to make that second phase of the project a reality in the future.

2008 will mark the opening of the renovated and expanded Dancel Family Center in Ellicott City. Upon completion, this center will house 60,000 square feet of family health and wellness programs and services, more than doubling its capacity.



Mrs. Betty Ward, who, along with her late husband Walter Ward, made the building of the Walter and Betty Ward Family Center possible, is shown here participating in one year anniversary festivities along with Aaron Tomarchio, Chief of Staff, Office of the County Executive, Harford County.



The climbing wall in the phase one completed section of the Dancel Family Center in Ellicott City.

Bernie Dancel, the entrepreneur and Howard County resident whose generous gift helped make the renovation and expansion of this Y center possible, is seen here at the outset of the renovation project with Health and Wellness VP, Troy Weaver.



Lobby, Walter and Betty Ward Family Center in Abingdon.

Reaching more people in more places

To fully achieve our mission, we must be accessible to more people in more places. The following highlights our primary efforts.

Northern and Southern Baltimore County

While our Towson and Catonsville Family Centers have enjoyed rich histories, both lack sufficient capacity to fully serve the surrounding communities they were built to support many years ago. Proposals for redevelopment are actively under review. A variety of options are under consideration, including redevelopment of the current sites in whole or in partnership with other compatible projects, or redevelopment on different sites nearby that serve the same constituency. It is fully anticipated that the direction of both projects will be known in later 2008 with capital campaigns initiated to support their development.

Anne Arundel County

The Y has been serving Anne Arundel County since 1996, but without the benefit of an anchor family center. Along with an active group of volunteers, we are committed to developing a new family health and wellness center by 2012.

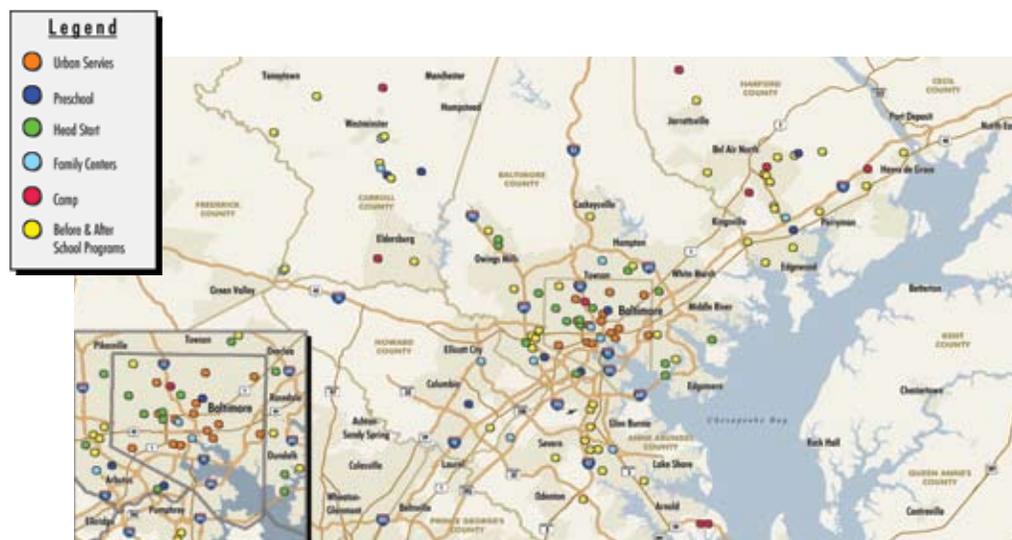
Carroll County

We purchased the Westminister Inn in Carroll County in 2007. When renovation is complete, this historic site will house enlarged family health and wellness programs as well as child care services, allowing us to reach many more people than can be served in the current locations.

Baltimore City

When the Harry and Jeanette Weinberg Family Center at Stadium Place opened in 2004, it represented a strengthening of our commitment to Baltimore City. Now the time has come to re-imagine our Druid Hill Family Center, honoring its legacy and serving as a focal point for positive opportunity within a very economically and socially challenged neighborhood. A task force of committed staff and volunteers is actively engaged in a process of determining how that site might be used to best serve the community that surrounds it. It is anticipated that plans will be known sometime in 2008.

Y of Central Maryland locations



Financial summary

March 2007-March 2008

PUBLIC SUPPORT AND REVENUE

	Audited March 31, 2007	Audited March 31, 2008
Public Support		
Contributions	\$ 3,411,842	\$ 2,021,679
Grants	10,116,037	10,515,597
United Way Subsidy	286,995	191,269
<i>Total Support from Public</i>	\$ 13,814,874	\$ 12,728,545
Membership and Activities		
Membership Fees	\$ 8,719,208	\$ 9,633,661
Program Fees	12,829,268	12,371,598
<i>Total Memberships and Activities</i>	\$ 21,548,476	\$ 22,005,259
Other Revenue	631,720	545,974
<i>Total Revenues</i>	\$ 35,995,070	\$ 35,279,778
EXPENSES		
Program Expenses	\$ 28,740,607	\$ 30,639,758
Supporting Services	6,085,599	7,148,410
<i>Total Expenses</i>	\$ 34,826,206	\$ 37,788,168

The Y touches the lives of over 150,000 men, women and children each year. This year, among other activities, approximately 10,000 youth will:

- strengthen their bodies in Y swim lessons
- learn the value of sportsmanship in Y youth sports
- learn leadership skills in Y Youth in Government

We operate seven family health & wellness centers and two program service offices, employ over 1,500 staff and are humbled by the support of nearly 800 volunteers.

90% of the 900 children in Y Head Start programs live at or below the Federal poverty line. Even still, over the past 2 years, they test 41%-69% higher in school readiness than other low income children across the state.

We reinvest more than \$11 million a year into scholarships and community building activities.

A full 33% of the Y's budget goes to providing programs and services to those who otherwise could not afford to pay.

Over 150 health & wellness programs are offered for children and adults ages six months and up.

As the largest provider of child care in the state, the Y provides:

- 4 infant/toddler childcare sites
- 10 preschool centers
- 3 kindergarten sites
- 46 before and after school sites
- 15 Head Start centers

Association leadership 2007-2008

Y of Central Maryland Association Board of Directors

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Lynn Rill, *PNC Bank*
Doug Scriba, *Liberty Mutual*
Maria Tildon, *CareFirst BlueCross BlueShield*
Sharon Webb, *Marsh USA, Inc.*
Donna Wilson, *Injured Worker's Insurance Fund*
Geraldine Young, *Community Volunteer*
Robert Zentz, *Laureate Education*

Y of Central Maryland Community Advisory Board Leadership

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Baltimore City
Sharon Webb, *Chair*
Perry Savoy, *Annual Campaign Chair*

Carroll County
Lynn Rill, *Chair*
Dr. Dean Griffin, *Annual Campaign Co-chair*
Glenn Bair, *Annual Campaign Co-chair*

Harford County
Gerald Marquez, *Chair*
Monica Worrell, *Annual Campaign Chair*

Howard County
Michael Nieberding, *Chair*
David Havrilla, *Annual Campaign Chair*

Northern Baltimore County
Tom Mooney, *Chair*
Todd Briggs, *Annual Campaign Chair*

Southern Baltimore County
James Malone, *Chair*
Jackie Matrosic, *Annual Campaign Co-chair*
Mary Sirico, *Annual Campaign Co-chair*

Y of Central Maryland Senior Leadership Team

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Michelle Becote-Jackson, *VP, Childcare & Camp Operations*

Robert J. Brosmer, *Chief Operating Officer*

Sara Milstein, *Chief Marketing Officer*

Margie Ripalda, *VP, Human Resources*

Sherrie Rovnan, *Chief Financial Officer*

Jeff Sprinkle, *Chief Philanthropy Officer*

Troy Weaver, *VP, Health & Wellness Operations*

Our Mission

The Y of Central Maryland is a human development organization dedicated to developing the full potential of every individual through programs that build healthy spirit, mind and body for all.

The Y gives back what you give to the Y. It's a direct corollary relationship: a self-fulfilling prophecy and self-determining impact that is completely in the hands of the communities we serve.

Join us.



It's deeper here.™