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The YMCA of  
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# Renewed Confidence

Dear YMCA Friends,

As we welcome the warmer weather, now is a great time for all of us to renew our commitment to the YMCA mission.

Spring and summer bring outdoor activity, and you will see thousands of people enjoying themselves, playing sports and keeping fit in our gyms, pools and athletic fields throughout Chicagoland.

Less visible, yet equally active, is the human services work of the YMCA. We strive year-round to bring a better life to our neighbors through an extensive array of community services. The fun that you enjoy at YMCA Centers is just one part of our commitment to an improved quality of life for all people — measured not in base hits, reps and laps, but in hope, dignity and pride.

Throughout the YMCA of Metropolitan Chicago, there is a renewed confidence in our mission. From volunteers to staff to members, there is a growing commitment to help us build an even stronger YMCA. Every Center throughout the YMCA of Metropolitan Chicago is buzzing with activity and a fresh new energy that looks forward to a better tomorrow.

Please join us as we continue to strengthen and expand our organization in its firm dedication to serving the people of Chicagoland.

Thank you for your continued support.

Stephen S. Cole  
President and CEO  
YMCA of Metropolitan Chicago



## inside

- Socially Fit for Everyday Life | 2**
- No Place Like Home | 2**
- Duncan: Arts for Everyone | 3**
- Wabash: Second Renaissance | 3**
- Teen Centers | 3**
- Active Choices | 4**
- Many Ways to Pitch In | 4**
- YMCA July 1-Dec. 31, 2002  
Financials | 4**
- YMCA and  
Chicago Public Schools | 5**
- Healthy Teeth | 5**
- YMCA Champions | 5**

## YMCA recognized for excellence in child and family services

The YMCA of Metropolitan Chicago was the first YMCA to achieve accreditation by the Council on Accreditation (COA) and is still the largest COA-accredited Y in the country. COA has designated the YMCA of Metropolitan Chicago in its **Community of Excellence**, a unique group of providers that meets the highest standards of professional performance.

The Council on Accreditation is the premier accreditor for child and family services in the United States and Canada. COA accreditation evaluates organizations' performance relative to a set of best practice standards derived from current research findings, regulation and practical experience.





ymcaservices

## Did you know...

...that as a member of one YMCA of Metropolitan Chicago Center, you're a member of all of them?

...if there's a program at another YMCA you'd like to attend, you're entitled to a member rate?

...that thousands of Chicago area families come to their local YMCA every month for a fun and free night out? Sears Family Nights provide recreation, education sessions and holiday-themed parties at YMCAs throughout the city and suburbs. Call your local YMCA and take your family to their next fun event.

## Socially Fit for Everyday Life

One of the most important kinds of fitness is *social* fitness — the ability to lead a productive life among others. The human service programs of the YMCA of Metropolitan Chicago enable people to develop their individual strengths within their communities.

The YMCA provides workforce training, job placement, childcare, and collaborative activities among businesses and the community to promote economic development:

- The **YMCA Network** offers counseling and transitional shelter for homeless young adults, ages 18 to 21, adults and families, as well as youth development programs to combat drug and alcohol abuse and domestic conflicts that trouble Chicagoland youth. These programs serve south suburban and Chicago youth and families.
- The **YMCA Alliance** offers education and job training that assist the Chicago area's unemployed and underemployed adults and youth to prepare for and advance in the workforce.
- The **YMCA Children's Services** helps working parents by providing licensed pre-school and school age programs, and extensive child development programs. ■

## No Place Like Home

Housing is one of the most basic human needs, and the YMCA of Metropolitan Chicago provides much more than just a place to stay.

In their effort to become successfully self-sufficient, many YMCA residents require special assistance. We offer supportive services such as medical treatment, psychiatric care, case management, and food and clothing assistance, often in collaboration with other community providers.

**As the largest and longest-serving Single Room Occupancy (SRO) housing provider in the Midwest**, the YMCA of Metropolitan Chicago supplies over 1,900 units of SRO housing and hotel rooms at seven YMCA residences in Chicago and the suburbs.

**Affordable senior housing** in two YMCA residences offer rental subsidies and supportive services for over 200 senior residents in South Chicago and Harvey, Illinois. In 2004, three new senior housing developments will be constructed, providing 180 additional apartments.

The YMCA Network provides **transitional housing for young adults and families in need**. The Network is renovating a house in Midlothian that will provide a home-like setting for the young adult program, space for recreation and on-site counseling. ■

### YMCA Human Services

| Health Services   | Workforce Development (youth & adult)  |
|---|--|
| Case management<br>Health education<br>Home visitor services<br>Homemakers<br>Healthy Kids Camp<br>Specialty Needs Camp<br>Nursing<br>Teen pregnancy intervention<br>CPR/First aid<br>AIDS/HIV education                      | Employment readiness<br>Entrepreneurship training<br>GED<br>Adult education<br>Job training<br>Job Club  |
| Mental Health Services  | Community Education  |
| Individual counseling<br>Mental health counseling<br>Substance abuse counseling<br>Day treatment program  | Speakers bureau<br>Professional training and seminars<br>Lifelong Learning Technology Centers  |
| Prevention Services   | Affordable Housing and Supportive Services   |
| Gang intervention<br>Lifeskills development (conflict resolution and anger management)<br>Juvenile crime prevention<br>Adolescent substance abuse prevention<br>Youth mentorship<br>Crime prevention                          | Single Room Occupancy (SRO) units<br>Supportive housing<br>Senior apartments<br>Hotels<br>Transitional housing<br>Rental subsidies<br>Life Development Center <ul style="list-style-type: none"> <li>• Case management</li> <li>• Health clinic</li> <li>• Psychiatric services</li> </ul> |
| Child Development   | Teen Leadership  |
| Parenting education and skills<br>Teen parenting<br>Tutoring<br>School age after-school care<br>Day care<br>Head Start<br>Pre-K child care<br>Kindergarten child care<br>Preschool child care<br>Black and Hispanic Achievers | Teen Club<br>Teen Leaders<br>Teen Nights<br>Y Guides<br>City Youth and Government<br>Youth and Government<br>Teen Court<br>Youth Grantmaking Board<br>Young Leaders  |

## In His Own Words

Gary Whitehouse Talks About Life at Lawson House YMCA

I came to Lawson House YMCA in December 2001 with nothing but the clothes on my back. I had no family or friends here in Chicago. I was very depressed. I went to a clinic at the VA. A doctor who remembered me hooked me up with a psychiatrist. After six months, Pacific Garden Mission referred me to Lawson House.

Over the last year-and-a-half, I have come to realize how far adrift I was in life. Now I can see the shoreline. Lawson House is helping me see different opportunities I have now that I didn't have before.

Today, I have a roof over my head. I see a psychiatrist at the Lakeside VA Hospital and a substance abuse counselor here at Lawson House. I take a therapeutic art class here and am a cub reporter for the new resident newsletter.

None of the Lawson House staff are remotely getting paid what they are worth. I thank everyone from the security guard, to the housing manager, to my case manager for helping me.

I remember my brother talking about a Mustang he had that was constantly broken down because a part was missing, but he didn't know what part it was. Since living here at Lawson House and getting help from my counselors, I have realized that there is no part missing. There's no quick fix to getting my life running again. I have to get it together myself. And I believe I will do it with the help of the people here at Lawson House.

## New Corporate Membership Program

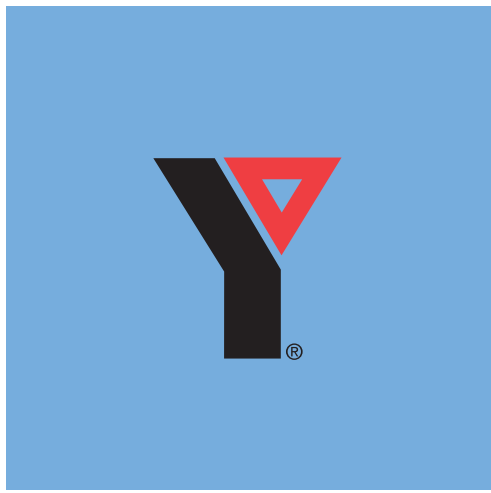
Does your employer offer health and wellness benefits you've never taken advantage of? Could your company benefit from team building programs and retreats to make it stronger? Would you like to see more health and fitness programs at or near where you work? Let the YMCA of Metropolitan Chicago show you how your employer – no matter how small – can become a corporate member and help you become the healthier and happier employee you want to be.

It's a proven fact that healthy employees are more productive employees. They manage stress more effectively, they're absent less often, and they have a more positive attitude. The YMCA's Corporate Membership Program can help any organization take advantage of healthy benefits, while making employees stronger in spirit, mind and body.

For more information, contact Alice O'Toole Cook, Director of Corporate Membership Sales, at 312.932.1334, or email her at [alice\\_cook@ymcachgo.org](mailto:alice_cook@ymcachgo.org). Do it today! ■

Who is the  ?

63,000 participating youth



ymcacenters



## Young Means Fun at YMCA Teen Centers

The streets of Chicago are not always the best place for teenagers to have fun. The lure of gangs and other temptations can attract kids whose time is not otherwise occupied. Without a safe place to hang out with friends, many teens are at-risk of falling into social behavior that blocks their progress toward a productive and happy adulthood.

New Teen Centers at the **Lake View** and **McCormick Tribune** YMCAs offer a safe and relaxed place for local youth to hang out after school. A third Teen Center will open soon at the **South Side YMCA** in conjunction with the Y's new Lifelong Learning Technology Center.

These three Centers join the Greater Roseland Family YMCA's Teen Center in building personal relationships with youth, focusing on their individual needs while they play pool, foosball, ping-pong or air hockey.

Teens are helping to organize the activities and programs that serve them. They volunteer at Lake View's Teen Center giving other teens and their parents tours of the Center and distributing flyers describing the Center's activities at 10 different schools. In April, the Center had its first Open Mic Night for teens to express themselves in a fun way.

These Teen Centers are just four of the many programs designed to steer teens to productive behavior and instill the YMCA values of caring, honesty, respect and responsibility. ■



**“We want to see the arts play an even bigger role in community and economic development than they have in the past.”**  
Malik Nevels

## Bringing the Arts to Everyone

You can feel the creative energy at the YMCA's only arts-focused Center in Chicagoland. Malik Nevels, Executive Director of the **Duncan YMCA and the Chernin Center for the Arts**, is enthusiastic about the role the Center fills not only in the community it serves, but also throughout the entire region.

“The arts play a very significant role in Chicagoland's economic development,” says Nevels. “Tourism, commerce and the character of our neighborhoods benefit from a vibrant scene involving performance, exhibitions and arts instruction for youth.”

Duncan YMCA is embarking on a bold new plan to engage youth in hands-on training in performance, behind-the-scenes production and arts administration. Duncan's new **Arts Training Academy** will serve young people ages five through 18 in a range of classes, workshops and apprenticeships in acting, dance, vocal arts, video and audio production, musical instruction and writing.

“We're building an arts infrastructure that will anchor our growing neighborhoods on the Near West Side and South Loop,” Nevels says. “We want to see the arts play an even bigger role in community and economic development than they have in the past.”

Duncan YMCA and the Chernin Center for the Arts pursues its mission through the generosity of people like **Don and Myrna Lord** and **James and Linda Mitchell**. Their annual support allows Duncan YMCA to serve the community with its unique arts programs, as well as a range of child development services for traditionally overlooked youth. ■

## Leading a Second Renaissance in Bronzeville

2003 marks the 150th anniversary of African-American participation in the national YMCA movement, and Chicago's **Wabash YMCA** has played a central role in this story.

“The Wabash YMCA is a historical treasure that many Chicagoans don't know about,” says Executive Director Fran Bell.

Having served Bronzeville — Chicago's “black metropolis” — for much of the twentieth century, the Wabash YMCA continues to serve as an agent of change to help nurture the neighborhood as it undergoes a second renaissance. YMCA's partner, the Renaissance Collaborative, is responsible for the restoration of the Wabash YMCA — one of the most aesthetically beautiful facilities in all of Bronzeville.

“The YMCA played an important role in this community for decades, and it is doing so again,” says Bell. “This Center is a major part of the cultural heritage of Bronzeville and African-Americans who visited and lived in Chicago. Harold Washington, Paul Robeson, and the Harlem Globetrotters came through these doors. Many athletes found their mentors here. And, many spouses met each other in our ballroom years ago when we used to host neighborhood dances.”

“The Wabash YMCA served as a sanctuary within the community for African Americans from all walks of life,” says Fred C. Matthews, III, Sr. Vice President of Community Relations for the YMCA of Metropolitan Chicago. “The historian Carter G. Woodson founded the Association for the study of Negro Life and History at Wabash, and in 1926, they launched Negro History Week, which grew into Black History Month.”

The Wabash YMCA seeks sponsors to celebrate its role in the 150-year history of African-American YMCA participation. “We want to create a commemorative lithograph of the beautifully restored 1936 William Edward Scott mural that adorns an entire wall of our ballroom,” adds Bell. “In the fall, we are planning a Wabash ‘reunion,’ inviting friends, neighbors and anyone whose lives were touched by our facilities or programs over the years. And, we want to create an endowment that will enable us to better support our programs for children and seniors.”

Businesses, community leaders or friends who want to help celebrate can contact Fran Bell at 773.947.0700 or [fran\\_bell@ymcachgo.org](mailto:fran_bell@ymcachgo.org); or Fred Matthews at 312.932.1255 or [fred\\_matthews@ymcachgo.org](mailto:fred_matthews@ymcachgo.org). ■



Who is the **Y** ?  
135,000 program participants

## Introduce a Friend — and Save!

As a member of one of our fitness Centers, every year you are entitled to six guest passes to share with friends and family. Use your guest passes to help others enjoy the programs and facilities of your YMCA. For every person you get to join one of our Centers, you receive one free month of membership!



ymcafunding

## Financial Outcomes

In 2002, The YMCA of Metropolitan Chicago changed its fiscal year from July 1-June 30 to January 1-December 31. To make this change effective Jan. 1, 2003, the 6-month period between July 1-Dec. 31, 2002, has been reported and audited as a “stub-year” in our fiscal cycle. The results of the 6-month period are highlighted below. Because our operations are cyclical, an annualized comparison to the prior fiscal year is not appropriate. That said, stub-year results benefited favorably from aggressive cost control measures and the sale of buildings/land. It also should be noted that the Association’s cash position has improved materially over the past 6 months.

## Many Ways to Pitch In

Every contribution we receive from individuals, foundations and companies helps us keep the YMCA mission alive and flourishing throughout Chicagoland. Whether you are volunteering your time, donating goods or services, or writing a check, your generosity helps our entire community in a variety of ways.

The newest way for a company to help the YMCA is through a **Corporate Service Partnership** — a fancy way of saying that we invite your employees to roll up their sleeves and do some hands-on work at the Y while promoting teamwork, civic activity and personal pride.

Thousands of Chicago area workers have come together to engage in a wide array of community-affirming activities that demonstrate responsible corporate citizenship and encourage unity among employees who:

- tutor and read to children in YMCA after school programs.
- plant trees and improve landscaping.
- paint, repair and clean YMCA facilities.
- build playgrounds.
- prepare and share holiday meals with individuals in YMCA residences.
- meet one-on-one with YMCA residents to improve their resumes and job seeking skills.

YMCA Corporate Service Partnerships can work with a volunteer crew of as few as five employees and as many as 150. For information, contact Linda Dean, YMCA Volunteer and Program Grant Manager, at 312.932.1295 or [linda\\_dean@ymcachgo.org](mailto:linda_dean@ymcachgo.org). ■

### Statement of Activities

July 1-Dec. 31, 2002

|   |              |
|---|--------------|
| Total public support  | \$17,995,028 |
| Total revenue   | 28,195,909   |
| Total public support and revenue                                  | 46,190,937   |
| Total expenses  | 50,489,801   |
| Public support and revenue less than expenses before other income | (4,298,864)  |
| Total other income (expense)                                      | 3,879,055    |
| Change in net assets*   | (419,809)    |
| Net assets at beginning of year                                   | 100,308,375  |
| Net assets at end of year   | 92,290,566   |

## The YMCA’s 4-star financial management

For the second consecutive year, the YMCA of Metropolitan Chicago has received a 4-star rating from Charity Navigator, one of the most popular sources for in-depth, objective analysis of the financial health of more than 2,100 of the country’s largest charities. This consistency in our rating was hailed as “an exceptional feat,” especially given the economic challenges all charities have faced in recent years.

We are grateful to Charity Navigator for this extraordinary recognition, and invite all of our members and friends to visit their Web site for more information at [www.CharityNavigator.org](http://www.CharityNavigator.org).



### Statement of Financial Position

|                                  |             |
|----------------------------------|-------------|
| Cash and cash equivalents        | 9,657,653   |
| Other current assets             | 8,725,832   |
| Investments                      | 68,987,067  |
| Property and other assets        | 116,181,711 |
| Total assets                     | 203,552,263 |
| Total current liabilities        | 26,358,351  |
| Other liabilities                | 84,903,346  |
| Total liabilities                | 111,261,697 |
| Total net assets                 | 92,290,566  |
| Total liabilities and net assets | 203,552,263 |

\* reflects change in net assets before adjustment for additional minimum pension liability

## More Active, More Healthy, More Involved

Adults, middle aged or older, may suffer from a variety of ailments if they become inactive. The YMCA’s new **Active Choices** program will help people incorporate lifestyle changes and become more physically active, healthier and more involved in monitoring their own wellness.

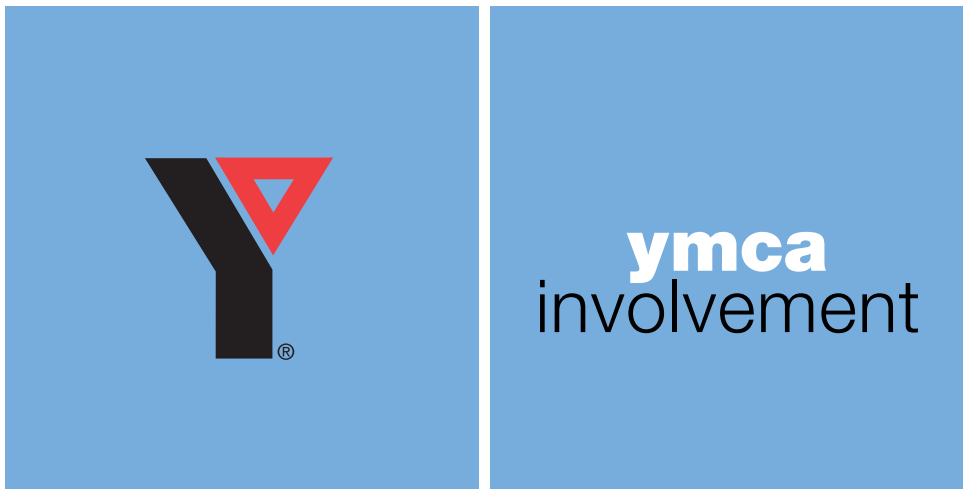


Through a generous grant of \$972,460 from the Robert Wood Johnson Foundation, the YMCA of Metropolitan Chicago will launch Active Choices this summer to help over 1,000 adults age 50 and older. This free program will help participants either avoid, or better manage, inactive lifestyles that can lead to chronic illness or disabilities, such as arthritis, cancer, diabetes, heart disease and stroke.

Active Choices is a great way to make a commitment to a lifestyle change. For more information, contact Mary Ganzel, Director of Healthy Lifestyles, at 312.932.1289 or [mary\\_ganzel@ymcachgo.org](mailto:mary_ganzel@ymcachgo.org). ■

Who is the  ?

7,000 volunteers



# Spotlight on YMCA Champions

A champion isn't just someone who wins — it's also someone who supports a worthy cause.

The YMCA of Metropolitan Chicago is gratified to receive the financial support of the finest individual, foundation, and corporate donors in Chicagoland. Meet three of our champions:

## Morgan L. Fitch, Jr.

"My family has always been involved with the Y," says Morgan L. Fitch, Jr. "My brother and I joined South Shore Chicago Y in the 1920s. By the late 1930s both my dad and my grandfather had served as chairmen of the board. I participated in 'High Y,' a high school sports program, and I did student community service.



Morgan and Helen Fitch

"My wife, my daughter, my son, my brothers, my nephew—we're all involved. The Y has always been a part of my life. I've supported the Y through thick and thin for seventy-odd years."

Mr. Fitch is a lifetime member of the YMCA Board of Trustees and has generously supported the YMCA, both at the Metropolitan and local Center levels. For decades, he has volunteered countless hours of his time, skill and friendship to the YMCA and the Chicago community.

## The Albert Pick, Jr. Fund

An ardent supporter of the YMCA's City Youth and Government program, the Albert Pick, Jr. Fund has provided annual support to this innovative civics program for high-achieving, low-income youth. In 2002, the Fund awarded City Youth and Government \$80,000 to form the YMCA's first Youth Grantmaking Board. This panel of 15 young people made its first awards in April to youth-developed and youth-driven projects that will have a lasting impact on their high school communities. The Fund's Executive Director, Cleopatra Alexander, was instrumental in catalyzing this bold venture in youth philanthropy.



Samatha Pittman, Youth Mayor 2004, and Cleopatra Alexander, Executive Director, the Albert Pick, Jr. Fund



Left to right: Sandra Samuah, Youth City Clerk; Samatha Pittman; Willine Valentin, Youth Vice Mayor

Since 1986, the Fund has helped the YMCA City Youth and Government program engage more than 1,000 high school students in analyzing issues and suggesting solutions to the challenges that they and their peers face in Chicago's inner city neighborhoods.

## Quaker Oats

One of the YMCA of Metropolitan Chicago's treasured champions, Quaker Oats Company, was among the first Chicago corporations to support the YMCA's Lifelong Learning Technology Center program, bridging the digital divide that prevents the advancement of Chicago's lowest income communities. Quaker's \$100,000 grant provided support for staffing, equipment, software, connectivity and tools to measure the program's success.



Illinois Senator Barack Obama and Haamid Johnson, Youth Mayor 2002 and 2003

Acting as a **Corporate Service Partner**, Quaker employees made their mark at New City YMCA, creatively painting and updating child care rooms. When the YMCA launched its new Healthy Kids Camp in summer 2002, Quaker and its affiliates provided food products. For the program's second year, the company has added a grant that will provide scholarships so that low-income youth will be able to attend the camp.



Left to right: Cheryl Lamm Gunn, Manager of Community Relations, Quaker Oats Foundation, presents a \$10,000 grant to Jim Sifuentes, Executive Director, Pilsen YMCA, and Steve Cole, President and CEO, YMCA of Metropolitan Chicago.

The YMCA's many friends at Quaker Oats have made a significant impact in the life quality of Chicago area residents who benefit from YMCA services.

Quaker's commitment to service extends to the local level, most notably the Pilsen YMCA, which enjoys the leadership of two Quaker employees on its board of directors, and grant support for youth development and leadership programs for local youth. ■

# Everybody Loves Healthy Teeth

Colgate and the YMCA joined forces to get all of Chicago brushing their teeth with the *Bright Smiles, Bright Futures* program. A carnival atmosphere that featured dental screenings, treatment referrals, face painting, music and character appearances encouraged children from across all of Chicagoland as they gathered to simultaneously brush their teeth in support of good oral health.

Chicago was the second stop on a city-by-city tour designed to provide oral health education and free dental screening to 100 million children by the year 2010. Generously supported by Colgate-Palmolive Company, the program works to promote oral health through educational initiatives, community partnerships and clinics on wheels to help meet the needs of children in under-served communities.

"I'm honored to be a part of this event," said **Chris Zorich**, former Chicago Bears player, chairman of the Christopher Zorich Foundation and member of the YMCA Board of Managers. "Helping kids to understand the importance of good oral hygiene and empowering them to communicate that knowledge to other young people will inspire a generation of great smiles." ■



Chris Zorich brushes his teeth with friends.

# The YMCA and Chicago Public Schools: A Partnership that Continues to Grow

For many years, the YMCA of Metropolitan Chicago has worked with, and through, the Chicago Public Schools (CPS). We've engaged in collaborations as varied as the students that benefit from them. We partner in the areas of technology, after school programming, gang intervention, job readiness, civic education and involvement, grant making, mentoring and leadership.

Today, our relationship with CPS continues to deepen. The YMCA, in partnership with Morse School at 620 N. Sawyer, recently received a planning grant from the Campaign to Expand Community Schools in Chicago. This grant will allow the YMCA and Morse School to develop a plan to create a community school, which offers a variety of programs that combine academic and social support for students and their families.

This spring, the YMCA and Morse School, and the YMCA and Morton School at 431 N. Troy, were two of twenty partnerships to receive 21st Century Community Learning Center funding under CPS' district-wide application to the Illinois State Board of Education. These grants, totaling \$875,000 over the next four and a half years, will allow the YMCA and Morse and Morton to expand their after school programs to serve low-performing, high-risk students year-round.

With increased public awareness that high-quality after school programs foster student learning, we look forward to continuing our work with CPS in this critical arena. ■

# Thank You

for your Support.



The YMCA of Metropolitan Chicago

## Wondering How **You** Can Help?

YMCA Centers and camps provide the people of Chicagoland with a wealth of opportunities to receive and provide services for others, realize their greatest potential, and enjoy recreation and personal wellness.



**Volunteer Your Time**

**Share a Skill**

**Make a Contribution**

**Your contribution makes a difference in people's lives...**

We serve hundreds of thousands of people every year, regardless of age, race, religion, sex, or socio-economic status.

**Your contribution is used efficiently...**

About 11 percent of the YMCA's budget is spent on administrative costs, allocating roughly 89 percent directly to programs and services.

**Your contribution shows that you care...**

Your commitment to your community is shown whenever you make a contribution or share your time and skills.

**Anything you can do will help our cause — and will be deeply appreciated!**

Contact Marilyn Benuska, Sr. Vice President of Financial Development, at 312.932.1244 or [marilyn\\_benuska@ymcachgo.org](mailto:marilyn_benuska@ymcachgo.org)

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