



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

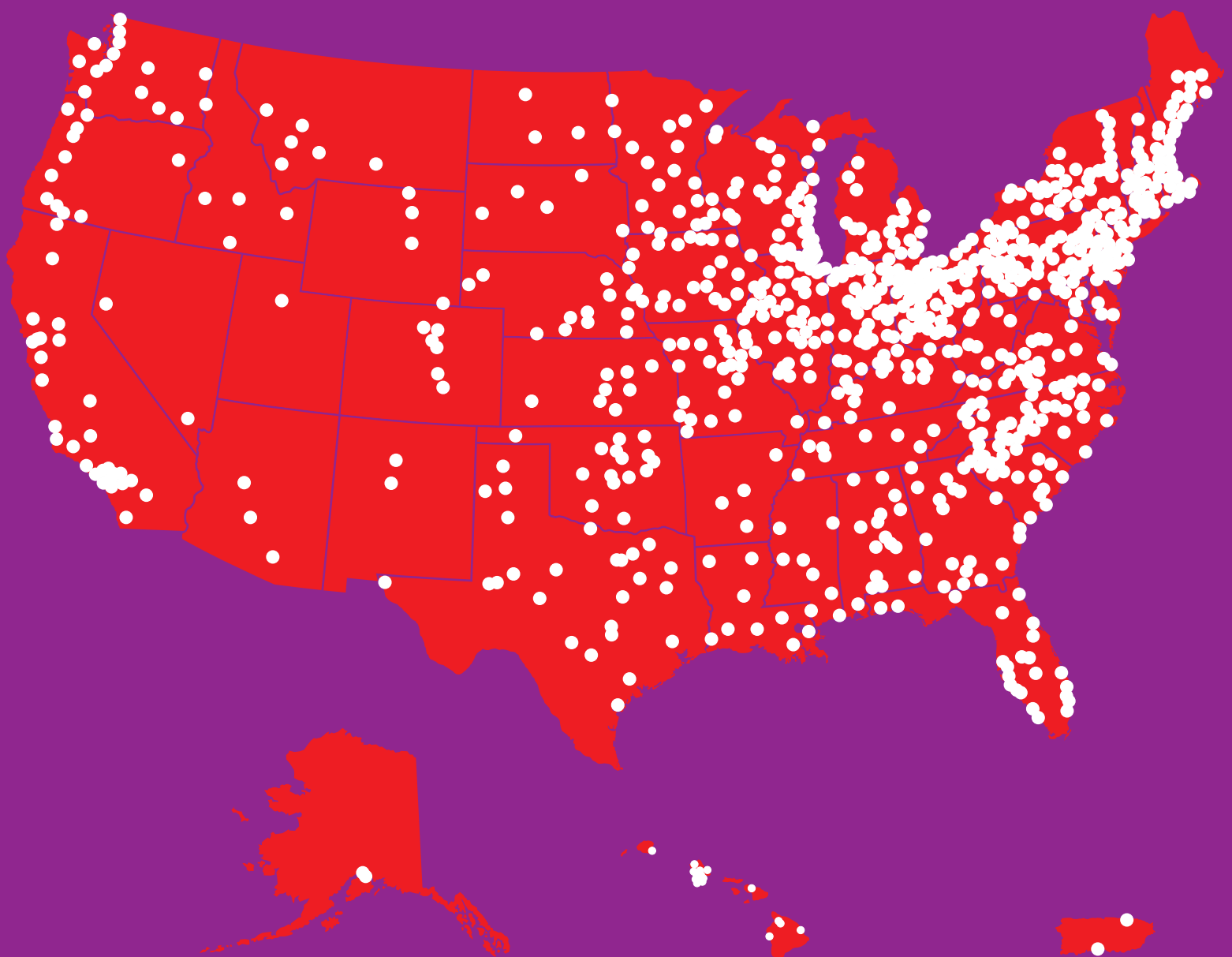
FOR EVERY PERSON & THE COMMON GOOD

Overview of the Y in the United States
YMCA OF THE USA



STRENGTHENING COMMUNITY IS OUR

The nation's 2,700 YMCAs serve 22 million people in 10,000 communities and are spread across all 50 states, plus the District of Columbia and Puerto Rico.



● = YMCA

ALASKA

HAWAII

PUERTO RICO

CAUSE

The Y is the nation's leading nonprofit **committed to strengthening community through youth development, healthy living and social responsibility.** We believe strong communities are possible only when we invest in our kids, our health and our neighbors.

Across the country, people are concerned about the quality of life in their communities. Issues such as unemployment, chronic disease, educational disparities, poverty, negative youth behaviors and stress on families affect the strength of communities. To bring about meaningful change, individuals need ongoing support, encouragement and connections to others—all of which the Y provides in abundance.

The Y has the **long-standing track record and on-the-ground presence necessary to address the nation's most pressing social issues** related to youth, health and community life. With a mission to put Christian principles into practice through programs that build healthy spirit, mind and body for all, we work side-by-side with our neighbors to make sure everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.



FACTS

YMCAs
2,700

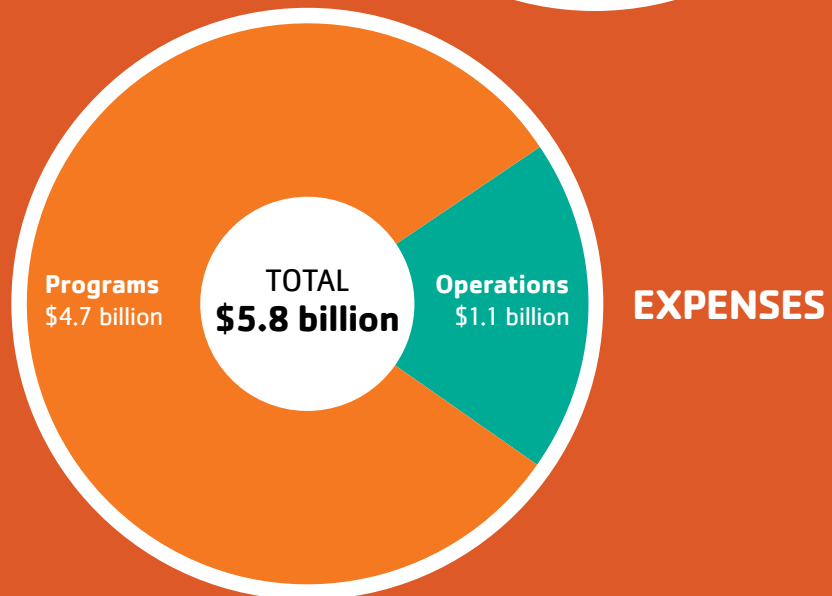
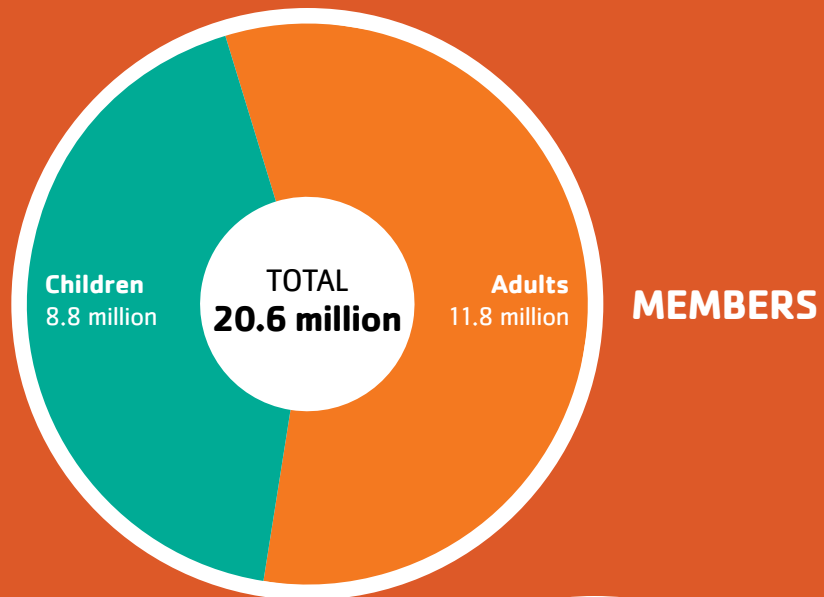
YMCAs IN COMMUNITIES
WHERE HOUSEHOLD
INCOME IS BELOW THE
NATIONAL AVERAGE

58%

COMMUNITIES
SERVED

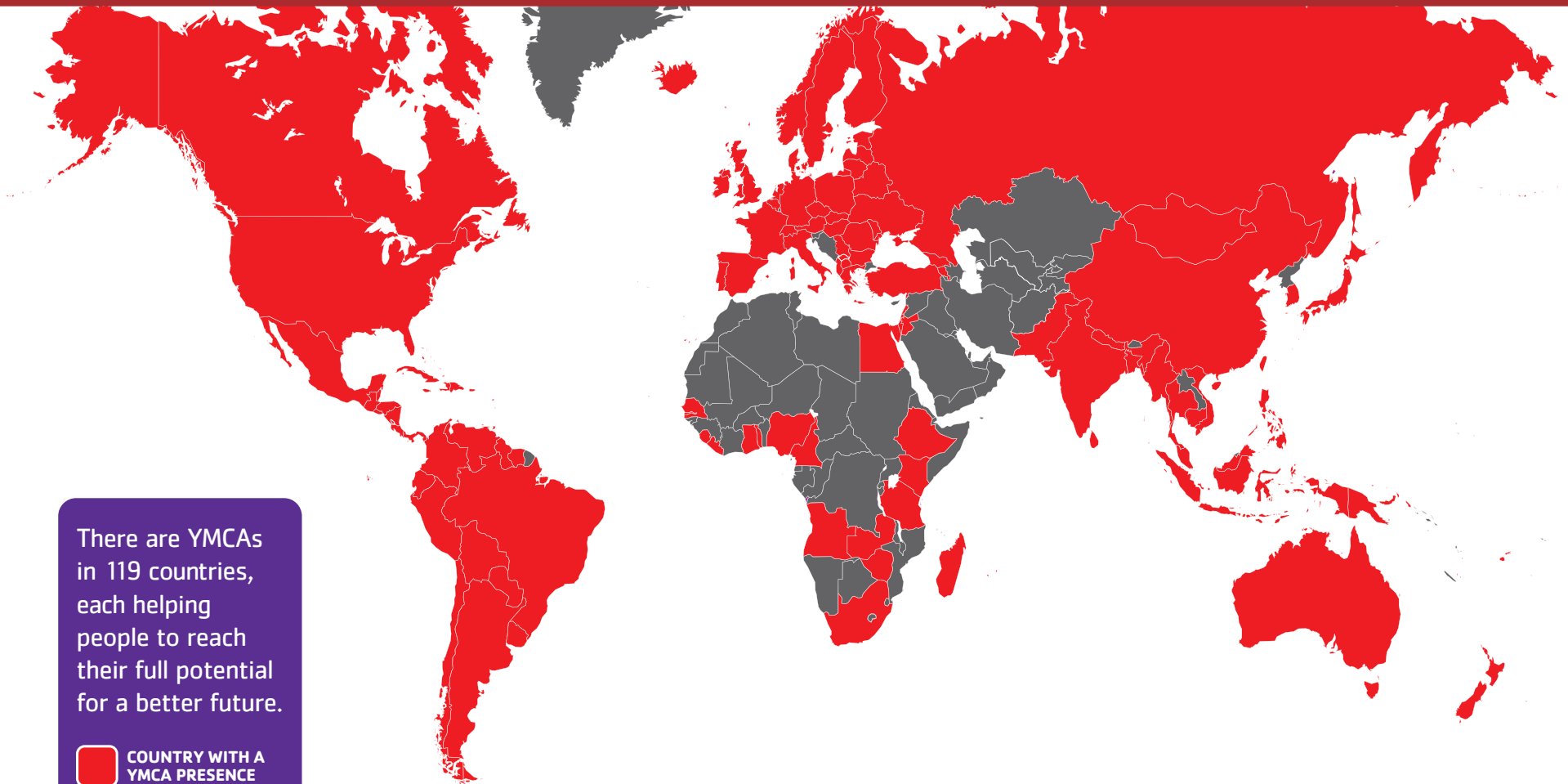
10,000

STATES
50
plus
District of Columbia
and Puerto Rico





GLOBAL YMCA MOVEMENT



There are YMCAs in 119 countries, each helping people to reach their full potential for a better future.

 COUNTRY WITH A YMCA PRESENCE

THE HISTORY OF THE Y LOGO



1881 – The Ninth Conference in London approves the first Y logo, which highlights Y values by featuring a reference to John 17:21: “That they may all be one ... as We are one.”



1891 – Luther H. Gulick, M.D., proposes a red triangle as the Y symbol. The equal sides of the triangle stand for “man’s essential unity, body, mind and spirit, each being a necessary and eternal part of man, he being neither one alone...”



1895 – The annual convention of the U.S. and Canadian Ys authorizes adding the triangle to the old World Alliance Insignia.



1896 – The logo is simplified and a second ring is added. It is said the second ring represents friendship and love without end among individuals. This remains the Y’s official emblem.



1897 – The everyday logo from 1897 to 1967 is the red triangle.



1967 – The Y creates and trademarks the logo with the triangle and bent bar.

INSIDE OUR NEW LOGO

The Y's new visual system reflects our true identity: a caring, people-oriented organization that is devoted to the cause of strengthening communities. Our refreshed logo, for instance, is bold, active and welcoming, suggesting our determined commitment to social progress. Plus, the many colors reflect the vibrancy and diversity of our communities and activities.



Bringing it to Life....



Please note: To request images of the Y logo, please contact media@ymca.net.

Areas of focus	FOR YOUTH DEVELOPMENT Nurturing the potential of every child and teen.				FOR HEALTHY LIVING Improving the nation's health and well-being.				FOR SOCIAL RESPONSIBILITY Giving back and providing support to our neighbors.			
Offering categories	CHILD CARE	EDUCATION & LEADERSHIP	SWIM, SPORTS & PLAY	CAMP	FAMILY TIME	HEALTH, WELL-BEING & FITNESS	SPORTS & RECREATION	GROUP INTERESTS	SOCIAL SERVICES	GLOBAL SERVICES	VOLUNTEERISM & GIVING	ADVOCACY
Programs & services	Afterschool Care Child Watch Corporate Child Care Extended Child Care (+/- 6am-6pm a/o weekend) Kid's Club School-age Child Care (5 days/week)	Academic Enrichment Abundant Assets Afterschool Academic Enrichment Programs Early Learning Head Start Homeschool Enrichment Classes Preschool School Readiness Programs Tutoring Arts & Humanities Filmmaking Leadership Development Campus Ys Mentoring Youth/Teens Leaders Club Youth on Boards Post-secondary Education Prep Achievers College Goal Sunday College Preparation/Exploration Youth Employment Services Youth Civic Engagement Model UN Teen Councils/Youth Advisory Boards Youth & Government	Competitive Swimming & Sports Gymnastics Swimming/Diving (under 18) Recreation Dances Skateboarding Teen Clubs Y-Teen Zone Youth Sports Programs Adaptive/Inclusive Youth Sports Youth Baseball Youth Basketball Youth Fitness/Exercise Youth Flag Football Youth Gymnastics Youth Judo Youth Karate Youth Lacrosse Youth Soccer Youth Softball Youth Tennis Youth Track/Field Youth Swim Lessons Adapted Swim Lessons-Children w/ Disabilities Child/Parent Classes Splash Youth Lessons	Day & Resident Camps Day Camp Overnight Camp Summer Camp Specialty Camps Diabetes Camp Cancer Camp World Camp	Adventure Guides Family Camp Family Challenge Family Fitness Family Nights Family Wellness Programs Parent/Child Dance Prime Time Family	Group Classes Active Older Adults Aerobics/Dance Circuit Training Classes Indoor Cycling Martial Arts Strength Training Women Only Fitness Program Yoga Healthy Lifestyles Cardiac Rehabilitation Programs CPR/First Aid Diabetes Prevention & Self-management Healthier Communities Health Screenings/Lifestyle Appraisals Healthy Family Home HIV/AIDS Prevention Injury Rehabilitation Lifeguard Training Obesity Programs Pre/post-natal Exercise Classes Stress Management/Relaxation Programs Personal Fitness Personal Training Starter Fitness Programs Water Activities Adult Swim Lessons Aqua Step Adapted for Adults with Disabilities	Adult Team Sports Adult Basketball Leagues Adult Competitive Swimming (18 & Over) Adult Golf Adult Hockey Adult Soccer Leagues Adult Softball Leagues Adult Tennis Adult Volleyball Leagues Recreation Cycling/Mountain Biking Hiking Running Clubs Skiing Snowboarding Walking Groups Wall Climbing	Life-long Learning Adult Arts & Humanities Healthy Cooking Sign Language Classes Spanish Classes Social Groups Book Clubs Group Trips (travel) Knitting Ladies Night Out Spiritual Development Bible Study Community Prayer Breakfast	Child Welfare Foster Care Gang Prevention/Intervention Housing for Runaway/Homeless Youth Programs for Suspended & Dropout Youth Community Health Military Outreach Initiative Urban Swim (outreach swim safety instruction) Employment/Vocational Training Adult Employment Services Adult Literacy Programs Computer Training GED Preparation Environmental Education Earth Service Corps iCare Family Services & Skills Development Counseling Programs Family Resource Centers Financial Education Transitional Housing for Families Quality of Life Food Banks Housing Permanent Low-income Housing Substance Abuse Programs	Global Education Events, Forums & Festivals Exchanges of Volunteers & Staff Global Leadership Development Service Learning Global Network Global Partners Hosting International Visitors International Y-to-Y Relationships Newcomer/Immigrants English as a Second Language Citizenship Preparation Legal Services Resettlement Services World Service Disaster Response Global Programming World Service Campaign World Week of Prayer	Financial Support Annual Support Campaign Youth Sponsorships Volunteers Managerial Volunteers Policy Volunteers Program Volunteers	Grassroots/Community Organizing Civic Engagement Activities PTO Collaboration Public Policy Legislative Action Center State Alliances

OUR AREAS OF FOCUS

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

The Y believes all kids have great potential and deserve the opportunity to discover who they are and what they can achieve. Through the Y, **more than 9 million youth** today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

At the Y, we recognize that effective youth development requires a holistic approach focused on achieving certain social-emotional, cognitive and physical milestones. Youth need positive role models, and they need to feel physically and emotionally safe to thrive. To ensure youth realize their potential to become active, engaged and thriving members of society, the Y **nurtures their development from birth to career** through programming, experiences and supports.

PROGRAM HIGHLIGHTS

- **Camp**—Exciting, safe communities for young people to explore the outdoors, build confidence, develop skills and make lasting friendships and memories, so they can grow as individuals and leaders.
- **Child Care**—Safe, nurturing environments for children to learn, grow and develop social skills, so parents can go to work knowing their kids are still with people who care about their development and well-being.
- **Education & Leadership**—Knowledge, character development, guidance and encouragement to help children learn and realize their potential.
- **Swim, Sports & Play**—Positive, fun activities that build physical and social skills, so children develop a lifetime appreciation for active living.

SIGNATURE PROGRAM

Statistics show that a large number of children from low-income environments reach kindergarten unprepared and continue to fall behind in school, unless they receive intentional support. This is known as the Achievement Gap. The Y's **Achievement Gap Signature Programs** are designed to improve academic outcomes for these children at key educational stages: early learning, summer learning and afterschool. YMCAs offer the programs at 215 sites nationwide.

STORY OF IMPACT

NOURISHING THE DEVELOPMENT OF CHILDREN

Charlie, age 8, struggled with behavioral issues. Throughout the day, his parents would give him sugary snacks, leaving him to crave the proper nutrition needed to support his unique youth development journey.

After becoming involved with the food program at the Sterling-Rock Falls YMCA in Illinois, Charlie received the holistic support he was lacking, and the results quickly followed. His physical appearance changed and so did his behavior, helping Charlie successfully meet critical developmental milestones.

Charlie is not alone in his struggle. In fact, 16 million children in the United States live in households that struggle to put healthy, nutritious meals on the table. According to

the U.S. Department of Agriculture (USDA), more than 30 million children receive free or reduced-cost meals through the National School Lunch Program, but only 2.3 million of these kids continue to receive meals through the USDA's Summer Food Service Program.

The Y believes all children deserve the opportunity to learn, grow and thrive—and nothing is more fundamental to this opportunity than consistent access to healthy meals. That is why we have collaborated with Walmart Foundation and hundreds of other partners to serve millions of meals to thousands of children each year through the USDA's Child Adult Care Food Program for afterschool meals and Summer Food Service Program for summer meals. Charlie and





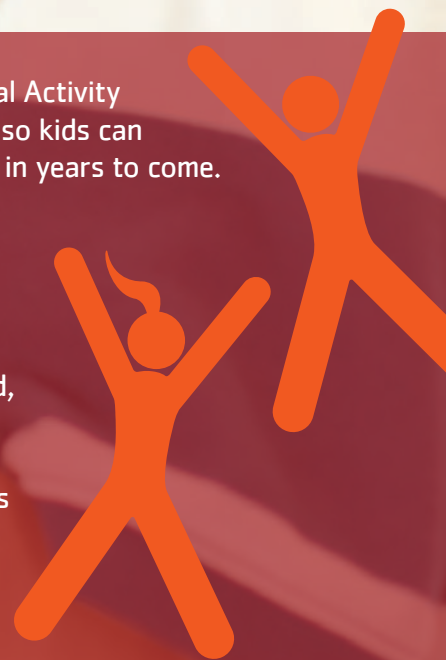
other youth from ages 5 to 18 participate in the Y's Year-Round Food Program at thousands of sites across the country to get their "fill of food and fun." They receive nutritious meals and snacks, and enjoy recreational and learning activities to keep their bodies and minds active.



YMCA of the USA (Y-USA), the national resource office for YMCAs, awards \$5 million in grants per year, funded by partners, to help Ys build the proper infrastructure and supports needed to implement a successful USDA meal program. Y-USA staff offer technical assistance and guidance on how to effectively offer meal programs that reach more kids, offer more nutritious options, align

with Healthy Eating and Physical Activity standards and are sustainable, so kids can continue to access these meals in years to come.

Charlie is now happier and healthier. Because of his participation in the Y's Year-Round Food Program, his behavioral issues have subsided, allowing him to concentrate on important things—like volunteering to lead his school's martial arts activity.



ADVANCING A SUCCESSFUL LIFELONG JOURNEY

Youth Development Roadmap (v1.15)

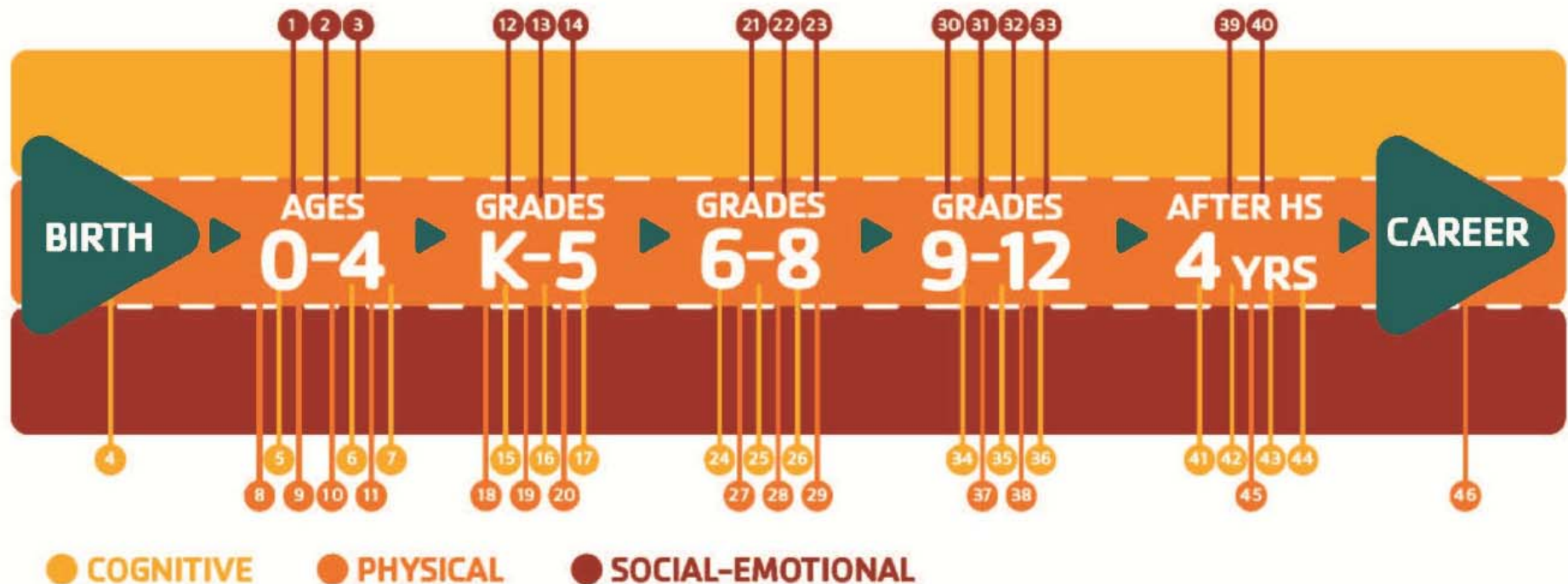


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth Development is the **SOCIAL-EMOTIONAL**, **COGNITIVE**, and **PHYSICAL** process that all youth uniquely experience from **birth** to **career**. A successful development process fulfills children and teens' innate need to be loved, spiritually grounded, educated, competent, and healthy.

Positive youth development is supported by the intentional efforts of individuals—including parents, mentors, teachers, community members, peers, and others—who foster the skills needed for successful living through motivation, active engagement, enriching activities, and healthy relationships.

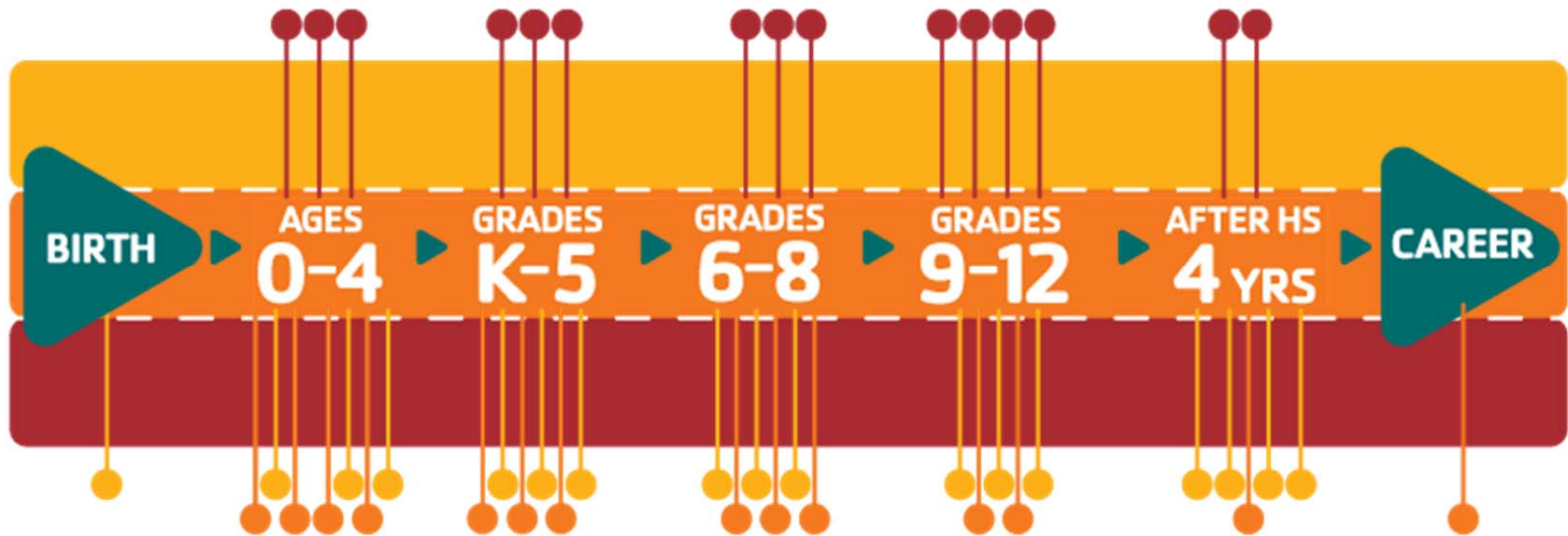
At the Y, we support youth development by fostering the nine dimensions of well-being—including Character, Giving, Inspiration, Health, Achievement, Belonging, Relationships, Meaning, and Safety—through our programs and experiences.



Key

	Social/Emotional	Cognitive	Physical
0 – 4 (age)	<ol style="list-style-type: none"> 1. Forms positive attachment to a caregiver 2. Makes eye contact and responds to social engagement 3. Responds to environmental stimulation 	<ol style="list-style-type: none"> 4. Has a caregiver that sings, reads, and talks to them. 5. Actively explores surroundings 6. Develops basic recognition of letters numbers, and shapes 7. Receives effective preschool preparation. 	<ol style="list-style-type: none"> 8. Receives quality pre-natal care 9. Achieves basic developmental markers, including crawling, walking, and weight gains 10. Has access to lifelong basic dental/health/eye care 11. Has a routine of healthy eating, playing, and sleeping
K – 5 (Grades)	<ol style="list-style-type: none"> 12. Exhibits a desire to learn 13. Forms positive peer relationships 14. Engages in activities that strengthen social emotional competencies 	<ol style="list-style-type: none"> 15. Attends Kindergarten 16. Reads at grade-level by the end of 3rd grade 17. Sets academic expectations of good grades 	<ol style="list-style-type: none"> 18. Has access to healthy foods 19. Masters fine and gross motor skills through activity 20. Learns basic safety habits
6 – 8 (grades)	<ol style="list-style-type: none"> 21. Has a positive non-parent adult mentor 22. Has positive peer influence 23. Participates in leadership-building activities 	<ol style="list-style-type: none"> 24. Has an expectation of attending college 25. Masters Algebra 1 26. Self-directs part of his/her learning 	<ol style="list-style-type: none"> 27. Self directs healthy eating 28. Is engaged in positive physical activity 29. Establishes resistance to risk-taking activities
9 – 12 (grades)	<ol style="list-style-type: none"> 30. Develops healthy values including, caring, honesty, and responsibility 31. Feels supported by others 32. Feels empowered 33. Connects with community, school, and/or church 	<ol style="list-style-type: none"> 34. Passes most of his/her classes 35. Masters a “favorite” subject 36. Masters math and/or science 	<ol style="list-style-type: none"> 37. Establishes a peer group that supports healthy habits. 38. Engages in activities that promote mental health (service learning, sleeping, and faith).
Post-Secondary	<ol style="list-style-type: none"> 39. Begins working on a career plan 40. Develops time- and stress-management skills 	<ol style="list-style-type: none"> 41. Has a financial plan to support post-secondary studies 42. Makes strong connections with a postsecondary institution 43. Has a career plan 44. Transitions into career of choice 	<ol style="list-style-type: none"> 45. Establishes a peer group that supports healthy habits 46. Engage in activities that promote mental health

- Early Learning (childcare)
- Achievement Gap
- Day Camp
- Camp Readers
- After School
- Adventure Guides
- Family Strengthening
- Arts
- STEM
- Food Program
- Sports
- Competitive Events
- Achievers
- Youth And Gov.
- Leaders Clubs
- Reach & Rise Mentoring
- Competitive Events
- Campus Ys



OUR AREAS OF FOCUS

HEALTHY LIVING

Improving the nation's health and well-being

The Y is a leading community-based network committed to improving America's health. We harness our vast network to **help the nation battle chronic disease and improve individual and community health** through programs that promote wellness, reduce risk of disease and help people reclaim their health. The result is a country that increasingly values health such that individuals and families make healthy choices and live in communities that support those choices.

At the Y, we are helping lead the transformation of health care from a system largely focused on treatment of illnesses to a collaborative community approach that emphasizes well-being, prevention and health maintenance. We are particularly focused on **three critical social issues affecting our communities**: high rates of chronic disease and obesity, needs associated with an aging population and health inequities among people of different backgrounds.

SIGNATURE PROGRAM

Diabetes affects 30 million people in the U.S., but 86 million more Americans have prediabetes and are at risk for developing diabetes. The **YMCA's Diabetes Prevention Program** helps adults take steps to reduce their risk for developing the disease. The program is based on National Institutes of Health research that showed modest weight loss (5 percent to 7 percent) and increased physical activity (up to 150 minutes per week) can reduce the number of new cases of type 2 diabetes in adults by 58 percent, and by 71 percent in adults over the age of 60.

PROGRAM HIGHLIGHTS

- **Chronic Disease & Injury Prevention**—Evidence-based programs that address key social needs including childhood obesity, diabetes prevention, falls prevention, cancer survivorship, arthritis management and blood pressure management.
- **Family Time**—Bringing families together to have fun and grow, so they can strengthen their own relationships and make connections with other families.
- **Health, Well-Being & Fitness**—Resources and guidance to maintain or improve health and wellness, so we all can live our best lives at every age.
- **Sports & Recreation**—Healthy lifestyle activities that bring together people with shared athletic and recreational interests, because lifelong rewards come from teamwork, friendly competition and exercise.

STORY OF IMPACT

TAKING ON THE DIABETES EPIDEMIC

Monique Wright-Williams watched her mother die from diabetes-related illnesses at age 69. She did not want her children to endure the same heartache. Having been diagnosed with prediabetes, she signed up for the YMCA's Diabetes Prevention Program at the YMCA of Greater Syracuse. The program helped her get active, lose weight and avoid becoming one of the nearly 2 million Americans diagnosed with diabetes every year.

Monique is one of more than 26,000 people served by the YMCA's Diabetes Prevention Program, an evidence-based program based on National Institutes of Health research. The program has been shown to reduce the number of new cases of type 2 diabetes by 58 percent—for roughly 75 percent less than the cost of similar programs delivered in a health care setting.

The scope of the diabetes epidemic is alarming. Nearly 30 million Americans have diabetes. Another 86 million Americans have prediabetes—and only 10 percent of them know they have it, making the epidemic particularly dangerous and expensive. Decreasing the number of cases of type 2 diabetes through programs like the Y's not only saves lives, but also reduces the \$116 billion in direct medical costs associated with diabetes every year.

The YMCA's Diabetes Prevention Program employs a lifestyle intervention approach that once was thought to be too expensive. However, the YMCA of Greater Indianapolis, in conjunction with Indiana University, refined the approach so that the program could be delivered by non-medical professionals at a much lower cost.



YMCA of the USA (Y-USA) has a long history of using funds to bring successful local programs to national scale. After the Indianapolis Y showed good results, the Centers for Disease Control and Prevention (CDC) worked with Y-USA to fund the program at the YMCA of Greater Louisville. Based on positive results in those two cities, the CDC and United Health Group provided funds to expand the program to 18 additional communities. Eight more foundations, corporations, organizations and government agencies then became supporters of the program, including the JPB Foundation, which invested \$10 million to scale the program nationally. Nearly 150 YMCAs in 40 states are operating the program in more than 1,000 locations. It continues to expand every month.

After Monique completed the program, she continued eating healthy and staying active. In fact, she extended her efforts by forming a weekly running group to support others. Like Monique, the Y wants to extend our work to improve the nation's health through programs like the YMCA's Diabetes Prevention Program and help more individuals make healthy choices in communities that support those choices.



FRAMEWORK FOR HEALTHY LIVING



Impacting
INDIVIDUALS



Impacting
FAMILIES



Impacting
ORGANIZATIONS



Impacting
COMMUNITIES



Impacting
SOCIETY

To
**PROMOTE
WELLNESS**
(Primary)

**Personal Training
Wellness Centers**

Group Exercise
Youth Sports
Swim Lessons

Family Camp
**Adventure
Guides**

**Employee Wellness
Benefits**

**Policies
Promoting
Healthy
Eating**

**Policies
Promoting
Physical
Activity**

Built Environment

**Access to Fresh
Fruits & Veggies**

**P.E. in
Schools**

**Economic Incentives
and Disincentives
(taxation or
subsidies)**

**Tobacco-free
Environments**

To
**REDUCE
RISK**
(Secondary)

**Diabetes
Prevention**

**Falls
Prevention**

**Childhood
Obesity**

**Smoking
Cessation**

The Y Healthy Living Framework shows the three levels of chronic disease prevention the Y supports as a means for improving health: **promote wellness** (primary prevention, to keep healthy people from developing a disease), **reduce risk** (secondary prevention, for people who already have a diagnosis or serious risk factors for disease) and **reclaim health** (tertiary prevention, to help people manage chronic or long-term health problems). The framework positions this health activity against the populations it serves— individuals, families, organizations, communities, society. Serving as the foundation of this work is Y membership. Active and growing **Y membership** provides the organizational capacity the Y needs to deliver these programs and improve the nation's health.

To
**RECLAIM
HEALTH**
(Tertiary)

**Cardiac
Rehab**

**Arthritis
Treatment**

**Diabetes
Control**

**Cancer
Survivorship**

MEMBERSHIP

OUR AREAS OF FOCUS

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

The Y has been listening and responding to our communities' most critical social needs for **more than 160 years**. Whether helping people develop new skills through education and training programs, welcoming and connecting diverse demographic populations through global services or advocating for the common good, the Y fosters the care and respect all people need and deserve. We believe communities are strongest when all people have an opportunity to participate, connect and thrive.

At the Y, we understand that the desire to belong and help others is human nature, and everyone has something of value to contribute. Often, people just need to be motivated to act, and the Y has the credibility and expertise to be a catalyst. To foster social connectedness, strengthen support networks and encourage investment in communities, both locally and globally, the Y **activates resources and engages people from diverse populations** for individual and collective action.

SIGNATURE PROGRAM

Togetherhood™ invites YMCA members to extend the impact of the Y by identifying and leading service projects in their communities. The program addresses the social isolation, disconnectedness and lack of civic participation found in communities across the U.S. By working together in small groups, Y members forge new friendships and increase their own well-being while meeting local needs. More than 150 YMCAs are engaging thousands of members through the program, continually planning new projects and expanding to more neighborhoods.

PROGRAM HIGHLIGHTS

- **Advocacy**—Collaborations with policymakers, community leaders and private and public organizations to advance the Y's cause of strengthening community through youth development, healthy living and social responsibility.
- **Global Services**—Support to welcome, celebrate, educate and connect diverse demographic populations in the U.S. and around the world, so that all people can reach their full potential and our changing communities are united and strong.
- **Social Services**—Training, resources and support to empower our neighbors to make positive change, bridge gaps and overcome obstacles, so that everyone has the chance to learn, grow and thrive.
- **Volunteerism & Giving**—Voluntary contributions of time and treasure that fund, support and lead the Y's critical work, so that we can reach more people and do more good.

STORY OF IMPACT

WELCOMING AND SUPPORTING NEWCOMERS

When Nguyet arrived in Boston from her native Vietnam with her teenage daughter, Minh, they did not know English and had very little money.

The first year was very difficult; Nguyet had trouble finding work and putting food on the table. She finally found a job, only to lose it three months later when the company downsized. The silver lining: That's how she discovered the YMCA of Greater Boston's International Learning Center.

As a laid-off worker, Nguyet received a voucher for English classes and a skills-training program. After completing the courses, Nguyet applied for a temporary

position as a file clerk at Tufts Medical Center. She got it. Not only that, it developed into a full-time job as a human resources coordinator.

Nguyet and Minh are among the more than 40 million foreign-born individuals living in the U.S. today, more than at any other point in our nation's history. Nearly one-quarter of U.S. children live in immigrant families. In order to adapt and thrive, immigrants need integration support and opportunities to become productive, self-reliant and connected to their communities—because the obstacles they face are considerable.





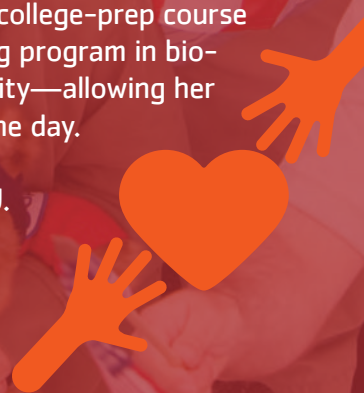
Consider that immigrants are far more likely than natives to drop out of high school (30 percent versus 8 percent) and to have less than a ninth grade education (18 percent versus 1 percent). Immigrants account for 20 percent of the nation's low-wage workers. More than half of all immigrant children live in low-income families.

The Y is working to reverse these trends by fostering supportive and welcoming communities for all. U.S. YMCAs offer integration pathways for immigrants through programs and services focused on key areas of need: language and education, health and well-being, citizenship and civic engagement, economic integration and employment, and community development. They partner with YMCAs worldwide and utilize technical and

financial assistance from YMCA of the USA to strengthen their ability to engage, advocate for and serve immigrant populations.

This kind of support has made all the difference for Nguyet and Minh. After completing a college-prep course at the Y, Nguyet enrolled in an evening program in biomedical technology at Boston University—allowing her to continue working full time during the day. Minh also is thriving, having earned a bachelor's degree in business from BU.

Nguyet says she and her daughter are grateful to the Y “for giving us an opportunity to build a new life in America.”



The YMCA and Our Government

US Constitution



- Bills passed by Congress & signed by President become Law
- Once a law, it is “codified” into the United States Code (U.S.C.)

United States Code (U.S.C)



- U.S.C. divided into 52 Titles (Groups of Laws)
- Title 26 - Internal Revenue Code (Tax Laws)

Title 26 of the United States Code – Internal Revenue Code



- Internal Revenue Code has 9,000+ Sections
- Section 501(c) defines 29 types of “tax exempt, non-profit organizations”

Section 501(c) of the Internal Revenue Code



- 29 types of tax-exempt, non-profit organizations
 - Exempt from paying some federal income taxes
 - In most cases, also used by states to determine exemption from state taxes (sales tax, property tax, etc.)
- #3 of the 29 defined types, 501(c)(3) – most common definition: includes religious, education, and charitable organizations.

Section 501(c)(3)

- Provides tax-exempt status for Charitable Organizations like...
- **The YMCA!**
- Section 170 of the same Internal Revenue Code provides deductions in the amount of federal income tax paid by donors who make charitable contributions to 501(c)(3) organizations – known as “Charitable Deductions”



Incentive for community members to donate and sustain organizations like the YMCA that provide services to the community



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTHENING KENTUCKY'S COMMUNITIES

Kentucky Alliance of YMCAs



THE Y. SO MUCH MORE.

As one of Kentucky's leading nonprofit organizations, the Y is committed to strengthening communities through youth development, healthy living and social responsibility. That's because strong communities are possible only when we invest in our kids, our health and our neighbors. We're more than a gym – we're a cause.

There is no nonprofit quite like the Y. That's because we have the long-standing relationships and reputation to not just promote, but also deliver on lasting and meaningful change.

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

We all need the Y.



LEGISLATIVE PRIORITIES



FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

- Protect Child Care Assistance Program Funding
- Improve Out-of-School Time standards
- Create a "college-going culture"
- Promote civic engagement and service learning through our statewide Student Y programs – Kentucky Youth Assembly, Kentucky United Nations Assembly, Y-Corps, and Leadership & Advocacy programs



FOR HEALTHY LIVING

Improving communities' health and well-being

- Promote increased youth physical activity before, during, and after school.
- Increase access to healthy foods
- Support healthy lifestyle initiatives to combat health and wellness issues such as obesity, sedentary living, diabetes, arthritis, high blood pressure and cholesterol.



FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

- Preserve charitable tax deductions for donors and the tax-exempt status of charitable organizations.
- Advocate for YMCAs as partners with state government in the delivery of services.
- Promote a culture of service in our local communities

MEETING COMMUNITY NEEDS

Serving people of all incomes, ages and abilities

- Kentucky's YMCAs serve more than **365,000 people** in diverse communities around the state. We bring together young and old, men and women, people of all faiths, backgrounds and incomes. YMCA scholarships, subsidies and outreach provide critical access to low-income families.
- The Y welcomes everyone! We provide activities for everyone, including free health fairs/screenings, physical activity programs, nutrition advice and more.
- In addition, we provide over **\$5,680,000 a year in financial assistance** and subsidies for children, youth and families to participate in YMCA programs and membership.



Serving vulnerable populations in our communities

- **Children:** Our Kentucky YMCA's serve over **160,000 children and youth**. The Y provides a wide range of activities to foster healthy, productive children, including teen clubs, sports leagues, family nights, and community service projects. All youth activities incorporate the YMCA Core Values of caring, honesty, respect, and responsibility.
- **Older Americans:** Over **32,000 seniors**, those over 65 years of age, participate in specialized fitness programs, social activities, and events provided by the Y, making them one of the fastest growing segments of our membership. The Y is committed to helping seniors across Kentucky continue to live full, healthy and independent lives.



Mobilizing community resources to meet community needs

- **Locally Driven:** YMCAs are created by the local community based on a regional needs assessment and are controlled by a local board of community volunteers.
- **Contributed Income:** Kentucky YMCAs receive over **\$6.1 million a year** in support from annual community contributions.
- **Volunteer Hours:** Our YMCAs mobilize over **8,280 volunteers each year** to serve their local communities.
- **Key Partnerships:** Recognizing the importance of collaborations, Kentucky YMCAs create partnerships with a wide-range of organizations in the communities they serve.

Promoting healthy lifestyles to prevent obesity

- **Health Crisis/Childhood Obesity:** Our YMCAs have a longstanding dedication to provide programs and services that build healthy spirit, mind and body for all. We continue this commitment today by engaging and supporting children and all health seekers – individuals of all ages who wish to pursue a healthy lifestyle.



Kentucky Alliance of YMCAs



Ashland Area YMCA

Ashland, KY
Marla Gearhart, Executive Director
www.ashlandareaymca.org

Barren County Family YMCA

Glasgow, KY
Terry Reed, Executive Director
www.barrencountyyymca.org

Frankfort YMCA

Frankfort, KY
Keith Gallagher, CEO
www.frankfortymca.org

Henderson County Family YMCA

Henderson, KY
Sheldon Booze, CEO
www.hcfymca.com

Hopkins County Family YMCA

Madisonville, KY
Ed Wallace, CEO
www.hopkinscountyyymca.org

Hopkinsville/Christian County YMCA

Hopkinsville, KY
Paul Watts, Executive Director
www.hopkinsvilleyymca.org

Limestone Family YMCA

Maysville, KY
Tonya Wenz, Executive Director
www.limestonemyymca.org

YMCA of Mayfield/Graves County

Mayfield, KY
Pam Hamilton, Director
www.mayfield-gravesymca.com

Owensboro Family YMCA

Owensboro, KY
Arthur Harreld, CEO
www.owensboroyymca.org

Paris-Bourbon County YMCA

Paris, KY
Cathy Boone, Executive Director
www.parisbourbonymca.org

Pikeville Area Family YMCA

Pikeville, KY
Sherry Riddle, CEO
www.limestonemyymca.org

Telford Community Center YMCA

Richmond, KY
Dave Wallace, Executive Director
www.ymcatelford.org

Union County YMCA

Morganfield, KY
Krystal Scarberry, Director
270-389-9622

YMCA of Central Kentucky

Lexington, KY
David Martorano, CEO
www.ymcacky.org

YMCA of Greater Louisville

Louisville, KY
Steve Tarver, CEO
www.ymcalouisville.org

YMCA of Winchester

Winchester, KY
Ann Stenzel, Director
859-744-9622

Wilderness Trace Family YMCA

Harrodsburg, KY
Neal Robinson, CEO
www.wildernesstraceymca.org

YMCA of Greater Cincinnati

Cincinnati & Northern Kentucky
Sandra Berlin-Walker, CEO

Branches in Kentucky:

Campbell County YMCA

Fort Thomas, KY
Dana Ensley, Executive Director
www.myy.org

R.C. Durr YMCA

Burlington, KY
Jacob Brooks, Executive Director
www.myy.org

YMCA Camp Ernst

Burlington, KY
Elizabeth Cochran, Executive Director
www.ymcacampernst.org

Armed Services YMCA

Nationwide
William French, CEO

Branch in Kentucky:

Armed Services YMCA

Fort Campbell, KY
Karen Grimsley, Executive Director
www.asymca.org/fort-campbell

.....
kyyymca.org/alliance

Kentucky Alliance of YMCAs

Administered by:

Kentucky YMCA Youth Association

Frankfort, KY
Ben Reno-Weber, CEO
www.kyyymca.org | 502.227.7028



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BY EACH GENERATION

The Story of YMCA Youth and Government

OUR STORY

When you share the story of Youth and Government, many people will be surprised to hear that the Y is home to one of the largest youth civic engagement and model government programs in the world.

How did the Y – birthplace of basketball and home to swimming lessons, fitness centers, summer camps, and childcare – give rise to Youth and Government?

The answer lies in 3 key elements of YMCA history:

Boys Work

The YMCA was originally founded in 1844 as an organization for young men at the start of their careers (age 20 and older). As the Y expanded, so did demand from younger boys (ages 12-18) to join. Boys Work Departments, administered by Boys Work Secretaries (staff directors), were established to provide this new generation with a space and voice in the Y movement.

Older Boys Conferences

As boys became an increasingly larger portion of YMCA membership, Y leaders decided to give them their own forums for sharing their Y experience with other boys. These forums – Older Boys Conferences – grew into some of the largest youth gatherings in the country.

Hi-Y (High School YMCAs)

The massive growth of Boys Work programs led many participants to bring the Y to their schools, resulting in the formation of High School YMCAs, or Hi-Y Clubs, across the country. By the 1930's, Hi-Y was one of the largest student organizations in the United States. The transition to school-based YMCA clubs also brought about the creation of Tri-Hi-Y – the girls version of Hi-Y – and moved the Y away from its male-only roots.

OUR FOUNDER



In 1936, the stage was set for our founder, Clement A. "Pete" Duran, Boys Work Secretary for the Albany YMCA in New York, to bring together the 3 pieces of our story.

Boy leaders for the 1936 New York Older Boys Conference wanted the results of their conference discussions to be heard by "people who can do something about them."

William H. Burger, New York State Boys Work Secretary and a close colleague of Duran, described what happened next:

Pete and I were sitting in a car near the state capitol talking about ideas for the Older Boys Conference. Pete said, "how would it be if we held the conference in the State Capitol and centered our program around citizenship and the development of laws?"

"You would never get the capitol," I replied. But he did.

Governor Herbert Lehman enthusiastically approved Duran's request, inviting Hi-Y Clubs to select representatives for the Hi-Y Assembly at the Capitol. The rest, as they say, is history.

OUR MOTTO | Democracy must be learned by each generation

The motto of YMCA Youth and Government was adapted from a quote by Dr. Earle T. Hawkins, President of Towson State Teachers College and first Chairman of the Maryland Youth and Government program: "Democracy is more than being governed by a majority vote. It is a process in government that must be learned and earned by each succeeding generation. Youth cannot inherit democracy. They achieve it as adults provide them opportunities and leadership."

MAKING HISTORY

Historic Program Moments

The YMCA Youth and Government program was developed at a time when some of the defining questions of the 20th century were being answered. In many ways, Youth and Government not only served as a mirror of society, but also as a window into advances in diversity, equality, youth rights, and public policy that youth legislators would approve decades before their elected counterparts.

When youth legislator Barbara Striker called the Virginia YMCA Youth and Government Model General Assembly to order in April of 1948, it was the first time in state history that a woman had presided over the legislature. In 1949, Youth and Government delegates in Michigan elected Myron Wahls, an African American student from Detroit, as Youth Governor – over 40 years before the election of the first African American Governor since Reconstruction in 1990.

The YMCA Youth and Government program has not just been a part of history – it has and continues to make it:

George H. Gallup

When Princeton University Professor John F. Sly became Chairman of the first National Youth and Government Sponsoring Committee, he recruited one of his colleagues, Dr. George H. Gallup, to serve with him.

Dr. Gallup was the director of the American Institute for Public Opinion, and achieved notoriety for using his polling to accurately predict that Franklin Roosevelt would win the Presidency in 1936. The research firm that now bears his name, the Gallup Organization, has become one of the most recognized pollsters in the world.

In addition to serving on Sly's Committee, Dr. Gallup used his American Institute for Public Opinion to help the YMCA Youth and Government programs in New Jersey, Maryland, and Pennsylvania conduct State Public Opinion Polls like the New Jersey Public Opinion Poll seen at right. The youth legislators in each program conducted the polls themselves, and used the findings to select bill topics for their Assembly legislation that were relevant to the needs of their communities and states.



Hawaiian Statehood



While every state program of YMCA Youth and Government has its own unique origin story, the story of the Hawaii program began before Hawaii was even a state. The program was founded during Hawaii's transition from territory to statehood in 1950. While the actual Constitutional Convention for Hawaii was being held, 71 delegates from 53 Hi-Y and Tri-Hi-Y Clubs gathered for their own Model Constitutional Convention in the throne room of the Royal Iolani Palace. Their task was the same as the actual convention – to issue a constitution for the new state of Hawaii.



Although they were gathered in a royal palace that embodied Hawaii's monarchical past, their responsibility was to help transition Hawaii to representative democracy – a responsibility their generation would carry for years to come after the Model Constitutional Convention.

A decade later, Hawaii elected Eric Shinseki from Kauai High School as Youth Governor in 1960. Shinseki, a retired four-star general, serves as Secretary of Veterans Affairs for President Obama.



The 26th Amendment



At the 1968 Youth Governors Conference, President Lyndon B. Johnson surprised not only the Youth Governors but also the White House Press Corps when he chose the conference as the venue to announce his endorsement of the 26th Amendment to lower the national voting age to 18. President Johnson delivered the same message to Congress later that week, and sent each Youth Governor a copy of his speech along with a personal request that they support the amendment in their states.

It was no coincidence that the President chose the Youth Governors Conference to make his announcement. The original sponsor of the House Resolution calling for the 26th amendment was Senator Jennings Randolph of West Virginia. Randolph was an avid YMCA Youth and Government supporter who had helped host the Youth Governors Conference for over a decade.

At the 1971 Youth Governors Conference, 3 years to the day that President Johnson announced his endorsement, Senator Randolph was being honored for his service to the program when word came during the ceremony that Ohio had voted to become the 38th and final state needed to ratify the 26th Amendment. The Senator made the official announcement while accepting the award.

After decades of YMCA Youth and Government bills passed by youth legislature to lower the voting age, high school seniors in the program were now able to vote for the first time in history.





STATE TIMELINE

New York | December 11-12, 1936
www.rochesterymca.org/programs

Idaho | 1937
www.ymcatvidaho.org/programs

New Jersey | December 2-4, 1938
www.ymcae.org

Maine | May 1-2, 1943
www.yiginme.org

Connecticut | April 28-29, 1944
www.ctyag.org

Maryland | May 5-6, 1944
www.mdyandg.org

Minnesota | April 26-27, 1946
www.mnyig.org

Georgia | 1946
www.yclub.org

Kentucky | 1946
www.kyymca.org

Michigan | 1946
www.myig.org

Tennessee | 1946
www.tennesseeyig.org

Texas | December 12-13, 1947
www.ymcatexasyg.org

Arizona | 1947
www.facebook.com/azyouthandgovernment

Kansas | 1947
www.kansascityymca.org/programs

Oregon | April 2-3, 1948
www.youry.org/salem-family-ymca

Pennsylvania | April 2-3, 1948
www.ymcapa.org

Virginia | April 9-10, 1948
www.vaymca.org

Washington | 1948
www.youthandgovernment.org

California | February 1949
www.calymca.org

Alabama | April 22-23, 1949
www.alygig.org

New Hampshire | April 22-23, 1949
www.nhymcayag.org

Missouri | December 16-17, 1949
www.moyig.org

Hawaii | April 21-22, 1950
www.ymcahonolulu.org/youth_development

Illinois | April 24-25, 1950
www.ilymcayg.org

Oklahoma | January 25-27, 1952
www.ymcaokc.org/youthdevelopment

Wisconsin | December 5, 1952
www.ymcanecounty.org/yig

Ohio | 1952
www.ohioymcayig.org

Colorado | 1953
www.denverymca.org/programs-services

Florida | December 6-8, 1957
www.floridayig.net

Mississippi | 1960
www.msyag.org

New Mexico | April 6-8, 1961
www.nmyig.org

Louisiana | 1962
www.layouthandgovernment.org

Massachusetts | February 14-15, 1964
www.ssymca.org

Indiana | April 2-4, 1965
www.facebook.com/inayg

Delaware | 1969
www.ymcade.org/yig/yig.cfm

Montana | 1970
www.helenaymca.org/youth-gov

North Carolina | May 3-5, 1979
www.ncyag.org

South Carolina | 1988
www.scmayig.org

Washington, DC | 2001
www.dcyag.org

YMCA Model UN
www.ymcae.org

OUR STORY

YMCA YOUTH AND GOVERNMENT

DEMOCRACY MUST BE LEARNED BY EACH GENERATION



The YMCA | 1844

The Young Men's Christian Association was founded on June 6, 1844 in London, England by 22-year old George Williams.



The YMCA in the US | 1851

The first YMCA in the United States was founded on December 29, 1851 at the Old South Church in Boston, MA by Retired Captain Thomas Valentine Sullivan.



YMCA Boys Work | 1869

To provide YMCA activities for boys ages 12-18, the first Boys Work Department was founded by William Horace Whipple in Salem, MA on April 26, 1869.



African American YMCA | 1853

The first YMCA for African Americans was founded in Washington, DC in 1853 by Anthony Bowen, a freed slave.



Boys Work Secretaries | 1886

Ellen Brown becomes the first employed Boys Work Secretary (Program Director), working for the YMCA in Buffalo, NY.



Hi-Y | 1889

Following earlier attempts at school-based YMCA clubs in Ionia and Ann Arbor, MI, the first High School YMCA was founded by D.F. Shirk at Dickinson County High School in Chapman, KS in 1889. The name "Hi-Y" was first used and adopted in 1911 by the High School YMCA in Pittsfield, MA.



Older Boys Conferences | 1891

As Boys Work grew, many asked if boys should be represented at State YMCA Conferences. W.F. Moore, Boys Work Secretary in Everett, MA, proposed a conference solely for boys, run by boys. On January 28, 1891 the 1st Older Boys Conference was held for YMCA boys in Massachusetts and Rhode Island.



National Hi-Y Fellowship | 1932

In 1932, the National Hi-Y Fellowship was created to help charter, register, and organize Hi-Y Clubs across the country.

National Hi-Y Congress | 1936

In 1936, the 1st National Hi-Y Congress was held in Berea, KY to allow Hi-Y members to propose and discuss policies, resources, and initiatives for the National Hi-Y Fellowship.



HI-Y ASSEMBLY



Hi-Y Assembly at New York Older Boys Conference | 1936

After meeting with boy leaders who wanted the results of their Older Boys Conference discussions to be heard by "people who can do something about them," Clement A. "Pete" Duran, Boys Work Secretary for the Albany YMCA, sought and received permission to hold the conference at the State Capitol from December 11-13, 1936. Hi-Y Clubs selected representatives to debate and pass bills as part of the Hi-Y Assembly – the first YMCA Youth and Government Assembly.



First Youth Governor | 1938

When Duran accepted a new position with the YMCA in New Jersey, his Hi-Y Assembly idea took hold quickly. New Jersey held its first Assembly in 1938, and elected the first-ever YMCA Youth Governor – Harry A. Faske of Trenton.



Princeton Extension Conference | 1944

Duran's idea gained national support at Princeton University, where Professor John F. Sly chaired the first National Youth and Government Committee, developed training resources, and held a National YMCA Youth and Government Extension Conference for new states from April 20-21, 1944.



National Conference of Boy Governors | 1949

The first YMCA National Conference of Boy Governors was held in Washington, DC from June 16-19, 1949, bringing together Youth Governors and leaders from 19 states. The agenda included sessions with Prof. Sly, Clement Duran, and President Harry Truman.

National Youth and Government Assembly | 1952

In 1952, the first National Youth and Government Assembly was held as part of the National Hi-Y & Tri-Hi-Y Council in Washington, DC.



YMCA Youth Governors Conference | 1962

A decade passed before the Reader's Digest Foundation helped sponsor the 2nd Youth Governors Conference in 1962 in Washington, DC, where the conference has been held each year since. 36 states were represented.

YMCA Conference on National Affairs | 1968

After Alabama delegate Michal Hart proposed a new national Youth and Government conference, William C. Chandler of the Montgomery YMCA established the Conference on National Affairs (CONA). 7 states sent delegations to the first conference in 1968 in Stone Mountain, GA.



CONA moved to its current home at the YMCA Blue Ridge Assembly in Black Mountain, NC in 1971.



YMCA College Youth In Government | 2012

In March of 2012, college students from across the country convened a Constitutional Convention in Philadelphia, PA to found the YMCA College Youth In Government program.

YMCA National Judicial Competition | 2012

In July of 2012, the first YMCA National Judicial Competition was held in Chicago, IL.



YOUR YMCA LEGACY | KENTUCKY

The YMCA | 1844

The Young Men's Christian Association is founded on June 6, 1844 in London, England by 22-year old George Williams



The YMCA in the United States | 1851

Retired Captain Thomas Valentine Sullivan founds the first YMCA in the United States on December 29, 1851 in Boston, MA at the Old South Church.



YMCA for African Americans | 1853

Anthony Bowen, a freed slave, founds the first YMCA for African Americans in Washington, DC in 1853.

The YMCA in Kentucky | 1853

The Louisville YMCA Association becomes the first YMCA in Kentucky on December 5, 1853.

YMCA Boys Work | 1869

To provide YMCA activities and programs specifically for boys ages 12-18, the first Boys Work Department is founded by William Horace Whipple in Salem, MA on April 26, 1869.



WILLIAM HORACE WHIPPLE
 Founder
 Chairman and Founder of the Boys' Branch
 of the
 Young Men's Christian Association
 It is a fact of that the first year of the life was spent in
 the work which, beginning in Salem, in 1869,
 he carried throughout the world.



Hi-Y | 1889

Following attempts at school-based YMCA clubs in Michigan, D.F. Shirk founded the first High School YMCA, or "Hi-Y," at Dickinson Co. High School in Chapman, KS in 1889. In Kentucky, these clubs are now known as Student YMCAs or Y-Clubs.



Kentucky State YMCA | 1890

The State YMCA of Kentucky is incorporated by an act of the State General Assembly and approved by the Governor on March 1, 1890.



Older Boys Conferences | 1891

As Boys Work grew, many asked if boys should be represented at State YMCA Conferences. W.F. Moore, the Boys Work Secretary in Everett, MA, proposed the creation of a YMCA conference solely for boys, run by boys. On January 28, 1891 the 1st YMCA Older Boys Conference was held for boys from across Massachusetts and Rhode Island.



1st Kentucky YMCA Older Boys Conference | 1902

The 1st Kentucky YMCA Older Boys Conference was held December 27-30, 1902 in Frankfort, KY.

1st Kentucky Hi-Y Club | 1912

The 1st Hi-Y Club in Kentucky was formed in Louisville in 1912.

Hi-Y Assembly at New York Older Boys Conference December 11-13, 1936

After meeting with boy leaders for the New York Older Boys Conference, Clement "Pete" Duran, Boys Work Secretary for the Albany YMCA, received permission from Governor Lehman to hold the conference at the New York State Capitol. Hi-Y members were invited to debate and vote on bills as part of the Hi-Y Assembly, the first YMCA Youth and Government Assembly in the nation.



1st Kentucky YMCA Youth Assembly | 1946 • UN Assembly | 1959

The first Kentucky YMCA Youth Assembly is held in 1946. The first Kentucky YMCA United Nations Assembly is held in 1959.

YOU

What We Do

The Kentucky YMCA Youth Association serves as the home of both Kentucky's YMCA Youth and Government programs as well as the Kentucky State Alliance of YMCAs. We provide middle school, high school, and college students across the Commonwealth with opportunities for service learning, civic engagement, and personal development.

Our Programs

In addition to our YMCA Youth and Government programs, we also offer winter and summer leadership development conferences as well as an intensive service-learning program and local advocacy programs.

Kentucky Youth Assembly | KYA

Kentucky United Nations Assembly | KUNA

Go For It! Conference | GFI

Leadership Training Conference | LTC

Metro Youth Advocates | MYA

Y-Corps Service Program

Mission Statement

The mission of the Kentucky YMCA Youth Association is to develop engaged citizens and servant leaders, inspired to affect change in their school, community, Commonwealth, nation, and world. Through experiential learning, service, and community activism, the Kentucky YMCA Youth Association fosters critical thinking, leadership, and social responsibility in teens.

Core Values

The Kentucky YMCA Youth Association works to ensure that all of our participants uphold the 4 core values of the YMCA: **Honesty**, **Caring**, **Respect**, and **Responsibility** – both during our programs and in their everyday lives.