

PO BOX 707, LINVILLE NC 28646 (828) 737-5500

Web: ymcaavery.org Instagram: [ymca_avery.county](https://www.instagram.com/ymca_avery.county)

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Key Operations Team

Chief Executive Officer: Trey Oakley

Directors:

Edie Young, Membership	Bonnie Clark, Healthy Living
Karen Fugate, Membership	Hannah Taber, Aquatics
Sheila Bauer, Outreach	Holly Magid, Finance & HR
Michelle Scott, Development	Jenn Roark, Youth Development
Dennis Betz, Fund Development & Accountability	

Mission

Putting Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

Impact Statement

Creating a community where people have the opportunity to live healthy, all youth can be safe and reach their potential and the elderly have support to live quality, independent lives.

Leadership Message

Let there be no misconception of who the YMCA is here to serve. As our mission implies, we are here to serve all – from the beginning of life to supporting our elderly in their final hours. In 2018 that's exactly what your YMCA did. From providing \$408,766 in membership and program subsidies so that all could participate in YMCA programs and services, providing hunger relief to 213 kids in after school and summer programs and 312 Kindergarten and 2nd grade kids attending the SPLASH drowning prevention program, to delivering meals and providing support to our homebound senior citizens. You can see through this report that we have had much help in fulfilling our social responsibility. Working together we can even do more to benefit the people of Avery County. – Trey Oakley, CEO

2018 In Review

2018 EVENTS

Healthy Kids Day, April 21st -

Presented by Rotary Club of Avery County

3rd Annual Marjory Williams Memorial Tournament, May 4th -

Presented by the Williams Family Foundation

NC Mountains Men's Invitational Charity Tournament, May 26th-28th

Senior Health & Fitness Day, May 30th

Presented by the YMCA Board of Directors

YMCA Annual Celebration, June 28th

Freedom Ring Raffle, June 29th

YMCA Sponsored Concert in the Park, August 23rd

Floating Pumpkin Patch, October 14th

Halloween at the Y, October 26th

Presented by the ARHC Foundation

Reindeer Run, December 8th -

Presented by the Kiwanis Club of Banner Elk

2018 MEMBERSHIP

Total Members: 3,914

Total Visits: 98,605 (18% increase over 2017)

Members' Gender:

Male-45%, Female-53%, Unreported-2%

Members' Age:

7 & Under- 7%, 8-12: 7%, 13-18: 8%,

19-39: 23%, 40-59: 22%, 60+: 33%

Programs and Membership Discounts and Subsidies provided:

\$408,766 (18% increase over 2017)

Subsidies made possible through generous donations of the Mary E. Dooner Foundation, The Hobbs Foundation, and individual donations from people like you.

2018 FINANCIALS (AUDITED)

Revenues		Expenses	
Contributions/Grants	\$1,095,174	Management & General	\$49,649
Membership Dues	\$775,314	Fundraising Expense	\$12,556
Program Revenue	\$135,091	Program Expense	\$2,151,509
Other Revenue	\$899	Total Expense	\$2,213,714
Total Revenue	\$2,006,478		

Collaborators in Our Work

In a small community, no organization alone can meet the many needs. The following organizations assist us to achieve our mission: Appalachian Regional Behavioral Healthcare, Blue Ridge Regional Hospital, Mitchell County Senior Center, Avery County DSS, Avery County Schools, Avery County Transportation, Avery County Sheriff's Office, Crossnore School & Children's Home, Feeding Avery Families, Avery Senior Center, Baker Center for Primary Care, Cannon Memorial Hospital, Clark Family Medicine, High Country Community Health, Jonas Ridge Baptist Church, Life Care Center of Banner Elk, High Country Area Agency on Aging - Meals On Wheels, Newland Baptist Church, Plumbtree Presbyterian Church, Toe River Health District, Avery County Mentoring, and Food Lion

We would like to recognize and thank the following businesses and families for in-kind support throughout 2018:

Stonewalls Restaurant, Mountain Glen Golf Club, Loaves & Fishes Restaurant, Kathy & John Rimmer, Kay's Kitchen, Sugar Mt. Golf Club, Elk River Golf Club, Beech Mt. Golf Club, Grandfather Mountain Campground, Boonshine Brewing Co., Grandfather Mt. Stewardship Foundation, Edie & Will Young, Servepro of Avery & Watauga Counties, Reid's Café, Fabio's Restaurant, Los Arcoiris Restaurant, Puerto Nuevo Restaurant, Carolina Barbeque, and Food Lion

For Healthy Living



GROUP FITNESS CLASS

Duplicated Attendance in Group Fitness: **16,893**

PERSONAL TRAINING & WELLNESS ORIENTATIONS

Personal Training:

Delivered **121** Sessions

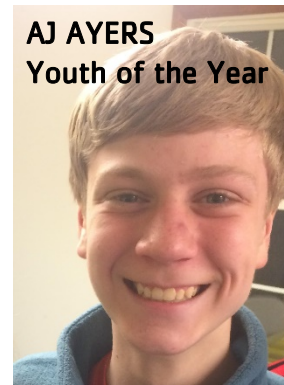
Orientations:

Wellness Orientations- **76**

Youth Fit Orientations- **21**

Coach Approach- **33**

AJ AYERS
Youth of the Year



LAUREN WILSON



CHRONIC DISEASE PREVENTION & MANAGEMENT

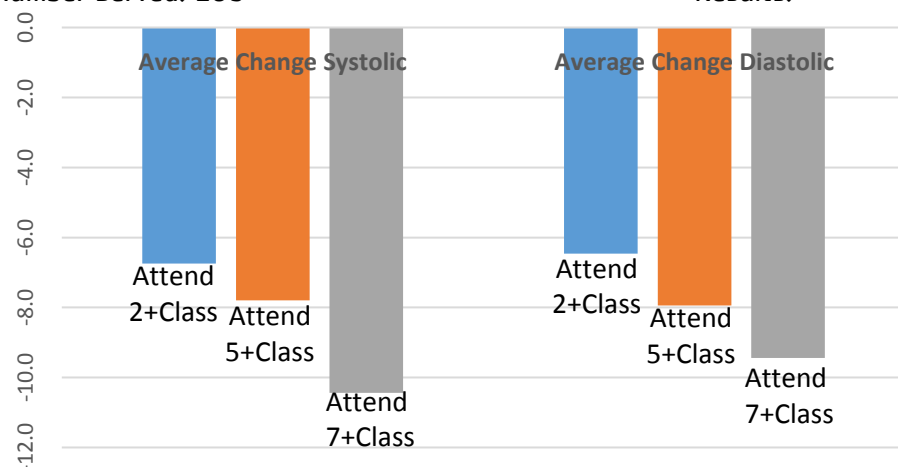
Chronic Disease Prevention and Management programs are made possible through generous support from: The Arthur Family Foundation, High Country Charitable Foundation, YMCA of the USA, Baxter International Foundation, the Samuel L. Phillips Family Foundation, Robert H. & Jane Bassett Spilman Foundation, High Country United Way, and the Wells Fargo Foundation

Blood Pressure Self-Monitoring

Monitoring tracking of individual's blood pressure can play a significant role in reducing one's blood pressure and improving their quality of life.

Number Served: 265

Results:

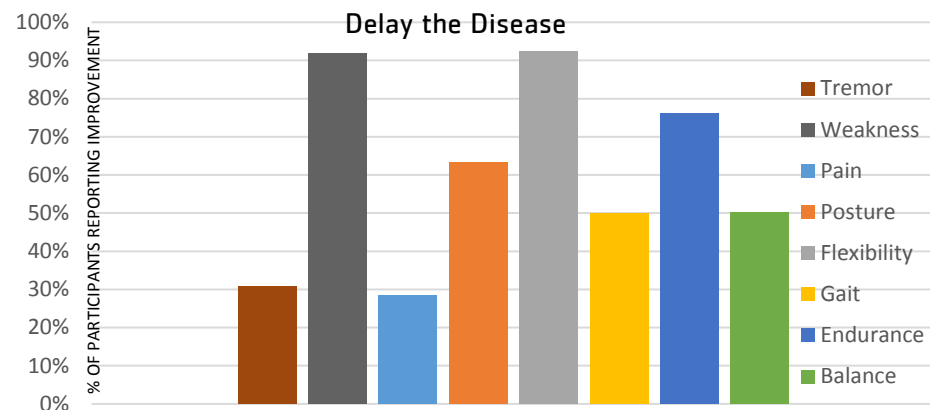


Delay the Disease

Assists persons to delay or reduce the symptoms of the Parkinson's disease thereby improving quality of life.

Number Served: 19

Results:



LIVESTRONG at the YMCA

A program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis.

Number Served: 13

Assessed Improvement in Functioning

Cardio (HR)	8%
Endurance	18%
Strength	20%
Flexibility	29%
Balance	24%

Participant Reported Quality of Life Improvement

Physical Function	+9%	Sleep Disturbance	-2%
Anxiety	-2%	Social Role Satisfaction	+4%
Depression	-7%	Pain Interference	-10%
Fatigue	-11%	Pain Intensity	-9%

EnhanceFitness

A proven community-based senior fitness and arthritis management program.

Number Served: 45

% Improved or Maintained at Average in Strength	96%
% Improved or Maintained at Average in Endurance	67%
% Improved or Maintained at Average in Balance	78%



JUDY BARIS, VOLUNTEER OF THE YEAR

For Youth Development

PRE-K EARLY CHILDHOOD DEVELOPMENT

Martha Guy Child Development Center (drop-in care)

Unduplicated Children Served: 22 Number of Visits: 3,509
Average Daily Attendance: 10 Number of Days Open: 364

Pre-K Summer Camp

Unduplicated Children Served: 22 Number of Visits: 350
Average Daily Attendance: 11 Number of Days Open: 35

Pre-K Early Childhood Development Program

Unduplicated Children Served: 13 Number of Visits: 462
Average Daily Attendance: 4 Number of Days Open: 120

YOUTH PROGRAMS

X-Arcade Youth Center

Unduplicated Children Served: 195 Number of Visits: 1,687

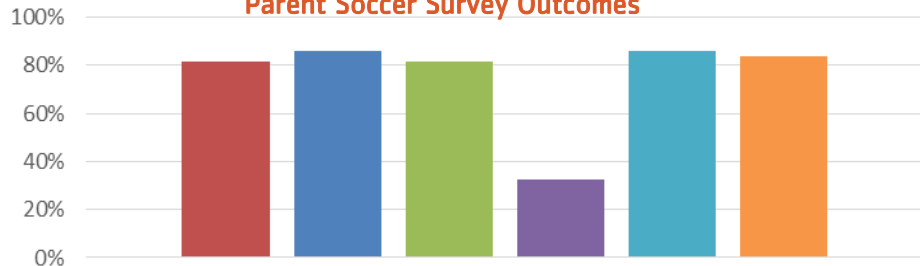
Youth Leadership Programs

Jr. Leaders' Club: 21

Youth Athletics

Youth Gymnastics & Youth Dance: 50 Youth Swim Club: 32 Youth
Cheer Clinic: 16 Youth, Youth Basketball: 86 Youth, 12 scholarships
Soccer: 372 Youth, 92 scholarships

Parent Soccer Survey Outcomes



- The Coach was a good mentor and positive influence.
- My child made positive friends while playing in the soccer program.
- My child learned social skills, such as sportsmanship or teamwork.
- My child's school performance improved during the soccer season.
- My child became more active during the soccer season.
- My child increased in soccer skills and fundamentals.

21ST CENTURY COMMUNITY LEARNING CENTER AFTERSCHOOL

Unduplicated Children Served: 213 Youth Survey

Outcome Indicator	% with Positive Response
Youth are Committed to School	100%
Positive Peer Influences	74%
More Physically Active	47%
Academic Improvement	
Showed Growth or Proficient in Math	71%
Showed Growth or Proficient in Reading	83%
Behavior Improvement or Maintenance	
Absenteeism	55%
School Behavior Instance	98%
Reduction in School Suspension	26%

21ST CENTURY COMMUNITY LEARNING CENTER SUMMER

Unduplicated Children Served: 165 Parent Survey

Outcome Indicator for Children	% with Positive Response
More physically active while in the program	92%
Makes Better Food Choices	61%
Passed to the Next Grade on Time	100%
Improved School Performance	93%
Avoided Juvenile Justice Contact	98%



Youth Development Programs are made possible with support from: HIGH Country ABC Board, Wells Fargo Foundation, Duke Energy Foundation, NCDPI 21st Century Learning Center, YMCA of the USA, The Community Foundation of Western NC, Cannon Charitable Interests, Kiwanis Club of Banner Elk

For Social Responsibility



SPLASH DROWNING PREVENTION

The SPLASH program teaches water safety and swimming to every Kindergarten and 2nd grade child in Avery County.

Pre-K Children Served: **102** 2nd Grade Children Served: **210**

2 nd Grade Skills	Pre-test	Post-Test	% Change
Demonstrate basic water safety technique	50%	94%	89%
Display basic principles of swim stroke	56%	84%	49%
Float on back	67%	79%	18%
Display basic principles of swim stroke	56%	84%	49%
Pass swim test (swim 25 yards/tread water for 1 min.)	26%	53%	100%



OUTREACH

81 seniors were provided fall prevention training and **16** participated in the Young Again Fitness program at outreach sites in the county.

28 homebound seniors were provided socialization and support two times each week and **76** seniors were referred to needed services **62** families per month were provided meals in collaboration with Feeding Avery Families

14 families in crisis were provided support through Avery County Collaboration

6 Hospice patients were provided comfort and support

25,957 meals were served to children in after school and summer programs in collaboration with Avery County Schools



Donors Who Have Made Our Work Possible!

Benefactors

Carol and Glenn Arthur	Avery County
Mary and Frank Driscoll	Nancy Engle
Food Lion of Banner Elk	Jillian and Mike Goodrich
High Country Charitable Foundation	Linville Resorts, Inc.
Mariam & Robert Hayes Char. Trust	Mary E. Dooner Foundation
Mountain Glen Golf Club	Joannie & Russell B. Newton, Jr.
The Cannon Foundation, Inc.	The Dickson Foundation
Community Foundation of Western NC	Thoresen Foundation
Williams Family Foundation	YMCA of the USA
Dudley Morgan White Family Foundation	

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SERVPRO of Avery & Watauga Co.	Nancy & Stephen Simmons	Sugar Mt. Golf Club			
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Redwoods Group Foundation	Deborah & McNair Tornow	C.H. Timberlake, Jr.			
Tanya Gerard & Robert Thomas	James Vandusen	Maureen & Mike Welling			
Patricia Wellington	Terry & Joseph Williams				

Supporters

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Support

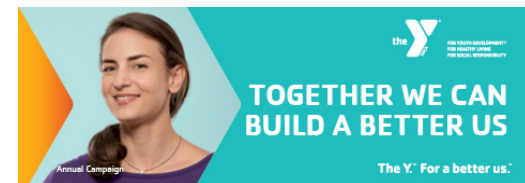
Memberships and program fees only account for about 50% of our budget. For our work to continue, we depend on your support!

Your support enables the Y to serve those who most need us – economically disadvantaged seniors and youth. We have accomplished much in 2018 but together we can achieve so much more.

Donate Online: <http://ymcaavery.org>

By Mail: PO Box 707, Linville, NC 28646

By Phone: Contact Michelle Scott at 737-5500 x320



"The YMCA is the single greatest thing to have happened to our mountain community in terms of preventative health care and education since I've been in practice."

Dr. Charlie Baker