



COMMUNITY IMPACT

For a better us.®

YMCA OF THE INLAND NORTHWEST
ymcainw.org | 509 777 9622
1126 N Monroe, Spokane WA 99201

THE IMPACT

\$2.5 million +

annually in subsidized memberships for seniors on fixed incomes.



46%

of Americans cannot swim well enough to save their lives. The YMCA's Safety Around Water program teaches participants life-saving skills and confidence



33%

of our local area teens are overweight or obese. The Y is working to reduce this number by providing fitness and sports programming just for youth



250,000+

free meals & snacks served to children through the YMCA to help eliminate food insecurity and hunger in our community



1 in 6

Spokane County residents participate in programs and services at the YMCA



650+

cancer survivors have participated in the LIVESTRONG® at the YMCA program which provides support and hope for life after cancer



\$158,495

in financial assistance was awarded to low income families last year so their children could attend the Y's Early Learning Center and Before & After School programs



290+

adults have graduated from our Pathways to Wellness program. This 8-week, small-group program is a partnership between the YMCA and local health care providers



247

campers received financial assistance to attend YMCA Camp Reed last year



At the Y, we're here to help you find your "why" – your greater sense of purpose – by connecting you with opportunities to improve your health, support your goals, make new friends and contribute to a stronger, more cohesive community for all.

RALPH'S STORY



Ralph came to the Litehouse YMCA looking for a place where he would feel safe, where the staff community would be helpful and supportive. His initial goal was to lose weight, but beyond that, he has gained happiness, encouragement, escape from everyday life, and a safe haven. Ralph has struggled with physical and mental disabilities and is on SSI, so without financial assistance provided by our generous donors, a YMCA membership would have been out of reach for him.

Ralph has found a place where he belongs. He has been able to lose weight and build muscle, and he thanks the friendly staff every day for helping him meet his goals. He has tried new things like Tai Chi, the treadmill, and group

exercise classes, but his favorite is the water exercise class. Here he can engage with others, helping him gain social skills while getting a workout.

Ralph states that all his experiences with the Y have been rewarding. Visiting the Y three times a week, thanks to donors, Ralph has been able to overcome some significant obstacles including what he calls being his own worst enemy. He has gained and developed greater social skills, a healthier lifestyle and better coping mechanisms thanks to coming to the YMCA.

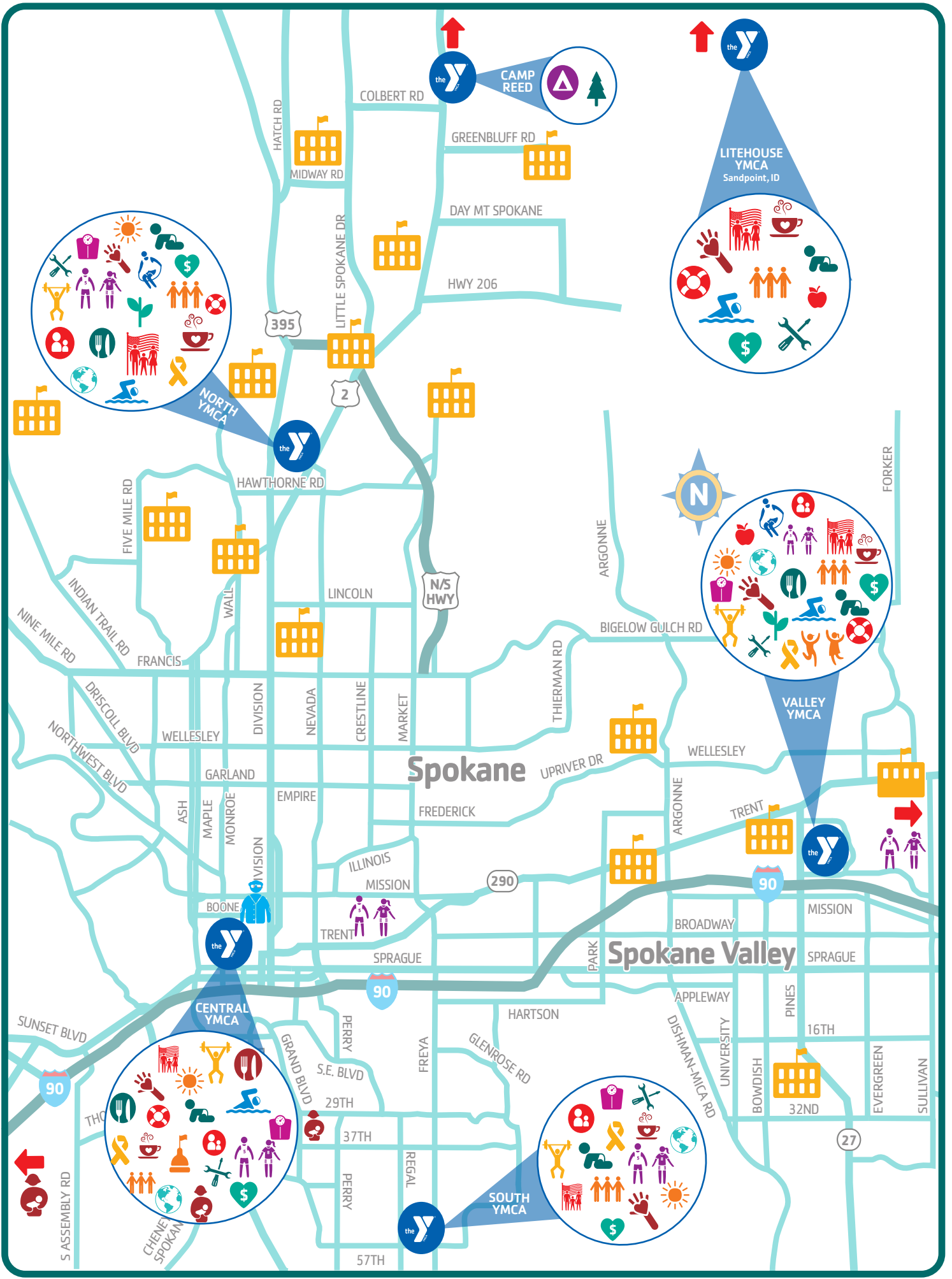
FEATHER'S STORY



Feather's life changed in a flash when she was in a life-threatening car crash. She was rushed via helicopter from Keller to Spokane, where she remained in the hospital for 21 days. Upon her discharge, she was wheelchair bound. Struggling mentally and physically with challenges she wasn't sure she could overcome, Feather set out to find a place where she could easily access a pool to aid in her rehabilitation. However, she struggled getting out of bed each morning thinking "I'm in a wheelchair. I can't do this." After going to several fitness locations in Spokane that were not handicap accessible, Feather decided to check out the Central YMCA. Here she met with one of our managers and after a tour, Feather knew this was where she needed to be.

Thanks to our generous donors, Feather was able to receive a special Membership for All membership, which recognizes unique situations and allows Y staff to ensure no one is ever turned away from the Y due their financial limitations. Over the next three months, Feather came into the YMCA religiously Monday through Friday for one to two hours. Her goal? To walk again.

Because of the Y, Feather has gained confidence, made friends, found a place where she feels she belongs, and accomplished her goals. Feather wants everyone to know that "without the support of donors, I wouldn't have access to a therapy pool and would likely still be in a wheelchair." She is a wonderful embodiment of our Philanthropy in Action programs that allow the Y to welcome everyone and help them strengthen their spirit, mind, and body.



Spokane

Spokane Valley

CENTRAL YMCA

SOUTH YMCA

VALLEY YMCA

NORTH YMCA

LITEHOUSE YMCA
Sandpoint, ID

CAMP REED

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



Central YMCA, EWU and South Children's Centers: Infants, toddlers, and preschoolers develop social, physical, and cognitive skills in an age-appropriate, child-centered environment. Our state licensed programs ensure children are kindergarten ready. The EWU and South locations provide Early Childhood Education & Assistance Program (ECEAP).



Camp Reed: Since 1915, Camp Reed on Fan Lake has provided a sense of community in a safe wilderness setting. From traditional summer camp to leadership retreats and school field trips, camp is a place that transforms ideals into lasting behaviors.



Camp Goodtimes: For youth affected by cancer we celebrate each day and invite kids to come and play for a week; making new friends, and enjoying the great outdoors. Camp Goodtimes is medically supported by pediatric and oncology physicians and nurses and offered free of charge annually at Camp Reed.



Before & After School Programs: Parents have peace of mind knowing their children are well cared for beyond the school day at our 18 sites throughout the county. More than 500 children enjoy fun activities that reinforce classroom learning in a safe environment.



Youth & Government: Teens learn the democratic process as they develop leadership skills by researching issues, drafting and critiquing legislation, and debating their positions. Youth Legislature is the culmination, as delegates explore the meaning of civics and democracy by assuming the roles of elected officials and voting on their legislative proposals.



Youth Leadership Spokane: High school students commit to 10 months of leadership training based on the principles of servant leadership and cultural competence. Created in partnership with Leadership Spokane.



Safe Sitter® Workshops: Teens learn child care, safety, and basic first aid knowledge to become confident and responsible baby-sitters.



Summer Day Camps: We are dedicated to providing enriching experiences at all of our summer day camps. Programs are created to help children grow in their sense of belonging as they meet new people and develop lifelong friendships in a fun and adventurous atmosphere.



Homeschool PE: The Physical Education for Homeschool Students Program is a great way for students to get the most out of homeschooling by combining physical activity, healthy living, socialization, and play into their home school curriculum.



OF YMCA PARTICIPANTS ARE
CHILDREN



33,986
Financial Assistance
REQUESTS

\$1,062,000+
Financial Assistance
GIVEN

OUR MISSION:

Put Christian principles into practice that build healthy spirit, mind and body for all

HEALTHY LIVING

Improving our community's health and well-being



LIVESTRONG® at the YMCA: Cancer survivors improve their quality of life in this free program tailored to fit their specific needs. Participants work with specialized trainers in rehabilitative exercise to reclaim well-being in spirit, mind and body.



Safety Around Water/Aquatics: Children and adults gain confidence and life-saving skills in swim lessons for all levels of swimmers, from beginner to competitive. With these skills, we are reducing the chance of accidental drownings in our region's many rivers, lakes and pools.



Pathways to Wellness: Participants are empowered with the tools to develop healthy lifestyles through exercise and education prescribed from a shared medical appointment with their health care provider. This 8-week, small-group program is a partnership between the YMCA and local health care providers.



Sports: Young athletes develop a healthy lifestyle through an emphasis on fun, skill development, sportsmanship, and teamwork in a positive environment. These experiences promote life-long lessons in character development.



Y Weight Loss Program: Adults learn to design their own action plans to achieve their goals by making small, modest changes to their daily behaviors and form sustainable, healthy habits.



Healthy Kids Day: Kids are inspired to try new experiences and challenge their boundaries under caring adult supervision. Healthy, active lifestyles are emphasized and families are introduced to fresh ideas for meals and play. Fun and inspiration for the whole family, this free community event is open to the public.



Nutrition Coaching: Through seminars or one-on-one meetings with a registered dietitian to bring healthy eating into your life. Whether you are looking to eat better, lose weight, or you are an athlete wanting to increase performance, our staff will create a nutrition plan to meet your needs.



Powerful Tools For Caregivers: Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This highly effective, evidence-based, self-care educational program for family caregivers via Zoom, builds the skills caregivers need to take better care of themselves as they provide care for others.



Community Café: The YMCA Healthy Living Community Cafés bring together, via Zoom, those who are 55+ to engage in meaningful learning and sharing around topics relevant to individuals moving toward & through their golden years. The goal is to build spirit, mind, and body health such that all may thrive with greater purpose, connection, and well-being.



Virtual Fitness: Regular exercise is one component of a healthy lifestyle that can help reduce stress and prevent illness. Enjoy our virtual fitness classes for all ages with your favorite local instructors. Community Members, age 60+ can attend Virtual classes titled AOA (Active Older Adult) thanks to a partnership with Aging & Long Term Care of Eastern Washington.



Corporate Partnerships: The YMCA partners with over 200 businesses and organizations throughout the Inland Northwest. The Y provides employee wellness through membership and a variety of programs to support healthier employees and increase work productivity.



Hunger Initiative

129,355 meals and 156, 903 snacks were served to children and teens.

OUR VISION:

Improve the quality of life for individuals, families and the community in safe, accessible environments

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors



Summer Food Programs: Local children who rely on free and reduced-price meals served during the school year are welcome to receive free meals regardless of their participation in Y programs. These meals are available at our Summer Day Camp sites throughout our community.



Free Dinner for Youth & Teens: Underprivileged youth are welcomed into the Y for free dinner on weekdays throughout the year. All are welcome, regardless of their participation in Y programs.



Refugee Connections: We welcome our global neighbors through weekly youth activities and meals. In partnership with other refugee and immigrant services and our annual Welcome Week, we are able to help ease the financial challenges of moving to a new place for many refugee families in our local community.



Military Appreciation Month: Recognizes and thanks our veterans, current military and their families for their service. An invitation is extended to veterans, current military and their families to try the Y with a complimentary 2-Week Guest Pass. Members are encouraged to share a message of appreciation at the 'Thank You For Your Service' display located in all the branches.



Welcoming Week: This inclusive celebration of cultures brings together neighbors – both immigrants and long-term residents – to get to know one another, enjoy a variety of activities and share what unites us as a community.



Retired and Senior Volunteer Program (RSVP): Senior volunteers build a stronger community through partnerships that impact community needs.



Community Garden: Members, volunteers and Y staff, plant, tend and harvest veggies to give away to those in need in our community.



Membership For All: MFA Financial assistance for Y membership dues is calculated with our income-based rating scale. We work together with our generous community partners and donors, to make membership possible for low income individuals, seniors and families.



Togetherhood: A program that gives Y members the opportunity to select, plan and lead meaningful community service projects that benefit people and organizations right here in our neighborhood.



Subsidized Senior Memberships: The Y partners with several insurance providers to offer discounts and free memberships to help seniors invest in their health and stay connected.



Lifeguard Certification & Training: In the US, an average of 3,500 to 4,000 people drown each year. Our lifeguard certification and training courses prepare future lifeguards and swim instructors to play a valuable role in educating others on pool safety while being responsible for the safety of swimmers.

4,500+

Active older adults remain physically and socially active with their **YMCA membership**



1,600+

CAMP REED
campers per summer

OUR VALUES:

Caring, Honesty, Respect and Responsibility



GIVE TO THE YMCA

Thank you for your gift to the YMCA – a place to uplift and encourage those who need it most.

ONLINE 
ymcainw.org/donate

BY MAIL 
YMCA of the Inland Northwest
1126 N. Monroe
Spokane, WA 99201

IN-PERSON
Visit any of our
5 YMCA Branches



BANNERS OF THANKS

Banners that recognize YOU. Our COMMUNITY becomes stronger when we support each other. Display your commitment to a stronger Y and a stronger community, in your YMCA branch for all to see.



For details contact:

Jesse Zumbro,
Director of Financial Development
jzumbro@ymcainw.org or
509 720 5621

PLANNED GIVING



An endowment gift to the YMCA ensures our capacity to strengthen the foundations of this community for years and generations to come.

Tax savings and other benefits may be available through a variety of current and deferred planned gifts. You can choose to support the YMCA through:

- An outright gift
- A bequest in your will
- A memorial gift
- Naming YMCA of the Inland Northwest as a beneficiary of insurance or retirement funds

We would be honored to accept your future commitment to the YMCA.



For details contact Jesse Zumbro 509 720 5621, jzumbro@ymcainw.org
or visit ymcainw.org