Dear Y Supporter,

2013 was a banner year for the Volusia Flagler Family YMCA. On behalf of the Y, we would like to extend our deepest thanks for your contributions of over 17,000 hours of volunteer service and $300,000 in community funding. With your support, we are able to continue to serve our neighbors in the Volusia County community as we have been doing since 1919. We are proud to share with you some highlights of our accomplishments.

- Nearly 100 pre-diabetic adults have seen a significant improvement in their health as a result of our evidence based Diabetes Prevention Program
- In excess of 350 older adults reduced their chances of falling by attending our evidence-based Moving for Better Balance and Matter of Balance classes
- Over 100 local at-risk high school students received mentoring and academic support through Project 396
- More than 2,800 children had a safe, encouraging, and enriching environment by participating in our Afterschool and Summer Day Camp programs
- Over 7,000 healthy meals and snacks were served to our area’s free and reduced lunch recipients during non-school hours through our Afterschool Meals and Summer Food Service Programs
- Over 4,100 children strengthened their self-confidence by playing in our Youth Sports programs
- Nearly 1,900 children received potentially lifesaving swim lessons across our six family center locations
- More than 7,400 children strengthened their self-confidence by playing in our Youth Sports programs
- Over $175,000 in scholarships was provided to ensure that our area’s low income children have a safe place to be after school and in the summer
- Nearly $1,000,000 in total financial assistance was provided to Volusia and Flagler County residents to help keep our community healthy and strong

This could not be done without your support! We are humbled to be serving this community alongside you, our volunteers and community partners. Together, we are making healthy living obtainable for all of our neighbors, regardless of their financial limitations. Together, we are investing in youth development and making sure that no child must go home to an empty house after school or in the summer because her parents can’t afford child care. Together, we are fostering social responsibility through programs that bring much needed services to our most vulnerable populations. And we do it all for the sake of our community. Our children, our seniors, and our families are Why the Y!

Sincerely,

John Meneough
Chief Volunteer Officer

Teresa Rogers
President and CEO
Teen Josh Jobe triumphs over challenges with YMCA programs and other activities

The after school program and summer camp at the DeLand Family YMCA have provided many happy memories for youngsters in the area. Crafts, games, indoor and outdoor sports and new friendships are common threads among the children who participate. The experiences they have and the skills they develop are all a part of growing up.

For Joshua Jobe, growing up brought more than the typical bucket-full of challenges youngsters face as they approach their teenage years. Having been diagnosed with Aspergers Syndrome, social interaction and non-verbal communication were difficult and some physical challenges were a daily fact of life for Joshua.

Fortunately, his mother found a neighborhood resource that proved to be a great oasis for Joshua over a period of several years. As a participant in the after school program at the DeLand Family YMCA, he found a safe haven where he could make friends and relate to the counselors and staff. To this day, his mother, Melanie Jobe, appreciates the significant role the DeLand Family YMCA has played in her son's life.

"It was a great comfort to me for Joshua to be able to participate in the after school program and summer camp, knowing that there was a safe place for him to be where he could have fun and experience new things," said Melanie, a single, working mother who is totally devoted to her son. "We were fortunate to be granted scholarships to help pay for these programs and for those years, he practically lived at the Y. He never wanted to leave at the end of the day and even today, at age 14, Joshua visits the Y often to hang out, work out or both. He enjoys visiting with other members and has maintained friendships with various counselors and staff members."

Joshua is a 9th grader and has developed multiple interests beyond classes. He is an avid bicyclist and is a big fan of science. He is a fisherman and recently participated in – and won – a tournament presented by the Teen SportFishing Association, a group affiliated with the Y. He is a musician who enjoys singing and playing the clarinet. He has participated in competition with his clarinet previously and is currently preparing to audition for this year’s Fine Arts Festival, a youth ministry of the church he attends.

While Joshua is still deciding what he wants to do after completing his formal education, at this time he is considering the idea of becoming a worship leader in church.

With his varied interests and his engaging personality, he already may have found his calling. You can be sure that whatever he decides to do, if it involves working with others, he’ll be right in the middle of the conversation.
OUR KIDS CAN MAKE THEIR DREAMS A REALITY

THE ROBERT L. VOGES MEMORIAL FUND

The Robert L. Voges Memorial Fund is supported by individuals, families, and organizations who are committed to providing children, regardless of their financial status, an opportunity to experience the wonder of residential camp at Camp Winona. Planned estate gifts, memorial tribute and direct contributions to this endowment fund assure that scholarships are available for years to come for deserving children in our community. These donors represent a diverse group of both old and young who have discovered that it is never too early or too late to make a long-term impact at the Y.

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For Wanda Burnett, arthritis had led to a sedentary lifestyle, weight gain, and a diagnosis of pre-diabetes. At just 60 years of age, she was not content with the direction of her health. When her doctor recommended medication to deal with her pre-diabetic condition, she drew a line in the sand and took action. She knew that diabetes is a serious health condition that can lead to heart disease, stroke, kidney failure, high blood pressure, and blindness. She was about to learn that it is potentially reversible.

“I did not want to be on the medication and I told my doctor I would do whatever I needed to do to avoid it,” said Wanda. “At nearly that precise moment, I saw an ad for the YMCA’s Pre-Diabetes Program. I looked into it and as a former high school teacher, I gave myself a challenge and an assignment.”

She reports that the program was very methodical and logical. It began with education, so it was very much like being back in school. She and her classmates learned all about diabetes, food and nutrition, sugar and salt overload in processed foods, and much more. And they had homework. They had to track their daily food and fluid intake, which opened their eyes to what they were eating. It elevated their consciousness relative to what they should be eating to improve their health and avoid the slippery slope that can lead to full blown diabetes. They learned about healthy eating, portion control and techniques to help maintain momentum.

“After we had been in the program long enough to know what we were facing as pre-diabetics, an exercise program was introduced. We even got a limited free YMCA membership to encourage us to exercise. We did, and the results were gratifying.

Everyone at the YMCA has been great. Our instructor, Gretchka Herrera, is a wonderful motivator and leader and earned our respect and admiration right from the start.”

Everyone had different results but all were motivated and all saw improvements on many levels. Wanda shed a significant amount of weight that had crept up during her sedentary days. And while her weight went down, her mood and state-of-mind elevated. “Simply put, I had more energy and was more active,” she said. “For me, this has been a life saving, turnaround experience. I recommend it to anyone who will listen. And impressively, my doctor is recommending the YMCA Pre-Diabetes program to her other patients.”

“Wanda and everyone in the group worked so very hard to achieve positive results through the YMCA pre-diabetes program,” said Gretchka, who is a YMCA Group Fitness Instructor. “Their commitment to the program ensured their success even though the program is challenging. They have achieved a healthy lifestyle and they deserve credit for their perseverance.”
We rely on the generosity of our community to ensure that every individual regardless of age, income or background, has access to the essentials needed to learn, grow and thrive.

2013 DONATED DOLLARS AT WORK
$959,597
Youth Sport & Aquatics              $15,133
Afterschool Enrichment
& Summer Day Camp                 $177,527
Membership & Healthy Living       $766,937

COMMUNITY SUPPORT

- 35.4% Supported by Donors
- 13.8% Funded by United Way
- 28.3% Supported by Public and Private Partners
- 22.5% Unfunded

STATEMENT OF ACTIVITIES – All Funds
DOLLARS IN THOUSANDS

REVENUE AND PUBLIC SUPPORT
Public support                         $ 1,595
Membership dues                       4,901
Program fees                          2,735
Other revenue                         84
TOTAL REVENUE AND PUBLIC SUPPORT      $9,315

EXPENSES
Program services                      $  7,397
Administrative                        1,866
Fundraising                           127
TOTAL EXPENSES                        $9,390

CHANGE IN NET ASSETS FROM OPERATIONS  ($75)

OTHER INCOME (LOSS)                   $286
CHANGE IN NET ASSETS                  $211

PROGRAM EXPENSES BY AREA OF FOCUS
DOLLARS IN THOUSANDS

- Youth Development                   68% 15,070
- Healthy Living                      29%  5,209
- Social Responsibility               3%   220

TOTAL INDIVIDUALS SERVED             46,781
Bailey and Brie Pimental were working toward graduation from New Smyrna Beach High School last year, but felt that they needed some advice and encouragement to help them graduate. They found it in the YMCA's Project 396, a mentoring program designed to help students learn, grow, deal with adversity and thrive. Today, the sisters, proud graduates of New Smyrna Beach High School, are continuing their education at Daytona State College and appreciate the opportunity to have participated in Project 396.

"While we were in high school, we had the opportunity to join clubs. The YMCA was offering Project 396 as a club activity and I thought it might help me stay focused so I could graduate," said Bailey. "It helped me with my schoolwork and kept me on track," she said.

Bailey said the program included practical exercises in goal setting and advice on how to search for a job. There were presentations on various career options from staff members and guest speakers. The program also covered life skills such as shopping on a budget and maintaining good health. There were even inspirational speakers who helped us understand how far we can go in life and things we can do to help be successful.

For Bailey, some real-life job experience soon followed. She became a summer counselor at the YMCA’s Camp Winona, working with campers between ages 7 to 17. She also works part time as a YMCA lifeguard. "I’m not sure if I would have graduated without the program," she said. "But today, I am a college student, studying to be a paramedic."

Brie Pimental offers a similar account of her experience in the program.

"My sister had joined Project 396 and liked it. She thought it would be good for me, too, so I joined and we went through it together. Now, we are both at Daytona State College," Brie said.

"The program gave us confidence and helped us understand ourselves better and how to work with others. Like my sister, I also got a YMCA lifeguard job, which has been great. We’re a pretty good team."

"This is a great illustration of the YMCA’s commitment to youth development," said Bev Johnson, Executive Vice President of the Volusia Flagler Family YMCA. "To have helped Bailey and Brie accomplish their goal of graduating and continuing their education is priceless."
WORKING TOGETHER
LIVING BETTER

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DeLand, FL 32724
386.736.6000

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280 Wolf Pack Run
Deltona, FL 32725
386.532.9622

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386.253.5675

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386.409.9622

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4701 City Center Pkwy.
Port Orange, FL 32129
386.760.9622

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898 Camp Winona Road
DeLeon Springs, FL 32130
386.985.4544

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925 George W. Engram Blvd.
Daytona Beach, FL 32114
386.671.8337

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761 E. International Speedway Blvd.
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