



# WITH GRATITUDE

CAPITAL DISTRICT YMCA  
2016 Annual Report



# WITH GRATITUDE. Better Together

We have tremendous gratitude for our **4,788** donors, who helped us raise **\$1,470,335** million to help those in need.

**368**

Teens benefit from financial assistance.

**370**

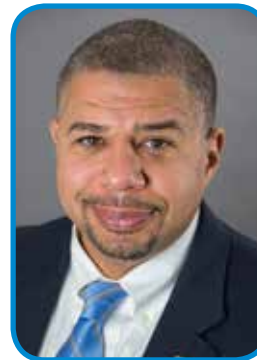
Children benefit from day camp financial assistance.

**535**

Children benefit from school age childcare financial assistance.

**3017**

Families benefit from membership financial assistance.



**J. David Brown**  
President/CEO  
Capital District YMCA



**Steve Obermayer**  
Chairman  
Board of Directors

We could not strengthen community without your tireless support.

Thank you.

Cover Photo: 3-year old Hadley expresses her gratitude to staff member Carolyn.

We have tremendous gratitude for our volunteers, several of whom were honored at this year's President's Award dinner.



**Front Row (L-R):** Deborah Katz, Ellen Schuler, Hon. Carolyn McLaughlin, and Kimberly Ireland. **Back Row (L-R):** Daniel Saullo, James Lozano, Phil Barrett, Aaron Flach, J. David Brown, Jack Moran (Lifetime Achievement Award recipient, for his dedicated service to our association), Ryan Silva, and Peter Lauricella.

**At Right:** Tim Owens accepts the Corporate Leader Award, representing Tri City Rentals and the Massry Family for tirelessly supporting families and children in need.





NAUTICS  
101  
EXTENSION

74

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# WITH GRATITUDE

## Youth Development

We nurture the potential of **2,300** children in our care every day.

We are grateful for the parents who place their trust in us to care for their children.

We are dedicated to providing experiences that are meaningful and engaging which support the development of the whole child. Those experiences are provided by hundreds of nurturing adults who value each and every child in their care.



# WITH GRATITUDE

## Black & Latino Achievers Program

**Thousands of Achievers have benefited from our efforts.**

The Black & Latino Achievers Program is a leadership, career readiness, and college preparation program for youth.

This year's Achiever of the Year, Areona Williams, is the first in her family to attend college. Areona will attend The College of Saint Rose this fall, thanks to the generosity of St. Rose and the Achievers program.



**“Being an Achiever has taught me the importance of higher education and planning for your future.”**

Areona Williams





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

DIABETES PREVENTION PROGRAM  
**FOOD & ACTIVITY  
TRACKER**

NAME: \_\_\_\_\_

WEEK: \_\_\_\_\_



# WITH GRATITUDE

## Healthy Living

**803** individuals have found help to address chronic health challenges thanks to the Y.

From LIVESTRONG® at the YMCA to **Pedaling for Parkinson's**, and Diabetes Prevention, the Y is engaged in the serious work of helping our family, friends, and neighbors address chronic health challenges.



# WITH GRATITUDE

## Addressing Serious Health Challenges

**“Because of LIVESTRONG®...I have become a stronger person in mind, body and spirit! I have made friends for life with my fellow participants and coaches; we are a family!”**

Lin

We are grateful to all those members who have shown courage in facing serious health challenges.

### **Helping Those with Cancer**

**LIVESTRONG®** at the YMCA is a free 12-week physical activity and well-being program designed to help adult cancer survivors by providing a safe, welcoming environment that focuses on the whole person, not just the disease.

Our caring staff help cancer survivors find their new “normal” and take back their lives.

**Photo Caption: United we LIVESTRONG®**  
We celebrate the hands of those who’ve participated in our **LIVESTRONG®** program. We’ve helped 123 survivors so far.





# WITH GRATITUDE

## Addressing Serious Health Challenges

### Our Pedaling for Parkinson's Program Leads the Nation in Participants

Pedaling for Parkinson's, which involves fast-paced cycling, is improving the lives of an increasing number of individuals with Parkinson's who, before this program, had little hope beyond medication or surgery to slow the progression of their disease. Our Pedaling For Parkinson's program is the largest in the nation.

So far, 81 individuals have benefited from our efforts.



# WITH GRATITUDE

## Social Responsibility

**300 children**  
enjoyed the  
beauty of Camp  
Chingachgook  
because of  
your generosity.



Because of you, children in our scholarship program learned to sail, explored the wilderness, swam in Lake George, shared stories and made new friends. Through their experiences at camp, the quality of their lives has improved.

Camp is a transformative place for children, and because of your support, this was made possible for 300 children.



AMF Sunfish



Y-KNOT  
Accessible Sailing



# SOCIAL RESPONSIBILITY

## Our Annual Campaign in Action

**2015 was a banner year for Y-Knot Sailing, our program for sailors with disabilities.**



At Camp Chingachgook, our annual campaign also supports our work with adults.

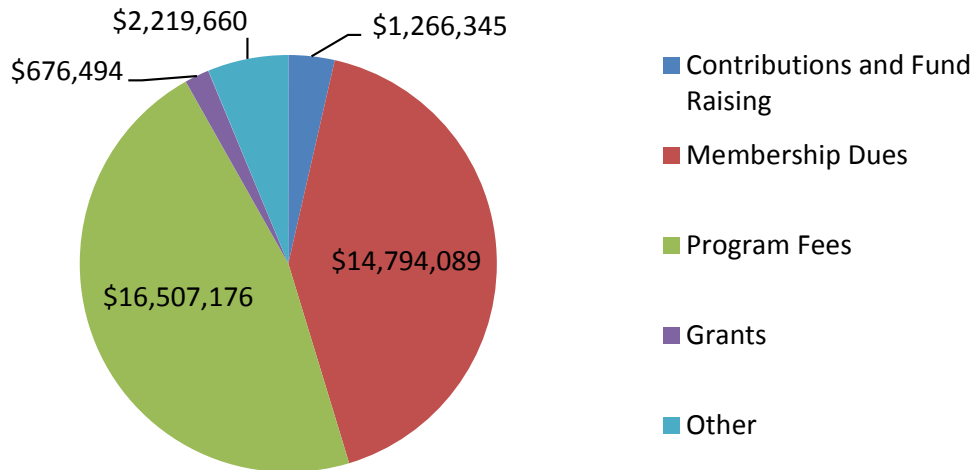
Your gifts made sure that sailors could enjoy recreational, instructional and competitive sailing on Lake George and beyond, regardless

of their physical abilities, or their ability to pay. This important program continues to grow, and with your support, we will be able to share our love of sailing with even more individuals this summer.

# OUR FINANCIAL PICTURE

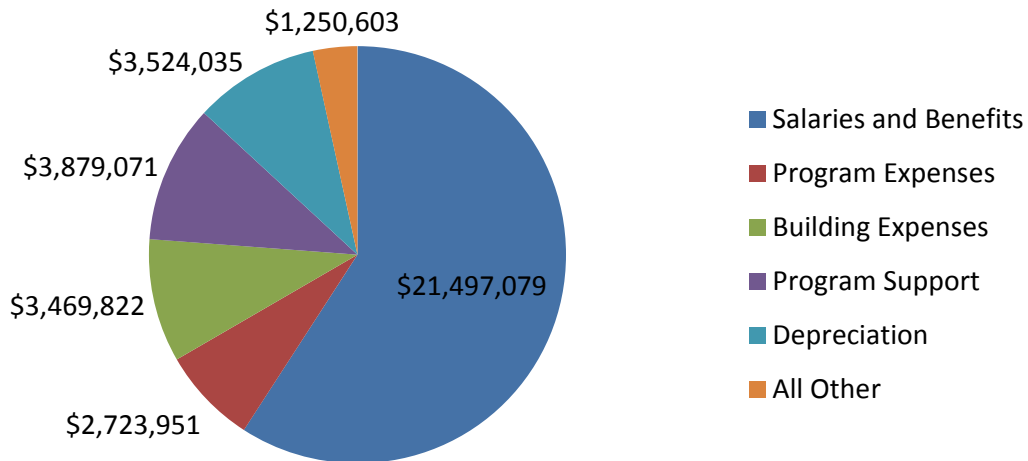
## INCOME

FYE 3/31/16 (Unaudited)



## EXPENSES

FYE 3/31/16 (Unaudited)



# SOCIAL RESPONSIBILITY

## Our Mission in Action

**Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good.**

We strengthen our community by helping children, families, adults and seniors throughout the capital region lead healthier, happier lives, with locations in Albany, Bethlehem, Camp Chingachgook on Lake George, Clifton Park, Duanesburg, East Greenbush, Glenville, Greene County, Guilderland, Schenectady and Troy.





### **CAPITAL DISTRICT YMCA**

Administrative Office  
465 New Karner Road  
Albany, NY 12205  
518.869.3500  
[www.CDYMCA.org](http://www.CDYMCA.org)

### **Our Mission**

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