

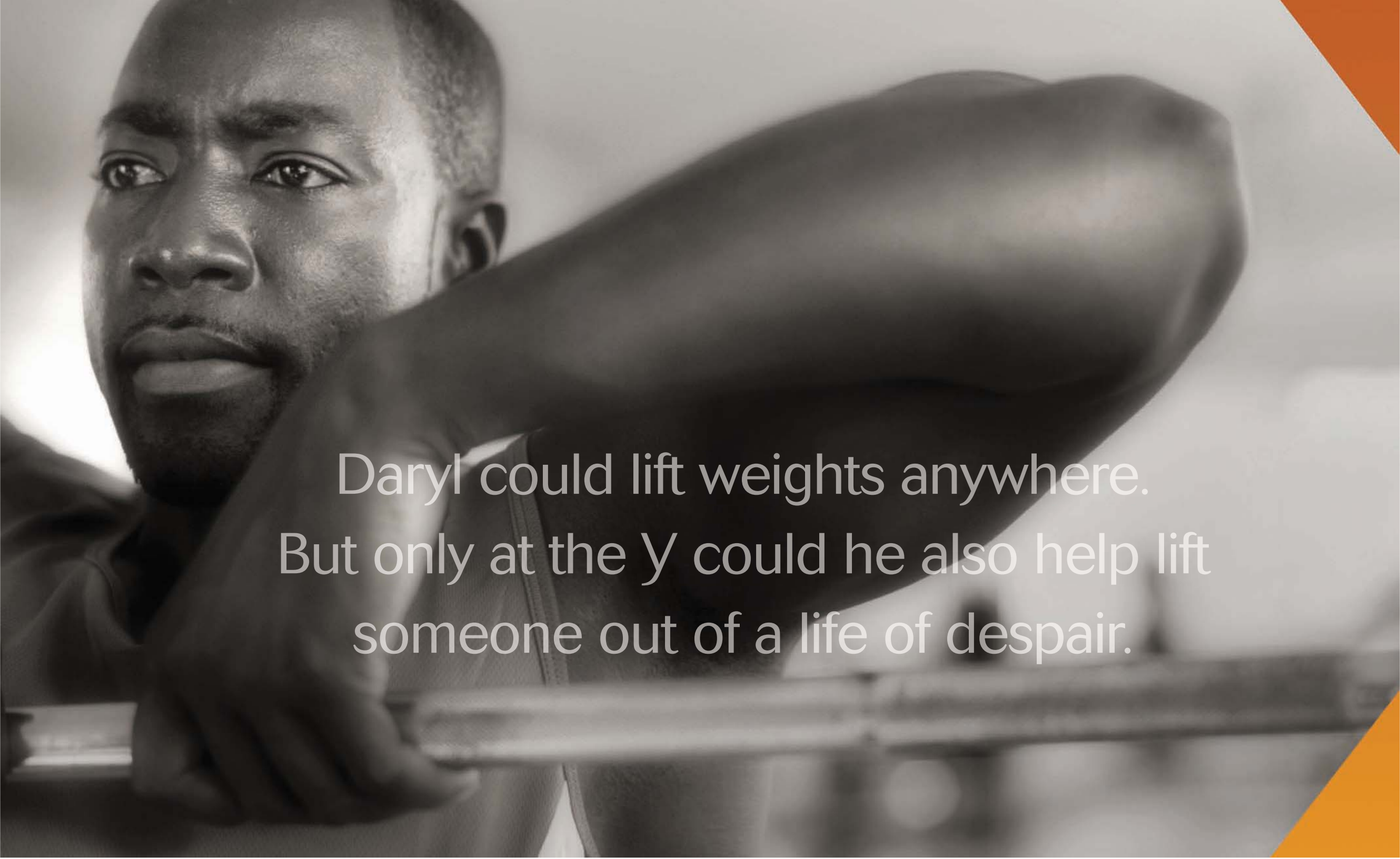
The y gives back what you give to the y.



It's deeper here.®

2008-2009
ANNUAL REPORT





Daryl could lift weights anywhere.
But only at the Y could he also help lift
someone out of a life of despair.



John K. Hoey, President & CEO



L. John Pearson,
Association Board Chair

Dear Y members, volunteers and friends,

The last year was quite a year for the Y and all the people who are a part of it; our many dedicated volunteers and 75,000+ members and program participants who will get stronger, healthier, more able, more confident and more connected to their communities at any one of our 10 family center Ys, 17 summer camps, 55 before and after school programs, and 24 preschools (inclusive of 16 Head Start programs) around the region.

It is this community, as well as the many Central Marylanders we have yet to reach, who we've kept squarely in our minds as we've taken many important steps to achieve our vital mission. With strong community support, we've achieved a great deal in just the last year to bring the Y mission to more people in more ways than ever before:

- Completed the renovation and expansion of the Dancel Family Center Y in Ellicott City, making that center a significantly more robust community asset for families in Howard County
- Launched Success Academy in partnership with Baltimore City Schools, helping troubled teens positively reconnect with their schools and communities
- Opened two Y aquatics centers in partnership with Baltimore County government, bringing sorely needed new opportunities for improved health to under-served communities
- Helped struggling families have greater access to Y programs and services by freezing our membership and camp rates for the second year in a row
- Along with an army of volunteers, re-built and re-opened the burned playground at our Weinberg Family Center Y, returning much needed play space to Baltimore's children
- Partnered with Faith Fellowship Church to open a new family center Y in Perry Hall, expanding access to Y services and programs in yet another Central Maryland community
- Gave families a chance to relax and have fun with no stress and no cost by launching monthly free Family Nights across the region
- Partnered with the legendary Cal Ripken, whose foundation is leading the charge to build a youth ball park on the old Memorial Stadium site located at the Weinberg Family Center Y, giving more young people the opportunity to enjoy the many benefits of team sports
- With the leadership of a dedicated and thoughtful group of volunteers, we developed a six year strategic plan which provides the vision and roadmap for a "Healthy Y for a Healthier Central Maryland."

Needless to say, it's been quite a year! But as we celebrate how our progress has benefited so many in Central Maryland, so too do we keep our focus intently trained on the many new challenges our mission compels us to meet. We are deeply grateful to the volunteers and staff who are the engine and energy behind every forward step.

With deep appreciation,

L. John Pearson
Board Chair

John K. Hoey
President & CEO





Debbie Phelps, mother of famed Olympian Michael Phelps, was one of many dignitaries and Y friends who helped open the Y Aquatics Center in Randallstown, thanks to an innovative partnership with Baltimore County government.



Y Board Chair John Pearson addresses the crowd at the opening of the Y Aquatics Center in Dundalk—a result of our partnership with Baltimore County.



Emmy Award winning journalist and NPR News Analyst Juan Williams (far left) played host to a distinguished panel of guests at our 34th annual tribute to Dr. Martin Luther King, Jr. Addressing the topic of equality and opportunity in sports were (left to right) Tommie Smith, the 1968 Olympic Gold Medalist who captured the world spotlight when he bravely raised his fist on the Olympic platform in a gesture of silent protest against racial injustice; Ron Shapiro, renowned sports agent/attorney, who has represented some of the biggest names in sports; and Darryl Hill; the first African American athlete in the ACC.



(left to right) Y CEO John Hoey, community activist Marisa Canino, US Congressman Elijah Cummings, State Delegate Maggie McIntosh and City Councilman Bill Henry were among those who helped to make the re-building of our playground at the Weinberg Family Center Y a reality.



Free family nights were one of many initiatives the Y launched this year which helped Central Maryland families and communities stay active and connected to one another.

24
 Enjoy fitness classes, gym and pool usage, games, and healthy snacks at the Y of Central Maryland's **Free Family Fun Night**.
 101 Walter Ward Blvd., Abingdon.
 6-9 p.m.
 410-679-9622.

CareFirst's Karen Dixon (left) accepted our first "Outstanding Corporate Partnership" award, presented by Board volunteer Sharon Webb in recognition of the many Y initiatives CareFirst BlueCross BlueShield has supported that help children stay active and healthy.



Board member Dave Lerer and Ascend One CEO Bernie Dancel cut the ribbon to the newly expanded and renovated Dancel Family Center Y, named in honor of the Dancel family, whose generous gift led the way for the expansion.

Advancing the y Mission:

A YEAR IN REVIEW



Y Board Vice Chair Jim McGill (right) accepts the award for being "Instrumental in Supporting the Y's Critical Mission" given by Y CEO John K. Hoey at our Annual Meeting June 10, 2009.



The Randallstown community checks out the new pool at the Y Aquatics Center in Randallstown.



Young men from Patterson High School in Baltimore City dazzle the Annual Meeting attendees as they show off the amazing dance routines learned at the Y's BOOST after school program.

The statistics are troubling:

- **Childhood and adolescent overweight prevalence has more than tripled in the past 4 decades**
- **By age 10, around 50% of youth will exhibit at least one risk factor for heart disease**
- **More than 35% of all youth do not participate in vigorous physical activity**
- **Approximately 29% of public high school students are overweight or at-risk**

As our society and family life have become more and more sedentary, as public and school recreation options continue to decrease, and healthy and nutritious food has become less prevalent, obesity and other alarming health problems are becoming epidemic. This issue is touching people across the socio-economic spectrum, and Central Maryland is no exception.

Perhaps now more than ever, families need opportunities to renew spirits and connect to each other and their communities

Overwhelmingly, research tells us that the presence of strong and loving families is a critical, but fragile factor, in our health. However, many societal factors contribute to the growing strain on families, including the growing prevalence of (and financial necessity for) both parents working, the continuing increase in divorce and the increasingly "over-scheduled" nature of family life.

- **Over two-thirds (68%) of women cite financial strain as a major threat to the American family, followed by divorce (48 %), loss of faith/spirituality (47%), and the impact of dual wage earner household (28%).**
- **Six in ten women are concerned about being able to pay their bills - especially among single mothers with children under 18 (80%).**
- **Most research also indicates that for families, the need for a work/life balance is an essential, yet disappearing characteristic, of an enriching home environment.**

Seniors who exercise and stay connected to others are far more likely to live longer, healthier lives.

Today, seniors (age 65 and above) comprise 12% of the total population. By 2050, the senior population will increase by 147%. Keeping seniors active and engaged in their communities is both a health care and social imperative. Seniors need to socialize and stay active to maintain a healthy life (in fact multiple studies link exercise to reduction in falls and increase in brain function). Moreover, a community that shelters its older citizens is a community that wastes one of its most valuable assets. Keeping generations connected and active is both a moral and social imperative.





The Challenge: A Public Health Crisis
of Inactivity and Isolation.

The Public Health Crisis of Inactivity and Isolation: What We're Doing About It.

As impressive as our family centers are, they are merely a means to a much larger end as they also strengthen the surrounding communities, foster family and individual connectivity and inspire and enable healthier lifestyles for all. Every action we take, every building built, every decision made is made against this critical mission imperative.

October 19, 2008: Riots and Rebirth: Continuing the Conversation. A series of community conversations about the state of race relations is held at Family Center Ys across the region, in conjunction with the University of Baltimore and the Maryland Humanities Council.

October 28, 2008: The campaign to build an Aquatics Center at the Ward Family Center Y is launched.

With the help of County Executive David Craig (below) and a generous anonymous gift, the campaign to build an aquatics center at the Ward Family Center Y in Harford County is announced and the objective of keeping more children and adults active and safely enjoying the water is one step closer to reality.

January 1, 2009: The Y announces the freeze of membership and camp rates as a means of staying true to our mission by remaining accessible and affordable for all.

February 21, 2009: The Y launches Free Family Nights.

Every month all members of the community are invited to enjoy plain old family fun for free at each of our centers during a time in our country when family and community togetherness is needed perhaps more than ever.

May 1, 2009: The Perry Hall Family Center Y opens.

Built in partnership with Faith Fellowship Church, this beautiful, state of the art facility in the Perry Hall/White Marsh community sits across from several schools where efforts are underway to launch a partnership to bring Y services to the youth of this community.

May 10, 2009: Dancel Family Center Y opens Teen and Senior Center.

Thanks to a grant from the Columbia Foundation, a dedicated teen and senior center has opened at the Dancel Family Center Y. Activities include informational seminars (such as "Navigating the Medicare System") and assistance programs (such as hearing testing) as well as games for all ages.



May 17, 2009: Campaign to redevelop the Towson Family Center Y is kicked off with fundraiser.

Café Troia serves as the elegant backdrop for a campaign to redevelop the Towson Family Center Y. Co-hosts Carol Troia and Judy and Tom Matte shared plans for Maryland's first LEED certified "green" Y, made possible by a partnership with Baltimore County that will allow for shared field, parking and gym space.

May 20, 2009: The Y Aquatics Center in Randallstown opens.

In partnership with Baltimore County, the Y opens a new aquatics center inside the newly built Randallstown community center, bringing exercise and the joy of the water to countless residents.



July 20, 2009: The Y Aquatics Center in Dundalk opens.

Furthering our partnership with Baltimore County, the Y opens another aquatics center, this one serving the Dundalk community.

May 21 , 2009: Campaign to redevelop the Catonsville Family Center Y is launched.

Former board chair Sheila Vidmar hosts an event at her home to kick off the campaign to redevelop the family center Y in Catonsville.

June 10, 2009: Dancel Family Center Y in Ellicott City dedicated.

Thanks to the leadership and generosity of the Dancel family, along with many other dedicated and generous donors, the family Center Y in Ellicott City was transformed into a 60,000 square foot state-of-the-art family-focused community center.



June 15, 2009: Y camp starts in 17 locations around the region.

Over 3,000 children revel in the sheer joy of Y summer camp while learning new skills and making new friends. Thanks to the generosity of the Central Maryland community, more than 500 underserved children, including some 60 homeless youth, are able to enjoy Y camp.



A young woman with dark hair, wearing a brown tank top and a necklace, is leaning against a textured, light-colored wall. She is looking down with a thoughtful or somber expression. Her right hand is resting on the wall near the bottom. The lighting is soft, highlighting her face and the texture of the wall.

The Challenge: Preparing Children and Youth to Succeed in School and in Life.

Sadly, a significant and growing percentage of Maryland's children of working families lack the kind of supervised, active and enriching forms of out-of-school time (after school and summer) that are critical to supplementing their in-school activities. According to the Afterschool Alliance, of Maryland children of working families:

- **More than 25% are unsupervised in the afternoons**
- **Only 11% are in afterschool programs**
- **An alarming 28% are "latchkey children"**

Not surprisingly, children who do not participate in afterschool activities are:

- **At greater risk of being victims of crime**
- **More likely to participate in anti-social behaviors**
- **49% more likely to use drugs**
- **37% more likely to become teen parents than those participating in afterschool activities**

Is it any wonder that a recent survey of high school students revealed that students in after-school programs had greater expectations for the future and were more interested in school than their peers? The places, opportunities, and relationships that young people experience provide the foundation on which youth develop.

If these settings support and stimulate development, as well as provide appropriate boundaries and limitations, children and youth will most likely grow into healthy and productive adults. When these opportunities are absent, the chances increase that they will get involved with health compromising behaviors such as alcohol and other drug use, school problems, and violence.

About 27,000 Maryland students in 2007 failed to graduate from high school. The state's overall graduation rate is about 76%, but urban graduation rates are well below 50%. The divide between urban and suburban graduation rates in Maryland is the highest in the nation. In 2007, Baltimore city school's graduation rate was only 35%, compared to 81.5% in Baltimore's suburbs. Among the nation's 100 largest school districts, Baltimore has the 98th lowest graduation rate.

We can, and must, do better by these young people.



Preparing Children and Youth to Succeed in School and in Life: What We're Doing About It.

September 29, 2008: The Success Academy, at the historic Family Center Y in Druid Hill opens.

In an exciting partnership with Baltimore City Schools, the Y opened the Success Academy, which helps chronically suspended and expelled youth get back on their feet and pointed in the right direction.

February 26, 2009: Legendary Cal Ripken and the Cal Ripken, Sr. Foundation "Swing for the Future" campaign launches to build ball fields for Baltimore's children.

The site of the old Memorial Stadium at the Weinberg Family Center Y is to be the first such site. Once complete, the fields will serve Baltimore's youth, providing much needed opportunities to improve sports skills, but more importantly, to use sports as a vehicle to practice Y core values and life skills that are a true measure of success.



August 24, 2009: 1,600 young children enter Y preschools and Head Start programs across the region.

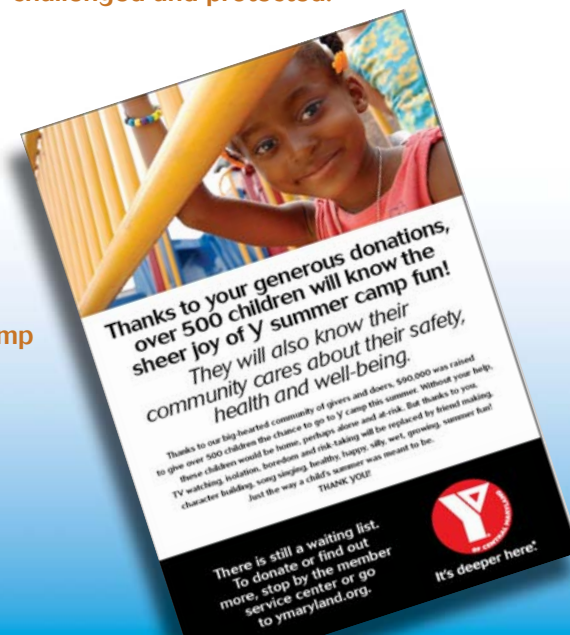
Recognizing the invaluable gains made in the pre-school years, the Y is actively engaged in teaching young children the fundamentals--- providing a critical foundation prior to entering school, while helping their parents go to work with piece of mind knowing their little ones are well cared for.

June 15, 2009: \$90,000 raised to send children in need to Y camp.

The Y of Central Maryland community raises a recording-setting \$90,000 to send over 500 children, inclusive of homeless youth, to Y camp who otherwise could not afford to go.

August 24, 2009: 5,000 children enroll in Y Journeys in Enrichment Before & After School programs around the region.

As the largest provider of child care in the state, the Y is actively addressing the challenge of keeping children safe and productively engaged in the after school hours when they are most at risk. School children across the region are enrolled in Y after school programs in roughly 55 schools and Y sites where they are supported, challenged and protected.





August 1, 2009: Fit N Fun program to combat childhood obesity announces major results.

A partnership with CareFirst BlueCross BlueShield funds this innovative program to address the childhood obesity epidemic. In our second year of operation, results are extremely encouraging: an average improvement of 32.6% across six measures, such as flexibility and muscular endurance.

Y Heroes: Recognizing and Rewarding a More Engaged Community.

Active engagement among neighbors and other community stakeholders is central to a strong community. Whether through volunteerism, philanthropic donations or involvement in civic activity, the strongest communities are invariably those where citizens feel empowered to help one another, and in so doing, help the community as a whole. At our Annual Meeting in June of 2009, we celebrated and recognized five Y Heroes who demonstrate Y core values by participating fully in the communities in which they live.

Mia Campbell is a 9 year old Y Hero who participates in Y BOOST Achievers. She consistently displays the Y's four positive character values of Caring, Honesty, Respect & Responsibility by leading Y tours as a student ambassador, leading her chess team to top honors, serving on School Safety Patrol and numerous other activities. As if all this were not enough Mia is also an honor roll student at George Washington Elementary School!



Laura D'Anna is a Y Hero whose close work with the Y Youth Asset Development at Patterson High School has been the foundation for its success. As the Patterson High School Principal, Laura has created programs that encourage, motivate and celebrate high school student achievement in Y programs that move students toward their goals and expose them to new experiences.



Wanda Nenner is a Y Hero who volunteers as a group exercise instructor at our Towson Family Center Y. Wanda goes far above and beyond her volunteer instructor role by helping members feel welcome and providing wellness advice to other instructors. She is so committed, in fact, that often members don't even know that she's a volunteer!



Stacie Jones is a Y Hero who volunteers extra personal time after working part-time at the Carroll Family Center front desk. Having been at the Y for 17 years, Stacie goes above and beyond by providing all those extra things we need in life... an umbrella on a rainy day, an extra prayer for a sick relative, a helping hand at community events including our Holiday Adopt-A-Family and Annual Giving Food Campaign.



Wade Brown is a Y Hero with our Baltimore City Head Start program. His leadership and collaboration as a Family & Community Partnership volunteer has resulted in financial contributions as well as much needed personal care items for our Head Start families. Wade has also provided resources for the National Head Start Association for over 5 years.



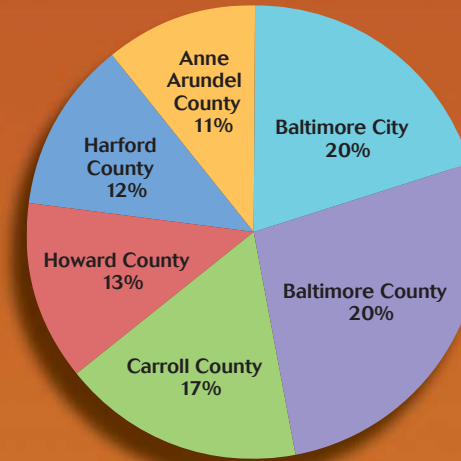
Achieving Financial Viability to Assure there is a Y for Future Generations.

Y of Central MD Financial Operating Statement Through March 31, 2009

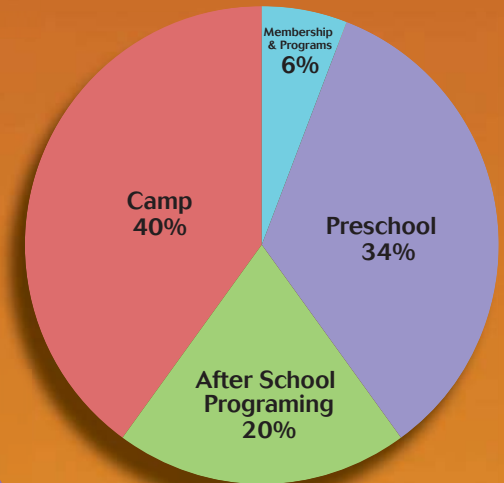
	Audited 3/31/08	Unaudited 4/1/08- 3/31/09*	Unaudited 1/1/09- 3/31/09	Audited 4/1/08- 12/31/08
Public Support				
Contributions	2,021,679	2,258,904	847,662	1,411,242
Grants	10,515,597	11,153,140	3,536,809	7,616,331
United Way Subsidy	191,269	159,268	69,293	89,975
Total Support From Public	12,728,545	13,571,312	4,453,764	9,117,548
Membership and Activities				
Membership Fees	9,633,661	10,838,274	2,990,394	7,847,880
Program Fees	12,371,598	13,148,142	3,004,900	10,143,242
Total Membership and Activities	22,005,259	23,986,416	5,995,294	17,991,122
Other Revenue	545,974	117,851	10,770	107,081
Total Revenue	35,279,778	37,675,579	10,459,828	27,215,751
Expenses				
Program Expenses	28,888,004	30,700,937	7,748,046	22,952,891
Supporting Services	6,086,786	5,686,954	1,515,052	4,171,902
Interest	641,371	601,741	69,018	532,723
Depreciation / Amortization	1,853,708	1,968,529	519,886	1,448,643
Unrealized Gain/Loss (Bond Swaps)	318,299	525,356	65,983	459,373
Total Expenses	37,788,168	39,483,517	9,917,985	29,565,532

*Fiscal year changed in 2009 to Jan. – Dec.

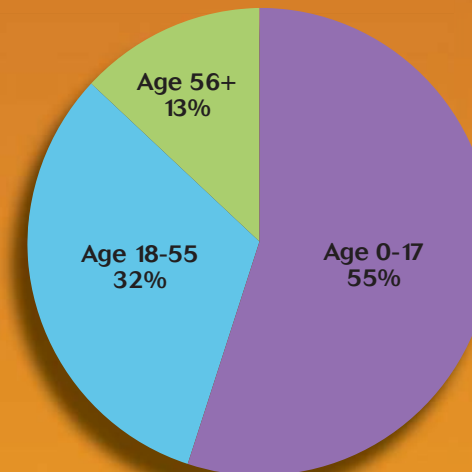
Where the contributions go by region.



Where the contributions go by program.



Who we serve by age.



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Our Mission

The Y of Central Maryland is a charitable organization dedicated to developing the full potential of every individual through programs that build healthy spirit, mind and body for all.



It's deeper here.®

ymaryland.org

20 S. Charles Street, Suite 600
Baltimore, Maryland, 21201
410-837-9622

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