



# ANNUAL REPORT

2023 • MUSCATINE COMMUNITY YMCA



MUSCATINE  
COMMUNITY  
YMCA

# OUR VISION

**The Muscatine Community YMCA, a membership movement, strengthened by diversity, nourished by its roots in Christian values, is dedicated to the empowerment of women, girls, men and boys and the development of spirit, mind and body to attain a common vision of dignity for all.**

# OUR FOCUS

**We believe that to bring about meaningful change in individuals and communities, we must be focused and accountable. That's why we focus our work in three key areas that are fundamental to strengthening community:**

**Youth Development,  
Healthy Living and Social Responsibility.**



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# LETTER FROM THE EXECUTIVE DIRECTOR

Dear YMCA Members:

2023 was a historically busy year at our Y! We saw record attendance with over 246,000 visits all while having less members than in the past. Our goal in 2024 is to grow membership and return to the numbers we had in 2019.

Although it was such a busy year in our facility, it was also challenging to provide great programs and services to our community. This was primarily due to inflation and increasing costs to operate on a daily basis.

Our Y offered special programs and events to serve individuals and bring the community together including:

500 community members attending the Y Block Party

100 children sharing their wish lists during Breakfast with Santa

50 future athletes attending Special Olympics Youth Play Day

YMCA programming continues to benefit Muscatine and its residents. Big Brothers Big Sisters (BBBS) continues to match and serve numerous youth in our community. Our Special Olympians won numerous gold, silver and bronze medals at the Summer and Winter Games. Family Program Services continues to provide support groups to strengthen families in our community. Our Character Development department continues to provide care for numerous children before and after school and provide excellent programming to our youth.

Our membership is 9,000 individuals at year-end and we continue to work hard to get back to our pre-pandemic level of over 10,000 members.

I am grateful to the Y staff, the Y's volunteers and members, and the community for another successful year. We have a great organization that is making a positive impact in Muscatine.

This has been a defining year for the YMCA and we are well positioned to serve our community for years to come.

A handwritten signature in black ink, appearing to read 'B. Olson', followed by a long, horizontal, slightly curved flourish.

Bret Olson  
Executive Director

# LEADERSHIP

## BOARD OF DIRECTORS

President

**Bob Allbee**

Vice President

**Shawn Beadle**

Treasurer

**Kyle Fry**

**Yuli Diaz**

**Kevin Garrison**

**Grace Heckman**

**Mike Hickey**

**Tim Heth**

**Kelly Livingston**

**Adam Miller**

**Chris Scholz**

## YMCA LEADERSHIP

Executive Director

**Bret Olson**

Health Promotion Services Director

**Denise Nessmith**

Aquatics Director

**Jocelyn Paxton**

Character Development Director

**Amy Hessel**

Big Brothers Big Sisters Director/

Family Program Services Director

**Lindsey Phillips**

Marketing & Development Director

**Nicole McCleary**

Special Olympics Directors

**Tracy Rininger & Tim Atkins**

Building Maintenance Manager

**Shaun Yaddof**

Custodial Manager

**Robin Leaf**

Accountant

**Terri Blinder**

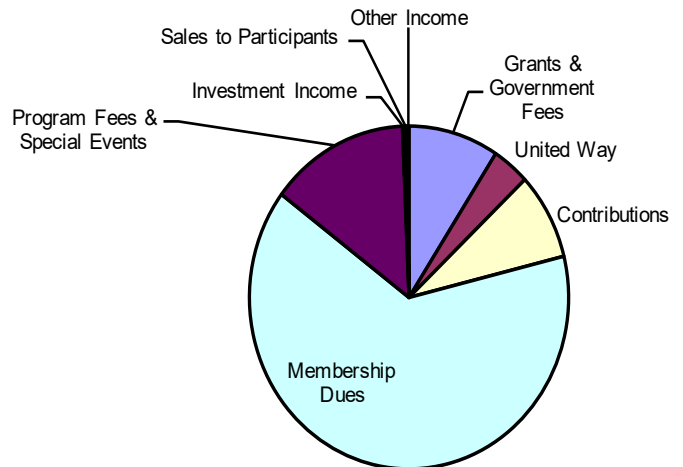


# FINANCIALS

## PUBLIC SUPPORT & REVENUE

Grants & Government Fees:	\$225,351
United Way of Muscatine:	\$93,125
Contributions:	\$201,885
Membership Dues:	\$1,579,621
Program Fees & Special Events:	\$346,438
Investment Income:	\$8,328
Sales to Participants:	\$1,554
Other Income:	\$6,418

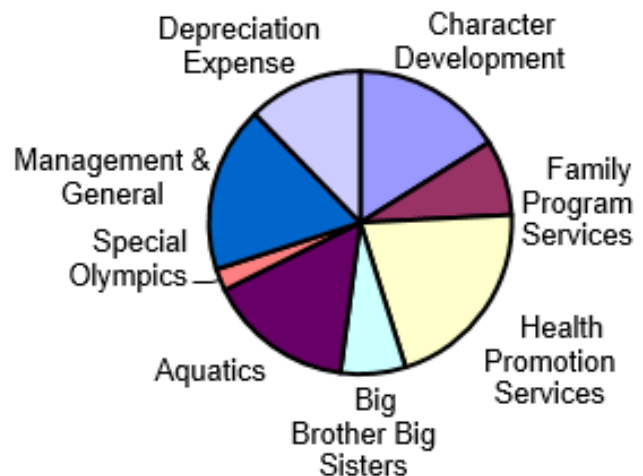
**Total Support & Revenue: \$2,462,720**



## EXPENSES

Character Development:	\$428,291
Family Program Services:	\$235,246
Health Promotion Services:	\$586,689
Big Brothers Big Sisters:	\$170,729
Aquatics:	\$427,679
Special Olympics:	\$88,784
Management & General:	\$480,480
Depreciation Expense:	\$400,000

**Total Expenses: \$2,817,898**



# DONORS

## **Champion** **(\$10,000 and Above)**

Kent Corporation  
New Hope Foundation

## **Founder** **(\$5,000-\$9,999)**

Bob & JoAnn Jensen  
Norma Lewis

## **Gold Partners** **(\$1,000-\$4,999)**

Helen Howe  
George & Charlotte Koenigsaecker  
Mike Martz  
Bob & Anita Olson  
Jim & Carla Reynolds  
Jim & Tammy Stein  
Charles & Joyce Vesey  
Vision Center PC

## **Silver Partners** **(\$500-\$999)**

Amy & Chad Hessel  
Jodi & Tim Heth  
Glenn & Kathy Huston  
David & Alice Jones  
Jon Moravec  
Dr. Nathan Olson  
Bret & Stacy Olson  
Dan & Mary Kay Rohde  
Dr. Bob & Kris Weis  
Carrie & Mike Zorich

## **Bronze Partners** **(\$250-\$499)**

Leo & Joann Askam  
Mike & Nancy Harrison  
Dave Hurlbut  
Sarah Lande  
Dyann Roby  
Mel Steckel  
John Wojtecki

## **Century Partners** **(\$100-\$249)**

Robert Allbee  
Floyd & Shirley Amos  
Judd & Laura Anderson  
Joni & John Axel  
John Beckey  
Marcia Biklen  
Larry & Judy Carter  
Steve & Terri Coder  
Pete DeGabriele  
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Jeff Fuegen  
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Cathy Hazen  
Grace & Alex Heckman  
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Melanie Kenyon  
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Kelly Livingston  
Sal & Stephanie LoBianco

Gary & Millie Meerdink  
Jim & Cathy Miller  
Ron & Deanne Miller  
Larry Osborn  
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Bill & Ruth Parks  
John (Jay) Parks  
John & Mary Kay Peters  
Lindsey & Tyson Phillips  
Cheryll & George Ryder  
Jennifer & Matt Schweizer  
Mike Shield  
John Sleichter  
Jim & Barb Sturms  
Kathy & Jim Trosen  
Anton Vanicek  
Jim & Gail Wester  
Steve & Dana Wieskamp

## **Partners** **(Up to \$99)**

Michelle Almandinger  
Jurgen Boche  
Kelly Brown  
Al & Denise Cooney  
David & Linda Cooney  
Mark & Julie Frye  
Kevin Garrison  
Fred Levinson  
Judy Lokenvitz  
Jeff & Lisa Longtin  
Ken & Shirley McDaniel  
Susan Muir  
Jo Mary Schuman  
Gary & Sheryl Wieskamp  
Chad & Becky Zeck



**Thank you for helping us build  
strong kids, strong families  
and a strong community!**

When you give to the Y, you continue  
to strengthen our community and  
move us all forward.

# BRIGHT FUTURES



Throughout the decades, social challenges have changed dramatically, and the needs of the community have relentlessly evolved. But through all these decades and all the changes, the Y has always been there as a constant and reliable source of hope, support and inspiration.

The challenges will keep coming and programs and services will continue to evolve, but our unwavering willingness and ability to support our communities will always remain at the core of the YMCA.

It's who we are, what we do, why we exist... now and always.

The YMCA is, and always will be, committed to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. This is a cause we are dedicated to and a promise we fulfill every day, to everyone who comes to us for help, in every way we possibly can.

Together, we're making a difference.

Over 1,200 members benefit from our  
Scholarship Membership Program.  
When we work together, we  
strengthen our community.

Last year, with the help and generosity of our  
donors, we provided over \$100,000 in Financial  
Assistance to children, families, and neighbors  
in our community.





## BIG BROTHERS BIG SISTERS

Lindsey Phillips, Director

Big Brothers Big Sisters volunteers continued to contribute a phenomenal number of hours to the community as mentors. While we still have growing to do in order to hit our pre-pandemic number of children served, we have not lacked quality connections. This year we adopted a new standards of practice, service delivery model, and created and implemented a new strategic plan. In 2024, we look forward to piloting group mentoring models!

**OUR MISSION IS TO CREATE & SUPPORT ONE-TO-ONE MENTORING RELATIONSHIPS THAT IGNITE THE POWER & PROMISE OF YOUTH.**

**OUR VISION IS FOR ALL YOUTH TO ACHIEVE THEIR FULL POTENTIAL**

**9,720**

VOLUNTEER  
HOURS

**1,000**

SUPPORT  
CONTACTS DONE

**46.9**

MONTHS AVERAGE  
MATCH LENGTH

**100 %**

REPORT BIGS ARE  
VERY IMPORTANT

**52**

NEW MATCHES

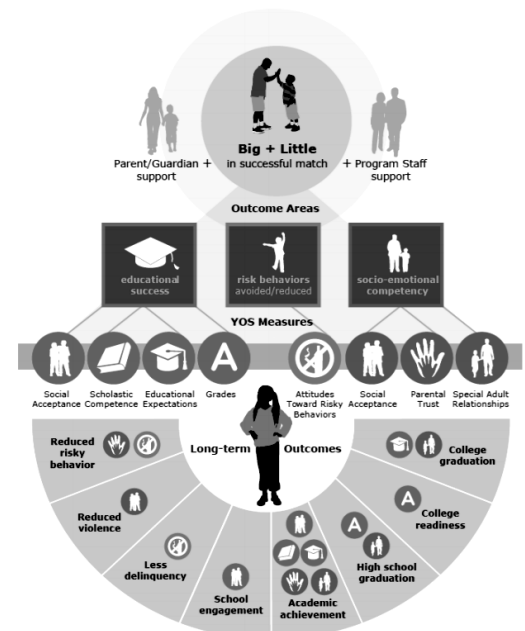
**135**

YOUTH SERVED

**100 %**

REPORT ALWAYS  
FEELING SAFE WITH  
THEIR BIG

## IMPACT



# 2023 BIG BROTHERS BIG SISTERS

## OUR COSTS



**\$1,000**

to match and support a Little.

- \$500 Introducing & Supporting the Match
- \$240 Recruiting & Enrolling a Volunteer.
- \$200 General Operating & Activity Expenses.
- \$60 Enrolling a Little

## OUR DONORS

**PLATINUM SPONSOR (\$7500 +)**  
Charlotte & George Koenigsaecker

**GOLD SPONSORS (\$5000 +)**  
HNI Charitable Foundation  
Kent Corporation

**SILVER SPONSORS (\$2500)**  
Ascentra Credit Union  
Drake DeKeryl Memorial  
Musco Lighting

**BRONZE SPONSOR (\$1000)**  
Bayer  
Bob & Kris Weis  
Bridgestone Bandag  
Craig A Jones Trucking  
Members Community Credit Union  
Muscatine Traffic Club  
Scott & Kristin Lee  
Van Meter

### LITTLE SPONSORS (\$500)

Bosch Pest Control  
CBI Bank & Trust  
Menasha  
Midwest One  
Olson Family Dentistry  
Robison Logistics  
Stanley Consultants

### SAFETY NET SPONSORS (\$200)

All Seasons Glass & Mirror  
Carl A Nelson  
CDS Global  
Eastern Iowa Light & Power  
Kiwanis  
Muscatine County Abstract  
Real Estate Resource Associates  
Ruhl & Ruhl  
Trucks Unlimited

### CONTRIBUTORS

Ann Gaeta Barnhart  
Armstrong Team  
Beckey Insurance & Financial  
Services  
Dan & Diane Olson  
Dwight & Debbie Brockhouse  
Family Eye Center  
Kiwanis  
Muscatine Tax Service  
Newcomers Group  
Prudential– Michael Gaeta  
Sarah Lande  
Sign Pro  
Terri Irwin  
West Liberty Lions Club  
Xiaowen Guo

## OUR STAFF

Lindsey Phillips, Program Director  
Cathy Hazen, Program Coordinator  
Jennifer Schweizer, Outreach & Support Coordinator  
Josh O'Rourke, Tipton Program Coordinator  
Taryn Peterson, Match Support Specialist

## ADVISORY

Jason Gregory, GPC  
Alison Hosmer, Bridgestone  
Gage Huston, MPW  
Charlotte Koenigsaecker  
Joelle McConnaha, MCSD

Dena Bates, HNI  
Kimberly Floyd, Parent Rep.  
Jamie Leza, GCFM  
Jason Wester, TCSD  
Edwin Colon, MCSD





## FAMILY PROGRAM SERVICES

**Lindsey Phillips, Director**

Traditions continued in 2023 with the Muscatine Community Block Party in September. Over 400 community members attended the block party and in November 70 family meals were served on Family Meal Night.

Family Program Services offers the following **Support and Education Groups**: Teen Parents, First Steps, Moments for Mom's, Mujeres Latinas, Grandparents Group "Relative Caregivers", and 24/7 Dad's. New this year, Raising Highly Capable Kids was added to our parenting curriculum.

Y Play Usage/Visits

**3,544**

Increased by 1,000 visits



Hours of Support & Education Groups

**744**

Increased by 430 Hours

**642** families participated in FPS  
(increased by 257 families)

**1,249** units served in FPS groups  
(increased by 538 units)

**53%** of participants are from  
Muscatine's minority communities

**22** Grandparents raising their grand-  
children participated in programming

**24** Individuals trained in sexual abuse  
prevention using Stewards of  
Children curriculum



## AQUATICS

Jocelyn Paxton, Director

**1,167 private lessons** were given to children and adults in 2022. Private lessons are for ages 18 months to adult. They focus on the individual fitness and swimming goals of each person and are tailored to fit each person/family's schedule and needs.

**40,069** people used the pool complex, not as part of a class or group. This usage is up significantly from 2021, despite staff shortages and closure of the Large Pool & Spa for 30+ days during upgrades.

**6,786** people participated in water Exercise classes. For many of these people, water exercise is the only option they have to stay fit.

**Manta Rays Swim Team** is a competitive swimming program focused on good sportsmanship and stroke development.

### 2022-2023 SEASON

**8** Home & Away Competitions  
**72** Athletes on the Roster  
**34** State Qualifiers = **47%**  
**16** Regional Qualifiers = **22%**

### 2023-2024 SEASON ...SO FAR

**9** Home & Away Competitions  
**64** Athletes on the Roster  
**20** State Qualifiers (so far) = **31%**  
**19** Regional Qualifiers (so far) = **29%**





## CHARACTER DEVELOPMENT

Amy Hessel, Director

The Character Development Program at the Muscatine Community YMCA is more than childcare or sports, it is a program designed to build on our core values to support youth. We focus on five practices that give youth the tools they need to be successful in their daily lives: empathy, emotion management, responsibility, personal development, and relationship building.

Our **Youth Sports** programs place an emphasis on the development of skills, good sportsmanship and fair play, socialization, and enjoyment of the game. The best part of Y sports is seeing the players enjoy the game and support each other. There is nothing better for a team mate, opposing team player or a spectator to witness the first basket made by a developing player working hard for success; it's great to see the crowd, bench and court players go wild when the shot goes in! This reminds us why youth sports are so important. In 2023, we saw a 12% increase in Boy's Basketball.

Peace of mind for parents, friends and socializing, learning and fun are on tap every day for families enrolled in our **Before and After School Kids' Club**. Our Kids' Club programs are definitely staying on the nationwide trend, and there is a big need for quality Child Care. Even after we saw a 29% increase in attendance for Afterschool Kids' Club in 2022, we still show an increase in 2023 and average 100 children each day. We also have a waiting list which started at the beginning of the school year with over 30 kids waiting for an opening in our program.

Our **Summer Kids' Club** participants spend their days engaging in STEM, Art, Wellness and Mindfulness activities, where they are socializing, learning to work together, gaining leadership skills and finding lifelong hobbies. Parents completed a survey at the end of the summer, and 100% reported that they would recommend the program to other parents and 97% of the participants (kiddos) reported that they would recommend Summer Kids' Club to a friend. In 2023 we saw a 4% increase in attendance, even while intentionally allowing fewer kids the past 2 years. We allow a maximum of 120 kids in our Summer program, and registration was filled to capacity by 10am on opening day.

Our **Teen Center Programming** is geared toward 5<sup>th</sup>–8<sup>th</sup> graders with activities and groups that focus on those five practice areas. We aim to give all youth an opportunity to be involved in something they enjoy and to find new activities and friends as well. We offer programming in fitness and recreation, leadership, arts, STEM and socializing, and we're proud of the variety of programs we offer. Through a sponsorship from UnityPoint Health Trinity Muscatine, we were able to provide our Fitness and Wellness groups. Through an Iowa STEM grant we offered additional Drone programs, which were enjoyed by all participants. Several of our Teen Center participants volunteered with our Youth Sports to help coach and ref games. We offer 80 hours each month of free programming for Middle School Youth.

**Skill Building Classes** begin at the age of 18 months and offer youth through 6<sup>th</sup> grade to be involved in a fitness activity. The skill building part of these programs go beyond the skill of sports, and guide youth to develop social norms, social interactions, and confidence. Walking across the High Beam at 2 years old is scary, but when a child completes it the first time, you see the confidence "beam" out of them. We also added a partnership with Magician, David Casas to teach a Youth Magic Class at the Y. This class gives youth who are unable to participate in fitness/sports activities a connection to the Y, new people and new hobbies.





## HEALTH PROMOTION SERVICES

Denise Nessmith, Director

The Y is for Healthy Living! In 2023 we continued to offer a variety of fitness options, equipment, classes and activities to meet the needs of our members of all ages, interests and abilities.

Fitness classes continued to provide many different choices for group exercise activities. Silver Sneakers classes continue to be a significant draw for Seniors as well as bi-weekly chair yoga. Notably, in November we added a bi-weekly morning mat yoga class for our members that has gotten a great response. Strength and conditioning classes are showing increased attendance and an area for growth opportunity. Also, up in registration/attendance was the Middle School Workout & Weights classes to be able to use the Exercise Area alone or with their parents. Pickleball, Badminton and Full Court Basketball continued to provide drop-in adult sport opportunities. Forty-two adult members met with staff for general instruction on Exercise Area equipment which was up 8% to last year. Interest in working with YMCA Personal Trainers in 2023 for specialized personal training programs was up 68% over 2022 and continues to be an area of growth opportunity.

YMCA staff worked with several community partnerships to help improve the health of Muscatine residents such as Muscatine Diabetes Project and Healthy Hometown Coalition powered by Wellmark. The YMCA also sponsored one of the local walk sites for the Healthiest State Walk initiative; a tradition we've upheld for 12 years.

The 47th Annual Senior Female Athletic Recognition event at our Y honored 40 senior athletes, and they selected Ella Schroeder as the Outstanding Senior Female Athlete 2022-2023.

Breakfast With Santa was an indoor, successful event again this year with over 250 kids, parents, volunteers and of course, Santa attending!



The most notable change in the fitness department came with the purchase of new Life Fitness equipment added to the Exercise Area late in 2022. Additional squat racks with benches, mirrored space and additional dumbbells on the east side of the gym created an opportunity this year for members to have more space and equipment available during peak times.

The Y. For Healthy Living!



## SPECIAL OLYMPICS

## Tracy Rininger & Tim Atkins, Directors

The mission of Special Olympics of Muscatine is to provide year-round sports training & athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills, friendship with their families, other Special Olympics athletes and the community.

We offer individual and teams sports in the following:

<u>Sport</u>	<u>Number of Athletes</u>		
Swimming	15	Basketball	20 (teams), 15 (skills)
Powerlifting	18	Softball	35 (teams), 25 (skills)
Bocce	23	Flag Football	16 (teams), 21 (skills)
Soccer Skills	12	Winter Games	16
Track & Field	41	Unified Golf	40
Bowling	58	Cheerleading	6
		Pickleball	7

In 2023, Special Olympics began our 53rd year of programming in Muscatine County!

We were happy to bring back Cheerleading in 2023. We had 6 athletes participate on our squad: 3 females and 3 males. The squad performed two different cheers within their three minute time limit. During their routine at least one athlete must complete 1 kick and 1 jump. They competed at the Spring Classic in Iowa City and brought home a Gold Medal.

Special Olympics Iowa added Pickleball as a new sport this year. We had 7 athletes participate in Muscatine. There was 1 doubles team, 1 unified team, and 4 athletes that participated in Pickleball skills. They competed in Des Moines at the Fall Classic. There was a lot of interest in this new offering, and we expect it will grow quickly in the future.

Then, in August three athletes from Special Olympics Muscatine participated in the 13th Annual Camp Courageous Sprint Triathlon as a team. Travis, Nathan and Eric completed the 400 yard-swim, 5K run, and 13-mile bike ride, respectively. They completed the triathlon in just over 2 hours and were the only team to represent Special Olympics.

Young Athletes Play Day returned to the YMCA in November and was a day filled with smiles and memorable experiences for all the participants, families, volunteers and school staff. Special Olympics Play Day is a sport and play program for children with and without intellectual disabilities, ages 2 to 7 years old. Young Athletes are introduced to basic sport skills like running, kicking and throwing.

In December we had 5 athletes participate in an Athlete Leadership Conference in Des Moines. The Athlete Leadership Program prepares athletes for meaningful positions of influence and leadership throughout the Special Olympics Iowa organization, both on and off the playing field.



# A FEW HIGHLIGHTS OF 2023







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OUR CAUSE

At the Y, strengthening community is our cause.

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.



### MUSCATINE COMMUNITY YMCA

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[www.muscatiney.org](http://www.muscatiney.org)