



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUILDING STRONGER COMMUNITIES

Pav YMCA

COMMUNITY IMPACT REPORT 2022



Pav YMCA
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pavymca.org

STRENGTHENING COMMUNITIES



For over 50 years the Pav YMCA has played a part in strengthening the Berwyn, Cicero, Forest View, Lyons, North Riverside, Riverside and Stickney communities. The Y is the leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, we focus on empowering young people, improving health and well-being and inspiring action in and across communities.

2022 GENERAL HIGHLIGHTS

- **7,521** members
- **1,575** program participants
- Received **\$138,284** in total contributions
- Subsidized over **\$53,934** in general program fees
- Received **\$73,980** grant for senior lunch program



FACILITY HIGHLIGHTS

- 6 lane, 25 yard indoor pool
- Full size gymnasium
- Locker rooms
- Multi purpose rooms available for rentals
- Dance Studio
- 2 racquetball courts
- Indoor track
- Cardio, strength training, circuit, and free weight equipment, including dumbbell area
- Sauna
- Whirlpool
- Cycle studio



2022 YOUTH DEVELOPMENT

- Over **4,106** members/participants were under 18
- Over **2,900** registrants in youth swim lessons
- More than **\$20,226** in financial assistance was awarded for youth programming
- Over **556** children involved in school age child care programming



2022 HEALTHY LIVING

- Over **\$58,127** in financial assistance was awarded for health and well-being programming
- Over **243** families served through family programming
- **12** individuals participated in the LiveStrong at the YMCA restorative health program
- **5,943** total participant attendance in group exercise classes

2022 SOCIAL RESPONSIBILITY

- More than **6,439** Senior Cafe lunches served
- Distributed over **8,934** bags of fresh produce/shelf stable items to seniors
- Subsidized facility space/rentals for community groups totaling **\$11,330**
- Utilized **179** volunteers for approximately **15,147** hours
- Subsidized **1,548** active military visits
- Hosted **7** blood drives
- Signature events raised **\$52,587** for the Annual Support Campaign
- March for Meals raised **\$2,918** for senior programming

OUR PROGRAMS & SERVICES

Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all. **The programs and services we provide to the 7 communities we serve, and our partnerships with community organizations help us make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.**

COMMUNITY PARTNERS

With the continued support of our community partners, we are able to provide services our community depends on.

- Abundance Universal Temple
- Access to Care
- Age Options
- Alivio Medical Center
- American Red Cross
- AshLink
- Berwyn Health Department
- Berwyn Public Library
- Berwyn South School District 100
- Big Brothers Big Sisters of Metropolitan Chicago
- Blue Cross/Blue Shield
- Boy Scouts of America
- Capelli Academy of Cosmetology
- Cicero School District 99
- City of Berwyn
- Combined Veterans of Berwyn
- Cook County Commissioner Frank Aguilar
- DJ's Scuba
- Greater Chicago Food Depository
- Healthy Contributions
- Humana
- J. Sterling Morton School District 201
- JenCare
- Karate Unlimited
- Kiwanis Club of Berwyn
- Loyola Medicine
- MacNeal Hospital
- Mayor Robert J. Lovero
- Morton Young Life
- Oak Street Health
- Park Vending, Inc.
- Primary Care Associates
- Shirley Ryan Ability Lab
- Solutions for Care
- Tivity Health
- Twin Supplies LTD
- Vitalant
- Wellness House
- WSSRA
- Youth Crossroads, Inc

YOUTH DEVELOPMENT

The Pav YMCA continues to offer essential youth services to the community. These services ensure children have a safe and engaging place to attend while caretakers work.

- Healthy Kids Day
- School's Out Days and break camps
- Summer Camp
- Before and After School Care
- Youth swim lessons
- Babysitting services
- Family activities & events throughout the year
- Instructional sports
- Field trips to the Y

SOCIAL RESPONSIBILITY

We are committed to supporting the communities we serve through programs and services for all ages.

- Financial assistance provided through the Pav YMCA Annual Support Campaign
- American Red Cross CPR & AED training courses
- American Red Cross Lifeguard training courses
- Blood drives (American Red Cross and Vitalant)
- Fire department scuba training
- Vaccinations provided at no cost by Alivio Medical Center
- Youth mentoring program provided at no cost by Big Brothers Big Sisters of Metropolitan Chicago
- March for Meals
- Facility rentals for community organizations
- Senior Lunch Cafe in partnership with AgeOptions
- Senior Choice Markets twice a month in partnership with the Greater Chicago Food Depository
- U.S. Coast Guard approved life jacket rentals at no cost through The Sea Tow Foundation

HEALTHY LIVING

We have offered ways for people to stay engaged in a healthy lifestyle year round.

- Massage therapy services
- Personal training
- Restorative health programs (LiveStrong at the YMCA & Diabetes Prevention Program)
- Teen fitness orientations
- Fitness classes for all ages (land & water)
- Aquatic programming & swim lessons for all ages
- Adult & youth sports leagues & tournaments
- Insurance based membership
- Group Exercise classes included with membership
- Monthly health-related lectures and social events for seniors
- Nationwide Membership

WAYS TO GIVE



VOLUNTEER

Giving a little bit of your time makes a tremendous impact, whether it be packing groceries for Senior Choice Market days twice a month, assisting with event setup, or being a mentor with Big Brothers Big Sisters of Metropolitan Chicago. We welcome volunteers of all ages and backgrounds. We can even help you add some skills to your resume or find meaningful service in retirement.

DONATE

As a nonprofit organization, we never turn away anyone who needs us. Financial assistance keeps the Y available for kids and families who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected, and secure. Our hopes for the future are to expand health services, embrace technology, improve our facility and grow our financial assistance program. In this complex and ever-changing world we now live in, our vision and our goals need support more than ever.

PARTICIPATE

Participating in our events and fundraisers helps support your neighbors. By attending our fundraisers, family events, and more, you are showing support for the communities we serve. Showing up means showing you care.

SPONSOR

When you sponsor an event, you help us raise essential funds to benefit all who receive scholarships from our Annual Support Campaign. Sponsoring an event not only benefits our community members, it is a great opportunity to showcase your business or organization.

PARTNER

We are always looking for ways to make a bigger impact in the communities we serve through partnerships with fellow nonprofits and community organizations. Through current and past partnerships, we were able to make vital goods and services available at no cost to those in need. Our partnership with the Greater Chicago Food Depository provides free, nutritious foods and fresh produce to seniors twice a month, Big Brothers Big Sisters provides a mentorship program to youth, and Alivio Medical Center provided free vaccinations from the beginning of the pandemic through 2022.

HELP US MAKE A DIFFERENCE.

If you would like to discuss ways to give, contact Jamie Kucera at 708.749.0606 ext 311 or jkucera@pavymca.org.

HELP US MAKE AN IMPACT

PAV YMCA
Serving Our Community Since 1970
The Y. For a better us.™

WHO WE ARE

The Pav YMCA is a charitable, membership-based 501(c)3 non-profit organization.

WHAT WE DO

The Y provides support that empowers people and communities. We nurture the potential of every youth and teen, help others improve health and well-being, and create opportunities to give back to the community.

WHO WE SERVE

We serve the near west suburban communities of Chicago which include Berwyn, Cicero, Stickney, Lyons, Forest View, Riverside, and North Riverside. The Y is for people of all faiths, races, ages, incomes and abilities. We have a diverse membership of approximately 11,000 individuals and we see nearly a half-million visitors each year. Everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

\$100-\$249

Equivalent to a **MONTHLY ONLINE MOVIE SUBSCRIPTION** and allows a family to visit the Y with their children for two months, strengthening their relationship.



\$250-\$499

Equivalent to **ONE COFFEE SHOP VISIT PER WEEK** and would allow two children to attend a week of summer camp making lasting friendships and memories.



\$500-\$999

Equivalent to **EATING OUT FOR LUNCH ONCE A WEEK**, a cancer survivor can have a fresh start during our 12 week wellness program, **LIVESTRONG** at the YMCA.



\$1,000+

Less than **ORDERING TAKE OUT DINNER ONCE A WEEK** and allows two seniors to become Y members for a year leading their fullest lives possible at any age.



OUR MISSION

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

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.

OUR BELIEF

We never turn anyone away due to their inability to pay membership fees. Close to \$100,000 in fee assistance is awarded every year to children, teens, adults, seniors, and families through our Scholarship Program funded by our Annual Support Campaign.

When you make a donation to the PAV YMCA, you are making a difference in the lives of people in YOUR COMMUNITY. Make a difference and help the Y further its mission to provide a place where all can learn, grow, and thrive!

I WANT TO MAKE A DIFFERENCE

First and Last Name Of Donor

Name, Company, or Dedication for recognition purposes.

Mailing Address

☐ Gift is anonymous, do not acknowledge publicly

City/State/Zip

Phone

Email

☐ Sign me up to receive weekly e-blasts!

DONATION OPTIONS (PLEASE CHOOSE ONE)

☐ Payment of \$_____ is enclosed (check payable to the Pav YMCA)

☐ Charge \$_____ to my credit card

Card Type: _____ Name on Card: _____

Card Number: _____ Exp: ____/____ CVV: _____ Billing Zip: _____

☐ I would like to have a payroll deduction of \$_____ per paycheck (Pav YMCA employees only)

☐ as an ongoing deduction. **OR** ☐ until the amount reaches \$_____, then stop deductions.

Donor Signature

Date

**SCAN THE QR CODE TO
DONATE VIA CHEDDARUP:**

