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of the
Week

MORE THAN JUST A GYM

Winona Family YMCA 2018 Annual Report

WINONA FAMILY YMCA

VOLUNTEERS MAKE OUR ORGANIZATION POSSIBLE!

87
VOLUNTEERS

2,804
VOLUNTEER
HOURS

\$78,932.60
VALUE

MEET NEW CEO JANNEKE SOBECK



Thanks to a management agreement with the La Crosse Area Family YMCA, Bill Soper served as the interim CEO through 2018. In March of 2019 the Winona Family YMCA Board of Directors hired Janneke Sobeck as the new CEO.

WHY DID YOU CHOOSE TO APPLY TO WORK AT THE YMCA?

My dad was in global health nonprofit work, which meant I grew up overseas and never had roots. When my family moved back to the states the year I started college, I discovered the power of the YMCA. From the moment I walked in the door of the YMCA, I felt a sense of community. There is a distinct culture of inclusion that permeates YMCAs across the nation. The YMCA offers something for everyone, and meets people where they are at in their health journey. I decided I wanted to be part of that, and grow the impact in our community.

WHAT DO YOU LIKE MOST ABOUT YOUR NEW JOB?

The people! We have a great staff that goes above and beyond what is asked of them. We have an incredible group of volunteers, including our Board of Directors. And last but not least, our members are passionate, friendly, and supportive. I love working toward helping people thrive.

WHAT ARE YOUR PLANS FOR HELPING THE WINONA FAMILY YMCA RISE TO A NEW LEVEL OF SUCCESS?

I want to strengthen this organization by focusing on staff and member satisfaction and retention to start with. There has been a lot of transition and turnover that has shaken people's trust. I am also excited about new partnership potential thanks to our new facility and growing collaborative network, which will allow us to have a greater impact on the Winona community.

HIGHLIGHTS FROM 2018

Here are just a few ways the YMCA has strengthened our community



We now offer 80 free group exercise classes every week to members. Water Aerobics, Zumba, Body Pump, Cycling, Barre, Active Older Adult Fitness, Insanity, and Yoga, just to name a few. In 2018 we also debuted two new fitness class formats – Core de Force and Strong by Zumba. Workout Wednesdays was another new opportunity, that offers affordable small group accountability with a certified personal trainer.

We are diligently working toward a new facility. 2018 was an exciting year of building design work with our architect. We explored ways that we can better meet the needs of the Winona community through our partners Winona Health, Live Well Winona, and Red Cross of Southeastern Minnesota that will be co-located in our new facility. We share the feeling of anticipation with our members as we continue to work toward closing the fundraising gap.

We offer financial support for those who need it. For those who cannot afford a membership or programs at the YMCA, we offer financial assistance up to 70%.

In 2018, 37% of our members received a subsidized membership. The YMCA gave a total of \$179,564.26 in memberships and program scholarships.

We operate out of four locations. The Winona Family YMCA runs after-school programming out of Bluffview Montessori School and St Martin's Lutheran School/Hope Lutheran High school, Camp Wenonah, and of course our main location downtown.

We have dedicated ourselves to building partnerships outside of our walls. In 2018, we worked hard to connect with other nonprofits in Winona to strengthen our network and the network of the Winona community. We regularly attended the Nonprofits Roundtable, the Connect Winona roundtable, and were part of the community initiative and discussion to better support the homeless population right here in Winona.

CREATING A SOLID FOUNDATION FROM INSIDE OUT



In 2018 there was quite a bit of staff turnover.

Although that made for a rough few months of readjustments and new faces, it also led to a much stronger team.

"This is absolutely one of the best teams so far," Fitness and Wellness Coordinator Jackie Goyette said, an employee of 11 years and a leadership staff member of three years.

Jackie has seen more than a decade of different teams and to her, this is one that has created a strong foundation for the organization. One reason in particular is the collaboration, she said. Departments regularly crossover and help each other. The collaboration also extends out into the community with numerous partnerships with schools and other nonprofits.

Quite a few of those external partnerships come from new staff, like Skylar DeGroot, the Youth Sports Director. He, along with others like School Age Director Alexa Shapiro, have worked hard to create ties with the community as well as within the building.

Skylar, who has just completed his first full year of employment at the Winona Family YMCA, said he saw the tail end of the staff turnover when four full time positions became open. From his perspective of working with a new staff, he said the ability for everyone to come together to support each other was phenomenal.

"We were all starting at square one together," he said. "We were able to rally around each other."

He saw not only a new staff building a foundation together, but also saw people in every department go above and beyond their own duties.

"So many staff members have done things outside their roles," he said with a bright smile.

Even with a full plate on everyone's desk, the team has created a Special Events Committee and Volunteer Committee that has led to events like a Couple's Valentine's Day event, a Women's Empowerment Expo, and full day of live music and activities during the 2019 Bluff Country Jamboree.

Skylar said he has to give credit where credit is due.

"I do want to give kudos to the La Crosse YMCA's management (that assisted us while we were without a full-time CEO)," he said. "They did a good job of finding good people."

Skylar said he's feeling positive about his job, the team he works with, and the organization he commits to. Jackie said she feels the same.

"We're a great team and we're going to grow from here!" she said.

BUILDING CAMPAIGN DONORS

We are getting close to reaching our fundraising goal for the new YMCA facility. We sincerely appreciate the support of our donors who have stepped forward thus far to make this campaign successful. If you are interested in learning more about how you can support this important campaign, please contact Janneke Sobeck at 507-454-1520 or jsobeck@winonaymca.org.

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We appreciate all of our loyal contributors and have done our best to ensure the accuracy of this listing. If there is an error, please accept our sincere apology and contact us to correct the error.



GET INVOLVED

Volunteer

We can only reach our goals with help from you. Each of our volunteers help deliver the benefits of good health, strong connections, greater self-confidence, and a sense of security to all who seek it. Check out our volunteer opportunities at:

<https://www.winonaymca.org/volunteer>

Join Our Team

Learn, grow, and thrive with a position at the YMCA. Working at the Y, you'll discover more than a job—you'll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.

Learn more at <https://www.winonaymca.org/employment>

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Because of people like you, we are able to provide opportunities that improve our community's health and well-being, activities that bring families closer together and programs that empower young people to find success. Your generous support keeps the Y available for those who need us most and allows us to fulfill our mission. Donate online at:

<https://www.winonaymca.org/donate>

or mail your check to

Winona Family YMCA
207 Winona Street
Winona, MN 55987



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

Vision: To connect and engage people by enhancing lives and building community.

Values: Caring, Honesty, Respect, and Responsibility

Winona Family YMCA
207 Winona Street, Winona, MN 55987
507-454-1520