

A family of six is running on a paved path towards a modern building with large windows. In the foreground, a young boy in a white and blue striped shirt and a young girl in a purple shirt are running towards the camera. Behind them, a man, a woman, and two other children are running. The sky is blue with white clouds.

HEALTHIER TOMORROWS

MISSION EXPANSION CAMPAIGN

KEARNEY FAMILY YMCA



The Y's impact in our community extends well beyond our gym and pool. We strengthen families, develop the potential in children, keep seniors connected and active, partner with like-minded organizations, and teach people how to better care for themselves and their community. We are a force for positive change.



OUR VISION FOR THE COMMUNITY

The Kearney Family YMCA serves our community and helps improve the physical, spiritual, and emotional health of residents young and old, but we have outgrown our current facility, built for a previous generation. We need adequate space to continue to carry out our mission. We also know that we can't do it alone. We need community partners in our vision.

That's why we are launching a \$8.8 million mission expansion campaign to help people live healthier lives today and well into the future.



"We are very aware of the growing needs and health concerns in our community. We know that by working together with like-minded partners and creating spaces for people to find support, we can make a real impact on the families, adults, and seniors in our community for generations to come."

-Karen Rhoads, Campaign Chair

“The Y’s vision of community integrated health is in direct response to what we are seeing in health care trends. Working in partnership with the health care community, the Y is able to provide comprehensive care with strong health outcomes.”

Russell G. Hilliard, M.D., Family Practice Associates



AN INTEGRATED APPROACH TO HEALTH

Additions and upgrades to our facility, as well as strategic partnerships, will allow us to strengthen the link between traditional health care and community-based prevention strategies.

BENEFITS OF COMMUNITY INTEGRATED HEALTH

- Increases access to care
- Lowers costs
- Prevents and addresses chronic disease
- Reduces the effects of some social and economic factors that influence people's health negatively



Clinical care accounts for only 20% of factors that influence our health. Health is mostly determined by what occurs in our homes and communities.



WHERE CHANGE HAPPENS

Purposefully designed spaces will allow us to:

- Provide more programs and services that **reduce risk factors for chronic disease**, including partnerships with health care providers and other community organizations
- Create opportunities for **education** and small-group gathering in multi-purpose space
- Support a high quality, **adaptable** YMCA that provides enriching opportunities for active retirees while continuing to meet the changing needs of our youth
- Provide a **safe, positive environment** for more youth and teens to build character and values
- Design an environment where families can spend **quality time together**
- Increase opportunities to teach young people **healthy habits**
- Expand access to affordable health and wellness services **for all**

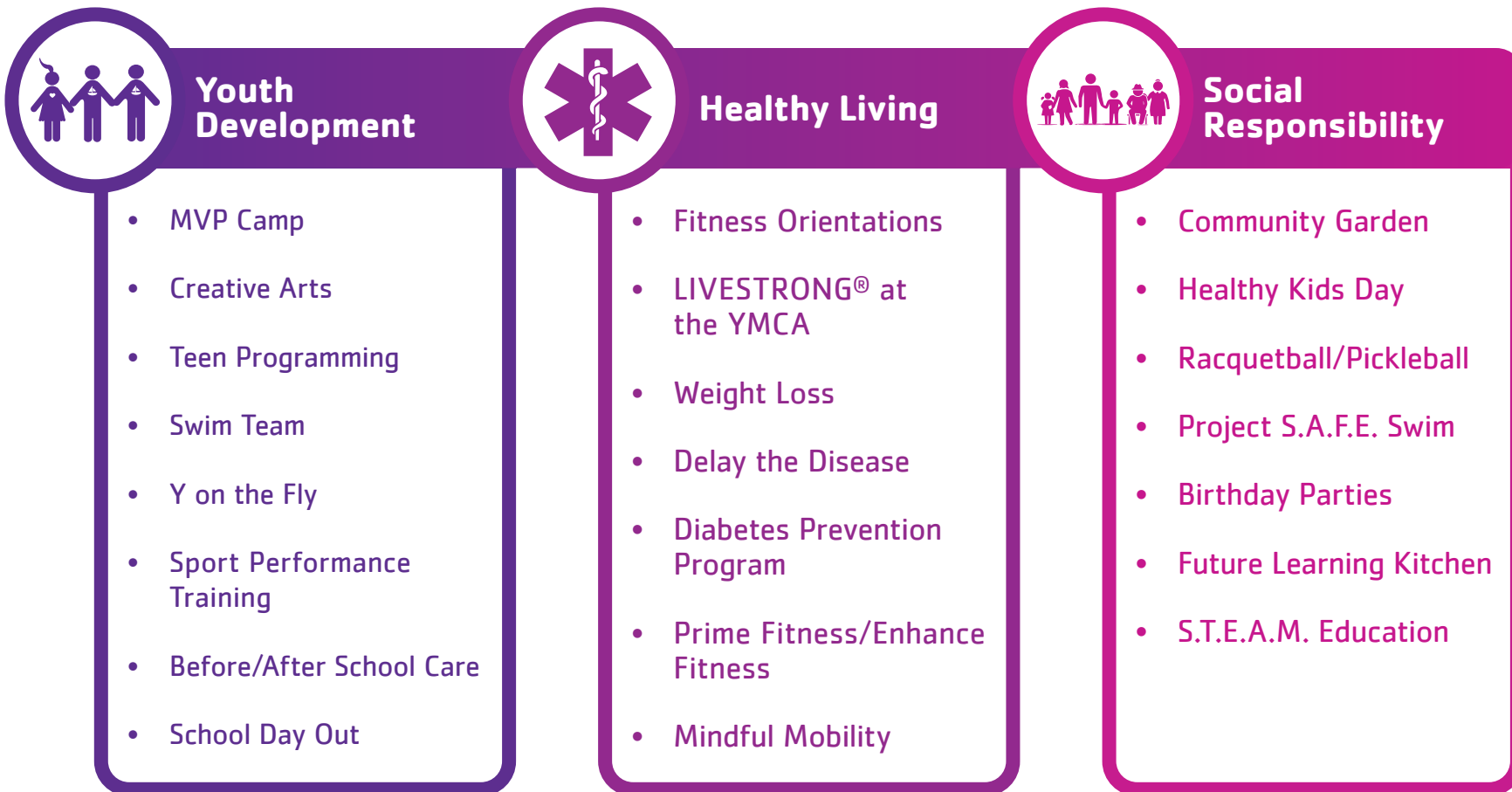
Make Our Vision a Reality
kearneyymca.org/our-future

As more adults increasingly suffer from lifestyle-related and chronic disease, we are committed to providing new and innovative opportunities to turn the health epidemic around. We are proud of the work we are doing, but know we must reach out in new and different ways.



PROGRAMS WITH PURPOSE

Our programs, services, and initiatives strive to nurture the potential of every individual and bridge community gaps by collaborating with other community organizations.



For more information on our programs please visit kearneyymca.org



MEETING THE NEED

In every community, there are challenges. Our Y helps the community meet those challenges, improving the quality of life for all.



Today's youth average
7.5 hours
in front of screens daily

- Jr. Loper Basketball: 57% growth over last 4 years
- Summer Sports Camp



Lower-income children
enter kindergarten
12-18 months
behind

- Summer Camps: 25% growth over last 3 years
- Strong Family Campaign



**Time after school
or school days off**
are when kids are most likely to
engage in self-destructive behavior

- MVP Camp: Doubled in last 3 years
- Creative Arts Program



Drowning is the
second leading
cause of death
for children

- Project S.A.F.E. Swim: 450+ students participated in the program in 2019
- Swimming Lessons: 43% growth over last 6 years



under 65% of adults
in Nebraska are overweight
or obese, increasing their
risk for disease

- Diabetes Prevention Program
- LIVESTRONG®



Seniors need places to
connect and
give back

- Mindful Mobility
- Prime Fitness

"I'm at the Y three times a week for my Prime Fitness class. I usually stay after class and have coffee with my friends. I've met so many new people here and that's motivation to come back each week. I want to be around to see my great grandchildren grow up."

- Roberta, 85 years





Design subject to change



BUILDING FOR BETTER HEALTH: HEALTHIER TOMORROWS CAMPAIGN

The Kearney Family YMCA will model our work after the community-integrated health work that is already happening at Ys across the country.

Our vision will require the support of the community and people like you: people who are committed to making a difference in the lives of their neighbors.

ADDITION — 26,000 sq. ft.

- Wellness and Fitness Center
- Group Activity Studios
- Gathering Area
- Lifestyle Coaches and Development Areas
- Community Meeting Room and Learning Kitchen
- Child Watch



RENOVATION

- Youth and Adult Super Gym
- Relaxation/Reflection Yoga Studio
- Locker Rooms
- Education Center
- Family Center

TOTAL CAMPAIGN NEED

\$8,800,000

Make Our Vision a Reality
kearneyymca.org/our-future



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MAKING OUR VISION A REALITY

With 30 years of experience supporting us, the Kearney Family YMCA is well positioned to impact the lives and health of the people we serve and the community we are lucky to call home. We have a bold and bright vision and hope you will join us in making it a reality.

Our vision will require the support of the community and generous people like you who are committed to making a difference. You can make this vision a reality.

PLEASE JOIN US.





**The Y is committed to providing programs that
build a healthy spirit, mind and body for all.
We make every effort to ensure that no one is
turned away due to inability to pay.**

**KEARNEY FAMILY YMCA
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kearneymca.org**