



YMCA OF SUPERIOR CALIFORNIA

ADMINISTRATIVE OFFICES

1926 V Street
Sacramento, CA 95818
916-452-9622

SACRAMENTO CENTRAL YMCA

2021 W Street
Sacramento, CA 95818
916-452-9622

ROLLINGWOOD YMCA

9373 Winding Oak Drive
Fair Oaks, CA 95818
916-988-1727

YOLO COUNTY YMCA

1300 College Street
Woodland, CA 95776
530-666-9623

GOLD COUNTRY YMCA

350 Race Street
Grass Valley, CA 95945
530-274-4739

OROVILLE YMCA

1200 Myers Street
Oroville, CA 95965
530-533-9622

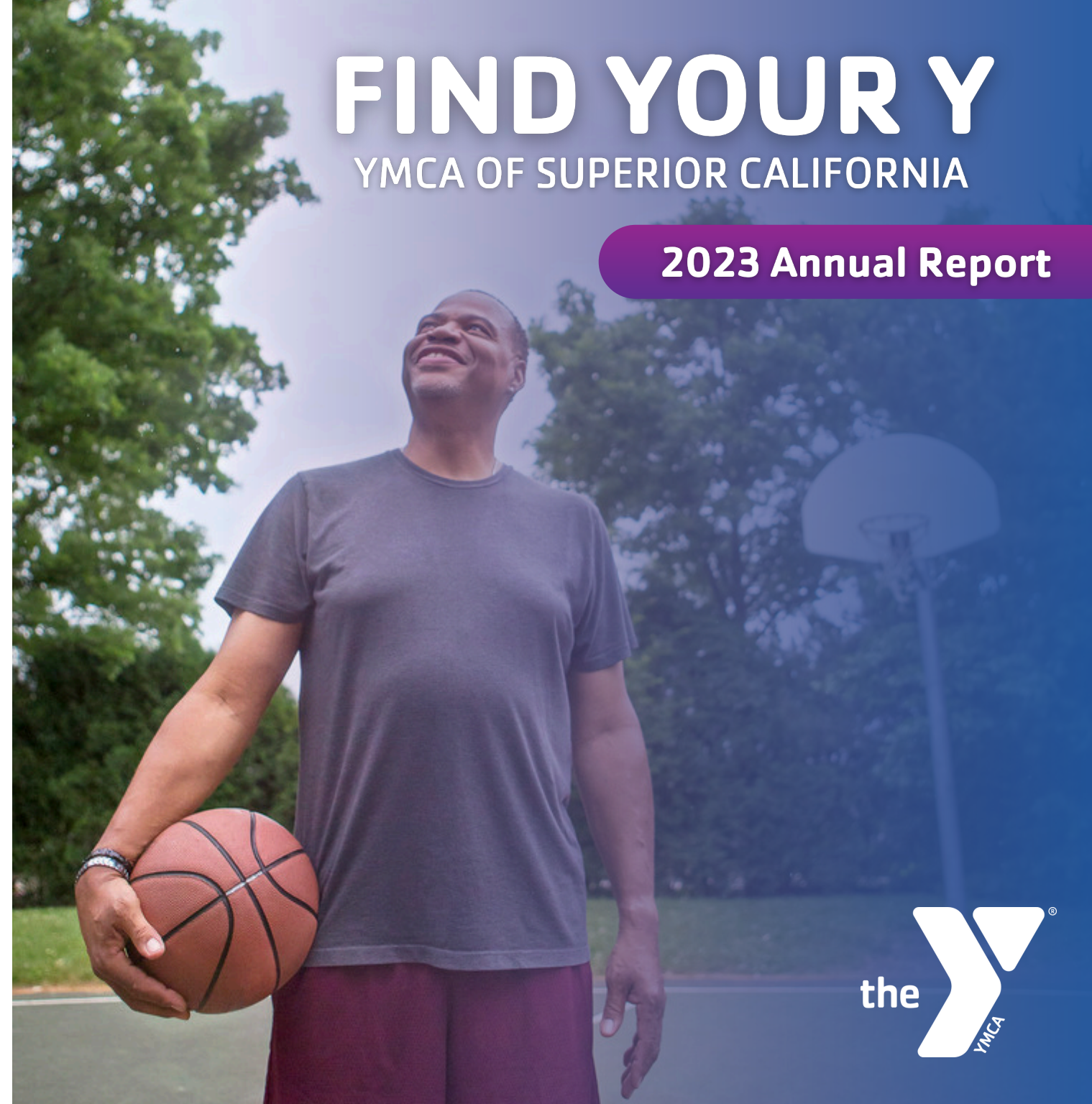
YOUTH DEVELOPMENT SITES

Bear Valley YMCA Resident Camp
East Sacramento YMCA
Sacramento Central YMCA Early Learning Program
YMCA at Bridgeway Elementary
YMCA at Cowan Fundamental Elementary
YMCA at Del Paso Manor Elementary
YMCA at Kohler Elementary
YMCA at Leataata Floyd Elementary
YMCA at Washington Carver High School
YMCA at Oakview Community Elementary
YMCA at Southport Elementary
YMCA at Spring Lake Elementary
YMCA at Zamora Elementary
Summer at the Y at Higher Learning Academy
Summer at the Y at EPIC
Summer at the Y Kinder Readiness Program
Summer at the Y at Nelson's Grove

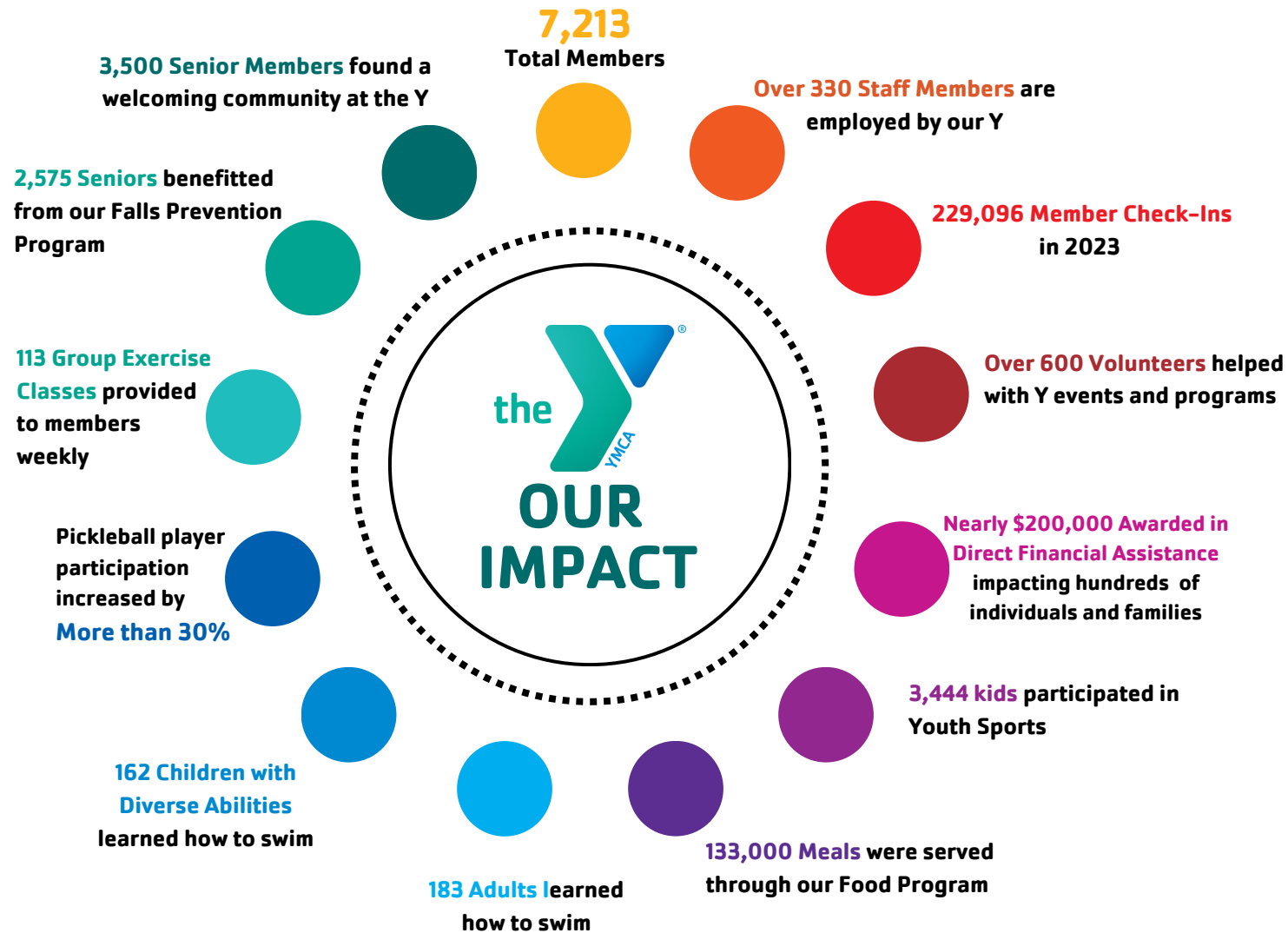
FIND YOUR Y

YMCA OF SUPERIOR CALIFORNIA

2023 Annual Report

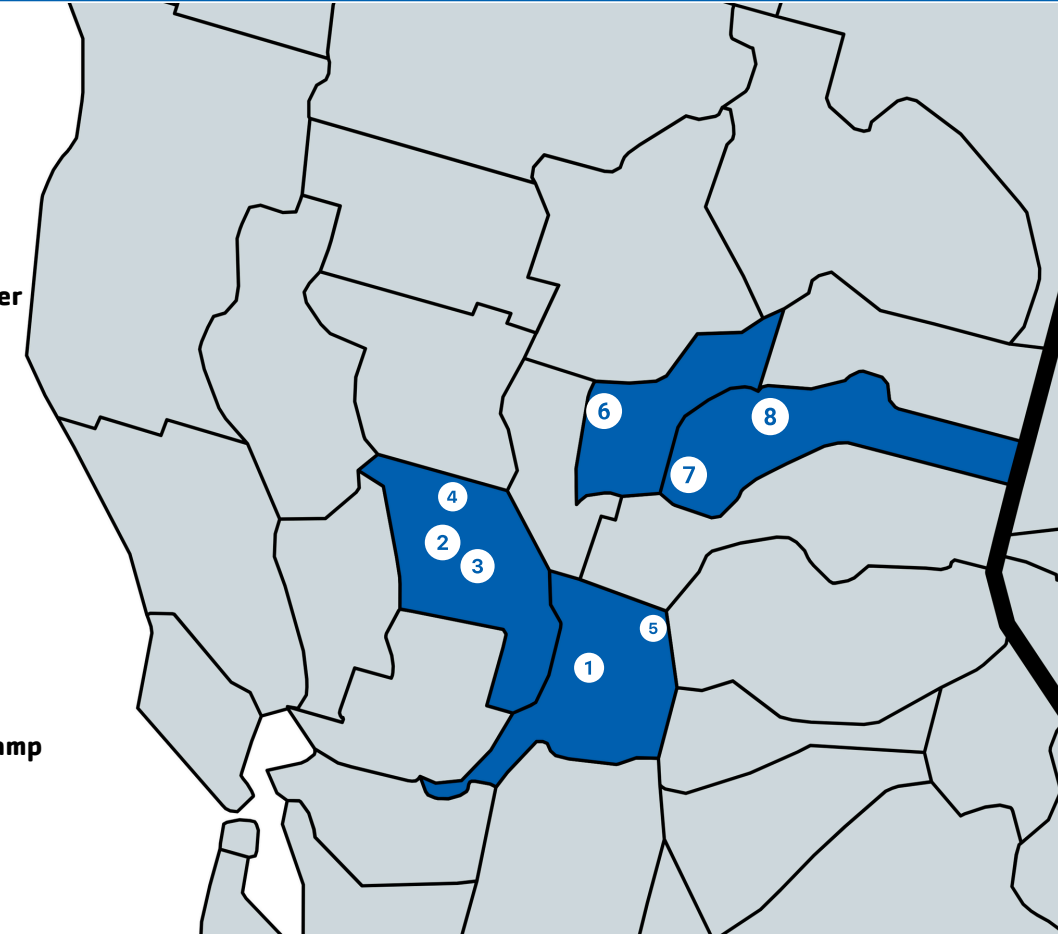


OUR IMPACT IN 2023



OUR REACH

- 1 **Sacramento Central YMCA & Early Learning Program**
Sacramento, CA
- 2 **Yolo County YMCA**
Woodland, CA
- 3 **Woodland YMCA Fitness Center**
Woodland, CA
- 4 **Nelson's Grove**
Woodland, CA
- 5 **Rollingwood YMCA**
Fair Oaks, CA
- 6 **Oroville YMCA**
Oroville, CA
- 7 **Gold Country YMCA**
Grass Valley, CA
- 8 **Bear Valley YMCA Resident Camp**
Emigrant Gap, CA



The YMCA of Superior California stands as a pillar of community wellness and support across the region. Our commitment to community impact is evident in our outreach efforts, touching lives in neighborhoods throughout the areas we serve. From providing safe spaces for children, to fostering community among diverse populations, the YMCA serves as a catalyst for positive change, promoting inclusivity and empowerment. Whether through fitness, youth programming, or community engagement, the YMCA of Superior California leaves an indelible mark on the areas we serve, enriching lives and building stronger, healthier communities for all.

OUR MISSION

Inspire all to a healthy life – in spirit, mind and body.



Dear Valued Donors, Volunteers, and Supporters,

As we reflect on the past year, I am filled with gratitude for the extraordinary achievements we have accomplished together at the YMCA. Our success has been driven by our commitment to our internal culture standards designed by our senior leadership team: safety, being planful, collaboration, support, and giving grace. These standards have guided us through challenges and have been the cornerstone of our growth and impact within the community.

Safety First

Ensuring the safety of our members, staff, and visitors has always been our top priority. This year, we successfully enhanced our safety protocols and procedures, creating an environment where everyone feels secure

Being Planful

Planning and foresight have been crucial in navigating the complexities of our operations. We implemented strategic initiatives that allowed us to anticipate and adapt to changes effectively. Moreover, our financial planning efforts have strengthened our fiscal health, allowing us to reinvest in our facilities.

Collaboration

Collaboration lies at the heart of our success. This year, we strengthened partnerships with local organizations, schools, and businesses to expand our reach and impact. By working together, we have been able to pool our resources and expertise, resulting in efficiencies and greater impact.

Support

Support within our team and for our members has been instrumental in fostering a nurturing and welcoming environment. This is what makes the YMCA stand out from others, we build relationships with one another and genuinely care about one another.

Giving Grace

Lastly, giving grace has been a vital value that has helped us navigate the year's challenges with compassion and understanding. We recognized that both our staff and members faced unprecedented stressors, and we responded by fostering a culture of empathy and flexibility.

I am confident that by continuing to prioritize safety, being planful, collaboration, support, and giving grace, we will achieve even greater heights and make a lasting positive impact on the lives of those we serve. Thank you for your unwavering support and dedication to our mission. Together, we are building a stronger, healthier, and more inclusive community.

With heartfelt gratitude,

A handwritten signature in blue ink that reads "Sharna Braucks". The signature is fluid and cursive.

Sharna Braucks
President & CEO
YMCA of Superior California

OUR VALUES

Our core values unite us as a movement. They are the shared beliefs and essential principles that guide our behavior, interactions and decision-making. The four values of the Y:

Caring | Honesty | Respect | Responsibility

FINANCIAL OUTCOMES 2023

YMCA OF SUPERIOR CALIFORNIA

Statement of Activities

Operating Income & Support

Total Contributions	363,769.38
Membership Dues	2,300,730.83
Investment income	131,165.98
Childcare	2,257,121.05
Financial Assistance, Direct	-149,635.35
Govt Grants	3,401,398.12
Program Revenue	1,382,235.53
Merchandise/Rental Income	698,295.63
Other Income	126,098.15
Total Operating Income	10,511,179.32

Operating Expenses

Salaries & related expenses	6,908,864.83
Program & operating expenses	2,939,031.75
Interest Expense	47,809.35
Depreciation & Debt	181,636.06
Total Operating Income	10,077,341.99

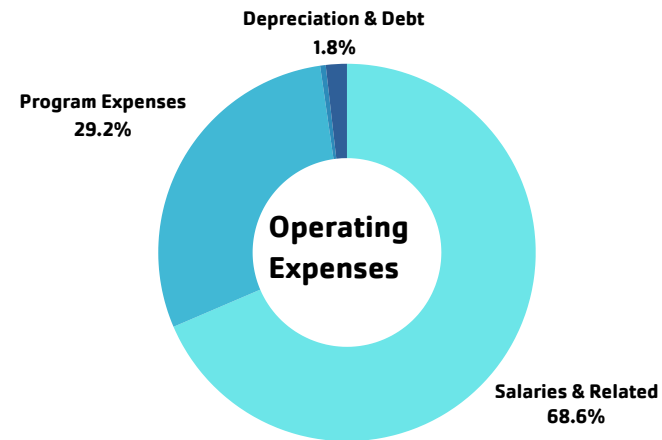
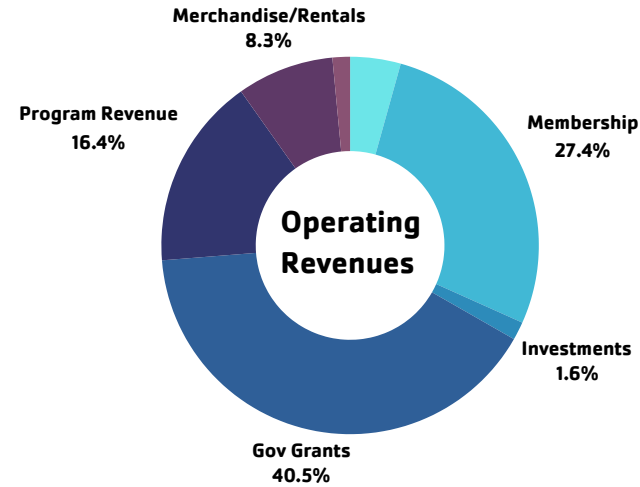
Statement of Financial Position

Assets

Cash and Cash Equivalents	621,305.77
Receivables, Net	1,091,528.09
Prepays and Deposits	59,053.78
Investments	2,217,836.33
Right-of-Use Assets	302,251.23
Property and Equipment, Net	6,386,589.96
Other Assets	22,873.09
Total Assets	

Liabilities & Net Assets

Accounts Payable and Accrued Expenses	687,412.27
Deferred Revenue & Custodial Accts	323,071.03
Leases – Operating and Finance Leases	370,747.13
Long-Term Debt	1,112,042.97
Total Liabilities	2,493,273.40
Total Liabilities and Net Assets	8,208,164.85



THANKS TO OUR DONORS

Presidents Club
Giving \$1,500+

Individuals

Anonymous
Nicolas Anderson
Sierra & Ian Bamsey
Sharna Braucks
Emilie Brosin
Les Chisholm
Amy Clark
Tiffany Davidson
Christiana Dominguez
Constance Geffert
Alexander Goldberg
Mark Hanzlik
Gary Holdredge
Ken Iritani
Beverly Jones
Robin Kren
Rita Leahy
Shirley Liu
Kimberly Lucia
Paul Magaletti
Tarah Martin
Angel Martin
Erin McDonough
Nancy Michel
Pamela Middleton

Robert Orr
Irma Rodriguez
Pauline Schack
Alan and Shonie Schufeldt
Mark Shope
Dan Smith
Nancy & Kevin Smith-Fagan
Eric & Araceli Solis
Dave Swartz
Councilmember Katie Valenzuela
Wendy and Scott White
Ted White
Barbara Zimmer

Generous Corporations and Foundations

Albertsons Companies Foundation
Alta California Regional Center Inc.
Ascent Builders
Bayer
Bonney Plumbing
Boutin Jones, Inc.
Brown Construction, Inc
California State Alliance of YMCA's
City of Sacramento
County of Sacramento

County of Yolo
Den Defenders
Dignity Health
Facebook,
Fidelity Charitable
Five Star Bank
Golden 1 Credit Union
Hoblit
Kaiser Permanente
Nugget Markets, Davis
Pacific Gas and Electric Company
Parker Family Foundation
Pfund Foundation
Raley's
Christopher and Dana Reeve Foundation
Rotary Club of South Sacramento
Sacramento Region Community Foundation
SMUD
Spectrum Photography
Sutter Health
Teichert, Inc.
United Way California Capital Region
US Bank
Women Lawyers of Sacramento
YUSA

YOUTH DEVELOPMENT



69 Students

participated in Youth & Government and Model UN in 2023



The YMCA's Youth and Government™ and Model UN programs are catalysts for youth development, empowering teenagers to become tomorrow's leaders. These programs offer a platform for civic engagement, critical thinking, and leadership skills development.

Through the Youth and Government™ program, teens engage in state-organized model-government programs. They discuss and debate real-world issues, propose legislation, and participate in state conferences where they serve as delegates. This hands-on experience fosters a sense of agency and civic responsibility among participants, preparing them to navigate the complexities of governance.



Similarly, the Model UN program immerses students in global affairs, where they assume the roles of delegates representing various countries in simulated UN committees. Through negotiations and diplomacy, they gain insights into international relations, cultivating a sense of global citizenship.

Both programs have a profound impact on youth development. They provide teenagers with the tools, knowledge, and confidence to navigate the world around them. By fostering critical thinking, empathy, and effective communication, these initiatives empower young minds to become informed and engaged citizens, ready to tackle the challenges of the future. These programs are not just simulations; they are transformative experiences that shape the leaders of tomorrow.

SHAPING FUTURES



EMPOWERING SENIORS

Through the YMCA's Falls Prevention Program



2,575

Seniors prevented injury through our Falls Prevention Program



Recognizing the devastating impact falls can have on older individuals, the YMCA implemented a comprehensive Falls Prevention Program aimed at reducing the risk of falls and enhancing the overall well-being of seniors in the community.

One in four seniors experiences a fall each year. Risk factors include muscle weakness, arthritis, balance, and gait problems. Inactivity only exacerbates these factors. But the YMCA's experience working with senior fitness has shown us that falls do not have to be inevitable. Building strength and balance through regular exercise helps safeguard the health and independence of older adults.

Our Falls Prevention Program, made possible through generous support from Kaiser Permanente, provides weekly classes designed to increase individual physical strength and improve balance. Our holistic approach also emphasizes the importance of mindful movement and spatial awareness in reducing the risk of falls.

The program was implemented last year at four senior living facilities and at the Sacramento Central YMCA, targeting vulnerable, low-income seniors at high risk for falling. Group exercise classes, consisting of both seated and standing exercises, were carefully crafted to meet the diverse fitness needs of individual participants.



Sponsored by KAISER PERMANENTE®

Seniors engaged in exercises aimed at improving core stability, muscle tone, and coordination under the guidance of trained instructors. Through regular participation in the program, participants not only experienced physical improvements, but also gained confidence in their ability to navigate daily activities safely.

The Falls Prevention Program operates year-round, offering approximately eight classes per week across five locations, ensuring accessibility and consistency. Continuing this program into 2024, the YMCA has set an ambitious goal to serve 6,000 senior citizens and track their participation over time.

This program exemplifies the YMCA's belief that people at any stage of life can build positive health habits. Through targeted interventions and community partnerships, the YMCA continues to make strides in safeguarding seniors' health and enhancing their quality of life.

"Embracing wellness at the YMCA isn't just about personal health—it's a cause we champion for community impact. By prioritizing fitness and mental well-being, our members become catalysts for positive change.

Their commitment inspires others, creating a ripple effect that spreads motivation and empowerment throughout our community. Together, we're building a healthier, happier future for all."

– Bret Gibson
Health & Wellness Director

ADAPTIVE SWIM PROGRAMS



In 2023, the YMCA of Superior California took a significant step forward in promoting inclusivity with the introduction of adaptive swim lessons.

These specialized sessions are tailored to accommodate individuals with a wide range of needs, encompassing conditions such as Autism Spectrum Disorder (ASD), Cerebral Palsy, Down Syndrome, sensory challenges, and various physical disabilities. Through this initiative, the YMCA reaffirms its commitment to ensuring that everyone, regardless of ability, has access to valuable life skills and recreational opportunities.

The program places a strong emphasis on fundamental water safety and swimming skills, with a focus on incremental progress and goal attainment. By fostering an environment of support and encouragement, participants are given the opportunity to enhance their self-confidence and functional abilities in the water. Each lesson is thoughtfully crafted to cater to the specific needs of individuals, promoting a sense of inclusion and empowerment among all participants.

By championing diversity and breaking down barriers to participation, we aim to create an equitable and supportive environment where every individual has the chance to learn, grow, and succeed.

SOCIAL RESPONSIBILITY



209

Kids participated in adaptive swimming in 2023



“Belonging to the Y is a transformative experience. From supporting parents seeking childcare, to those trying to overcome the barriers of exercising for the first time, cancer survivors reclaiming normalcy, children learning social skills through youth sports, and helping all to feel less isolated through social belonging. The Y creates community. The Y transforms!”

- Valeria Tenreiro
Executive Director, North District

FINANCIAL DEVELOPMENT SNAPSHOT



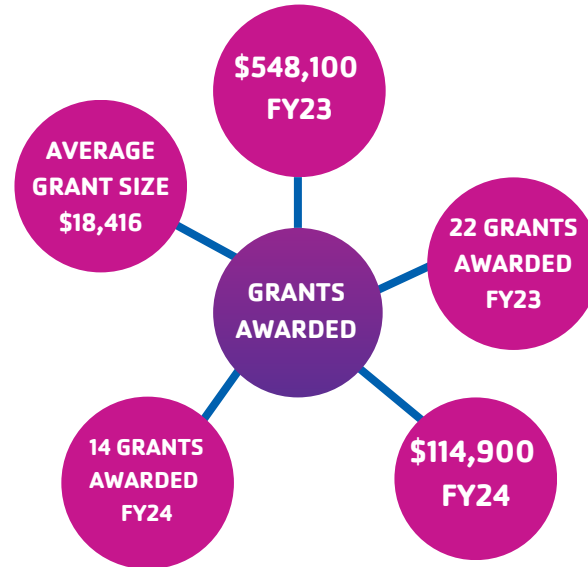
BOARD OF DIRECTORS AND SENIOR STAFF

Philanthropic Highlights

- 100% Board Giving
- \$16,394 - Gather at the Grove
- \$18,788 - Isaac's Bike Ride
- \$37,922 Big Day of Giving
- \$105,000 - S'moresfest
- \$197,200 - Unrestricted Individual Contributions
- \$663,000 - Grant Funding

Grant Support

- 54 applications submitted in 2023
- 36 Grants Awarded
- Total Awards: \$663,000



Top Grant Awards

- \$147,000 - Aquatics for children with IDD (Alta Regional Center)
- \$80,000 - Yolo Youth Sports (Community Corrections Partnership)
- \$52,000 - Yolo Youth Sports (Probation Department)
- \$37,200 - After School Programs (Transient Occupancy Tax Fund)
- \$35,000 - Year Round Food Program (YUSA)
- \$30,000 - Falls Prevention Program (Kaiser Permanente)
- \$24,873 - St. John's Summer Program (Transient Occupancy Tax)
- \$20,000 - Rotary Club Teen Memberships
- *\$42,550 - LED Lighting Rollingwood (SMUD Shine, awarded in 2022, paid in 2023)

Alphonso Cosby, Financial Development Committee Chair
Angel Martin, Properties & Facilities Committee Vice Chair
Bill Knowlton, Finance Committee Vice Chair
Chantel Johnson
Christiana Dominguez
Conner Johnston, Board Chair & Executive Committee Chair
Dan Smith
Dave Swartz, Past President/Secretary
Erin McDonough
Ivan Rostami
John Rice, Audit Committee Chair & Board Development Committee Chair
Kelley Lincoln
Mark Shope, Properties & Facilities Committee Chair
Michelle McCauley
Nicolas Anderson
Nkiruka (Inkerika) Ohaegbu, Finance Committee Chair & Audit Committee Vice Chair
Noel Mora
Paul Stokes
Renatto Guerra
Tarah Martin

SENIOR STAFF

Sharna Braucks - President & CEO
Stephani Leigh - Executive Director, North District
Valeria Tenreiro - Executive Director, South District
Nancy Smith-Fagan - Executive Director, Development
Tiffany Davidson - Executive Director, Youth Development
Sierra Bamsey - Marketing & Communications Director
Nora Shigemoto - Senior Program Director
Bev Jones - Director of Human Resources
Rene Muinos - Director of Facilities