

# Our Impact

Friedreich's Ataxia is a rare, inherited, degenerative disease. It damages the spinal cord, peripheral nerves, and the cerebellum portion of the brain. Unsteady, awkward movements and a loss of sensation due to nerve injury develop as the disease progresses.



"What brought me to the YMCA is the family atmosphere. I never had family like I've had at the YMCA. I spent most of my younger life building a family, and it was the wrong kind of family to build. Over the last few years I've been coming here, and it's all about how everybody cares. That's probably why I'm here all the time, and I'm driven to be here.

"If it wasn't for the Y and that room, (Studio B, where Brett practiced for hours relearning how to walk) I don't think I would have been able to do what I've done. To run 15 miles after a year is pretty good since I could barely move when I first came here. I thought I was done for then. But I did it, all because of the Y."

-Brett Rousch, lives with Friedreich's Ataxia,  
Grandma's Half-Marathon Finisher

The Itasca County Family YMCA had quite the transformational year in 2023! From watching our membership climb back (and past!) pre-pandemic level, opening a new childcare location, and having another successful annual campaign – it seems we are always in motion here at the Y!

After years of discussion, our Board of Directors approved a second childcare location at the Itasca Resource Center building. This was not an easy decision. While we knew the immediate need for more childcare options, there were challenges that came with trying to expand off-site. Ultimately, we decided to move forward. The Y staff worked tirelessly in preparation of the September 2023 opening. A special thanks to Joni Namyst, Renae Hollom, and April Blankenship who made what should have been impossible, possible! This resulted in the opening of 6 new classrooms, with 64 NEW childcare slots. While this expansion has been accompanied by a number of new challenges, we are thrilled to be doing more to support working families in our community.

The Board voted to invest \$100,000 to renovate our family / individual locker room. This project was completed in April of 2024. These renovations helped to create more privacy and additional changing stalls – all while refreshing the floors, hardware, and lockers.

We had another incredibly successful annual campaign, raising over \$150,000 through individuals and businesses. These funds ensure no one is ever turned away from our Y programs due to an inability to pay. In addition, our annual auction raised \$63,000. This yet again highlights the confidence our donors have in our mission – and for that we THANK YOU!

Our CEO, Joni Namyst, officially had a full year in her leadership. The board is continually impressed with her poise, strength, and ability to pivot and navigate all that comes her way. Our Leadership Team changed and grew – with Development Director, Rachele Miller joining in early 2023, and new Membership Director, Randy Kuechle joining in late 2023. Both have added so much to the Y leadership team and processes. THANK YOU to all of the incredible staff here at the Y!

Finally, while challenging, we had the opportunity to uphold our commitment to equitable practices. The Y board and leadership stands behind and is committed to being an inclusive organization that is for all. We believe that we are stronger when we are together, when our doors are open to all, and when everyone has the opportunity to learn, grow, and thrive.

I am continually in awe of the immense amount of work that goes into keeping all of our programs going. Our mission at the Y is to strengthen ourselves, families, and communities by promoting growth in spirit, mind, and body. This year was the start of some big changes that will continue to be focused specifically on our communities. This includes YOU – our youth, adults, seniors, individuals, families, who are always at the heart of our work.  
THANK YOU!

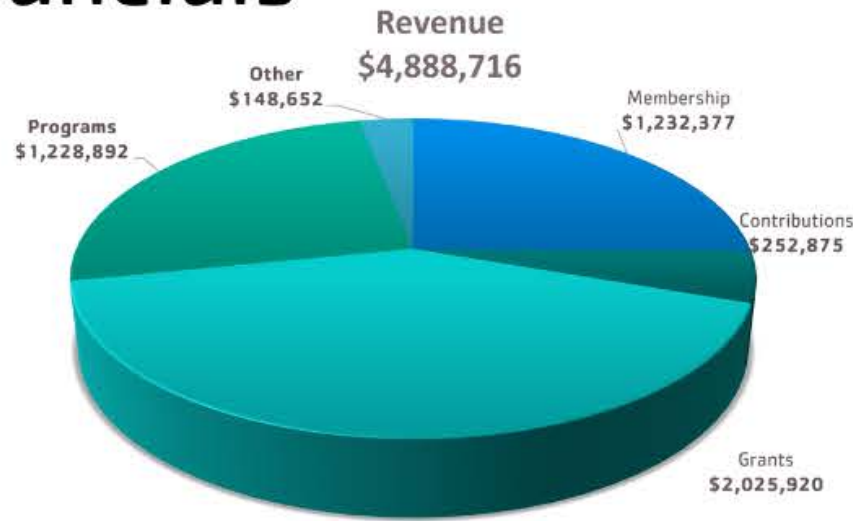
-Angie Erickson, Board Chair

# Annual Report 2023

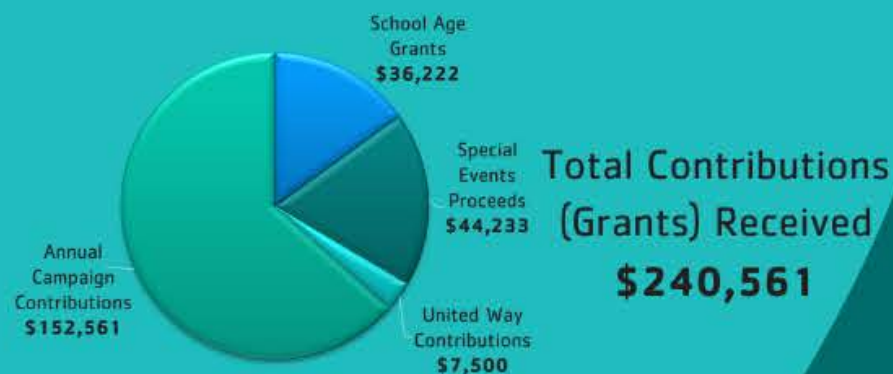


Community  
It's who we are.  
It's what we do.

# Financials



**Total Given Back to Community**  
**\$236,136**



# Thank You!



We are so grateful for every single staff, volunteer, donor, and program participant that makes what we do, possible.



Please be sure to check out the list of donors on the insert that help us keep our promise to never turn anyone away due to an inability to pay.



All photos in this report are provided by Weisguy Images. Thank you for capturing what we do so well!

# Staff & Board

## 2024 Board of Directors

<b>Board Chairperson</b> Angie Erickson	<b>Past Chair</b> Jon Maturi
<b>Vice Chair/Secretary</b> Bob Holycross	
<b>Treasurer</b> Sam Evans	

## Board Members:

Layne Chiodo	Elizabeth Miskovich
Cassi Chrzanowski	Linda Peterson
Hilary Emerson	Katie Prokop
John Forrest	Dale Rosier
Joe Franzone	Ron Ulseth
David Hagman	

## YMCA STAFF:

<b>Executive Director</b> Joni Namyst	<b>Education Director</b> Sarah Schrapp
<b>Finance Director</b> Sarah Grunwald	<b>Asst. Childcare Director</b> April Blankenship
<b>Healthy Living Director</b> Kris Bolin	<b>Childcare Center Coordinator- YMCA</b> Rochelle Sweig
<b>Healthy Living Specialist</b> Amber York	<b>Childcare Office Administrator- IRC</b> Renae Hollom
<b>Aquatics Specialist</b> Kisha Harms	<b>Youth &amp; Family Director</b> Lindsay Crummey
<b>Aquatics Lead Lifeguard</b> Kjel Rahko	<b>Development Director</b> Rachelle Miller
<b>Property &amp; Grounds Director</b> Aaron Kalstad	<b>Membership Director</b> Randy Kuechle

## Committee Assignments

### Property & Finance Committee

Chair: Sam Evans  
Dale Rosier  
Ron Ulseth  
Johnnie Forrest  
Bob Holycross  
Hilary Emerson  
Angie Erickson  
Rhonda Munger  
Mike Fitzsimons  
Aaron Kalstad  
Sarah Grunwald  
Joni Namyst

### Mission Impact Committee

Chair: Cassi Chrzanowski  
Bob Holycross  
Linda Peterson  
Elizabeth Miskovich  
Layne Chiodo  
Joe Franzone  
Angie Erickson  
Mari Archila  
Randy Kuechle  
Rachelle Miller  
Joni Namyst

### Board Development Committee

Chair: Angie Erickson  
Johnnie Forrest  
Katie Prokop  
Jon Maturi  
Jenni Johnson  
Steve Wright  
Joni Namyst

### Executive Committee

Chair: Angie Erickson  
Bob Holycross  
Sam Evans  
Jon Maturi

**granditasca**<sup>®</sup>  
Clinic & Hospital  
*Part of Fairview Health Services*

**YANMAR**  
Compact Equipment North America

**TimberLake Lodge**

## NEW IN 2023: Classroom Sponsors

Thank you to Grand Itasca, YANMAR, and Timberlake Lodge for sponsoring a childcare classroom.

If you or your business is interested in sponsoring a classroom, receiving priority slots for your employees, and signage within the YMCA and IRC childcare locations, please talk to Joni Namyst today.