



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARMED SERVICES YMCA SAN DIEGO 2018 YEAR END REPORT



STRENGTHENING OUR MILITARY FAMILY

2018 BOARD

BOARD OF MANAGEMENT 2018

Justin Serrano, President
Cox Communications, Director, Operations

RADM Len Hering, USN (Ret.), 1st Vice Chair
I Love a Clean San Diego, Executive Director

Col. Deborah Bell, USAF (Ret.), 2nd Vice
Chair Retired

John W. Baer Jr., Treasurer
Anderson Plumbing, Sales Manager

Lari Sheehan, Secretary
Retired

Cynthia Curiel
Northrop Grumman Aerospace Systems

Lisa Hitt
Pacific Building Group, CFO

Lynn Kelly
KellyCo Agency

Gerald Kinnick
Xerox Business Services

Nancy Lazarski
Crosscut, LLC

RADM John T. Lyons III, USN (Ret.)
Serco Company

Mari McAvoy
Harvest Food Distributors, Human Resources

RADM Patrick McGrath, USNR (Ret.)
SD District Attorney's Office, Attorney

Victor Perez
Wells Fargo, VP Relations Officer

Capt. Denise E. Stich, USN (Ret.)
Naimish & Lewis, Attorney

Kathie Zortman
National Board Member

EXECUTIVE DIRECTOR
Tim Ney

YEAR IN REVIEW

The Armed Services YMCA San Diego has been providing programs and services to military members and their families since 1920, and your support has made a difference in their lives.

Nathan, a military child who attended our Operation Hero afterschool program said, "My favorite thing about Op Hero is having friends like me. They all know the feeling of having a parent gone. Even through the tough times they are amazing." And Kate, a military spouse said "The help I received here saved my life and my marriage. I will forever be grateful to my counselor for her help and guidance. Always treated me like a person without pity or judgment."

Thanks to you, the Armed Services YMCA San Diego served 64,544 military and family members in 2018. Every gift makes an impact, and we are extremely grateful for your continued support. On behalf of the Armed Services YMCA San Diego Board of Management, staff, volunteers, and the active duty military families we serve, thank you for joining us in strengthening our military family.

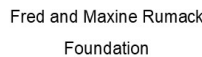


TIM NEY
EXECUTIVE DIRECTOR
USMC VETERAN



JUSTIN SERRANO
PRESIDENT
US NAVY VETERAN

MAJOR CORPORATE & COMMUNITY PARTNERS



CORPORATE & COMMUNITY PARTNERS



ADDITIONAL CORPORATE & COMMUNITY PARTNERS

Air Temperature Specialist
 AT&T California
 American Legion 552
 Bali Hai Restaurant
 Carrier Johnson
 Catholic Community Foundation of SD
 Clark Construction
 Coasterra
 Continental Maritime of San Diego
 Cox Cares Fund
 CTE Inc.
 Cubic Defense Applications, Inc.
 Davis Reed Construction
 Delawie
 Disabled American Veterans of SD Chapter #2
 Donovan's Steakhouse
 EDF Renewable Energy
 Flagship Cruises and Events
 FOCUS
 G4S

Geico
 Gundeson Family Trust
 Ingalls Ship Building
 J&C Carpet Company
 King Technologies, Inc
 LA Chargers
 Lucas Oil Products
 Marriott Coronado Island Resort & Spa
 MWE Engineering
 Naval Office's Spouses Club (NOSC)
 New Way Landscaping
 Oasis
 Pacific Green Landscape
 Pain Care
 Payne Pest Control
 Quilters by the Bay
 Rick Engineering Company
 RJ & J, Inc.
 RSI Roofing
 Ruth Chris Steakhouse

San Diego Foundation
 San Diego Legion
 San Diego Marine Exchange
 San Diego Padres
 San Diego Women's Club
 Seamless Flooring
 Starbucks Coffee Company
 The Fish Market
 The Forestry Group
 Tom Ham's Lighthouse
 Triwest LTD
 Turner Construction Company
 VFW Mission Valley Post 3787
 Waste Management
 Willock Contracting
 Wilmar
 Wyndham Hotel & Resorts
 Yardi
 ZMicro Systems

THANKS TO OUR **GENEROUS** SUPPORTERS.



**MILITARY
FAMILIES HAVE
ACCESS TO THE
SUPPORT &
ASSISTANCE
THEY DESERVE.**



RECOGNIZING OUR INDIVIDUAL DONORS

Every year, hundreds of individuals join together to make all that the Armed Services YMCA San Diego does possible. Thank you to every member of our amazing family of donors!

We would like to give a special thanks to those individuals who have generously contributed \$4,000 or more between January 1, 2018 and December 31, 2018:

Anonymous

Caster Family, owners of A-1 Self Storage

Lari Sheehan

Thomas and Linda Monroe

Mr. and Mrs. John Hanson

Pat and Paula Donahue Family Foundation Fund

Terry Donahue

John Curci

Brian Lawrence

Matthew Hervey

Lady's Secret Foundation

Tyler Lowrey

*These represent general operating and programmatic donations. Only individuals who give their express consent are recognized.

MEET OUR TEAM



PHYLLIS BARBER
Director of Finance &
Human Resources



TATIANA BENTON
Social Worker



ANNA BREESE
Development Manager



TASHA CASTRO
Marketing & Communications
Manager



COLEEN COBBS
Clinical Director



REBA COVARRUBIAS
Social Worker



SUSAN CURTIS
Social Worker



CASSIE DUNGUS
Program Lead



TIFFANY GOODROW
Program Coordinator



TAMEIKA GUERRERO
Program Coordinator



ELISA HAYNES
Program Lead



LORENZO INZUNZA
Special Events Manager



CHELSEA MAXWELL
Social Worker



MARGARET MELANIE
Program Coordinator



STAN MILLER
Director of Donor Relations



JON RIOS
Program Director



HAYDEE RAMIREZ
Program Manager



PHILLIP SAMMULI
Director of Corporate Relations



ASHLEY SPILLANE
Program Lead



LIZA TALBOTT
Program Coordinator



YAVANA WORTHINGTON
Office Manager & Accountant



DAN ZELLER
Volunteer Manager



TIM NEY Executive Director

The Armed Services YMCA San Diego team is committed to strengthening military families. Each team member is happy to answer any questions you may have regarding our departments, programs, services and events. For direct contact information, please go to our website www.asysd.org or email us at asysd@asymca.org.

FAMILY AND YOUTH ENRICHMENT



Our **OPERATION LITTLE LEARNER** toddler development program provides a support system for military spouses with fun, educational, and interactive experiences.

During one of our sessions, a mother whose service member husband left for deployment, that morning showed up with her child. They had just moved into housing and did not know anyone.

She began to cry due to the emotional toll this whole situation had taken on her. Right away several of the other moms rallied around her to comfort her. Others stepped in to take her little one to play.

It was truly moving to witness the support system formed in the Operation Little Learner program. We thank all of our supporters for helping to provide these types of experiences for our active duty military families.

MEMBERS SERVED

OPERATION LITTLE LEARNERS - 578
CRAFT & CONVERSATION - 215
HOMECOMINGS - 4,664
OPERATION KID COMFORT - 405
OPERATION HERO - 309
CAMP HERO - 446
CLUB HERO - 63

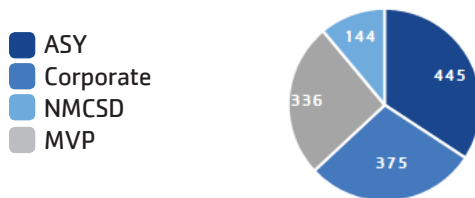


Dedicated volunteers are the driving force behind many of our programs and services. We're grateful to all the volunteers who generously donate their time and talent to the Armed Services YMCA San Diego, Naval Medical Center San Diego, and our community partners. They are a diverse group, representing all walks of life and all backgrounds, and they all share our common goal of Strengthening Our Military Family. In 2018, **1,300** volunteers donated an incredible **16,094** hours of service. Our Armed Services YMCA volunteers include everyone from our Board of Management members to our volunteer teams helping with mass mailings.

Our **144** volunteers at **Naval Medical Center San Diego** cuddled babies in the NICU; taught our Wounded, Injured, and Ill how to surf or how to turn a block of wood into a work of art in our woodturning program; and brightened the days of patients and their families with their visits and therapy dogs; and supported many other activities as well. Over **330** active duty service members in our Military Volunteer Program supported Armed Services YMCA San Diego events as well as fed the homeless at Father Joe's Villages; sorted food at Feeding San Diego; and distributed technology to families in need with Computers 2 San Diego Kids. Armed Services YMCA San Diego is proud to have had **30 different corporate or community groups** in 2018 that provided enthusiastic volunteers to our events.

The Armed Services YMCA San Diego is truly grateful for and very proud of the dedication that our amazing volunteers have to our mission of Strengthening Our Military Family™.

2018 VOLUNTEERS



A young Marine recruit in the Intensive Care Unit at Naval Medical Center San Diego was visited by our two English Bulldog therapy dogs, Murphy and Biggie and their handlers. He was thrilled to have the visit and made it a point to his parents that bulldogs are the Marine Corps mascot.

SPECIAL EVENTS

OPERATION HOLIDAY JOY

This year's Operation Holiday Joy – Armed Services YMCA San Diego's annual event to provide gifts and resources to military families during the holidays – served over 2,043 children. Families registered for the program, which is now in its 29th year, had the choice of two toys or one bicycle per child.

Hunter Kerrigan, assigned to the aircraft carrier USS Theodore Roosevelt (CVN-71), shopped at Operation Holiday Joy during his lunch break. He picked up a turkey, a tree and gifts. He chose a radio-controlled car for his 3-year-old son and a tea set and a Mr. Potato Head his 18-month-old daughter. "It really helps you get in the holiday spirit," he says, noting this was his first year with the program. "It's fun and makes it easier."

2019 EVENT DATES

Annual Dinner	January 25, 2019
Father Daughter Dance	February 8, 2019
ASY Golf Classic	March 29, 2019
Wounded Marine Golf	April 15, 2019
Military Spouse Appreciation Event	June TBD, 2019
Big Bay Boom	July 4, 2019
Back to School Supplies	August 3, 2019
Ombudsman Luncheon	September 18, 2019
Operation Helping Hand	December 7, 2019
Magical Holiday Party	December 9, 2019
Operation Holiday Joy	December 11, 2019



PORT OF SAN DIEGO
Big Bay Boom
An Independence Day Spectacular

BIG BAY BOOM FIREWORKS SHOW

San Diego's annual Big Bay Boom July 4th fireworks show is the largest fireworks show on the West Coast. Viewed from multiple locations all over San Diego, the show is also broadcast on Fox 5 in San Diego and across Los Angeles County on KTLA.

WARRIOR CARE INITIATIVE

Armed Services YMCA's Warrior Care Initiative Program, which is located at Naval Medical Center, continues to assist hospital patients and staff with recreational and therapeutic programs. We strive to make hospital stays easier by providing materials and experiences that may help them feel a little better. A wide array of services are provided from media cart rentals in patient rooms to therapy dog visits, recreational fishing trips and yacht cruises for patients and staff.

One of the dedicated hospital staff members hadn't had a day off in two weeks. We were able to put him in the last spot on our deep-sea fishing trip with recuperating hospital patients. He came back the next week to thank us, saying that he finally had a moment to relax on the water and was able to appreciate being stationed in beautiful San Diego. Additionally, he had an opportunity to reflect on how he makes a difference in the lives of those he serves at hospital. We thank all of those who contribute to our programs to allow us to continue reaching out to hospital patients and staff in 2019!



**THERAPY DOG VISITS
ARE AVAILABLE AT
THE NAVAL MEDICAL
CENTER SAN DIEGO
EVERY DAY.**



The Naval Medical Center San Diego is the only military medical treatment facility in the nation to have an Armed Services YMCA outreach office on site.

MEMBERS SERVED

RECREATION THERAPY - 23,779
URGENT NEEDS - 805
SUPPORT & APPRECIATION - 1,892

CLINICAL COUNSELING

THE ARMED SERVICES YMCA SAN DIEGO'S CLINICAL COUNSELING PROGRAM OFFERS COUNSELING SERVICES TO ACTIVE-DUTY SERVICE MEMBERS AND THEIR FAMILIES AT NO COST. WE WORK WITH INDIVIDUALS, COUPLES AND FAMILIES ON A RANGE OF ISSUES TO STRENGTHEN THEIR SKILLS.

Tiffany was 25 when she found out she had stage IV Melanoma. After three surgeries, her young family transferred to San Diego from Hawaii for an experimental treatment. That was her only hope. Initially, the treatment made her so sick, she couldn't even sit up.

<Yf'UMtj Y'Xi hm\i gVubX k Ug'hU_]b['WfY'cZ\YfZ'h.Y]f
 ' ! nYUf! c'X'XU [\hYf' UbX' % mYUf! c'X'gcb'' H'Ymk YfY']gc'UhYX'
 UbX'cj Yfk \Ya YX''H'Y'gcV]U' k cf_ cbVt' c[]gh'fYZffYX'
 H]ZLbmZcf'gj ddcfh]j Y'Vti bgY']b['UbX'fYgd]hY'' <Yf' 5GMVgcV]U'
 k cf_Yf'k cf_YX'k]h' H]ZLbmh\fc [\ 'h'Y'Vti fgY'cZ\Yf']'bYgg''

5GVdfcj]XYX'fYgd]hY'gc' H]a 'Vti 'X'[c'k]h' \Yf'hc'j]hU'
 Uddc]bha Ybhg'UbX'dfcVWXi' fYg'' <Yf'gcV]U' k cf_Yf'\YdYX'
 \Yf'dfcVgg'h'Y' [f]YZUbX''cgg']ggj Yg'g\Y'ZUWX'' 5g'
 H]ZLbmVYVWa Y'Ya ch]cbU'ni'UbX'a YbhU' mgh'fcb[Z'\Yf'
 k cf_Yf'\YdYX'\Yf'fYUW'ci h'hc'ch\Yfg''

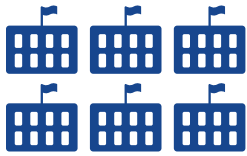
7UbWf' UZZVtMX'\Yf'a Uff]U] YZgc' Ubch\Yf'gcV]U' k cf_Yf'
 k cf_YX'k]h' h'Y'Vti d'Y'Zcf'a Uf]hU' Vti bgY']b[''H]a / '
 H]ZLbm'YUfbYX'hcc'g'hc' VtdY'k]h' WbWf' UbX'h'Y]f'ZYUfg'
 Uci h'h'Y'Zi hi fY''K \Yb']h'Wa Y'h]a Y'Zcf'h'Ya' hc' hfUbgZf'
 Xi hmghU]cbg'U' U]b' H]a 'UbX' H]ZLbmZY'h'Vtbf]X]Ybh'UbX'
 dfYdUfYX'hc' ZUW' Ubm'WU'Yb[Yg'hc' Vti'a Y''



MEMBERS SERVED

- CLINICAL COUNSELING SESSIONS - 2,117
- REFERRALS AND ADVOCACY - 910
- EMERGENCY FOOD & GAS ASSISTANCE - 712
- RESPIRE - 58 FAMILIES SERVED
- OUTREACH - 1,692

WHY IS MILITARY LIFE DIFFICULT?



THE AVERAGE MILITARY CHILD
CHANGES SCHOOLS

6-9 TIMES

#1

ACCORDING TO THE 2018 JOBS REPORT,
ACTIVE DUTY SERVICE MEMBER IS THE #1
MOST STRESSFUL JOB IN THE COUNTRY



Sources: The Professional Counselor Journal, Department of Veterans Affairs, Journal of Obstetrics & Gynecology, Forbes

HOW THE ASY SAN DIEGO STRENGTHENS MILITARY FAMILIES



7,056 Toys were collected for distribution to military families during the holidays at the annual Operation Holiday Joy Event



578 Military spouses and their children formed connections to other spouses and children through artistic and educational curriculum with the Operation Little Learners program



2,117 Clinical Counseling sessions helped service members and families face issues of depression, anxiety, trauma, grief, Traumatic Brain Injury and Post-Traumatic Stress Disorder



405 Handmade photo quilts helped to comfort children with a deployed parent



9,318 Individuals received bags of healthy food from the Neighborhood Food Distribution



1,517 Families experiencing a financial crisis found relief after receiving a food or gas card or other assistance



446 Military children made new friends with shared experiences in the Camp Hero program



4,664 Family and friends of service members were supported in welcoming home their loved ones at Homecomings



23,663 Wounded, injured, and ill service members were aided in their rehabilitation through recreation therapy services



309 At-risk military kids received leadership training and academic enrichment through the after-school program, Operation Hero

INCOME AND EXPENDITURES

2018

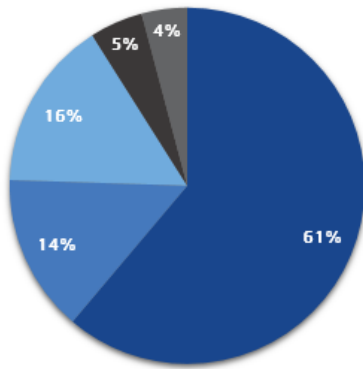
Actual Total Revenue	\$2,956,845.00
Actual Total Expenditure	\$2,913,677.00
Net**	\$43,168.00

*Note: The financials above do not include in-kind gifts. Variance is restricted program funding, earned interest and unrealized gain/loss on investments.

** All net revenue is restricted to program funding for 2019.

*** FYE 12/2018 unaudited financials

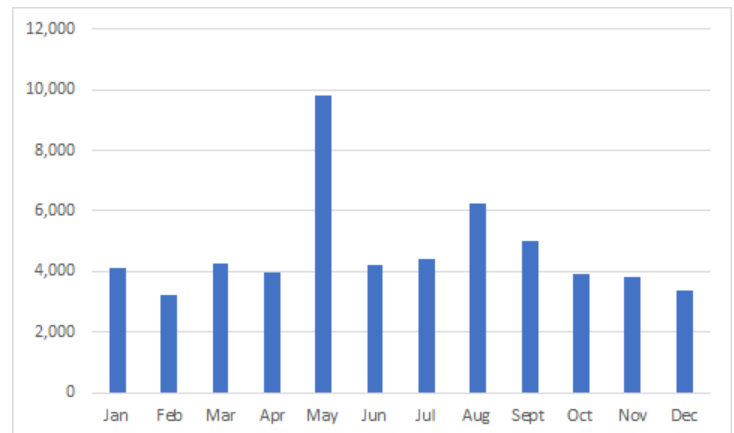
2018 SOURCES OF INCOME



Monetary Donations	\$1,814,966
Building Sale Allocation	\$425,000
Rental Income	\$459,882
Interest Earned	\$143,922
Program Fees	\$122,843

MEMBERS SERVED

2018 Armed Services YMCA San Diego served 64,544 (unduplicated) individual service members and their families.



CHARITY NAVIGATOR "HIGHLY RATED" ARMED SERVICES YMCA OF THE USA*

	Score (out of 100)	Rating
Overall	92.92	★★★★★
Financial	90.00	★★★★★
Accountability & Transparency	100.00	★★★★★

*<http://www.charitynavigator.org>
Based on consolidated financial data of the Armed Services YMCA of the USA and affiliates FYE 12/2016.

CHARITY AWARDS





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARMED SERVICES YMCA SAN DIEGO

OUR MISSION

Armed Services YMCA San Diego enhances the lives of service members and their families in mind, body and spirit through programs and services that are relevant to the unique challenges of military life.

MURPHY CANYON SITE

3293 Santo Road
San Diego, CA 92124
P: (858) 751-5755 F: (858) 751-5769

NAVAL MEDICAL CENTER SITE

34800 Bob Wilson Drive, Bldg 1-G
San Diego, CA 92134
P: (619) 532-8156

HOURS: 8:00am-4:30pm Monday-Friday



To GIVE, VOLUNTEER or JOIN US, visit:
www.ASYSD.org

facebook.com/ASYSandiego

twitter.com/ASYSanDiego

youtube.com/MilitaryYMCA

instagram.com/asysandiego

linkedin.com/company/armed-services-ymca-san-diego

ARMED SERVICES YMCA SAN DIEGO