



2023 ANNUAL REPORT

YMCA OF CATAWBA VALLEY

Message from our Administration

Dear YMCA Family & Friends,

As we celebrate the rich history of our organization, we are reminded of the vision and dedication of our founders who laid the cornerstone for our community's health and wellness. The YMCA of Catawba Valley was founded in 1969 to bring people together and provide a wholesome environment for children and adults to learn, grow and thrive. From humble beginnings to becoming a cornerstone of Catawba Valley, our YMCA has continuously evolved to meet the changing needs of our community while staying true to our mission of nurturing the potential of every individual and strengthening the foundations of community.

In 2023, we achieved significant milestones and accomplishments, thanks to the unwavering support of our members, volunteers, staff, donors and community partners. We welcomed a new start with the Phifer Family YMCA, our membership and program participation saw record increases, we focused on helping people in need by giving \$2.4 million in financial aid and so much more! Another positive transformation you can physically experience are the successful capital improvements made during 2023 at all of locations. Notably, the Adrian L. Shuford Jr. YMCA finished construction months ahead of schedule with a ribbon cutting in January of 2024. Despite a 1.5-month setback, the Hickory Foundation YMCA construction site has made exciting progress, overcoming hurdles and regaining momentum to stay on the original timeline. Additionally, we celebrated the near-completion of the Cripple Creek restoration project and installation of a new pedestrian bridge. We are eager to continue construction on Hickory Foundation YMCA during the upcoming year.

Looking ahead, we are filled with excitement and optimism for the future of our YMCA. As we continue to navigate the ever-changing landscape of youth development, health and wellness, we remain steadfast in our commitment to serving our community with excellence, compassion, and integrity. Later this year, our YMCA will be looking to expand our reach as we look to integrate the YMCAs in Lincoln County into our YMCA of Catawba Valley family. Embracing their legacy, we anticipate fostering an even greater positive impact together. Lincoln County offers an excellent opportunity for our Y to expand services geographically and demographically. Together, we will build upon the foundation and chart a course towards a brighter, more vibrant future for all within our region.

In closing, we want to express our deepest gratitude to each and every one of you for your continued support and dedication to our cause. Our impact in the community has never been achieved alone. It is because of your generosity and commitment that we are able to make a meaningful difference in the lives of so many. Let us continue to work together, hand in hand, as we strive to build a healthier, stronger, and more connected community for generations to come.

Nat Auten, President / CEO
Eric Levin, Incoming CVO

WE DEVELOP

YOUTH DEVELOPMENT

We believe the values and skills learned early on are vital building blocks for life.

Because of the Y, more young people in neighborhoods around the nation are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.



1,945

youth and teens participated in organized sport programs.



1,124

students were enrolled in Before and After School programs promoting further development outside of the traditional school day.



900

participants in swim lessons, drowning prevention, and competitive swimming programs across the YMCA of Catawba Valley association.



WE SHAPE

HEALTHY LIVING

MORE THAN JUST A FITNESS CENTER

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being at the Y includes more than just working out. In addition to our physical fitness classes and activities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.

As a community leader in health and wellness, YMCA of Catawba Valley helps families understand the importance of physical activity and a balanced diet through a variety of education programs. These include the Y Diabetes Prevention Program, LIVESTRONG® Program for those affected by cancer, and Partnership for Parkinson's. These programs provide fitness and social opportunities, which help participants get healthier and build new friendships while making our Y's and our community better.



100

pounds lost between 12 DPP participants.



93,876

meals and snacks served in Childcare/Camp Centers.



24

middle and high school students were nominated by influential role models for Teen Character Awards.



1,200

people participated in our 23rd annual Turkey Trot with over 800 volunteers and community members in attendance.



18,567

members served over 3 branches.

WE STRENGTHEN

SOCIAL RESPONSIBILITY

The YMCA has been an integral part of the Catawba Valley region for nearly 55 years. These are unprecedented times for our region, our nation and the world. Today, our YMCA's commitment to the health and well-being of our community is stronger than ever.

We've always been more than just a gym and swim - filling gaps and supporting critical needs in ways that no other organization can. But, today our Y faces extraordinary challenges.

With your help, our Y can focus on what we do best and where we're needed most - caring for our community.



\$10.8 M

secured for our Capital Campaign to improve the communities around Adrian L. Shuford Jr. YMCA & Hickory Foundation YMCA.



Community Impact

\$289,750.50

Community Aid

\$1,179,508.00

Program Aid

\$958,551.19

Membership Aid



1,695

program volunteers from YMCA community events to youth sport coaches.

\$625k

raised to support our community through financial assistance to ensure families facing financial hardship can participate in our programs.



2023 ANNUAL CAMPAIGN DONORS

YMCA of Catawba Valley

Adrian L. Shuford Jr. Society

Air One
Atrium Wake Forest Baptist
Charlotte International Auto Show
Clarence & Adele Roseman
Conover Hardware
Corning Foundation Inc
Dr. Dori Hunt
Frye Regional Medical Center
Heritage Home Group Foundation
Holly Kiracofe
Jason & Amy Pope
Jearld & Carolyn Leonhardt
John & Marilyn Moretz
Lee Industries
Marvin & Ginger Smith
Mike & Amy Oliver
Mike & Susan Bell
Mike Johnson Toyota
Mrs. Charles Robinson
National Wildlife Federation
Paramount Automotive Group
Paul & Meredith Carswell
Philip & Leigh Armstrong
Precor
Rostan Family Foundation
Rotary Club of Morganton
Roy & Bink Brown
Shuford Yarns
Vanguard Furniture

“Chic” Robinson Society

AvendiRx, LLC
Brian & Allison Vierling
Chris & Kristin Cazell
Cleveland-Cliffs Piedmont
Dale Earnhardt Chevrolet
Danny & Randall Abernathy
Gary Huss
John & Diane Teeter
Joseph Inglefield
Joshua Higgins
Kathleen Kenny
Larry & Beth Bowman
Patricia Lee & Kirby Kepford
Pepsi-Cola Bottling of Hickory
Phil & Sue DiCasolo
Pregis PolyMask
Target Corporation
Taylor & Viola Structural Engineer
Windak, Inc.

Tony A. Pope Society

Apple
Blake & Amy Gates
Catawba Valley Engineering & Testing PC
Chelsey Lucus
CT Management
Darrell & Patty Johnson
Dick's Sporting Goods
Duke Energy Foundation
Jim & Lisa Meade
Josh Millsaps

Tony A. Pope Society

Nat & Jennifer Auten
Patrick & Jessica Kelty
Patton Cleaning Company, Inc
Poppelmann Plastics
The Dickson Foundation Inc
V. G. Buskirk

Chairman's Roundtable

Alisha Houk
Amber Boatwright
Atriax, PLLC
Brooks Printing Service & Equipment
Butch & Dianna Cloninger
Carson Helsper
Chris Reese
Christie Webb
ERC Broadband
Gerry & LaWanda Knox
Gina McWhirter
Grady Rowland
Grant Smith
Inter-Continental Corp
Jason & Kristin Herring
Jay & Nancy Johnson
John & Beth Crone
Jon Jolley
Jonathan & Kelle Huffman
Laurie Hoover
Leroy & Lynn Lail
Logan Smith
Lori Alala
Ryan Pegarsch
Sign Systems, Inc.
Spectrum Financial Inc
Stuart & Andrea Bridgers
Thrivent Financial
Toby & Meaghan Texer
Todd & Tammy Hefner

Youth Patron

Aaron Burke
Adam Stewart
Alan Griffin
Amanda Stokes
Amy Brooks
Amy Guyer
Angela Simmons
Anonymous
Barry Wilson
Bobby Forbes
Brooke Clark
Bruce Meikle
Carl Peppard
Charles Connor IV
Christopher Felts
City of Hickory
Corey Teague
Dalton Harvey
Dan & Christy Moore
David & Lala Koziscek
Davis Weaver
Eddie Salyards

Youth Patron

Erica Simmons
Fiberline
First Horizon Bank
Frans Teeter
Gary & Elizabeth Franklin
Gary & Mary Hogue
George & Carolyn Moretz
Harvey Baseball Foundation
Hickory Elks Lodge
Ideal Transport, Inc
Jason Cloninger
Jeff Kincaid Insurance Agency
Jewel of Catawba
Jill & Rick Patton
Jim Ten Kate
John Hardy
John Mitchell
Jonathan Burke
Kara Cloninger
Kari Dunlap
Kelly Winters
Kelsey Pfaff
L B Lane Family Foundation
Lawrence Thompson
Leonard Lawing
Les Sigmon
Maggie Welch
Marianna Raugh
Marietta Burke
Mark & Stella Hawkins
McDonald's - Link Family Restaurants
Michael Bolick
Michael Pratt
Mike Matty
Modern Nissan of Hickory
Nancy Mitchell
Oakley Building Co LLC
Paxton & Whitney Tallent
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Sara Cartee
Sarah Canahai
Sarah Grindstaff
Smitty Homesley
Steven Cloninger
Thad Sparkman
Thomas & Susan Griffis
Thomas Shores & Rachel LeClair
Toni Nolte
Town & Country Tire and Service Center
U.S. Charitable Gift Trust
Vince & Suzanne Trollan
Whit Malone

Youth Sponsor

Ava Taylor
Barbara Adams
Brad Mundy
Bumgarner Oil Company, Inc.
Camfil Farr
Carolina Tape & Supply Co,
Cline Custom Builders
Cory & Tiffany Hart
David Cotten
Dawn Vroman
Designmaster Furniture, Inc.
Elisabeth Northcott
ER Mosquito Control
Feliciono Cortes
Frances Fincher

Youth Sponsor

Gabriela de Boer
Geraldine Helton
Hal Huffman
Hickory Masonic Center
High Country Concrete Services
Hollie Newton
Hunter Townsend
Inspire Church
Jadren Butler
James Oxygen & Supply Co
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Jim Kapplus
Jon Jolley
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Joshua Hendrix
Kelly Dant
Kelly Farr
Kimberly Speagle
Lala Koziscek
Lane Miller
Lindsay Keisler
Mark Seaman
Mark Sullivan
Matthew Killian
Matthew Ward
Percil Watkins
Richard Hites
Robert Lineberger
Tavia Bernhardt
Thomas Seelbinder

Special Friend

Aaron Kohrs
Alan Hinkle
Aleta Brown
Alex Hale
Alexander Fisher
Alexis Pooler
Amazon Smile Foundation
Amy Lor
Analexi Serrano
Andrew Miller
Andrew Watters
Angela Allen
Angela Simmons
Ann Taylor
Ann Trippe
Anna Cook
Anna Grindstaff
Anonymous
Anquinette Griffith
April Childress
Ariel Little
Arnold Moore
Barbara Barringer
Bernard Taft
Bethany Sommerville
Bobby Moore
Brenda Davis
Brice Melton
But God General Store
Cara Lindsey
Carl Starnes
Carlos Plumey-Perez
Casey Schading
Cassidy Dale
Cathy Davis
Celeste Gray

Special Friend

Chandra Cook
Chris Story
Christie Swink
Christopher “Logan” Taylor
Cynthia Haas
Cynthia Spears
Cynthia Yount
Dana Ramseur
Dara Mussara
Darlene Pinnix
David Burleson
David Crabtree
David Hardaway
Deangela Wilson
Deborah Dunham
Deborah Greene
Debra Katz
Destini Teasley
Diana Rink
Diane Bradshaw
Dianna Murphy
Doug & Mimi Michael
Ebony Brown
Elaine Ellis
Emily Morrison
Emma Winkler
Emmi Triplett
Erin Hogan
Ernesto Rojo-Luna
Fannie Parson
Faye (Iiz) Sigmon
Gia Maxson
Hailey Shepherd
Hannah Melton
Heather Smith
Hollie Newton
Holly Kiziah
Ian Johnson
Jane Murphy
Jazmine Villanueva
Keenan Kee
Kevin Baxter
Kimberly Vollinger
Kisha Brewer
Jeanne Michael
Jennifer McCracken
Jennifer Timmons
Jeselle Logan
Jessica Johnson
Jessica Modzelewski
Jessica Stewart
Joan Coppinger
Joan Propst
Jody Frye
John Blanton
John Worm
Johnny Scott
Jordan Sherrill
Jose Rodriguez
Judy Ingold
Karalynn Ward
Karen Garcia-Aguilar
Karen Russo
Karen Tharpe
Katelyn Schronce
Katelynn Berning
Katelynn Berning
Katherine Buchanan
Kathleen Carl-Jenkins

Special Friend

Kathleen Worm
Kayla Buchanan
Kolbeigh Poarch
Kristen Cabbage
Krystal Rosario
Larry Henline
Leah Lail
Leila Carroll
Linda Eberle
Linda Ferguson
Lindsay Hardaway
Long View Lions Club
Louis Arasi
Margaret Bayern
Maria Costello
Marian Story
Marilyn Furgusson
Marsha Digh
Mary Barna
Mary Canrobert
Merle Bumgarner
Michelle Hall
Miriam Brown
Monica Farnsworth
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Nancy Hilton
Nikki Reid
Patricia Gray
Patricia Tallent
Patricia Thompson
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Paula Ratcliff
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Rachel Kirby
Riley Haas
Robert Poteat
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Ronnie McCafferty
Rosemary Fisher
Ryan Mooney
Savannah Webb
Sharon Coley
Shelli Breadon
Sherry Holloway
Shondell Rice
Stephen Moore
Susan Rowe
Sylvia Hansmann
Sylvia Heller
Tawny Homesley
Taylor Crooks
Temple Cook
Teresa Gamewell
Terry Phillips
Thomas Bell
Timothy Turnmire
Tina Pope
Tina Simmons
Victoria Lucaj
Walter Moran
Wanda Wimbley
Warren McAlpine
Whitney Moody
William McLaughlin

BUILDING STRONG COMMUNITIES INITIATIVE

YMCA of Catawba Valley

Faith Division

\$250,000+

Al Shuford III Endowment Fund
Anonymous
Broyhill Family Foundation, Inc.
Dean Proctor
Dorothy A. Shuford Trust
John & Diane Teeter
O. Leonard Moretz Foundation
The George Foundation

Responsibility Division

\$150,000-\$249,000

Dr. Dori Hunt
NC State Budget 2022
Shurtape Technologies, LLC
The Sprenger Family
YMCA of Catawba Valley Endowment

Honesty Division

\$75,000-\$149,000

Beaver Family Foundation
David E. Looper & Company, Inc.
E. Rhodes & Leona B. Carpenter Foundation
Estate of Mary Jane Hefner
Graystone Opthamology Associates
Interstate Foam & Supply, Inc.
Larry & Beth Bowman
Leroy & Lynn Lail
McDonald's - Link Family Restaurants
NC State Budget 2023
Pepsi-Cola Bottling
Rock House Farm Family of Brands
Rotary Club of Hickory
von Drehle Corporation

Caring Division

\$30,000-\$74,000

Anonymous
AveniRx LLC
Bolick Foundation Inc
Broome Associated Insurance
Carol Robinson
CommScope
Davidson, Holland, Whitesell & Co, LLC
First Horizon Bank
John Pope
Kenneth K. & Suzanne G. Millholland Endowment
Lee & Coco Teeter
Mark & Jerri Webb
Mike Johnson Toyota
Nancy Bolick
Paramount Automotive
Phil & Sue DiCasolo
Sherrill Furniture
Sonny & Adele Roseman
Taylor & Viola Structural Engineering
The Dickson Foundation
Underdown Family Foundation
Valdese Weavers

Respect Division

\$10,000-\$29,000

Alex & Misa Shuford
Andrew & Susan Matthews
Andy & Suzanne Wells
Arthur A. Oliver & Son, Inc.
Brian & Allison Vierling
Catawba Valley Health System
Charles & Mickey Shuford
Darrell & Patty Johnson
David A. & Elizabeth S. Shuford
First Citizens Bank
Hanes Industries
Harlee Packaging, Inc
Jason & Kristin Herring
Jason & Lisa Herman
Jay & Nancy Johnson
Jearld & Carolyn Leonhardt
John Pope
Kirby Kepford & Patricia Lee
L B Lane Family Foundation
Marvin & Ginger Smith
Matthews Construction Co., Inc
Michael & Tracie Gerken - Thrivent
Mr. & Mrs. Boyd George
Peoples Bank
Pope & Peggy Shuford
Sign Systems, Inc. - Hines Family
Snyder Paper Corporation
Steve Mull
Steve Siciliano
The Kercher Family
Toby & Meaghan Texer
TSH Charitable Foundation
United Beverages of NC
Vanguard Furniture
Wesley Hall Furniture
Young, Morphis, Bach & Taylor LLP

General Support Division

Air One Industries, Inc.
Alex & Jessica Watson
Andrew & Elizabeth Kaiser
Anonymous
Bass-Smith Funeral Home & Crematory
Blake & Amy Gates
Brice & Jeff Melton
Carol Preston
Chris & Kristin Cazell
Cleveland-Cliffs Piedmont
Corning Foundation Inc
David & Lala Kozischek
Duane & Elizabeth Kirkman
Dwayne & Amanda Welch
Eddie Salyards
Eddy & Brooke Clark
Frank & Taylor Young
Frans Teeter
Gary & Elizabeth Franklin
GEICO Insurance Agency
Grant Smith

General Support Division

Hal & Meredith Huffman
Hank & Regan Eimer
Harry & Gail McComb
Jeff Bronnenberg
Jeff Neuville
Jeremy & Amy Guyer
Jill & Rick Patton
Jim & Lisa Meade
Jim Ten Kate
Jimmy Abernathy
Joey & Lori Sadowski
John & Natalie Scott
John & Bev Nelson
K & T Holdings, LLC
Karen & Gary McDougal
Karen & Gary Sain
Kari Dunlap
Kevin & Lisa Clark
Lance & Denise Sellers
Lori Alala
Mark & Darcy Turner
Mark & Stella Hawkins
Mark & Jennifer Seaman
Michael Simmons
Mike & Sandy Sigmon
Nat & Jennifer Auten
North by Northwest Consulting, Inc.
Paul & Marie Martino
Paul & Meredith Carswell
Phil & Leigh Armstrong
Philip & Donna Chamberlain
Rick & Kathee Martin
Rick & Mary Berry
Robert Abernethy, Sr.
Robert & Mimi Broome
Safe Harbor Rescue Mission
Sara Cartee
Scott & Christina Broome
Stuart & Andrea Bridgers
The Levin Family
The Claude S. Jr. & Raenelle B. Abernethy Trust
Thomas & Susan Griffis
Tom & Patricia Maguire
Wheaton & Terry Williams
Whit & Kris Malone
Willard & Kiran Harrill

The Y's meaningful work is possible thanks to a strong financial foundation. The following summary shows our financial performance and overall stability in 2023.

STATEMENT OF ACTIVITIES

Income - Public Support	Un-Audited
Contributions	\$657,817
Grants	\$1,041,668
Government Contracts	\$321,684

Income - Earned Revenue	
Membership	\$3,820,809
Childcare / Camp	\$2,399,046
Programs	\$730,953
Other	\$198,747

Total Income: \$9,170,724

Expenses	
Staffing	\$5,503,850
Contract Services	\$659,577
Supplies	\$626,877
Occupancy	\$934,945
Equipment	\$338,312
Advertising / Promotions	\$35,855
Financing	\$66,398
Other	\$451,591

Total Expenses: \$8,617,406

Change in Net Assets \$553,318

STATEMENT OF FINANCIAL POSITION

Assets	
Current	\$10,663,822
Investments	\$5,080,673
Property, Plant, and Equipment	\$13,130,440

Total Assets Total: \$28,874,935

Liabilities and Net Assets	
Current Liabilities	\$981,134
Long Term Liabilities	\$1,775,100

Total Liabilities \$2,756,234

Net Assets \$26,118,701

Total Liabilities and Net Assets \$28,874,935



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

 Hickory Foundation YMCA

 Adrian L. Shuford Jr. YMCA

 Phifer Family YMCA

 YMCACV

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Conover, NC 28613
828.464.6130

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Hickory NC 28601
828.324.2858

PHIFER FAMILY YMCA
2165 S Sterling St
Morganton, NC 28655
828.679.2500 | ymcacv.org

