



# EMERGING STRONGER TOGETHER



ANNUAL REPORT 2022  
YMCA OF HONOLULU

# Emerging Stronger Together: A Message of Resilience and Hope

Aloha Friends,

As the clock struck midnight on March 25, 2022, masks became optional for our state. It was a powerful moment – the end of a grueling two-year battle against a relentless pandemic that tested our resolve and determination.

The difficult times tested our YMCA's resilience, and we emerged stronger than ever.

Like mastering the art of swimming, we faced moments of struggle. But our decades of experience and commitment to helping our community, prepared us to navigate these turbulent waters. And thanks to the steadfast support of our generous donors and partners, we not only stayed afloat but accomplished more than we ever imagined.

## **Turning Challenges into Opportunities**

When the pandemic closed many preschools, leaving families without options, we revived our Leeward Y Preschool and opened the YMCA Pali Nu'uuanu Preschool at the Nu'uuanu Congregational Church. We plan to open more preschools to support working families and unlock brighter futures for our children.

Our youth suffered mental health challenges that grew more pronounced during the pandemic. Partnering with Mental Health America of Hawai'i, we developed and delivered programming to support the mental well-being of our youth. Because of the success of our pilot program at Camp Erdman, it was expanded and included in our fall intersession programs.

The results have been remarkable. Youth report increased awareness of their mental health condition, new socialization and coping skills, and greater recognition of the importance of seeking help if bullied or in need of support. We will strive to include additional mental wellness programs for youth as we can make a difference.

We also addressed the needs of our kūpuna, who faced isolation, difficulty accessing food, and other health needs. In partnership with the City and County of Honolulu, we launched our Kūpuna Food & Fun program at Y facilities. Three times a week, hundreds of kūpuna enjoy free nutritious meals and engage in enrichment activities that foster connections, enhance their physical and mental well-being, and help them build a community of friends.

## **We Can and Will Do More**

While our Annual Report highlights other empowering initiatives and programs launched in 2022, our work is far from over.

Many challenges lie ahead, and with that, opportunities for all of us to join together and continue to transform lives and build even stronger communities. Mahalo for believing in our mission and your continued support.

With the warmest aloha,

**Greg Waibel**  
President & CEO



**Andrew Rosen**  
Chair  
Board of Directors



# Strengthening our Community in 2022

As one of the largest human services organizations in Hawai'i, the YMCA of Honolulu always works to address unmet community needs and has led many innovative programs over the past 153 years. Challenges created by the COVID-19 pandemic continue to plague our community. In response, our Y has adapted and created new programs and services to meet the critical needs of our keiki, kūpuna, and families. These numbers illustrate our impact:



**450**

Teens kept safe, healthy, and connected with a free Y 'Ōpio Summer Membership.

**3,722**

Youth experienced the joy of being safe in the water with swim lessons.

**4,580**

Youth were kept active and engaged, attending Y camps when school was not in session.



**6,510**

Youth, teens, adults, and families enhanced their confidence, relationships, and well-being through outdoor adventures at Camp Erdman.



**9,740**

Youth were kept safe and thriving in YMCA A+ Afterschool Programs.

**34,411** Free Nutritious Meals

and

**1,065** Hours of Enrichment and Wellness Activities Helped hundreds of kūpuna improve their health, feel valued, and connect with new friends.



**44,736**

Free hot, nutritious meals were served to children at risk of hunger.

**\$750,000** in financial aid provided memberships, youth programs, and camps for individuals and families in need.

# Helping kids reach their greatest potential

**We know the future of our community depends on the success of children. Unfortunately, not all children have what they need to thrive.**

**In this post-pandemic world, young people need our support now more than ever to achieve their personal best academically, socially, emotionally, and physically.**



## Early Childhood Education: Our Littlest Learners

Children age 18 months to 5 years experience the joy of learning at our Preschools and Early Learning Programs as they prepare for kindergarten.

However, with the closure of preschools during the pandemic, many toddlers fell behind, such as Rea.

Although Rea was three years old, speaking was a struggle. Lacking access to a preschool during the pandemic increased her challenges. But when our Y re-opened and expanded our preschool capacity, Rea's mom Nikki was relieved to secure a spot for Rea and much-needed financial aid.

Caring for her mother, who was on dialysis, prevented Nikki from working and greatly restricted her income. With the Y's financial aid, Nikki was able to enroll Rea in preschool, improving her learning and development.

Through the Y's early learning program, Rea's pronunciation improved dramatically. "Previously, her vocabulary was less than 50 words," said Nikki. "Now she can have a whole conversation."

In addition, interacting with other children has taught Rea patience and kindness that Nikki appreciates because "I really want her to learn how to be a good person."

Our Y not only re-opened our preschool and early learning centers but added a new YMCA Pali Nu'uanu Preschool, at the Nu'uanu Congregational Church. We will continue to expand and add additional sites to meet our community's needs.





## Building Resilience in Our Youth

When the pandemic forced school closures, YMCA facilities provided secure remote learning environments for children that included academic and social support.

However, for many children whose distance learning took place at home, research indicates that school absence and diminished social interaction have hurt students. Statistics show Hawai'i students lagging behind pre-pandemic reading, math, and science proficiency levels and experiencing increased anxiety and depression.



**In collaboration with Mental Health America of Hawai'i, we developed and piloted a social, emotional, and mental wellness program at our Camp Erdman Summer Camp that we later expanded to our fall day camps. Student surveys confirmed the positive impact of our efforts:**

- **85%** became more aware of their mental health,
- **94%** learned the importance of core values, better communication and socialization skills, and how to handle bullying situations,
- **72%** developed new coping strategies, and
- **87%** expanded their support systems and networks.

With these results, we continue to incorporate mental wellness and resilience-building activities into additional programs to help young people better cope with challenges today and tomorrow.

# Helping kids reach their greatest potential

## Young Adults: Preparing for a Better Future

For 10 years, the YMCA College Camp has helped hundreds of underserved high school students graduate, pursue higher education, and realize their life-changing potential. Of those, up to 80% pursued or are pursuing higher education, with many being the first in their families to graduate with a college degree.

This summer, we welcomed 30 students and mentors to our first post-pandemic YMCA College Camp.

Staying at UH college dorms, students enjoyed community service projects, college campus tours, and workshops on financial aid, applying for college, and career exploration. College student mentors provide practical skills and inspiration for high school students in this free week-long program at the Atherton Y.

See our College Camp 2022 in action at [bit.ly/3DIKMc1](https://bit.ly/3DIKMc1) or scan:



# Healthy People = Thriving Communities

We help families and people of all ages build and maintain healthy habits for their spirit, mind, and body, and with that, we build stronger communities.



## Keeping Teens Summer Safe

The David C. Ai Charitable Trust, in 2022, gave 450 teens a free summer membership at our Y through the 'Ōpio program that included special enrichment activities and social events, community service, and career and leadership development opportunities.

Statistics indicate risky behaviors like violence, drinking, and drug use increase during the summer when young people's time is less structured. At our Ys, teens found safe places that were engaging, supportive, and fun!

Of the teens surveyed, 98% found our Ys to be welcoming places; 88% became more physically active; 86% gained new knowledge, skills, and abilities; and 88% said their Y teen membership helped them stay away from drugs and alcohol and other unhealthy behaviors.

## Y Wellness Rallies

Our Nu'uano Y and Leeward Y partnered with Times Pharmacies, First Vitals, NIU Health, and One Community Hawai'i to offer free wellness fairs throughout the year that included COVID-19 vaccines, boosters and antibody tests, flu shots, biometric testing, and even dental screening.

## YMCA STRONG Community Challenges

Thousands used our free STRONG Challenges offered throughout the year to build healthy lifestyle skills.

The program included motivational tips and tools, access to our virtual YMCA360 platform with 1,500+ livestream and on-demand classes and activities, and community support.



# Healthy People = Thriving Communities

## Healthy Kids Day & Camp Erdman Community Day

Our first post-pandemic free family events helped thousands of kids and families have a healthier summer. At our 30th Annual Healthy Kids Day, families learned about Y programs and financial aid to keep everyone healthy and thriving.

Camp Erdman Community Day gave kids and families a chance to experience the fun and benefits of our great outdoors.

See all the action at Camp Erdman Community Day at [bit.ly/3stgGqo](https://bit.ly/3stgGqo) or scan:



## Kūpuna: Feeling Valued and Connected

As one of the largest providers of kūpuna-focused programs, our “Kūpuna Food and Fun” program, in partnership with the City and County of Honolulu, has helped many kūpuna return to the community after isolating during the pandemic.

Today, hundreds of kūpuna are improving their physical and mental wellness through our Kūpuna Food and Fun program, which provides free nutritious meals, as well as enrichment and socialization activities three times a week at our Kaimukī-Wai‘alae, Kalihi, Leeward, Nu‘uanu and Mililani Ys.



Kūpuna Food & Fun participants surprised Ms. Jean with an Irish bagpipe band, cakes, and lots of well wishes in honor of her 100th birthday!

# Ensuring Access for All



**For our communities to succeed, everyone must be given the opportunity to be healthy, confident, connected, and secure. Thanks to the generosity of our donors and supporters, we can ensure everyone has a chance to succeed and belong.**



## Windward Houseless Care Events

Each month, our Windward Y joins other community volunteers and social services to provide free showers, toiletries, clothes, hot meals, and health and social resource connections for houseless community members.

## Connecting Kūpuna and Teens

At our Waiʻanae Coast YMCA, the new Kosasa Family Youth Program Building provides a safe space for our work with young people on the Waiʻanae Coast. For years, we have run substance abuse treatment programs in Waiʻanae and Nanakuli high schools and after-school and school break programs for teens. Our Waiʻanae Coast YMCA continues to be a place for teens to come after school and on weekends.

In 2022, we added an intergenerational program that brought together alternative school students and community kūpuna to build a healing garden. Kūpuna also teach our teens how to prepare culturally-based dishes, lei making, and weaving with native Hawaiian plants.



# Ensuring Access for All

## Youth Changemakers Support Ukraine

Fourth and fifth-grade students from our Y's A+ Afterschool program at Wilson Elementary School participated in our Changemakers program that teaches youth how to identify and take action on community needs. Planning and hosting a family fundraising fair at our Kaimukī-Wai'ālae YMCA, students raised over \$7,000 for Ukrainian children and families impacted by the war.

What a great way for children to learn they can make a difference while helping other children and families thousands of miles away! You can see KITV's news coverage at [bit.ly/3DIJJJ5](https://bit.ly/3DIJJJ5) or by scanning:



## Inviting Visitors to Better Appreciate our Culture and Natural Resources

To enhance island visitors' knowledge and appreciation of Hawaiian culture and the preservation of our natural resources, we launched a Camp Erdman regenerative tourism program in 2022. Partnering with a tour operator, we welcomed nearly 1,000 visitors to Camp Erdman and Ka'ena Point over the next twelve months. The program provides hands-on environmental stewardship and Hawaiian cultural experiences, including out-planting of native Hawaiian vegetation, lei-making, hula, arts, our high rope challenges, and hiking.





## Ulupō Heiau and Lo`i Community Volunteer Days

Since 2017, our Windward Y, under the guidance of cultural expert Kaleo Wong of Hika`alani and in partnership with the leadership of other Native Hawaiian community groups, and the Department of Land and Natural Resources, has brought together families and volunteers of all ages to learn of the historical and spiritual significance of Ulupō Heiau, gain a sense of place and belonging, and work to preserve and cultivate the kalo (taro) in the lo`i fields.

This year, quarterly Community Volunteer Days resumed. We invited the community to continue to help restore, maintain, and beautify the historic Ulupo Heiau and lo`i fields located behind our Windward Y. A sacred place for the Hawaiian people, the Ulupō Heiau is adjacent to ancient lo`i fields and overlooks the Kawainui Fishpond, which was Hawai`i's largest cultivated inland fishpond in ancient times. We also use this site as an outdoor learning classroom for our youth and teen programs.

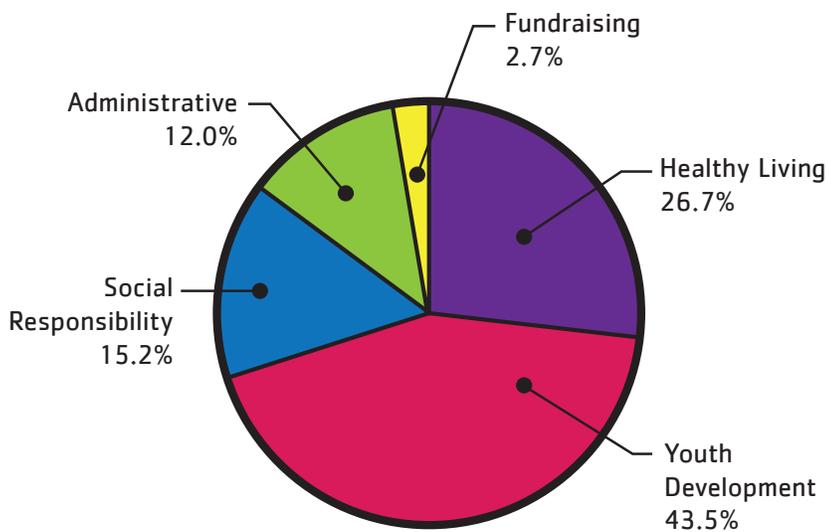
# 2022 Financial Highlights

## Revenue

Operating Revenue: \$15.7M  
 Contributions, Grants & Contracts: \$10.6M

**Total End of Year Net Assets:** \$65.2M

**Endowment Value:** \$6.7M  
 (as of 12/31/22)



## Expenses

Healthy Living \$7.2M  
 Youth Development \$11.7M  
 Social Responsibility \$4.1M  
 Administrative \$3.2M  
 Fundraising \$726K

Audited Financial Statements are available upon request, or by visiting our website at [ymcahonolulu.org](http://ymcahonolulu.org).

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# Mahalo to our Donors!

On behalf of the people touched by our programs and services, we thank and acknowledge our donors for their support. Because of our generous donors, we're able to give the YMCA experience to those who otherwise may not be able to afford it.

If you want to learn more about giving to the Y, please contact the Y's Development Department at 808-541-5470 or by email at [donate@ymcahonolulu.org](mailto:donate@ymcahonolulu.org).



## Heritage Club 2022

The Heritage Club is a group of generous donors committed to ensuring the continued influence of the YMCA on future generations of youth and families through planned gifts to the YMCA. Planned gifts include, but are not limited to, bequests and insurance designations.

Anonymous  
Joanne Abe  
Peter and Eri Ackman  
Robert and Velma Akinaka  
Donald and Susan Anderson  
Dawn Aull  
Dr. Paul and Lindsey Carry  
Sandra Chang  
Richard Ching  
Geraldine Choy  
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Theodore S. Trimmer  
Tetsuro Ushijima  
Cynthia Winegar  
Randall Winn  
John Wong  
Stephen C. L. and Susan Wong  
Wayne Yamamoto



# Honor and Memorial Gifts 2022

**Honor gifts pay tribute to the individuals for whom a donation has been made. Memorial gifts are a beautiful testament to the life of a loved one.**



**In Memory of Alicia Flores**

Dayna Flores

**In Honor of Edrest Rest**

Jason Kosaki

**In Memory of Kenneth & Edith**

Abe Phyllis Abe

**In Memory of Anthony Good**

greenteaHawaii

**In Honor of Edward S Okawa**

Elaine Okawa

**In Memory of Kenzo Ito**

Ken K. Ito

**In Honor of Beryl Ono-Stapleton**

Serendipity II Fund

**In Memory of Ernest PJ Lim**

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**In Memory of**

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**In Honor of Christabel Jamison**

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**In Honor of Lady in White**

Ethan Brouillette

**In Memory of Clyde T. Anamizu**

Paul T. Sasaki

**In Memory of Hans-Gerd**

Bochentin Cheryl Bochentin

**In Memory of Lauren Nelson**

Donna L. Rohlf

**In Memory of Colonel Ralph "Bill"**

Cole Aimee M. Grace

**In Memory of Hoyt Parker**

Margaret Proffitt

**In Honor of Leatrice Bloom**

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**In Memory of Daniel Takushi**

Kevin Mizuno

**In Memory of Jacob and Soonie**

Lee Marvin Uehara

**In Memory of**

Lorna Tulang

**In Memory of Daniel Tengan**

Renee Guillermo

**In Memory of James & Clara**

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**In Memory of**

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**In Memory of Jane Landreth**

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**In Memory of Dr. Robert Grace**

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Mike Nakao

Susan Y. Lin

**In Memory of Edmund K. Toma**

Sabrina R. Toma

**In Memory of Jason Minami**

Maydeen Minami

**In Memory of**

Milton W.B. Choy

Geraldine Choy

**In Memory of Edna Billington**

Patricia E. Billington

**In Memory of Kamaile Williams**

Fulgencia M. Pablo

ISLAND Y ADVENTURES  
Y CAMP → YMCA OF HONOLULU

# Honor and Memorial Gifts 2022 (continued)

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Miriam Luby Wolfe**  
Rosemary Mild

**In Memory of  
Nathan Yuen**  
Nina Maxwell

**In Memory of  
Nelson K. Moku, Jr.**  
Marilyn Moku

**In Memory of  
Robert Kuwahara**  
Lenora H. Springer

**In Memory of  
Ronald Fujiwara**  
Thomas Fujikawa  
Pamela C. Honbo

**In Honor of Ruth Lung**  
Robin Lung

**In Memory of  
Sau Chun Wong**  
Chun Kathy N. Mak

**In Memory of  
Sherrie Wilkerson**  
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**In Honor of Shigeo "Doc"  
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Barbara Morgan Zaney

**In Memory of Slunna**  
Lisa Reyn Mann

**In Memory of  
Stephen S. Nakamura**  
Lance Nakamura

**In Memory of  
William Suzuki**  
Agnes Suzuki

**In Honor of Windward Swim  
Instructors**  
Philip Paradine

**In Memory of  
Yuk Ip Chun Fong**  
Patrick Y. Taomae  
Nelson Oyadomari  
Keith I. Kojima  
Mark Matsumoto  
Myrna Libed  
Renee Guillermo  
Jean M. Miyashiro  
Bradford J. Dang  
Charles K. Honma  
Russell Krueger  
John K. Nuuhiwa  
Goodwin Seto  
Rowena Ling  
Jean Miyazawa  
Lillian S. Miyazawa  
Eva Ralar  
Fanny M. Miyamura  
Amba H. Chun  
Patti Chun

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For the 2023 Honor  
and Memorial list,  
please visit our website  
at [ymcahonolulu.org](http://ymcahonolulu.org).

# Annual Report of Honor Roll of Donors 2022

Every effort has been made to ensure the accuracy of this list. However, if you find an error, please accept our apology and notify us at 808-541-5480 so we may correct our records immediately.

## \$10,000 +

The Kosasa Foundation/  
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Aloha United Way  
Anonymous  
AT&T  
Bank of Hawaii Foundation  
James & Abigail Campbell  
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Central Pacific Bank  
Chung Kun Ai Foundation  
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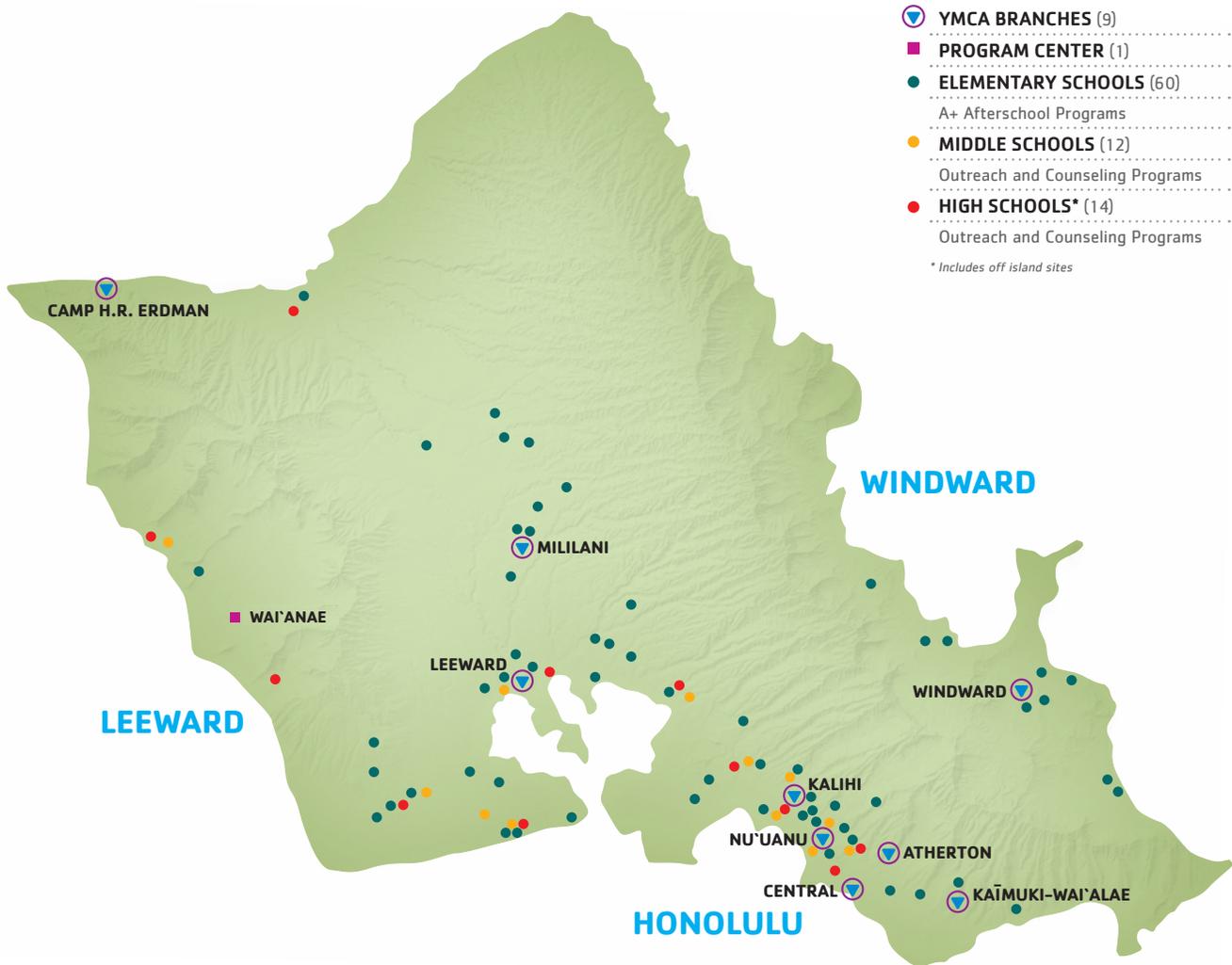
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