



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GENERATIONS OF COMMUNITY IMPACT



NORTHERN MIDDLESEX ANNUAL REPORT 2016



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FOR A BETTER COMMUNITY

GENERATIONS OF IMPACT

The theme of the 2016 Annual Report is Generations of Impact and our hope is that you will journey through the pages and explore the many decades of the Y's service to our community. As you follow the timeline, imagine the significant role that the Y played in strengthening the community and improving the quality of life for individuals and families in each decade. Consider the vision of Y volunteers throughout this time who helped to build, expand, and renovate Y facilities to better serve the needs of a changing community. Imagine the courage and insight it took in the early 1900's to build this grand Y facility that included housing for young men, a pool, youth recreation and a lounge for community building.

We have had opportunity to speak with current and past members about their earliest memories of the Y, some dating back over 80 years. They tell the story of a thriving community hub full of energy, activity, and friendship. These Y memories are consistent across the generations and hold steady today. At present the Y is a busy, energized and welcoming place for people to create their own memories of engagement and friendship. In 2016, we welcomed thousands of people into the Y in Middletown and the Outdoor Center in Portland. We also took Y programs out to schools, senior centers, and communities in our service area. The Y's reach is significant and our desire to serve the community is resolute.

Reflecting on the incredible history of the Northern Middlesex YMCA, we would be remiss to not recognize that the Y, as it stands today, represents the cumulative work of generations of volunteers, community leaders, Y professionals and generous donors who have given their time, talent and treasure in support of the common good. Mahatma Gandhi is quoted as saying, "A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history." The Y stands strong today, serving our community because of small bodies of determined spirits who believe deeply in the Y mission.

We are grateful for your Y spirit and the commitment of volunteers who in 2016 donated over 800 hours of service, the 537 people who chose to work at the Y, and the 634 donors who gave generously to make sure that the Y can serve all in our community regardless of economic status.

Sincerely,

Michele Rulnick
President/CEO

Kelly Smith
Board Chairwomen

The YMCA of Northern Middlesex County is open to all regardless of race, creed, gender, or financial status. Membership in our Y represents a commitment to our philosophy and mission. Founded in 1886, the emphasis of membership continues to be one of developing the whole person: mind, body, and spirit.

MISSION STATEMENT

The Northern Middlesex YMCA offers a path toward a fuller more productive life. The YMCA will provide to a broad spectrum of our community, high quality programs, services, and facilities that improve individual and family life, encourage healthier lifestyles and assist youth in developing into responsible adulthood.

GENERATIONS OF IMPACT

NUMBER OF Y MEMBERS



YEAR	MEMBERS
1950	954
1970	1,444
2016	6,927



ACTIVE OLDER ADULT MEMBERS

YEAR	MEMBERS
1970	250
2016	1,313

NUMBER OF Y CAMP INGERSOLL CAMPERS

1961 (1st year): 66 • 2016: 1,326



KIDS' KORNER PROGRAM

1980 – served 80 families
2016 – served 870 families

SAMPLES OF PROGRAMS THROUGH THE GENERATIONS



1920s

Practical Education Classes
Open Forums on Personal Problems
Health Talks & Weekly Socials
Bowling & Billiards



2016

Healthy Kids Day
Zumba & Hip Hop
Active Older Adult Programs
Andre's Allstars



1970s

Water Ballet –Aqua Moms
Trimnastics & Belly Dancing
Gymnastics
Indian Guides/Indian Maidens

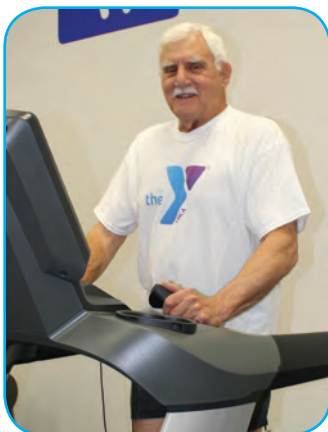


FOR A BETTER COMMUNITY PHIL

To the best of my knowledge, I was probably about five years old and came with my dad when I started coming to the Y. I remember going into the shower, I remember coming into the side entrance on pleasant street... or main street extension rather. Bill Burn was at the desk. It's been a while I mean it was probably in the 1940s.

PHIL CACCIOLA

Board Member,
Member of 70 years



FOR A BETTER FAMILY KRISTEN

I hardly remember the actual gym and swim class, but I remember it just being fun to have time with my mom, be in the water, get to run around and have other children to play with. I wanted that for my children too. So just the vague memory was enough to get them here with me and learn to swim. We've been having a good time.

KRISTEN ACETO

Program Family
Member,
Involved with Y for over 25 years



FOR A BETTER LEADERSHIP COURTNEY

I was probably 4 years old when I started coming to the Y. I did swimming lessons and the instructor, he called it the washing machine, would pick you up and throw you up and down and side to side, then throw you to the wall. We also used to have Float Night. It was one night where you would bring your own floaty and all the lane lines would be taken out. The whole swim team did it and we'd have pizza afterwards. It was really fun.

COURTNEY HOLZER

Lifeguard Coordinator,
Member of 19 years



FOR A BETTER FUTURE BRENDA

I'm seeing the future at the Y now, watching my grandkids come here. My little grandson is taking swim lessons with Nick [Dionne] and my granddaughter has joined the swim team. My personal experience now is I'm able to come here and work out and do classes that I absolutely love. I'm able to try different things that I didn't do before because it was about my kids. Now I'm more focused on me, being able to work out and keep myself healthy.

BRENDA ROBLEY

Member, A part of the Y community since the 1980s



Brenda's daughter on the
YMCA swim team

2016 FINANCIAL REPORT

REVENUE

Membership Dues & Program Income	\$1,331,776
Childcare	\$1,618,363
Government Funding	\$2,048,862
Camp	\$1,243,137
Residence	\$344,898
Public Support	\$264,003
Other Income	\$186,882
United Way	\$85,411
Rental Income	\$82,054
Investment Income	\$75,820

Total Public Support and Revenue **\$7,281,206**

EXPENSES

Youth & Family Services	\$3,131,252
Membership Services	\$1,648,710
Youth Mentoring	\$848,311
General & Administrative	\$851,431
Fundraising	\$97,832

TOTAL EXPENSES **\$6,577,536**

Change in unrestricted net assets from Operations	\$703,670
Change in unrestricted net assets	\$150,430
Change in temporary restricted net assets	[20,737]

CHANGE IN NET ASSETS **\$833,363**

Net Assets – December 31, 2015	\$7,929,604
Change in Net Assets	\$833,363

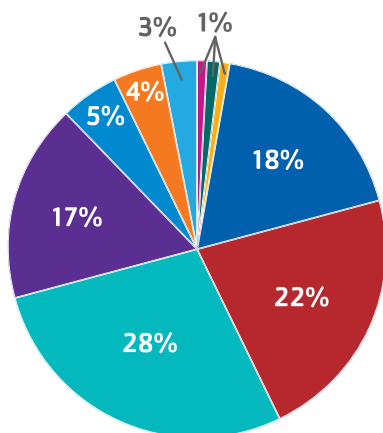
Net Assets – December 31, 2016 **\$8,762,967**

YMCA IMPACT

The Y is a cause driven non-profit organization dedicated to improving lives and strengthening community through youth development, healthy living and social responsibility. We believe that strong communities are possible when we invest in our children, our health, and our neighbors. The Y's Open Doors and Philanthropic Programs allow us to live our mission by addressing critical community needs through programs and services open to all children, individuals, and families regardless of economic status. We are grateful to our community partners and the 634 individuals, organizations and businesses that supported our cause in 2016.

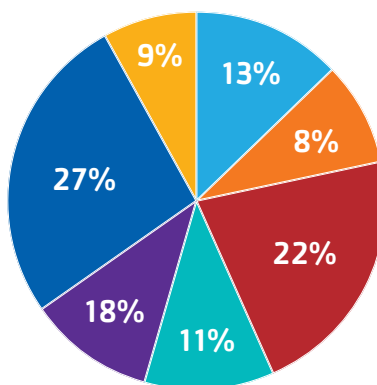


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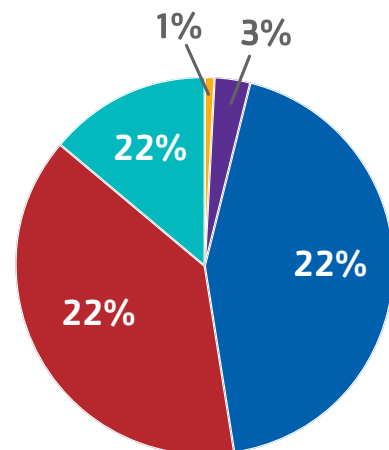
2016 SOURCES OF REVENUE

- Membership Dues & Program Income
- Childcare
- Government Funding
- Camp
- Residence
- Public Support
- Other Income
- United Way
- Rental Income
- Investment Income



2016 MEMBERSHIP CONSTITUENCE

- Preschool (1-5)
- Elementary (6-11)
- Jr./Sr. HS (12-17)
- Young Adult (18-29)
- Adult (30-54)
- Adult (55-64)
- Senior Adult (65+)



2016 OPEN DOORS ASSISTANCE AWARDS

- Kids' Korner B/A School
- Camp Ingersoll
- Membership/Programs
- Aquatics
- Residence

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