

NORTHERN MIDDLESEX YMCA

2019 Annual Report



THE Y IS WHERE
COMMUNITY
THRIVES



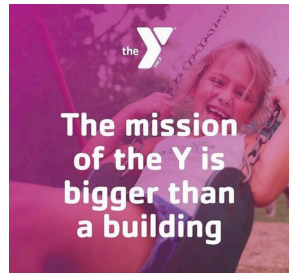
THE Y IS WHERE



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.



BOARD OF DIRECTORS

The members listed below served generously during 2019.

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The 2019 Annual Report celebrates 133 years that the Northern Middlesex Y has served this community. Founded in 1886 the Y has had a presence through two World Wars, the Women’s Suffrage Movement, Civil Rights Act, Great Depression, 911, and many other significant moments in history. I draw strength from that history as the Y celebrates a prosperous 2019 during a global pandemic that is creating significant economic challenges and program disruptions. 2019 was a good year for the Y as we continued to focus our efforts on expanding outreach activities, community partnerships, and chronic care programs such as **LIVESTRONG** at the YMCA. The expansion of programs and services that reach our seniors and vulnerable populations is keeping people physically and mentally healthy. Our youth development work continued to provide meaningful social development experiences, promote character values, and encourage academic success. From preschool education to teen nights at the Y our work is unified by a common goal – to help young people reach their full potential.

Social responsibility unites all that we do. It is at the core of our work housing low-income men and the reason we expanded our food pantry and continue to build partnerships to serve their complex needs. Social responsibility guides our philanthropic work, raising funds to assure that the Y can serve all regardless of economic means. Social responsibility also implores us to be a vocal advocate for social justice and racial equity. As we move forward, it is critical that the Y not only be an advocate, but a community partner willing to educate, unite, and engage people in addressing systemic racism and inequity.

We are proud of this indelible organization and the dedicated staff and volunteers that work to provide transformational experiences each day. The Y continues to be the place to turn for Youth Development, Healthy Living, and Social Responsibility. Community Thrives at the Y; making us all feel part of something special. A united community, working together for a Better Us and a Better World, can lift us all and help us live a full and productive life. A beacon since 1886, the Northern Middlesex Y is steadfast and focused on being a unifier and conduit for people to grow in Mind, Body, and Spirit for generations to come.

Sincerely,

Michele Rulnick
 President/CEO

Tamera Jackson
 Board Chairwomen

THE Y IS WHERE



Kitch Czernicki and Cindy Sullivan conducted a very informative presentation titled, 'The Importance of Exercise As We Age' to seven different Senior Centers and Assisted Living facilities around our community.

OUR COMMUNITY GETS HEALTHY



The Middlesex YMCA was so fortunate to collaborate with many local organizations to positively impact the health and wellness of our community in 2019.

Every Wednesday and Friday at 1:00pm laughter and excitement filled the halls as participants from MARC Community Resources made their way to their fitness class with Fitness Staff Lee Leblanc. From the moment they arrived at the Welcome Center, the group greeted staff and members with a smile and announced with pride that they were going to work out.

"Since September 2018, I have been instructing MARC classes at the Northern Middlesex YMCA. My bi-weekly classes focus on improving balance, hand/eye coordination, agility, and other basic functional movement patterns. Through consistency, teamwork, and tremendous effort, the MARC participants have demonstrated significant progress despite their individual limitations. It has been an absolute pleasure and honor to serve the MARC organization and its participants. I look forward to continuing and building this positive relationship in the coming years." - Y Staff Member, Lee Leblanc.

Connecticut Parkinson's Working Group funded classes for community members coping with the symptoms from Parkinson's Disease. Each week, Y staff traveled to the Middletown Senior Center with pool noodles, parachute and balls for a lively and uplifting class.

"My husband Al was diagnosed with Parkinson's Disease in 2011. It was life changing. It took us several years to realize that exercise was going to make all the difference when it came to living with this disease. The water exercise classes in the small pool at the Y have been amazing for Al. We have met so many wonderful people including Y Instructor, Kitch who made us aware of the Parkinson's class offered at the Senior Center. The class at the Senior Center put us in contact with others who are going through the same thing that we are. We have learned about other resources that are available to us. Kitch has provided us with more support and inspiring exercise to keep us moving. I can't imagine living without the YMCA in our lives." - Y Member and Husband of Parkinson's Class Participant

Our staff also conducted a very informative presentation titled, 'The Importance of Exercise As We Age' to seven different Senior Centers and Assisted Living facilities around our community.

“You did an outstanding job for your first Senior Wellness Fair! Congrats on having attendees despite the monsoon rain! We had very engaging conversations with your members and residents. The YMCA is a great partner in our community! - Director of Marketing Middlesex Health

Senior & Assisted Living at One MacDonough Place

”

YMCA Instructors taught classes at:

- One MacDonough Place
- The Village at South Farms
- Waters Edge Center
- Heritage Commons
- AI Engineers in Middletown
- Middletown Senior Center

In 2019, we collaborated with:

- Middlesex Health Physical Therapy on a Senior Wellness Fair.
- Middlesex Health Cancer Center to provide free LIVESTRONG at the YMCA programming to their patients.

THE Y IS WHERE



SAFETY IS A PRIORITY



During the Winter of 2019, Y staff responded to a medical emergency with a member that quickly escalated into a very serious incident. A male member became ill in the main sauna and rapidly went into cardiac arrest. Due to the quick response of our Aquatic staff who responded first, to the team of staff that provided the rescue care and to all the Leadership staff that jumped into action and took on support roles, the member was resuscitated and left with EMS staff conscious and able to speak. There were two members that were in the pool area during this time that had medical training and also stepped in to assist with the rescue.

One of those members, who works as an EMT, shared feedback during the debriefing process.

“In my role as an EMT, I have seen a lot of emergency cardiac care situations, many of which involved professional emergency responders. The rescue that was performed by the Y staff team was one of the best run emergency responses I have ever witnessed. Everyone worked as a team, worked seamlessly, communicated well and went through all the proper steps.”

To have a professional give that feedback validated the work done by the Y Safety Committee during 2019 including conducting monthly safety drills to simulate real emergencies. With 37% of our Y members falling into the 55+ age bracket, it has become a priority for our Y to have a Safety Committee that is focused on being prepared to respond to life threatening emergencies by creating Emergency Action Plans, running monthly drills, debriefing and keeping the Y leadership team informed.

Following the event, in an email to all Y staff, Heather Chandor, VP of Operations shared her praise;

“This was a team effort from start to finish and I am so proud to be a part of it. Y Staff John Roberts and Lee Leblanc reacted quickly, remained calm, and used their training to act as a team. Nick Dionne and Carla MacKay have trained the Aquatic staff to become confident emergency care responders. Nick Dionne and Melanie Carfora have improved our Safety Drills and prepared the Y staff team to handle any emergency in our facility. The Leadership staff made sure to call the Code 55 on the walkie and over the speakers, assisted other members, managed the facility issues that came up, ensured EMS got through our building quickly, found and called the emergency contact, and made sure the incident report was filled out completely and with accurate details all the way to those staff who made sure we located the members personal belongings.” - Heather

“

This was a highly intense situation, but I have to say I was so impressed with how smoothly everything went. I will also add that our insurance broker and worker's comp rep attended our Safety Committee meeting and said that our committee is one of the best they've ever seen. Awesome job to everyone!!!! - Y Leadership

Team Staff Member ”

THE Y IS WHERE





“Without the Y’s help, I wouldn’t be able to support myself or my son. It takes a village, and I am so grateful for everyone at the Y.”

All kids deserve quality childcare regardless of their family’s financial situation. As a single working mom, Denise* struggled to find quality affordable childcare for her son. The Y is where Denise found the financial assistance she needed to enroll her son in our School Readiness Preschool Program.

*name was changed to protect privacy

On his first day in the preschool classroom, *Thomas’ teachers discovered that overcoming significant emotional challenges would be their first priority.

With delayed speech and language skills, communicating his thoughts and feelings was difficult. Sitting still for even ten seconds was a challenge. Attempts to engage Thomas with staff and peers in group activities, conversation or potty training was met with strong resistance and screaming. Staff recognized that Thomas needed time to explore the classroom; looking and touching classroom materials on walls and shelves. Despite days filled with screaming, staff persisted in showing him kindness and understanding, acceptance and support, and gentle but firm guidance. It was exhausting for all involved—Thomas, his teachers, his family, and his classmates.

Gradually, the crying decreased and Thomas began to show interest in observing classroom activities and allow staff to assist him. Teachers reserved his favorite special plastic bear for him and had it waiting for him each morning. His classmates came to accept that Thomas needed to hold this bear as he went about his day. It took Thomas almost a month to acclimate to the classroom environment and show his huge smile! His classmates were thrilled when Thomas “learned to talk” instead of scream. He began to feel safer and allowed teachers to help him in the bathroom. Through a collaboration between the Y, his parents and the public school system, Thomas was evaluated and began receiving speech therapy and special education services.

Teachers were thrilled to observe Thomas’ growth and developing verbal communication skills. With new self-help skills and growing independence, his confidence began to soar. After 7 months of patiently guiding Thomas, he mastered potty training. Everyone celebrated the day he came to preschool with no pull ups! During his second year with us, Thomas began to thrive. He was relaxed, smiling and connecting with friends and teachers. Thomas happily chatted with Y staff. This sense of security allowed Thomas to focus on school readiness skills. He learned how to hold a pencil and write the letters of his name. He could take markers and paper and draw and describe pictures of his family. He often showed us his sly sense of humor and mischievous grin.

Thomas started kindergarten this year. His mother thanked us for everything that we did for Thomas and her family— she said she knows “it wasn’t easy!” We agreed and reassured her it was worth it! We are looking forward to seeing the family again soon when Thomas’s little brother starts attending our preschool next year!

*name has been changed to protect privacy

2019 FINANCIAL REPORT

REVENUE

Membership Dues & Program Income	\$1,355,550
Childcare	\$1,912,988
Government Funding	\$1,047,651
Camp	\$1,141,762
Residence	\$345,102
Public Support	\$341,711
Other Income	\$69,495
United Way	\$75,999
Rental Income	\$87,088
Investment Income	\$117,284
Net assets released from restrictions	–

TOTAL PUBLIC SUPPORT AND REVENUE **\$6,494,630**

EXPENSES

Youth & Family Services	\$2,995,257
Membership Services	\$1,776,090
General & Administrative	\$769,732
Fundraising	\$168,452

TOTAL EXPENSES **\$5,709,531**

Change in unrestricted net assets from Operations \$785,099

Total Other Income \$347,208

Change in temporary restricted net assets

CHANGE IN NET ASSETS **\$1,132,307**

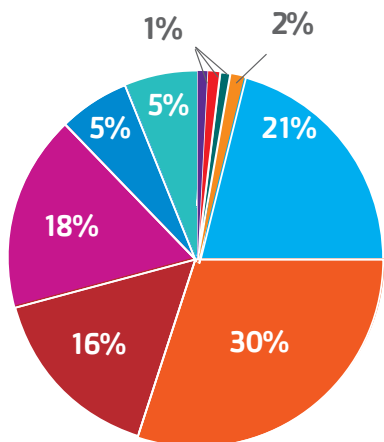
Net Assets – December 31, 2018 \$9,912,202

Change in Net Assets \$1,132,307

NET ASSETS – December 31, 2019 **\$11,044,509**

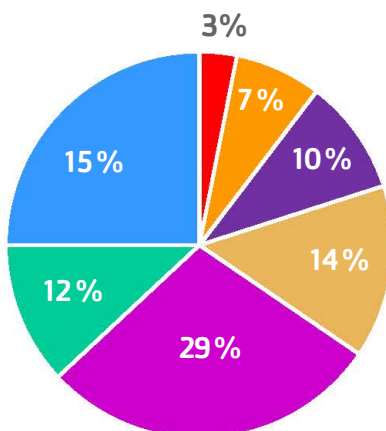
YMCA IMPACT

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 970 individuals, organizations and businesses that supported our cause in 2019.



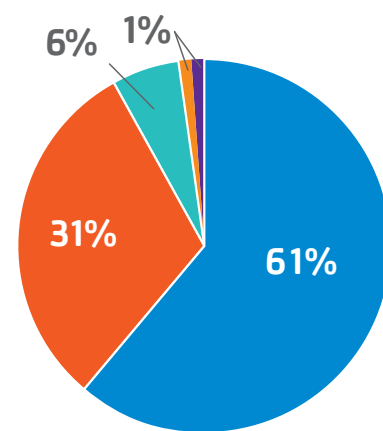
2019 SOURCES OF REVENUE

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



2019 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+)



2019 OPEN DOORS ASSISTANCE AWARDS

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

2019 INDIVIDUAL DONORS

Youth Development - \$5,000+

Joanne & Theodore Brainerd*
Michael & Sharon Kearney
Linda Rigono
Barent TenEyck

Healthy Living - \$2,500+

Margaret & Charles Coe
Nancy & John Meyers
Gail Reen
Carol Buchanan & Thomas Reimer
Theodore & Ruth Rossi

Social Responsibility - \$1,000+

Assante Family
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YMCA Ambassador - \$500+

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Cynthia & David Sullivan
Alice Wrang

Friend of YMCA - \$250+

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NORTHERN MIDDLESEX YMCA: Community Supporters



midymca.org/give/annualreport

Middlesex YMCA

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Middlesex YMCA

Middlesex YMCA

FOUNDATIONS & COMMUNITY PARTNERS

Visionary - \$50,000+
Middlesex United Way
Peach Pit Foundation

Founders - \$25,000+
Community Foundation of Middlesex County, Inc.

Arthur and Edythe Director Family
YMCA Camp Ingersoll Fund
Barbara Weeks Hart and the
George H. Hart Memorial Fund
The Ingersoll Outdoor Center Fund

Benefactors - \$10,000+
Drummond Family Philanthropic Fund
Maximilian E. and Marion O.
Hoffman Foundation
Travelers Championship's Birdies for
Charity

Youth Development - \$5,000+
Aetna Foundation, Inc.
PepsiCo Foundation
Sgt. Dingwall Golf Tournament

Healthy Living - \$2,500+
City of Middletown
Community Services Fund - Central Region
Dominion Energy Charitable Foundation
Eversource Energy Foundation
The Benevity Community Impact Fund

Social Responsibility - \$1,000+
Citizen's Charitable Foundation
Leventhal Family Charitable Foundation

YMCA Ambassadors - \$500+
EIS Foundation, Inc.
Liberty Bank Employees
Middletown Rotary Charitable Fund, Inc.
Pfizer Foundation
Portland Hope Initiative

YMCA Friends - \$250+
Barnes Group Foundation Inc.
Bristol-Myers Squibb Foundation
Glenn Soloman Scholarship Fund

BUSINESS PARTNERS

Youth Development:
Egidio Assante Wealth Management*

Healthy Living:
Capital One Bank
Comcast
Durham School Services*
Liberty Bank
Suburban Stationers*

Strong Communities:
Bear's Restaurant Group* Change Inc.
CT Custom Aquatics*
Insurance Provider Group Updike, Kelly
& Spellacy, P.C.
*In-Kind

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Bill's Auto Repair & Tire Brookfield
Craft Center, Inc. * Connecticut Brace
& Limb LLC Connecticut Lighting
Centers * Connecticut Sun *
Creative Recreation *
Crescent Street OB/GYN
Daniels Oil Co., Inc., a part of Daniels
Energy
Durham Manufacturing Co.
Espresso Bikes
Fortuna & Cartelli, P.C.
Foxwoods Resort Casino *
Harding Development Group
Hartford Distributors *
Hubert E. Butler Construction Co.
Interactive Business Holdings, LLC
Jarvis Products Corporation
JV Express, LLC
Laura Kayli Art *
Lino's Market
Lyman Orchards *
M & S Paving and Sealing Inc. * M A &
M Inc./dba Aresco Construction *
Malloves Jewelers of Middletown *
Middlesex Habitat for Humanity
Middlesex Health
Middlesex Music Academy Middlesex
Orthopedic Surgeons Middletown
Toyota
Minuteman Press *
Mondo Pizza
Nayaug Family Dental LLC
NFP
NoRA Cupcake Company *
Northeast Beverage *
Paycom
Pete the Tree Guy
Photography by Rosally-Kaplan *
Physical Therapy and Sports Medicine
Center
Prime Source *
ShopRite of Cromwell *
Sterling Realtors
Stylz by Patty, LLC
The Country Framer *
The Flood Law Firm, LLC The Nutrition
Spot LLC Uncle Bob's Flower & Garden
Center
Up In Smoke *
Young's Printing
Webster Bank
Whittlesey
Zulu Nyala Group *
*In-Kind

HERITAGE CLUB

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Kendrick Bellows
Susan Bransfield
George Brown Jr.
Sally Brunson
Eileen & Jerry Burke
Harry Eben Burr
Joan Cambria
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Dorothy* & Michael Waller
Nancy Zimmer

*Deceased

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