FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POWERFUL TOGETHER

NORTHERN MIDDLESEX YMCA
ANNUAL REPORT 2022

POWERFUL TOGETHER

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.

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Jill Funk, Healthy Living Director
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the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear Friends,

The Y is a POWERFUL antidote for loneliness, offering programs and services that engage and unite our diverse community. In 2022, we had over **64,000** visits to the Y, representing people from different backgrounds who experienced a nurturing, caring community. The Y catalyzes social connectivity and wellness that permeates every program, service, and activity we provide. The **611** school-age children participating in our Kids' Korner spend time with friends and positive role models daily before and after school, learning, playing, and developing social competencies. Over **100** teens spend their nights and weekends at the Y, meeting up with friends and enjoying positive recreational activities. Our Active Older Adults fill our gyms and pools throughout the day, motivated to see their longtime friends. Barracuda swim team members spend hours improving their technique and, more importantly, learning to be good teammates, and youth sports classes intentionally focus on building social skills and friendships. **1272** campers attended Camp Ingersoll in 2022, learning firsthand the value of friendship and social connection.

Those impact numbers become more compelling when considering a recent study by the U.S. Surgeon General titled *Our Epidemic of Loneliness and Isolation* that brought to light the erosion of relationships and human connectedness we are experiencing as a nation. While nearly half of all U.S. adults report experiencing loneliness, the highest numbers are youth and young adults ages 15-24. The long-term impact of eroding social connectivity and isolation is declining life spans, chronic disease, suicides, and increasing drug and alcohol abuse. People, both young and old, need the Y to welcome and connect them to a social experience, and the Y needs to continue to work in partnership with community stakeholders to extend our reach and impact.

We know that our work is to improve lives, and we do it through youth development, healthy living, and social responsibility. In 2022, the Board of Directors adopted a new strategic plan for the organization. Focused on the themes of ***Reach & Access, Convene & Collaborate,*** and ***Relevance & Sustainability***, the organization has identified strategic initiatives that will inspire, guide, and prioritize our work for the near future.

Our initiatives include:

- **Expanding childcare and teen services.**
- **Improving housing and addressing food insecurity.**
- **Ensure equitable access and growth for measurable impact on our community wellness footprint.**
- **Increasing year-round programming at our Ingersoll Outdoor Center.**

The Y is celebrating 136 years of service to our community! This is a testament to the generations of volunteers, donors, employees, and community leaders who have given their time, talent, and treasure to ensure the Northern Middlesex Y exists today as a thriving anchor institution in the heart of Middletown. Thank you for doing your part; we are **POWERFUL TOGETHER!**

Sincerely,

Michele Rulnick
President/CEO

Karen Warren
Chief Volunteer Officer/Board Chair

YOUTH DEVELOPMENT

Through powerful partnerships with the community, we were better able to help youth reach their full potential. School systems work closely with our School Readiness Preschool and Before & After School Care Programs to prepare youth for Kindergarten and help close the achievement gap through the elementary school years. Middlesex United Way provides financial resources for us to make childcare more affordable for working families. CT Storytelling Association and Oddfellows Playhouse provide regular programming to youth enrolled in our preschool and childcare programs. MPS Adult ED GED & ESL students receive support from MPS Childcare and Y Preschool Director to transition their toddlers into School Readiness Preschool at the Y. Camp Ingersoll Staff and Stage 1 Cycling work together to get youth outdoors and coordinate large scale races at our beautiful 77 acre facility in Portland. The Police Activity League of Middletown have become a regular presence within our Friday Night Teen Program. These are just a few examples of the many community connections that make us more **Powerful Together**.

MAKING AN IMPACT

- **802 Youth received 46,423 Meals & Snacks in our Preschool & School Age Childcare.**
- **Donations through the Friends of Ingersoll Fund were used to build NEW Climbing Tower.**
- **A new Archery Deck was built thanks to the generosity of Mark and Luanne Paley and Roger and Sondra Beit.**
- **872 Campers had the chance to enjoy the new Climbing Tower and Archery Deck funded by the Friends of Ingersoll Fund.**
- **103 Preschoolers prepared for Kindergarten.**
- **611 K-5th graders enrolled in Before & After School Childcare. (Kids Korner)**
- **209 Youth made connections through Youth Sports Programs. 2,223 Youth (1-17 yrs) YMCA Members.**
- **1,197 Youth took swim lessons to learn life saving skills.**
- **Andre Drummond gave out 300 back-packs filled with school supplies at a meet and greet hosted at the YMCA.**

MEMBER IMPACT STORY

Camper experience inspires The Kehl Family-Barret Katuna and Benjamin Kehl to make a lead gift to Fund the creation of the Kehl Family Disc Golf Course.

"It was on the second family night of Hans and Henry's first year at YMCA Camp Ingersoll that we became inspired to do something meaningful for the camp. Our world needs more "tunnels of love" where young adults high five and offer compliments and affirmations to young campers who look up to them and go home and tell their families about their cool counselors and what they're studying in college. After we walked through the tunnel of love, Hans and Henry asked to play longer after the night's festivities. The counselors were still there, clapping and cheering and coming together to talk about the evening and to prepare for the next day. It was magical to see such positivity in the beautiful outdoors, on a beautiful summer evening. The counselors put their hearts and souls into making each and every camper have an experience that is worthy of dinner table conversation. Hans and Henry still randomly sing the Ingersoll song on car rides and will oftentimes reflect on how much fun they had mountain biking, kayaking, and in archery and in all sorts of activities over the summer. The boys cannot wait to go back. Ingersoll is so much more than just a camp. Through the Family Nights, kids get to show off how much fun their camp is to their parents and all the skills they've honed. Ingersoll's mission of giving children tools to build confidence all while cultivating friendships and a sense of adventure aligns well with our family mission."

COMMUNITY IMPACT AWARD WINNER

Oddfellows Playhouse was founded in 1975 as a community-based, multicultural theater program designed to include children from all backgrounds. Their commitment to providing high-quality theater by and for young people, fostering the growth of young people through the performing arts, offering opportunities, especially to underserved and at-risk youth, and promoting the development of a genuinely multiracial, multicultural society makes them a truly powerful partner.

"Abi Huntington, School Age and Youth Program Coordinator has great appreciation for this collaboration.

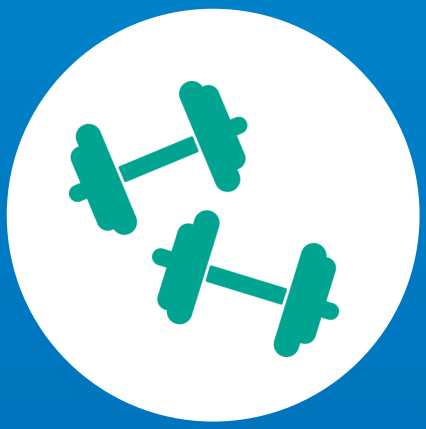
Oddfellows is the perfect match for our children with lots of energy and that love to express themselves through music, art and movement. Our program participants are always eager to see what new skill they'll learn during their Oddfellows class. Our students adore Ms. Allison and the space she gives them to be silly and try new things. Students are so proud of themselves after spinning a plate for the first time or balancing a peacock feather on their nose! They always ask YMCA staff when the next Oddfellows Playhouse visit will be!"

Oddfellows Playhouse Youth theater

HEALTHY LIVING

Improving individual and community wellness is part of our mission. We focus on advancing health equity and making health and wellness options accessible for all. Through the support of donations and grants we were able to offer our FREE 12 week LIVESTRONG at the Y Cancer Survivor Program for the first time since 2019. Middlesex Health and other medical providers have contributed to the success of this program by referring patients and raving about LIVESTRONG at the Y. A partnership with M.A.R.C. gives adults with diverse abilities an opportunity to come to the Y twice a week to exercise with one of our personal trainers. YMCA Fitness Instructors teach weekly active older adult classes at Heritage Commons and Glastonbury Senior Center. We continue to support health and wellness opportunities for individuals with Parkinson's Disease via a weekly virtual class and an in person class at Glastonbury Senior Center. Middlesex Community College and our Membership team have partnered to set up free & memberships for students enrolled full time. Thanks to the generosity of the Beit & Paley families we were able to close the investment gap for new cardio and strength equipment for our members. As we continue to strive to support people of all shapes, sizes, ages, genders and ability levels on their health and wellness journeys, we make a bigger impact because we are more **POWERFUL TOGETHER!**

MAKING AN IMPACT



- **3,556 Adults ages 18-65+ YMCA Members**
- **63,062 Member Check Ins throughout 2022.**
- **777 Renew Active & Silver Sneakers Members**
- **$56,403 provided in Financial Assistance for Membership, Programs & Aquatics.**
- **250+ hours Navigation & Case Management services provided by Gilead Community Services to the Men who live in the Schwarz Residence for Men at the Y .**
- **LIVESTRONG at the YMCA Program reactivated with 18 Cancer Survivors provided 12 weeks of FREE Y Memberships and 12 weeks of Health & Wellness Programming.**

LIVESTRONG at the YMCA TESTIMONY

This fantastic program really motivated me. I had let me body go while going through treatments, and gained a bunch of weight from the steroids. It was just the motivation I needed to get back in the exercise groove! I loved meeting the others in the group. I just wish the program lasted longer! -**Heather**

MEMBER IMPACT STORY

Participation in the LIVESTRONG at the YMCA Program helped Cathy Guadagni take charge of her health and life.

"When I was finishing treatments for my breast cancer, I knew that I had to be proactive about diet and exercise to help prevent the return of cancer. While meeting with the Middlesex Health Nutritionist, we talked about the importance of exercise. She suggested I look into LIVE**STRONG** at the Y. During my intake, the Healthy Living Director, Jill listened so carefully and had such enthusiasm for how the program would help me. The Y immediately felt like it was exactly what I needed to help me get back into exercise and get the endorphin rush I was craving. I've belonged to other gyms. This is not just a gym, this is a community. Every time I walked into the Y, I felt like everyone genuinely cared. The structure of the program with time to gather and connect and check in with each other about our day, our treatment, etc. is what makes it more powerful than being part of a group exercise class. After the first week of sharing and fitness evaluations, the walls came down, the group bonded and held each other accountable. We were all at different levels but all going through the same type of experience. The coaches allowed me to own my progress. They would ask "Are you ready to do more?" They believed in me when I didn't believe in myself. We gradually began to trust the ability of our bodies to become stronger and increase our weights and reps or length of time on the treadmill. Now that I'm a member of the Y, I feel a sense of belonging and have continued to become stronger and reclaim my body, my brain and my life."

COMMUNITY IMPACT AWARD WINNER

Since 1970, Gilead Community Services has been helping individuals find a path to a more meaningful life. Velma Razor, Service Navigator with Gilead comes to the Y twice a week to meet with the residents who rent single occupancy rooms in the Schwarz Residence for Men, located at the Middlesex YMCA. She is truly their champion!

GILEAD COMMUNITY SERVICES, INC
Improving Lives, Building Futures

"Velma has a gift in her ability to approach each client holistically, listen patiently with compassion and extend empathy while supporting the men as they work together to navigate life challenges. Our residents often have limited social and support systems outside of the connections made with Y staff team members in their daily lives. This powerful collaboration with Gilead Community Services allows us to work together to help the men find more permanent housing, apply for unemployment and SNAP benefits as well as secure health insurance. We are grateful for their collaboration and honored to recognize Gilead Community Services with a Community Impact Award."- **Candace Crane,** Middlesex Y VP of Youth Development and Community Relations

LIVE**STRONG** AT THE YMCA

SOCIAL RESPONSIBILITY

The Y is an inclusive organization for all, focuses on the most critical needs of our community and remains dedicated to advancing diversity, equity and inclusion for all. Nearly $300,000 in financial assistance through our Open Doors Program was awarded. We strive to make sure everyone has access to the Y, regardless of social status and remain confident the Y can continue to bring people together while offering support to those who need it for years to come. To help support those facing food insecurity, our Y team continues to work with Partners like St. Vincent DePaul and Peach Pit Foundation to stock a food pantry for the men who reside at the Y. More than 46,000 meals and snacks were provided to students enrolled in our preschool and school age childcare programs. All of this is made possible through the ongoing generous support of more than 60 Foundations, Community Partners and Business Donors. A full list of the 627 individual donors, businesses and foundations who made contributions to our annual fundraising campaign are listed in the Honor Roll. In addition to offering financial assistance, donations have made it possible for us to build a new climbing tower and archery deck as well as update our antiquated phone system and update our telecommunications and technology infrastructure. We are grateful for the many ways gifts of time, talent and treasure make us more **POWERFUL TOGETHER!**

MAKING AN IMPACT

- **3,556 Adults ages 18-65+ YMCA Members**
- **67 Men lived in the YMCA Schwarz Residence.**
- **$400,000 dollars raised in 2022.**
- **109 Volunteers served 1,324 hours during 2022**
- **950 Individuals & families received financial assistance through our open doors financial assistance program.**
- **627 Individual donors, businesses & foundations made contributions to our annual fundraising campaign.**
- **Giving Tuesday Funds raised double our goal—$20,000**
- **Lunch & Learns returned with a focus on protecting retirement assets and learning about the YMCA Heritage Club.**

MEMBER IMPACT STORY

We strive to serve the entire community by providing financial assistance for programs and membership based on individual need. Charitable donations made to the YMCA through our annual campaign help Y members like Gabriela access health and wellness programming for her and her family. Being a healthy and active mom is extremely important to Gabriela. Once her youngest son enrolled in our Preschool Program, the timing was perfect for her to set up a routine to achieve her goals for weight loss.

"For the past year, I would drop my son off at the Y Preschool and workout five times a week. Being consistent has always been a challenge. With all the family friendly programming the Y offers and the way everyone is so friendly and welcoming, I have been able to lose 45 pounds over the past year," said Gabriela. Swimming lessons and Judo training for her children has become affordable. While her children are active in Y programming, Gabriela takes advantage of the fitness center. Having been a member at other local commercial gyms, she found the Y offers so much more. **Says Gabriela, "I grew up with a single mom who was always working so I spent lots of time in front of the TV. Being a role model and keeping my kids active is important. I love the sauna, gym, pools, equipment and classes that the family friendly Y community offers."**

We are grateful to all the donors and community partners that makes it possible for us to create life changing experiences for members like Gabriela. Thank you for powerful support!

COMMUNITY IMPACT AWARD WINNER

Carol Buchanan is a long time member of the Middlesex YMCA and receives this Community Impact Award for her selfless contributions as a member of the board of directors, swim team volunteer, and fundraising committee chair. When her daughter became part of the Barracuda swim team, Carol became very active as a volunteer to raise funds for the team and as a timer for meets, as well as a dedicated member of the parent committee. When she joined the Board of Directors, Carol offered her expertise as an information technology professional (since retired) to guide the Y in a transition to our current fundraising system. Carol is the chair for the Financial Development committee at the Y and assists the professional staff and volunteers in raising over $400,00 in annual support. We are grateful to Carol for her passion, knowledge, dedication, and friendship.

CAROL BUCHANAN

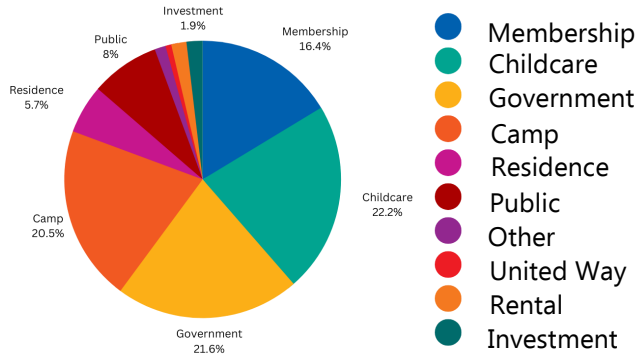
2022 FINANCIAL REPORT

REVENUE		
Membership Dues & Program Income	$	1,059,942
Childcare	$	1,440.378
Government Funding	$	1,397,269
Camp	$	1,329,613
Residence	$	367,852
Public Support	$	521,510
Other Income	$	83,738
United Way	$	44,132
Rental Income	$	115,306
Investment Income	$	121,873
Net assets released from restrictions		——
TOTAL PUBLIC SUPPORT AND REVENUE	**$**	**6,481,613**

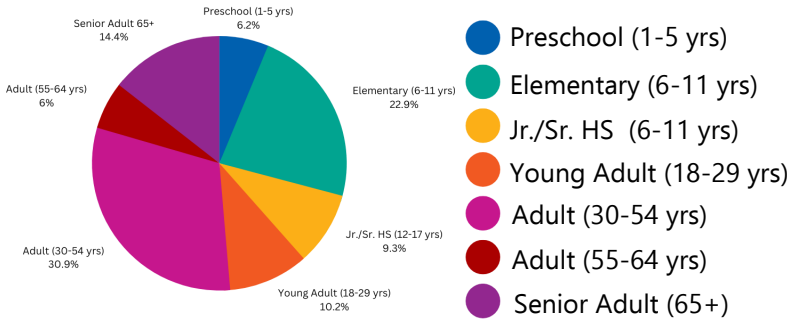
EXPENSES		
Youth & Family Services	$	3,068,806
Membership Services	$	1,708,502
General & Administrative	$	798,630
Fundraising	$	178,148
TOTAL EXPENSES	**$**	**5,754,086**

Change in unrestricted net assets from Operations	$	727,527
Total Other Income	$	(4,613)
CHANGE IN NET ASSETS	**$**	**722,914**
Net Assets - December 31, 2021	$	13,216,347
Change in Net Assets	$	722,914
NET ASSETS– December 31, 2022	**$**	**13,939,261**

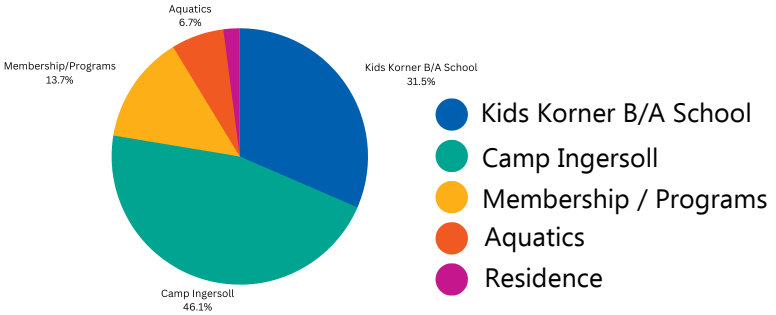
2022 SOURCES OF REVENUE



2022 MEMBERSHIP COSTITUENCIES



2022 OPEN DOORS ASSISTANCE



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Nancy & Woodbridge D'Oench
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Patti Anne Vassia
Dorothy* & Michael Waller*
Nancy Zimmer
* Deceased

Membership in the Heritage Club simply requires a commitment of a gift (now or in the future) that will benefit the Endowment Fund to ensure that the Northern Middlesex YMCA stays strong for future generations. Donors may restrict their gift to benefit a particular program and/or capital project.

2022 DONOR HONOR

Foundation, Community Partners & Business Donors in **BOLD**

VISIONARY-$10,000 +

The Community Foundation of Middlesex County, Inc.
The Cornelia T. Bailey Foundation
The Drummond Family Philanthropic Fund
The Ingersoll Outdoor Center Fund
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Liberty Bank Foundation
Middlesex United Way
NBPA Foundation
Peach Pit Foundation
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2022 DONOR HONOR

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