



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RISE UP!

ANNUAL REPORT 2021
NORTHERN MIDDLESEX YMCA



RISE UP!

- for Affordable Housing
- for Quality Preschool & Childcare
- for Reconnecting with Wellness

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.



YMCA STAFF DIRECTORS

listed below served generously during 2021

Michele Rulnick, President/CEO
Heather Chandor, VP of Operations
Candace Crane, VP of Youth Development & Community Relations
Lori Lodge, Development Director
Bryeanna Lewis, Aquatics Director
Natalie Garrison, Finance Director
Ceara Ladue, School Age Director
Karyn Hurlbert, Early Childhood Education Director
James Goodin, Resident Director
Ben Silliman, Youth & Outdoor Center Director
Richard Solomon, Facility & Grounds Director

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The members listed below served generously during 2021

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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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear Friends,

As I prepared this 2021 Annual Report, it struck me that my words and the content within have historical relevance. This document is an artifact, an archive of the organization's service and impact in the community. With the publication of this report, the Northern Middlesex YMCA, once known as the Middletown YMCA, will have 135 historically significant reports.

The Annual Report celebrates and documents the organization's accomplishments. The Y's story is symbiotic to the experiences of the larger community, and it offers "a point in time" look at the pressing issues, needs, and shared values. In 2021 those relevant topics included year two of a global pandemic, the "great resignation" and workforce issues, increasing numbers of youth and adults struggling with mental health challenges, and a collective spotlight on the work needed to promote Diversity, Equity, and Inclusion.

The Y has had to adapt to the current issues affecting our society in a rapidly changing environment. The Board and staff team continue to work on a new strategic plan. This plan will guide us into the post-pandemic future focused on strategic priorities that address pressing community needs and sustainable revenue. The Y is rebuilding a core team of committed, agile, and innovative staff who will adapt programs and services to meet the ever-changing demands. These are just a few of the initiatives being undertaken to respond to the most pressing needs.

- Incorporating social and emotional learning as a critical curriculum component for our preschool, school-age, and summer camp programs.
- Embedding mental health and wellness support into all Y programs.
- Implementing DEI Committee recommendations into new employee training.
- Improving our hiring practices, and
- Promoting equitable growth opportunities.

The Y story to tell as we move forward focuses on resilience, recovery, and realignment. Our community needs the Y to **RISE UP!** and work collectively with stakeholders and community partners to address the increasing demand for affordable housing, food security, affordable high quality childcare, youth development, and community wellness.

We are well-positioned to do this vital work with a dedicated Board of Directors, donors and friends who believe in our mission and impact, strong business and collaborative partnerships, and a dedicated, skilled staff team committed to helping people live full and productive lives.

One hundred thirty-five years of history provide a strong foundation and a perspective that hard times have strengthened our resolve. Our Y is stronger because of this and is intentional about the value of our work serving this community.

Michele Rulnick
President/CEO

Karen Warren
CVO

YOUTH DEVELOPMENT

Throughout 2021, our Youth Development teams continued to integrate strategies to help children heal from the trauma and reintegrate back to in person activities. We began the year feeling resilient, creative, compassionate and brave. Having employees who could pivot, think creatively, and do what was necessary to support our youth was key to our success. Children remained active and engaged with others in Swim Lessons, Swim Team and Youth Sports. Camp Ingersoll was fully enrolled and Summer Enrichment campers filled the Y with positive energy. Government Funding allowed us to expand our financial assistance program and add additional staff to keep ratios low. With great concern about the mental health of teens, the Y collaborated with Russell Library, 21st Century and Habitat for Humanity to expand it's offerings to include: Fit 365, Girls Leadership, Teen Nights, Teen ReStore, Teen VIBE, Writers Block, a checkers tournament and more.

School Age Before & After School Childcare returns to 5 days a week in person at 11 schools in Middletown, Portland and Cromwell. This gave our Health & Wellness team the opportunity to return to full programming for our members.



Community wide events return. The Y team supports the Family Community Day at MacDonough School.



Friday Night Teen Programming returns with outreach through schools to engage teens and rebuild Andre All Stars Membership program.



Outdoor Family Events return at YMCA Camp Ingersoll with STEM Adventures for Families & Family Hikes.



SCHOOL AGE Childcare returns to 4 days a week at schools and 1 day of Distance Learning at the Y.



TEEN VIBE Newsletter publishes 1st edition in partnership with Russell Library & Y Teen Programs.



MAKING AN IMPACT

- **YOUTH SERVED** – Provided **2,720** children with summer camp, youth sports and childcare program experiences.
- **SCHOOL READINESS** – Provided **83** preschoolers with school readiness preschool experience.
- **CAMP INGERSOLL** – 426 campers received a total of \$148,000 in financial assistance.
- **KIDS KORNER** – 179 children received \$60,248 in financial assistance to participate in Before & After School Childcare.

“Governor Lamont awarded a \$50,000 COVID Recovery Grant for YMCA Camp Ingersoll and YMCA Summer Enrichment Camp.

“This funding comes at such a critical time,” Michele Rulnick, CEO of the Middlesex YMCA, said during an April 2021 virtual news conference. “We know that children need to be engaged in positive activities this summer. We know they need to re-engage and reconnect. We know they have to practice those critically important social skills. They need to be outdoors. They need to be around positive role models.”

“Thank you Mr. Jim for sitting with him to bring his ideas to life. The Y has terrific, caring staff who take the time to get to know them personally! Mr. Jim spent days with my son helping him build a suspension bridge out of popsicle sticks. He was thrilled to have his idea come to life! I was thrilled that he was able to learn some science and math skills!”
– KK Parent

“The teachers did a great job getting them back in with the routine and doing everything they had to do to make sure the students were safe. She has changed and grown so much. It’s amazing and fulfilling to see her starting to write her name and count to 100.” – Preschool Parent



HEALTHY LIVING

2021 was a year focused on recovery and renewal. The Y was committed to helping our community regain wellness through exercise, socialization, and community connection. Strategies were identified to help provide the support needed to help people regain physical and mental health. A wide variety of outdoor and online wellness opportunities were provided. Resources and education about the positive impact of exercise on one's mental health were shared. Partnership with NAACP was established to begin addressing racial inequities in healthcare and wellness opportunities. Active outreach to members on hold including #ServingYouSafely messaging. As programming and hours expanded, more members returned bringing excitement and energy that could be felt by all.

Group Exercise and Cycling classes return to downstairs location. Gymnasium schedule expands to include more drop in time for members.



Begin to phase out lap lane reservations and gradually increase drop in lap swim throughout summer. Outdoor group exercise classes offered in Cromwell, Camp Ingersoll and Harbor Park. NEW Paddleboard class launches.



Mask mandates lift for vaccinated YMCA members with exception to common areas to protect our preschool aged population.



Facility hours expand to include 5:15am weekday opening hours. Group Swim Lessons returns.



Collaboration with YMCA's to launch hundreds of virtual fitness classes on Y Wellness 24/7.



Drop in use of Fitness Center and Pickleball returns.



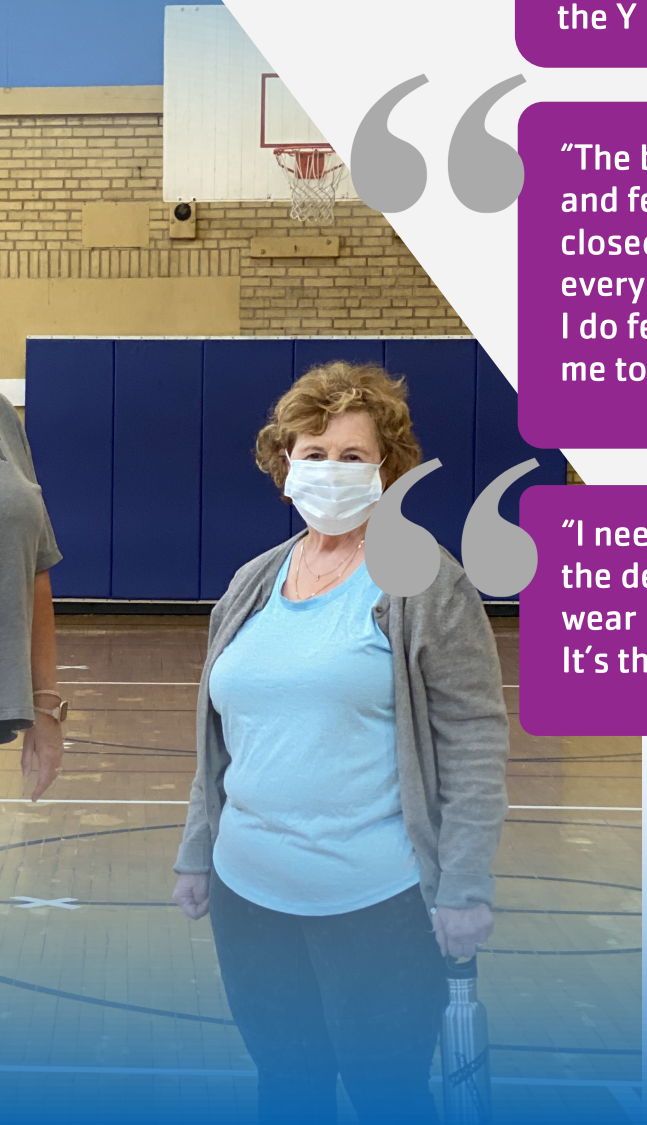
MAKING AN IMPACT

MEMBERSHIP - \$11,668 in financial assistance was provided to individuals and families to become members of the Middlesex YMCA to access Health and Wellness opportunities.

“I love the Y, it’s changed my personality to the better. I’m more fit and mostly the social end of it has been really excellent for me because I don’t get out a lot, even before the pandemic. It’s very safe here. I’m in my seventies. I wouldn’t be here if it wasn’t safe. Sylvia the instructor couldn’t be better. She’s kind, she explains and she’s just a very nice person and she makes you feel good. I look forward to coming and I’m mad when I can’t make the class. I couldn’t encourage you more to come to the Y it’s a great place.” - Bev

“The best part of coming to the Y is just getting my day going and feeling good before work. I really missed that when it was closed. They have done a really good job of making sure everyone is wearing masks and maintain social distancing. I do feel safe when I come here. It’s been really important for me to manage stress during this period.” - Guy

“I need the Y to feel good. It’s the best ever, I love everyone at the desk. The pool is my heaven. We’re very very safe, we all wear masks, we jump in the pool and have our wonderful swim. It’s the best thing ever.” - Jackie



SOCIAL RESPONSIBILITY

Despite all the odds, the Northern Middlesex YMCA remained dedicated to serving the needs of the community and the most vulnerable members within. With support from donors, community collaborations and a Food Insecurity grant from Y of the USA, the Y was able to increase the support for the 60+ men residing at the Y in dorm style housing without a kitchen. First Church continued to provide weekly hot meals through most of 2021. Amy Cardoza, Y Childcare & Camp Financial Manager took time every Wednesday to cook 60+ hot meals from March–August. The men also enjoyed the fresh fruit that is now available weekly and have access to a fully stocked food pantry.

The Middlesex YMCA hosts Vaccine Booster Clinic offered by the City of Middletown Health Department.



DEC '21

The Middlesex YMCA partners with Gilead to provide Navigator service to men who reside at the YMCA.



JUL '21

The YMCA supports PRIDE month and shares Y INCLUSION statement that all are welcome at the Y.



JUNE '21

Food Insecurity issues continue to be addressed with meals delivered weekly from First Church, facilitation of FREE USDA farmers to families boxes and the start of weekly home-made meals made possible from Y/USA Grant.



MAY '21

President/CEO hosts ZOOM Town Halls to provide updates to community stakeholders.



APR '21

Support the COVID Vaccine registration process via communications to members.



MAR '21

#WeWearBlack to bring awareness to systemic racism and oppression of black people in US and around the globe.



FEB '21



MAKING AN IMPACT

- **MEALS SERVED** – 2,385 meals were served to the men living in the YMCA residence.
- **FOOD PANTRY** – 5,000+ items were donated to fill a food pantry located in the Resident Director’s office.

“I appreciate this very much. It’s very enjoyable. Everything has been wonderful. It’s a big bonus to come home from work and have a meal ready and waiting, especially in this extreme heat. We appreciate it and thank you. We are not fortunate enough to have a regular kitchen so everything we do is microwave. After a while that gets old. All that salt is not good.”
Male Resident 8.25.2021

Al, a resident of the Schwarz Men’s Residence at the Middlesex YMCA, has lived at the Y for about a year. Y staff and residents who know Al, describe him as a great guy who is friendly and hard working. Al grew up in Hartford and came to live in Middletown about 20 years ago. As a senior who works part time, Al was looking for temporary housing that is affordable while he waits to secure senior housing. It could take up to two years before a spot becomes available. His boss at a local furniture store was a member at the Y and told him about the Men’s Residence. Al hopes to start using the Y fitness facility since he lives here. While he looks forward to moving to a home with a full kitchen. Al is grateful for the weekly meals that were provided often throughout 2021. Having access to the Y food pantry is also helpful. Giving back to the community is important to Al. He works twice a week as dining room manager at St. Vincent DePaul.



Photo Credit: St. Vincent DePaul

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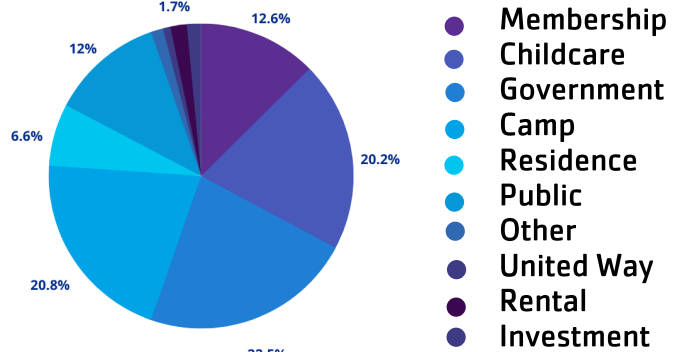
Alfredo, (far right), is a guest turned dining room manager who stepped in for Jacari and is now staff! – St. Vincent DePaul fb post May 4, 2022

2021 FINANCIAL REPORT

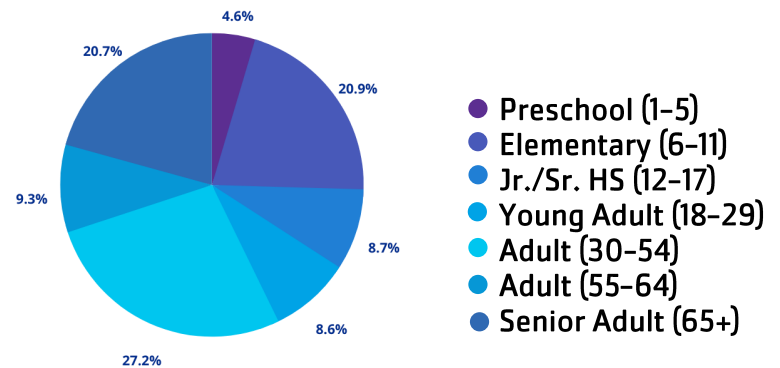
REVENUE

Membership Dues & Program Income	\$ 733,835
Childcare	\$ 1,180,150
Government Funding	\$ 1,314,169
Camp	\$ 1,210,703
Residence	\$ 385,292
Public Support	\$ 699,142
Other Income	\$ 76,024
United Way	\$ 46,752
Rental Income	\$ 100,484
Investment Income	\$ 87,979
Net assets released from restrictions	—

2021 SOURCES OF REVENUE



2021 MEMBERSHIP COSTITUENCIES



TOTAL PUBLIC SUPPORT AND REVENUE \$ 5,834,530

EXPENSES

Youth & Family Services	\$ 2,622,082
Membership Services	\$ 1,562,416
General & Administrative	\$ 751,521
Fundraising	\$ 135,238

TOTAL EXPENSES \$ 5,071,257

Change in unrestricted net assets from Operations	\$ 763,273
Total Other Income	\$ 1,335,492

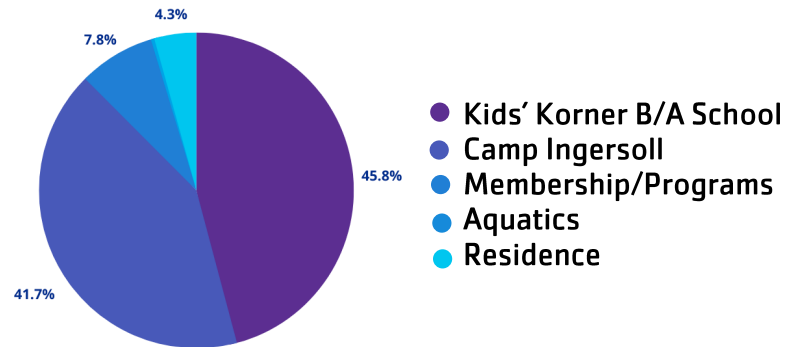
Change in temporary restricted net assets

CHANGE IN NET ASSETS \$2,098,765

Net Assets - December 31, 2020	\$ 11,117,582
Change in Net Assets	\$ 2,098,765

NET ASSETS- December 31, 2021 \$ 13,216,347

2021 OPEN DOORS ASSISTANCE AWARDS



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*Recognition list reflects cash and in-kind donations.

The Middlesex YMCA is grateful for all contributions. If your name has been omitted or displayed incorrectly, or if you wish to make a change please call the Development Office at 860-343-6232.

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FOUNDATIONS & COMMUNITY PARTNERS

Visionary – \$50,000+

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The City of Middletown

Founders – \$25,000+

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Bob Spencer
Charles & Joan Stone
Kathy & Frank Sumpter
Joan & Richard Tomc
Patti Anne Vassia
Dorothy* & Michael Waller
Nancy Zimmer
* Deceased