The Merrimack Valley YMCA is proud to partner with our neighbors to work together to strengthen our community. We do this by focusing our efforts on developing youth, improving healthy living for all and fostering social responsibility to create positive and lasting personal and social change – the kind of change that can only come about when we all work together to invest in our kids, our health and our neighbors. Thank you to all of our supporters.

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Kathleen Boshar Vice President of Philanthropy
Rosea Rozeta Vice President of Human Resources
Alex Turek Executive Director, Andover/North Andover YMCA
Daniel Halloran Executive Director, Lawrence YMCA
Anna Whalen Executive Director, Methuen YMCA
Claudia Soo Hoo Executive Director, Lawrence YMCA

COMMUNITY PARTNERS 2016

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Donald & Lynne Buens

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PLUTING MISSION INTO ACTION

Merrimack Valley YMCA Community Impact Report 2016
Every day the Y’s impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for a common good. As a 501(3)(c) volunteer-founded, volunteer-led organization the intent is to foster social connectedness, strengthen support networks, and encourage investment in our communities which in turn serves to strengthen the foundations of our community. This is all done at no cost to the neighboring cities and towns thereby lessening the burden of government.

Membership dues support everyday operations. However, the Merrimack Valley YMCA endeavors to secure grants and conduct annual fundraising campaigns and events necessary to sustain all the financial assistance, charitable services and provide access to people of all income levels. The Merrimack Valley YMCA provides millions of dollars each year in essential services and financial assistance initiatives focused on youth development, healthy living and social responsibility, aligned to the unique and diverse needs of the communities it engages. The Y’s activities have significantly enhanced public access to fitness, health, educational enrichment and numerous other services; especially among children, the disabled, the homeless and the needs associated with an aging community and other at-risk populations.

The Y is and always will be dedicated to building healthy, confident, connected and inclusive communities. The Merrimack Valley YMCA believes that by bringing our neighborhoods, all of our kids are deeply enriched and our community is strengthened. We are here to work together with you and others to create a stronger, more vital and inclusive community.

The Merrimack Valley YMCA delivered over $4 million of subsidized services to needy and deserving children, adults, families and of the Merrimack Valley region. The breakdown of these subsidized services includes:

- **$669,264** . . . . . Membership and Program Financial Aid
- **$516,834** . . . . . Outreach Programs
- **$374,113** . . . . . Housing Assistance
- **$2,445,628** . . . . . Subsidized Child Care

Total **$4,005,839**

**FINANCIAL OVERVIEW 2016**

Merrimack Valley YMCA | Consolidated Audited Financial Statements

**INCOME**

<table>
<thead>
<tr>
<th>Programs &amp; Membership</th>
<th>$10,049,716</th>
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<tbody>
<tr>
<td>Membership</td>
<td>$2,391,152</td>
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<tr>
<td>Contributions &amp; Events</td>
<td>$3,305,688</td>
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<tr>
<td>Grants</td>
<td>$60,050</td>
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**TOTAL INCOME** **$17,260,952**

**EXPENSES**

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<tr>
<th>Programs &amp; Membership</th>
<th><strong>$13,362,717</strong></th>
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<tbody>
<tr>
<td>General &amp; Administrative</td>
<td><strong>$1,888,381</strong></td>
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<tr>
<td>Fundraising &amp; Development</td>
<td><strong>$343,006</strong></td>
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</tbody>
</table>

**TOTAL EXPENSES** **$15,594,104**

**NET SURPLUS/DEFICIT** **$1,666,848**

* Expenses represent all cash and non-cash expenses including $847,286 of depreciation

**WITH PROGRAMS FROM A TO Z**

- ADVOCACY • ATHLETICS • ACADEMIC ACHIEVEMENT • BASKETBALL • CONNECTING PEOPLE • CHILD CARE • DANCING • DEVELOPMENT • EXERCISE • EDUCATION • FRIENDSHIP • FLAG FOOTBALL • FAMILY FUN • GOLF • GROUP WELNESS • GUIDANCE • HEALTHY COOKING • IMAGINATION • JUMP ROPE • JOB TRAINING • KNOWLEDGE • LUNGE • LEADERSHIP • MENTORS • MUSCLES • MILITARY OUHEMENT • NATURE CAMP • NURTURE THE POTENTIAL • OUTDOOR ACTIVITIES • OLDER ADULT HERITAGE • Pathfinder • PREVENTION • RETURN • STRONGER COMMUNITIES • SWIMMING • SERVICE-LEARNING • TEAMWORK • TENNIS • TUTORING • UNLIMITED FUN • VOLLEYBALL • VOLUNTEERISM • WELL-BEING • WALKING CLUB • YOUTH SPORTS • YOUTH IN GOVERNMENT • ZIPLINE

**LIVESTRONG® AT THE YMCA**

The Merrimack Valley YMCA is honored to be chosen as a host site of the LIVESTRONG® at the YMCA program, which targets men and women of all ages who are more than 15 Ys across the nation that delivers this health and well-being program designed to help adult cancer survivors achieve their holistic health goals. This evidence-based program is a free 12-week small group program for adult cancer survivors, family members and caregivers. LIVESTRONG® offers those living with, those who have lived with, and those who have lost cancer a chance to come together in an environment to participate in activities focused on strengthening the whole person.

Participation in LIVESTRONG® at the YMCA is often a cancer survivor’s first step in the journey toward recovery.

Participants work with specially trained Y staff to achieve goals such as:

- Building muscle mass and strength
- Increasing flexibility and endurance
- Improving confidence and self-esteem

In addition to physical benefits, the program also focuses on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond.

**DIVERSITY & INCLUSION - ANA SYNCHRO EXCHANGE**

Brenda Bryan, an ANA Synchro volunteer whose daughters, Gates Bryan, won the USA Synchro “Swimmer of the Month” award for September, was integral in bringing this exchange program to fruition. The young women, who are part of the Merrimack Valley YMCA’s Andover/North Andover Synchro Team and the ANA Synchro Team from Southern France, were both introduced to swimming at a young age by their parents and coaches.

In November, members of the ANA Synchro team visited France, just north of Marseille, in the Provence region. They stayed, with their host families, went to school and Synchro practice with their NCB sisters and explored the local sights and culture.

In October, as part of the USA Synchro-International Club Exchange Program, the Andover/North Andover (ANA) Synchro Team hosted Nautil Club Boucan (NCB), a youth Synchro club from Southern France. The participants hosted members of the ANA Synchro Team and hosted them in their homes. The French swimmers had the opportunity to experience local culture and historical sites around Boston, while practicing with the ANA Synchro Team.

The program also highlighted the other side of sport – not the competition, but the building of relationships and community across the world. What an amazing experience!