

MERRIMACK VALLEY YMCA

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...4 LETTERS WITH ENDLESS POSSIBILITIES

ANNUAL IMPACT
2018

MESSAGE FROM

CHAIR OF THE BOARD OF DIRECTORS



**Deborah Hope,
Chair, Board of Directors**

Welcome to the Merrimack Valley YMCA. There is not a more exciting, cause-driven organization to belong to, raise a family in, work or volunteer for, or donate to. This year we worked harder than ever to meet increasing community needs. We served more members and program participants than ever before in our organization's history, and we provided more financial assistance to more people - more than \$4 million for enhanced public access to fitness, health, educational enrichment and so much more.

Our connections to our community hold us together, offer support and give us an important sense of belonging. Volunteering to help others in need and enjoying friendship and camaraderie enrich our lives and make each of us, and our community, stronger and more resilient. Our Y is and always will be a place where one and all are welcome, valued, and respected. Each day our members, participants, volunteers, donors, and partners kept us grounded in our values as a charitable organization striving to achieve positive impact throughout the communities we serve. Communities, where everyone can be safe, establish new relationships, families can flourish, adults can find friendship and where children can learn and thrive.

As we celebrate our 138th year, we will continue to strive to strengthen our community by being there for all and bringing people together.

SERVICE RESULTS

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

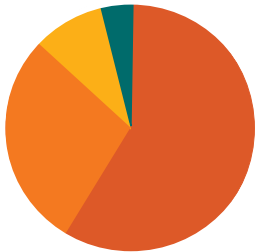
\$2,477,830	Subsidized Child Care (full day and after-school care)
802,642	Membership and Program Financial Aid
476,339	Outreach Programs
424,492	Housing Assistance
Total \$4,181,303	

FINANCIAL OVERVIEW 2018

Merrimack Valley YMCA | Consolidated Financial Statements
OCTOBER 1, 2017 THROUGH SEPTEMBER 30, 2018

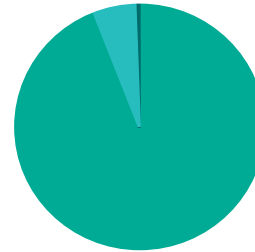
INCOME

PROGRAMS	\$11,216,010
MEMBERSHIP	5,264,799
CONTRIBUTIONS & SPECIAL EVENTS	1,748,170
GRANTS	718,154
TOTAL INCOME*	\$18,947,133



EXPENSES

PROGRAMS & MEMBERSHIP	\$17,000,133
GENERAL & ADMINISTRATIVE	906,739
FUNDRAISING & DEVELOPMENT	130,930
TOTAL EXPENSES*	\$18,037,853
NET SURPLUS/DEFICIT	909,280



* Expenses represent all cash and non-cash expenses including \$1,260,483 depreciation.
* Income includes Lawrence Master Plan project pledges and gains/losses on investments.



LAWRENCE YMCA FOOD PANTRY

Healthy Living, Social Responsibility

Thanks to generous supporters and volunteers, our Year-Round Food Program continues to grow, easing food insecurity at the Lawrence YMCA. We started with lunch and snacks served during and after the school day, expanded it to teen dinners and a backpack program that sent food home with children dealing with food insecurity on the weekends, and finally opened a food pantry to allow families to come in and shop for their own food with pride and dignity. The food pantry operates year round, opening on Thursdays from 4:00-6:00pm.

In the aftermath of the gas fire emergency in the Merrimack Valley in September, we opened the Lawrence YMCA Food Pantry additional hours to accommodate families who had been displaced from their homes or who could not cook after gas was shut down in the region. We asked for community support and the response was and continues to be inspiring. Since the first weekend following the gas explosions, we have collected an unprecedented amount of food and toiletries and have been helped by so many wonderful volunteers. The YMCA Food Pantry continues to accept donations of food and toiletries. Monetary donations to support the Food Pantry are also welcome. For more information, please visit our website at www.mvymca.org/pantry.

OUR CAMPS

Youth Development, Healthy Living



At Merrimack Valley YMCA camps, generations of campers and staff have laughed, played, developed friendships, built confidence, learned new skills, and created memories that last a lifetime. Our two overnight camps, Camp Lawrence for boys and Camp Nokomis for girls are located on Bear Island on beautiful Lake Winnepesaukee in New Hampshire. They offer days filled with fun and adventure and nights around the campfire; all while emphasizing the core values of Honesty, Responsibility, Respect and Caring. Camp Otter on Captain's Pond in Salem, New Hampshire, our day camp and our Road Rangers themed day trip camp, provide a variety of activities that help children learn new skills and make new friends in an instructional, non-competitive environment.

The Merrimack Valley YMCA makes these life-changing experiences possible for all families, regardless of income. This year we were proud to offer \$135,000 in financial assistance and scholarships to Camp Lawrence, Camp Nokomis and Camp Otter. We also provided other events and opportunities for children and adults to experience the magic of camp including the CORE 4 Youth Leadership Summit, Alumni Day, Family Camp, and Women's Wellness Weekend. Our YMCA camps touch all three pillars of our mission: Youth Development, Healthy Living, and Social Responsibility.



SINGLE ROOM OCCUPANCY

Social Responsibility, Healthy Living

The YMCA Resident Program is a Single-Room Occupancy Section 8 subsidy program that offers safe, affordable housing and supportive services to qualified single men over the age of 18. Our program is administered by the Lawrence Housing Authority (LHA).

The YMCA Residency Program offers...

- A referral program that includes: medical and mental health services, vocational training, and ESL and GED classes
- TV room/cable, laundry
- Fully secured building with overnight security guard
- Complimentary use of YMCA Fitness Center facilities
- Separate handicap accessible entrance with elevator

Our services include...

- A safe, secure place to live
- Referral to mental and physical care
- Help in finding appropriate programs and services
- Help in finding new job and skill development
- Planned activities for residents
- Frequent community meals, holiday dinners and access to our Food Pantry



Our mission at the YMCA SRO Program is to aid men who need a hand up – not a hand out.

YOUTH DEVELOPMENT

learned early on are vital building blocks for life. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential.

We believe the values and skills

1,839

Resident and day camp participants



5,239

Served in Teen Dinner program

206 TEENS

develop leadership skills and engaged in enrichment activities



305
4th & 5th Graders
Participated in OUTDOOR EDUCATION



665
Children

grow, learn and thrive in a safe and nurturing preschool and after school environment



2,100
Students

Lawrence Public School Enrichment each week

HEALTHY LIVING

Health and well-being are all a

part of balance. That's why we help people and families build and maintain healthy habits in their everyday lives. By helping those from all ages and backgrounds improve their health and well-being, we build a stronger community.

12,793
SENIOR
visits to the Active Living Center



138,620
TOTAL MEALS SERVED
Through our food programs



1,293
children learn the value of healthy living through Active Science®



552,617
Member Visits
to our Branches



SOCIAL RESPONSIBILITY

that when we work as one, we move people and communities forward. We are committed to support our neighbors and provide opportunities for kids, adults and families to give, join in or advocate in the name of stronger communities.

We know

105
ADULTS IN OUR COMMUNITY
trained in Stewards of Children initiative



73
men receiving shelter & support services
SRO



744
Volunteers
2,525
Hours



18,270
Showers
provided to those affected by the Gas Emergency



143
Adults with disabilities attend Special Friends dances



to



JOYCE & HARLOW

EARLY LEARNING READINESS AT THE METHUEN YMCA

My name is Joyce. Harlow, my beautiful 3 year old granddaughter, needed to learn to play and socialize with other children her own age. I was fortunate enough to learn about a special program being held at the Methuen YMCA called Early Learning Readiness. I brought Harlow to the class and was pleasantly surprised. From our first visit, the staff was very warm and welcoming to us and the class was an instant hit with Harlow. Over the two years we have been coming to the program, I have watched her slowly blossom. There have been so many benefits. Her speech has improved and she has really enjoyed the routine of the class – especially playing with the boys! This program has been a blessing. I am so very appreciative to the Y for their service to the Merrimack Valley community.

AMOS V & DIANNY R

SMART HOOPS AT THE LAWRENCE YMCA

Amos: This is my first summer doing Smart Hoops. I had lots of fun playing basketball and learning a lot. Smart Hoops is not just playing basketball. It's also learning about things you wouldn't learn about in school. We've talked about making healthy choices, like which foods are the best to eat because they have the most vitamins. We also talked about social media. I like the education parts because it's not math or reading, but preparing you for life.

Dianny: Smart Hoops is a very inspirational program. The coaches help kids get better and help them out when they are struggling. My favorite part has been playing games with the coaches. Smart Hoops helps you get better by making you work harder. They give good advice and the speakers inspire us. They give us advice for our future.





LEO & MARIA CHAN

ANDOVER/NORTH ANDOVER YMCA ACTIVE LIVING CENTER

The Y is like a second home for us. We have been members of the Andover/North Andover Y for almost 10 years, but after Maria retired, we started coming more frequently – swimming, attending classes such as Enhance Fitness in the Active Living Center, yoga, Zumba and more. Sometimes we are here six days a week! What we love about the YMCA is everyone is so friendly and welcoming. For any new retirees out there, we would strongly recommend the Y. It can be a shock when you stop going to a job every day. Coming to the YMCA gives you a routine and when you get involved in classes and programs, the social aspect can be as good for your health as the exercise. This Y has really enhanced the quality of our lives and our retirement.

ISAAC MBUTHIA

ANDOVER/NORTH ANDOVER YMCA

For me, the YMCA has been life-changing. I have been coming to the Andover/North Andover Y for two years and thanks to the group exercise classes, I managed to lose 100 pounds. When I started coming here, I felt like I'd been coming for a very long time because everyone was so friendly and welcoming. From the moment you walk in and see the people at the reception desk, to the trainers and other staff, they always have a smile and words of encouragement. They are always ready to help. I bring my boys here as well and they have enjoyed playing with the other children.

The YMCA offers the perfect environment and the right motivation for any individual to accomplish his or her goals. It's very welcoming. No matter who you are, where you're from, you'll definitely feel at home. I like this place, what can I say?



Community Partners 2018

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 work together to invest in our kids, our health and our neighbors. Thank you to the following donors for their support of the Merrimack Valley YMCA.

YMCA Pioneer (\$10,000+)

New Balance Foundation
YMCA of the USA
Watts Water Technologies, Inc.
City of Methuen
Victor J Mill III
Alliance of Massachusetts YMCA
The Stevens Foundations
United Way of Massachusetts Bay and Merrimack Valley
City of Lawrence
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Borislow Insurance Agency
Donald & Lynne Bulens
Lawrence General Hospital
Saab Family Foundation
YMCA of Silicon Valley

YMCA Champion (\$5,000+)

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Sail Point Technologies
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Kevin St. John
HC Freeman & Kathy Stevens
Rebecca Trachsel
Maureen & Alvin Yadgood
Catherine McCarthy Memorial Trust Fund



This multi-year initiative and capital campaign will allow the Lawrence YMCA to make transformative changes and build additional resources to continue to enable us to strengthen our community. Thank you to the following donors for their leadership in this effort this year.

YMCA Pioneer (\$10,000+)

Amelia Peabody Charitable Fund
Bulens Family Foundation
Pentucket Bank
The Smithson Family
Andrew Chaban
Chris & Eleanor Armstrong
Ash Foundation
Michael Batts
Enterprise Bank
Clifford Howe
Shaheen, Pallone & Associates PC
Kevin St. John

YMCA Champion (\$5,000+)

Committee to Elect Dan Rivera
Frank & Amy Kenneally
Chris & Debbie Andrews

YMCA Patron (\$2,500+)

Tony & Beth Daigle

Thank you for your support of the Lawrence YMCA.
www.mvymca.org/lawrenceexpansion

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