



Celebrating 50 Years of Serving the MetroWest Community

Report to the Community 2010

Board Chair's & President's Message

Dear Friends of the MetroWestYMCA,

2010 is the 50th Anniversary of our MetroWestYMCA, and there is much to celebrate! Kids who came to theY for swimming lessons in the early 1960s are now adults who continue to take part inY programs with their own children and sometimes grandchildren too. In addition, thousands of new children, families and adults have joined ourY family over the years, benefiting from the many health, recreation and educational programs we provide.


The MetroWest YMCA continues to meet the ever-changing needs of the communities we serve. We're delighted to report that ourYMCA is thriving with a growing membership and many new programs. In fact, this past year we served close to 20,000 people! We are so grateful to the many volunteers and donors who helped make this possible throughout the years as we have followed our mission of building strong kids, strong families and strong communities.

The "Activate America" initiative with the national YMCA is showing tangible results right here at home. Activate America involves building strong relationships amongst members and staff and responding to the ever changing needs of health seekers. The ultimate goal is increasing healthy living in our communities. We are continuing to address the obesity issues pervasive in the community with many additional wellness programs geared toward children and adults.

During 2009, thanks in part to the generosity of our funders, we were able to distribute more than \$795,000 in financial assistance. Over 2,400 children, families and seniors who would not otherwise have been able to participate in our programs, benefitted from access toYMCA programs and services through scholarship aid.

As we head into our next 50 years, the Board and Staff continue to be committed to providing the MetroWest area with excellent programs that inspire and challenge our members, and address community needs. We thank you for your past support and look forward to your ongoing support in the years ahead.

Sincerely,


Janet Sheehan Drummey
Chair, Board of Directors


Jeanne L. McAllister
President & CEO



*Janet Sheehan Drummey,
Chair, Board of Directors*



*Jeanne McAllister
President & CEO*

We are grateful to the many community donors, volunteers and partners who supported our YMCA's work in 2009.

BOARD OF DIRECTORS

Mark Baptista	Magali Fernandez	Mark Miller
Diego Betancourt	Ron Foisy	Peter Newman
Jim Brick, Esq.	Tracy Gee	Marisa Pizzi
Joanna Connolly	Rick Holmes	Carolyn Pyburn
Henry Connors	George Hulme	Paul Regan
Woolsey Conover	Rev. Richard Hurst	Dan Romano
Sharon Correia	Helen Lemoine	Mike Siaba
Alexandria Cox	Steve Levine	Rachel Stewart
Louise Donahue	MaryLiz MacNeil	David Thompson
J.B. Dowd	Anne Madara	Weber Torres
Janet Drummey	Paula Martin	Theresa Ward
Faith Easter	Pamela McDonough	Pennye J. Williams
Dwight Everett		

OFFICERS

Janet Drummey, *Board Chair*
Ron Foisy, *Vice Chairman*
Henry Connors, *Treasurer*
Joya Casey, *Clerk*
Jeanne McAllister, *President & CEO*



The 4th Annual MetroWest YMCA Auction was a huge success! Thanks to our wonderful sponsors listed below, the many auction item donors, and the many auction attendees who bought items, we raised over \$26,000 in funds for financial assistance. It was a fabulous evening and we are grateful to all who participated!

Limelight Sponsorship (\$1,000 +)

ADI Contracting
Bowditch & Dewey, LLP
Consigli Construction Co., Inc.
Fletcher, Tilton & Whipple, P.C.
Herb Connolly Auto Group
Middlesex Savings Bank

Starlight Sponsorship (\$500)

Alexander, Aronson, Finning & Co., P.C.
Boston Private Bank & Trust
Gray, Gray & Gray, LLP
RSM McGladrey, Inc.

Footlight Sponsorship (\$250)

AlphaGraphics*
Anne Madara
Framingham Co-Operative Bank
Hopkinton Youth Soccer
**gift-in-kind*



5th Annual MetroWest Y Auction
November 4, 2010

2009 MAJOR FUNDERS OF PROGRAM AND CAPITAL PROJECTS

Fitts Insurance Agency
Foundation for MetroWest
Framingham Co-Operative Bank
Charitable Foundation

Middlesex Savings Bank
National Development
The Nokomis Fund
PepsiCo

R.H. Long Motor Sales
Shannon Grant
Stop & Shop Company
United Way of Tri-County



2009 Partners With Youth Donors

THANK YOU...

We are honored and privileged to recognize each of these outstanding MetroWest YMCA 2009 Partners With Youth supporters.

BENEFACTOR'S CLUB

DONORS WHO GAVE \$2500 OR MORE

John C. & Eunice B. Morrison
Charitable Foundation
The TJX Foundation, Inc.
Gail & Duncan C. Warden

PRESIDENT'S CLUB

DONORS WHO GAVE \$1000 TO \$2499

Anonymous
Pamela Aronson
Diego Betancourt
Bose Corporation
Bea & Woolsey Conover
Louise Donahue
Framingham Rotary Club
Genzyme Corporation
Hopkinton Women's Club
George & Pam Hulme
Land Foundation
H. Clifford Lundblad
Jeanne McAllister
Microsoft Volunteer Hours Program
Staples Foundation
Wal-Mart Foundation
Walter Webb Family Foundation
Theresa Ward

RED TRIANGLE CLUB

DONORS WHO GAVE \$750 TO \$999

Diane Collins
Ron Foisy
Chris & Linda Meyers
Pennye Williams

GOLD PARTNER

DONORS WHO GAVE \$500 TO \$749

Betsy Anderson
John D. & Denise Barclay
Fred & Carol Bonazzoli
Henry & Wendy Connors
Alexandria Cox
Nancy Devine
Fitts Insurance
Arthur Fitts, III
Helen Fitts
Cynthia Forrest
Give With Liberty
Robert Johnson
Harriet Kane
Miriam & Peter Kimball
MaryLiz & Glen MacNeil
Lisa Mandozzi
Susan B. Mascioli
Mark Miller
New England Fitness Distributors
Marilyn & David Rothberg
Gertrude R. Schafer
The Hemenway, Inc.
Wellesley Bank

SILVER PARTNER

DONORS WHO GAVE \$250 TO \$499

Bowditch & Dewey, LLP
John Callahan
Capital Advisors, LLC
Joya & Rick Casey
Ruth Churchill
Joanna Connolly
Sharon Correia
Janet & George Drummey
Faith Easter
Magali Fernandez
Tracy Gee
Don & Phyllis Hughes
Heidi & Ari Kaufman
Sybil Kenney
Carolyn A. Lister
Richard A. MacPherson
Michael Mullen
Peter L. Newman
Oracle Corporation
Judy & Don Peters
Lillian T. Renaud
Dan Romano
Berta Sinclair
Julia D. Stefanini
Timothy Sullivan
David Thompson
Weber Torres
Stephen Wells
Stephen Williams
Poy Yee

CENTURY PARTNER

DONORS WHO GAVE \$100 TO \$249

Anonymous
Robert Allen
Bobby Andrews
Sharon L. Applegate
Richard Banfield
John Barclay
Best Western Motel
Stacy Betancourt
Jennifer Bossio-Collins
Gail Bosworth
Colleen Breitbord
James Brick
Lisa Brown
Stephen Butkus
Larry Callahan
Michelle Chase
Suzanne Clement
Delta Sigma Theta Sorority, Inc.
John Donahue
Dwight Everett
John Gliatto
Ann Godin
Jahna Goldmore
Kayte Gorski
Barbara Gotal

CENTURY PARTNER (continued)

Chuck & Debbie Greenslit
Dr. Tammy C. Harris
Richard Holmes
Rev. Richard Hurst
Pat Hyde
Paula M. Ingle
International Data Group
Lynne Janbergs
Christie Kelton
Sabiha Khan
Kimball Associates Insurance Agency
Meredith Krauss
Helen Lemoine
Julie Ann Lockner
David MacIntosh
Anne Madara
Adam P. Majkut
McCarthy School
Pamela McDonough
Cynthia Menard
Anna Mooncai
N.E. Laborers' Training Center
Sarah Newbury
William C. Park
Charles Peters
Jennifer A. Phelan
Phoenix Commercial Real Estate
Kathy Ratcliffe
Paul Regan
Christine Richards
Robert Richardson
Maureen C. Sammon
Carolyn Sanford
Stephan Schafer
Schofield Bros. Engineers
John Schwarz
Catherine Segarra
Pedro Silva
Jane Spigel
Shirley Sullivan
Mellissa J. Svoboda
Jessica R. Tanel
The Polaroid Fund
Linda Thompson
Todd M. Tinkham
Richard Towne
Lawrence Townley
Bruce Weisberg
Bernard Wollmeringer



2009 Financial Assistance & Program Highlights

Program Highlights

- ★ Over 20,000 members & program participants of all ages took part in programs and classes to maintain wellness and health.
- ★ 259 individuals improved their activity level through restorative water exercise classes.
- ★ 687 seniors participated in the YMCA's therapeutic swimming, strength training and specially designed senior fitness and aquatics programs.
- ★ 2,094 kids honed their skills, became active and learned important life lessons through instructional and competitive sports programs.
- ★ 2,351 pre-school children and youth participated in swimming lessons.
- ★ 194 children and teens received the friendly and personal attention they needed in youth wellness classes learning cardio exercises, nutrition, and strength training to develop healthy exercise habits.
- ★ 833 children participated in our preschool enrichment programs and deepened their appreciation for gymnastics, dance and the pursuit of learning and fun.
- ★ 897 children enrolled in our early childhood education and out-of-school time care programs to develop their academic, social and emotional needs outside of school and home.
- ★ 247 preschool and elementary children received YMCA financial assistance towards their tuition for early education and out-of-school time care programs.
- ★ 1,574 individual children made memories that last a lifetime in swimming, hiking, friendships and more at the YMCA's summer camps in Hopkinton and Framingham.
- ★ 272 campers and their families received YMCA financial assistance enabling them to attend summer camp.
- ★ 3,329 youth enjoyed outdoor education programs and took on team-building challenges at the Hopkinton Branch.
- ★ Hundreds of teens participated in weekly YMCA Teen Nights, a fun, safe, character building alternative for Saturday night.
- ★ 142 teens took part in High Flight, an intensive 10-week outdoor adventure counseling initiative to conquer challenges, become part of a team and develop self-confidence. 38 of these teens progressed to the Instructor Training Corps advanced leadership and mentoring group of High Flight.
- ★ 450 volunteers generously donated their time in program support and instructor roles, policy making and fundraising.

Total Financial Assistance Awarded
\$795,172



YOUTH & TEEN OUTREACH \$188,053



CHILDREN'S EDUCATION & CARE \$212,315



MEMBERSHIPS & CLASSES \$212,404



CAMP SCHOLARSHIPS \$182,400



Celebrating 50 Years of Serving

For fifty years the MetroWest YMCA's programs, services and facilities have been designed to enhance the spiritual, mental, physical and social quality of life for individuals, families and the greater community. Consistent with our mission and strategic plan, and by utilizing the outstanding facilities, the MetroWest YMCA encourages and inspires individuals and families to adopt a healthier lifestyle. Listed below is a sampling of some of the health and family strengthening opportunities at the Y, including an example of leadership opportunities for our youth.

Growing Strong & Healthy Kids -When the Framingham Y facility was renovated in 2008, a special Youth & Family Interactive Gym was created with VR-1 Cybex equipment, Cardio equipment, Trazer and Dance, Dance Revolution that appealed to kids and adults alike. Since that time our Cardio Kids program for children ages 9-12 has grown, serving 92 kids per session. With the success of the Cardio Kids program, we instituted a program for younger children, aged 6-8 called Strong Kids, Healthy Kids. Each week the children explore a different area of physical activity and nutrition through fun and engaging games that reinforce principles of good nutrition, healthy food choices, and instill healthy lifestyle habits while promoting self-esteem.

Enhancing the Spiritual, Mental, Physical and Social Quality of L



October 1960 – The Regional Young Men's Christian Association was established with an operating budget of \$22,500.

December 1961 – The YMCA leased the Cushing Hospital Gymnasium in Framingham, offering adult programming such as handball, squash, badminton, volleyball, "slimnastics", basketball, weight training, ballroom dancing and special skills courses.

1964 – The YMCA launched a successful \$100,000 campaign to purchase a private camp in Hopkinton and began operating all of its day camp programs at the new site of the YMCA Family Outdoor Center. At the time, more than 300 children enrolled each week during an eight week session. Currently, we enroll close to 700 children per day.

1970 – With close to \$750,000 dollars in building funds raised, members and leaders dedicated the new \$1million Framingham Regional Family YMCA facility on Old Connecticut Path.

1987 – In response to the increasing number of women in the workforce and to provide affordable child care services, the YMCA added a new child care wing and gymnasium.

ng the MetroWest Community

Youth & Family Enrichment Programs & Wellness have blossomed as we have experienced significant growth in our family membership. In 2009 we have seen substantial increases in the number of participants in our movement and dance programs. There are dance and movement opportunities for children from age 1 (Music and Me Critters) through adults (Zumba). Family relationship building events such as the Father Daughter Sweetheart Dance were very popular.

In It to Lose It, Team Fitness Challenge created great results for its participants and a spirit of camaraderie, encouragement and ongoing friendships as well. YMCA members and staff were placed on teams, each of which had a YMCA trainer who helped guide the teams to reach their fitness goals. The program was very successful and carried into 2010.

The Early Childhood Centers at our Framingham Branch and at Framingham State College once again earned the coveted NAEYC (National Association for the Education of Young Children) accreditation in 2009. The Early Childhood Centers are designed to make children feel comfortable and safe while exploring, socializing, learning and having fun.

Teen Leadership and Development, whether it's the Teen Leaders Club or the popular Teen Nights that serve approximately 75 teenagers on Saturday nights, there are many positive opportunities for teens at the Y. In its eleventh year, the High Flight adventure-based counseling and leadership program for at-risk teens reached out to make a difference in the lives of 104 at-risk teens through the adventure based program. During the year, 38 Instructor Training Corps participants served as mentors and learned advanced leadership skills.

Life: An Historical Perspective of the MetroWest YMCA



Mid 1990's – The YMCA, with its new name MetroWest YMCA, began a partnership with Framingham public schools offering after-school care programs for working families with on-site centers at the schools and Mass Bay Community College.

1998 – The highly successful High Flight outdoor counseling program for at-risk teens was launched and Saturday Teen Nights soon followed.

2008 – With \$2.5 million in support from the community, the Framingham Branch was fully renovated and expanded with 11,000 square feet of additional wellness space for youth, family and intergenerational programs. The Hopkinton Branch's summer camp facilities were also upgraded.

2009 – Groundbreaking for the Hopkinton Branch's new 7,000 square foot Summer Camp Recreational Lodge which will provide new program opportunities and rainy day space.

Today – More than 20,000 people use the Y, of which over 2,400 are able to participate thanks to YMCA financial assistance totaling more than \$795,000.

STATEMENT OF ACTIVITY YEAR ENDED DECEMBER 31, 2009

	TOTAL
SUPPORT AND REVENUE:	
Program fees	\$4,125,800
Membership dues	2,359,251
Contracts and grants	788,610
Contributions and United Way allocations	154,361
Miscellaneous	184,080
Interest income	<u>19,592</u>
Total support and revenue	<u>\$7,631,694</u>
EXPENSES:	
Instructional and recreational programs	3,088,430
Camping programs	1,168,411
Child care programs	2,083,293
General and administrative	835,173
Fundraising	<u>133,019</u>
Total expenses	<u>\$7,308,326</u>
Changes in net assets from operations	<u>323,368</u>
NON-OPERATING ACTIVITIES:	
Capital campaign contributions	104,213
Construction cash interest income	37
Investment return, net of fees	<u>71,832</u>
Total non-operating activities	<u>176,082</u>
Changes in net assets	499,450
NET ASSETS, beginning of year	<u>\$4,642,572</u>
NET ASSETS, end of year	<u><u>\$5,142,022</u></u>



Last year over **1,300 individuals and businesses** donated items and funds to help support the YMCA's Financial Assistance Program, which provides YMCA program and membership scholarships to low-income families and individuals.

STATEMENT OF FINANCIAL POSITION YEAR ENDED DECEMBER 31, 2009

ASSETS	TOTAL
CURRENT ASSETS:	
Cash and cash equivalents	\$2,209,749
Investments	406,873
Accounts receivable, net of allowance for uncollectibles	134,038
Current portion of pledges and grants receivable	150,938
Prepaid expenses and other	71,760
	<hr/>
Total current assets	2,973,358
PLEDGES AND GRANTS RECEIVABLE, net	
of current portion	163,082
INVESTMENTS	60,000
PROPERTY AND EQUIPMENT, net	8,916,577
CONSTRUCTION IN PROGRESS	675,543
BOND FINANCING FEES, net	113,787
	<hr/>
Total assets	<u><u>\$12,902,347</u></u>
LIABILITIES AND NET ASSETS	
CURRENT LIABILITIES:	
Current portion of bond payable	\$100,207
Current portion of notes payable	160,689
Current portion of capital lease obligations	8,050
Accounts payable	64,128
Construction accounts payable	256,949
Accrued expenses and other	174,869
Deferred revenue	366,561
	<hr/>
Total current liabilities	1,131,453
BOND PAYABLE, net of current portion	6,510,619
NOTE PAYABLE, net of current portion	102,111
CAPITAL LEASE OBLIGATIONS, net of current portion	16,142
	<hr/>
Total liabilities	\$7,760,325
NET ASSETS:	
Unrestricted -	
Operating	1,999,502
Property and equipment	2,551,140
Board designated	50,394
	<hr/>
Total unrestricted	4,601,036
Temporarily restricted	480,986
Permanently restricted	60,000
	<hr/>
Total net assets	\$5,142,022
	<hr/>
Total liabilities and net assets	<u><u>\$12,902,347</u></u>

Without whom...

We wish to acknowledge the many staff members for their excellence and commitment of tenured service, without whom the YMCA would not be able to serve our mission.

2009 Special Staff Recognitions

PRESIDENT'S AWARDS FOR EXCELLENCE

Donna Fleishman
Ken Gray
Debbie Greenslit
Joe Hattabaugh
Andrew MacQueen
Danielle Recinos
Ben Rich

OUTSTANDING ACHIEVEMENT AWARDS

Kathy Dengos
Sara Cokonis
Kisha Josie
Suzan Marshall
Annette Robertson
Steve Rose
Beverly Scheule

IMAGE AWARD

Youth & Family Department

TENURE RECOGNITION

FIVE YEARS

Kim Abruzzi
Silvia Ackerbauer
John Barclay
Nikki Davis
Dorey Flores
Valerie Gilfeather
Chuck Greenslit
David Haworth
Kelley Hayward
Sabiha Khan
Debora Kiley-Allia
Adam Majkut
Elizabeth McDonald
Steve Williams

TEN YEARS

Jenn Bossio-Collins
Michelle Boudreau
Jahna Goldmore
Amelia Kuhn
Andrew MacQueen
Carol Roy
Mily Santiago

FIFTEEN YEARS

Pam Ryan

TWENTY YEARS

Lisa Mandozzi

TWENTY FIVE YEARS

Sue Clement
Rick MacPherson*
Chris Meyers*

* includes service at other YMCA's



President's Award For Excellence Winners

Andrew MacQueen (left), Debbie Greenslit (middle left),
Joe Hattabaugh (right)
Jeanne McAllister, President and CEO (middle right)



Image Award Winner

Youth & Family Department

Special Volunteer & Community Recognitions

Service Award Framingham State College

Framingham State College recognized the need for quality child care for their students, faculty and staff with young children. In 2008, FSC selected the YMCA as a partner to design and run a new Child Care Center at the College. In addition to investing significant resources to renovate a building on campus to house the center, the College made the commitment to partially subsidize the cost of care for their staff, faculty and students, and also helped the YMCA cover its costs during the ramp-up years of the program. Now fully enrolled and serving and supporting families from the college community with a high quality, affordable child care program, this partnership clearly demonstrates how two organizations can come together and make a real difference in the lives of the people in a community.



Red Triangle Award Ron Foisy

Ron Foisy exemplifies the definition of community service. A long time Board Member and past Treasurer of the YMCA, Ron lent his professional guidance to the Y during some key financial years. He now serves as vice chair of the YMCA Board of Directors. His service to the Hopkinton community has been inspirational. As a member of the Youth Commission, Ron has helped bring Hopkinton youth serving groups together to provide joint programming, including programs for middle school youth at the YMCA. He has been a critical force behind the BeFree Coalition and is currently working with the Town Manager to find funding for a Youth Worker position for the town. Ron also is involved with the Hopkinton Chamber of Commerce and actively participates in several town initiatives and special commissions, as well as almost any event that promotes the well-being of the young people of his community.

Youth Of The Year Erin Nicholson

A freshman at Natick High School, Erin has been a member of the YMCA since she was 2, participating in gymnastics, swimming and a variety of other classes. For the past 3 years she has been volunteering in the Youth and Family Department, helping with gymnastics and enrichment classes, assisting in gymnastics school vacation programs and summer camp, and volunteering at the many family parties and special events. Erin recently joined the YMCA's Teen Leaders Club, which is designed to develop young leaders to be a positive force in the community. Erin has a great attitude and is always willing to learn and help others. She clearly demonstrates strong values, and has outstanding maturity and leadership skills. Erin is a true role model to her peers and a wonderful support to our YMCA.

Outstanding Metrowest YMCA Volunteer Rita Polatin

Rita has been a member of the MetroWest Y's Masters Swim Team since 1991. She started as a participant, then took on the role of Assistant Coach, and is now the team's Head Coach. In her two years as Head Coach, she has increased the size of the team and improved swimmer retention and program consistency. She has made the program more inviting to a wider range of swimmers, and has truly developed the team into an extremely caring group of swimmers. Rita's dedication is impressive - she not only arrives at the Y with well planned workouts four days a week for the 5:00 AM practices, she also schedules and runs swim meets throughout the year. Rita clearly reflects the Y's core values with her dedication and leadership to the Masters Swim Team and the YMCA's Aquatic department.

Outstanding Metrowest YMCA Volunteer Michele Burns

Michele has been a ChildWatch volunteer for over 7 years. Typically accompanied by her long time helper, her 11 year old son Brian, Michele arrives at her scheduled Thursday evening 5-8 PM shift, ready to welcome our "regulars" and newcomers alike. She never misses a shift, and also helps cover other shifts when she can. Michele is great with the kids and parents. Her calm and gentle personality has been reassuring to the many families who benefit from our ChildWatch service. Moms and Dads can take some time for themselves in the Wellness Center, the pool or an aerobics class, knowing that their child is safe and happy under Michele's care. We are fortunate to have Michele as part of the ChildWatch team.

Outstanding Metrowest YMCA Volunteer Elaine Marmer

Elaine has been volunteering for the MetroWest YMCA for over 25 years. She started as a Water Walking instructor and taught swim lessons for people afraid of the water. Now the lead instructor for the morning Water Walking class, which meets five days a week, she comes in early for class every day and is one of the last people to leave. If there is a new person in the pool, Elaine is the first to introduce herself and help the participants find their niche in the class. She is a strong advocate for this YMCA, constantly encouraging people to come and join our Y. Elaine's patient demeanor, genuine kindness, and unending generosity and interest in members of the MetroWest YMCA family are the reasons that the Water Walking participants are always coming back. We are lucky to have someone so dedicated and giving in our YMCA family.



MetroWest YMCA

We build strong kids, strong families,
strong communities.

MetroWest YMCA Association Offices

280 Old Connecticut Path
Framingham, MA 01701
508-879-4420

MetroWest YMCA Branch Locations

MetroWest YMCA Framingham Branch

280 Old Connecticut Path
Framingham, MA 01701
508-879-4420

MetroWest YMCA Hopkinton Branch

45 East Street
Hopkinton, MA 01748
508-435-9345

www.metrowestymca.org

MISSION STATEMENT

The MetroWest YMCA is dedicated to the development of all people regardless of age, gender, race, religion, income or ability. Our programs, services and facilities are designed to enhance the spiritual, mental, physical and social quality of life for our families, our communities and ourselves.