



METROWEST YMCA

Report to the Community 2011



STRENGTHENING COMMUNITY

BOARD CHAIR'S & PRESIDENT'S MESSAGE

Dear Friends of the MetroWest YMCA,

With a commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility, the METROWEST Y ensures that every individual has access to the essentials needed to learn, grow and thrive.

We're pleased to report that in our work to strengthen the foundations of the MetroWest community, we've continued to provide impactful programs to over 20,000 children, adults, families and seniors who participated at the Y last year. We are very grateful to the many volunteers and donors who helped make this possible.

Thanks to the generosity of our funders, 2,500 children, families and seniors whose financial circumstances would not otherwise have allowed them to participate in our programs, received financial aid enabling them to be impacted by Y programs and services. More than \$813,000 in financial assistance was distributed in 2010.

Throughout the years the Y has evolved to meet the needs of the community. With our focus on youth development, healthy living and social responsibility, we continue to provide relevant and impactful programs each and every day. From addressing obesity issues, to teen stress, to providing a safe and nurturing environment for children, we are responding to important community needs.

Though the world may be unpredictable, one thing remains certain – the METROWEST YMCA is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities. We appreciate the relationships we have made and support we have received in the community and enthusiastically 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

SUPPORTING OUR WORK

BOARD OF DIRECTORS & AUCTION SPONSORS

We greatly appreciate the many community donors, volunteers and partners who have supported our Y's work in 2010.

2010 BOARD OF DIRECTORS

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

2010 OFFICERS

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



WELCOME NEW BOARD MEMBERS JOINING US IN 2011

Christopher Connolly
 Mark Drew
 Nancy Flanagan
 Steve Gorgol
 Susan Moschini
 Emmett Price
 Maria Rosado
 Aimee Siers
 Patricia Sinacole



The 5th Annual METROWEST YMCA Auction was a great success! Our thanks go to the wonderful sponsors listed below, the hundreds of auction item donors, and the many auction attendees who purchased those items. We raised over \$28,000 for financial assistance at the Y. It was a wonderful event and we are grateful to all who participated!

Presenting Sponsor (\$5,000)

Herb Connolly Auto Group

Premier Event Sponsor (\$2,500)

ADI Contracting, Inc.

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 Framingham Co-operative Bank

★ Save The Date! ★
6th Annual METROWEST YMCA Auction
November 9th, 2011

HELPING US GROW

2010 Partners With Youth Donors

THANK YOU...

We are privileged and honored to recognize these outstanding METROWEST YMCA 2010 supporters of the Partners With Youth campaign which helps to fund our financial assistance program.

BENEFACTOR'S CLUB

Donors who gave \$2,500 plus

Paula S. Martin
Gail & Duncan C. Warden
Demoulas Foundation
Land Foundation
MetroWest Emergency Physicians
The Sudbury Foundation
Tyler Jay Lary Memorial Trust

PRESIDENT'S CLUB

Donors who gave \$1,000 - \$2,499

Bea & Woolsey Conover
Louise Donahue
George & Pam Hulme
H. Clifford Lundblad
Jeanne McAllister
Anne Parr
Penny Williams
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Give with Liberty
Hopkinton Women's Club
Middlesex Savings Bank
Staples Foundation
Walter Webb Family Foundation

RED TRIANGLE CLUB

Donors who gave \$750-\$999

Joseph B. Dowd
Chris & Linda Meyers
Theresa Ward

GOLD PARTNER

Donors who gave \$500-\$749

Anonymous
Betsy Anderson
Pamela Aronson
Diego Betancourt
Fred & Carol Bonazzoli
Henry & Wendy Connors
Alexandria Cox
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SILVER PARTNER

Donors who gave \$250-\$499

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Alan Cymerman
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Capital Advisors, LLC
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CENTURY PARTNER

Donors who gave \$100-\$249

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Paul Regan
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McCarthy School
N.E. Laborers' Training Center
Phoenix Commercial Real Estate

2010 Major Funders of Program Projects

jcpenny
Project Bread
Shannon Grant
United Way of Tri-County

The MetroWest YMCA is a 501 (C) 3 charitable organization.

ENRICHING LIVES

2010 Program Highlights

YOUTH DEVELOPMENT

- ★ 2,291 kids became active, honed their skills, and learned important life lessons through instructional and competitive sports programs.
- ★ 2,629 preschool children and youth participated in swimming lessons, learned important life-long water safety skills, became comfortable in water and gained confidence.
- ★ 879 children enrolled in our early childhood education and before and after school care programs, developed their academic, emotional and social skills outside of school and home.
- ★ 2,075 children made memories that last a lifetime - swimming, hiking, making friends and more at the Y's summer camps in Hopkinton and Framingham.
- ★ 3,973 youth explored new interests in the outdoor education programs and took on team-building challenges that increased self esteem and developed interpersonal skills at the MetroWest YMCA Family Outdoor Center in Hopkinton.
- ★ Hundreds of teens participated in the weekly Y Night Club, a fun, safe, character building alternative for Saturday night.



YOUTH DEVELOPMENT

HEALTHY LIVING

- ★ Over 20,000 members & program participants of all ages took part in programs and classes to maintain wellness and health.
- ★ 275 individuals improved their activity level through restorative water exercise classes.
- ★ 791 seniors participated in the YMCA's therapeutic swimming, strength training and specially designed senior fitness and aquatics programs.
- ★ 238 children and teens received the support and personal attention they needed in youth wellness classes learning cardio exercises, nutrition, and strength training to develop healthy exercise habits.



HEALTHY LIVING

SOCIAL RESPONSIBILITY

- ★ 104 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. 14 of these teens progressed to the Instructor Training Corps advanced leadership and mentoring group of High Flight.
- ★ 258 preschool and elementary children received YMCA financial assistance towards their tuition for early education and before and after school care programs.
- ★ 311 campers received YMCA financial assistance enabling them to attend summer camp.
- ★ 400 volunteers generously donated their time in program support and instructor roles, policy making and fundraising.
- ★ 207 youth and adults took part in CPR, Lifeguarding, Oxygen and 1st Aid Responder classes.



SOCIAL RESPONSIBILITY

Total Financial Assistance Awarded
\$813,137

ENSURING BRIGHTER FUTURES

YOUTH DEVELOPMENT

The METROWEST YMCA is nurturing the potential of every child and teen - because young people need caring adults to provide support, guidance and encouragement as they grow.

OUR FOCUS ON: CHILD CARE

The Y's 2 Early Childhood Centers and 7 before & after school care programs in Framingham and Hopkinton help youth grow and thrive by building a solid foundation for future learning. The Early Childhood Centers prepare kids to start school through a curriculum that focuses on learning through play, hands on exploration, and individualized development of social skills. The School's Out program builds on knowledge and experiences gained during the school day and enhances problem solving and conflict resolution skills. We strive to build healthy and trusting family relationships through the Y values of caring, honesty, respect and responsibility.



879 children enrolled in our Early Childhood Education and School's Out programs and developed their academic, emotional and social skills outside of school and home.

OUR FOCUS ON: SWIM, SPORTS & PLAY

Swim Lessons not only teach important life-long water safety skills, they help children become comfortable in the water and overcome their fears. They also develop a sense of achievement as individuals progress through various swim levels. Our Swim, Sports & Play programs help children learn about becoming and staying active as they grow. Our programs assist youth in building athletic and social skills along with teaching sportsmanship and teamwork.



2,075 children made memories that last a lifetime - swimming, hiking, making friends and more at the Y's summer camps in Hopkinton and Framingham.

OUR FOCUS ON: SUMMER CAMP

The METROWEST YMCA has three summer camp programs: Camp OCP and Gymnastics Camp in Framingham and the METROWEST YMCA Summer Day Camp at our Family Outdoor Center in Hopkinton. In a safe and thriving environment, kids explore new interests, build self esteem and develop interpersonal skills through activities that provide new challenges, such as ropes courses and drama activities. They develop respect for the environment and for others. Many of our campers make lasting friendships and memories and return as camp counselors during their college years.

BUILDING STRENGTH TOGETHER

HEALTHY LIVING

The METROWEST YMCA is improving health and well-being in the MetroWest area. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

OUR FOCUS ON: FAMILY TIME

Serving families has always been at the heart of the MetroWest YMCA. Offering many family programs such as Preschool Open Gym and Family Events such as the Halloween party provide opportunities for young families to exercise and play together in a safe, welcoming and supportive environment, where children and parents spend positive time together, instill core values, make connections, share interests and build new relationships.



972 children participated in our preschool enrichment programs, and deepened their appreciation for gymnastics, dance and the pursuit of learning and fun.

OUR FOCUS ON : YOUTH WELL-BEING

In response to increased stress that pre-teens and teens experience and the health hazards of this stress, Yoga for Teens and the Stress Reduction Program for Pre-Teens and Teens have been instituted. These programs help participants become more active, cope with peer pressure and develop self-esteem and healthy body image.



791 seniors participated in the YMCA's therapeutic swimming, strength training and specially designed senior fitness and aquatics programs.

OUR FOCUS ON: HEALTH & WELL-BEING

Senior Strength Training classes and exercises are designed to prolong independence and quality of life, focusing on balance, functional strength and range of motion. Relationships and friendships are developed providing a broad support network and belonging, alleviating a sense of isolation and encouraging socialization.

ALWAYS HERE FOR METROWEST SOCIAL RESPONSIBILITY

The METROWEST YMCA has been listening and responding to our community's most critical social needs for over 50 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting a diverse demographic population, or preventing chronic disease and building healthier communities through collaborations, the Y fosters the care and respect all people need and deserve. Through our Y, over 400 volunteers and hundreds of donors are empowering our neighbors to be healthy, confident, connected and secure.

OUR FOCUS ON: SOCIAL SERVICES & GROUP INTERESTS

The High Flight program provides leadership opportunities and outdoor adventures for teens experiencing difficulty with behavior and social skills. Through positive role models, team building, conflict resolution exercises and outdoor challenges the program helps teens break down barriers and develop pride, respect and responsibility.

OUR FOCUS ON: FINANCIAL ASSISTANCE

The METROWEST YMCA's financial assistance program ensures that people of all backgrounds and income levels in the community have opportunities and access to important Y programs and services to grow, learn and thrive. Over \$813,000 in financial assistance was awarded to 2,500 individuals in 2010, enabling them to improve their development, health and well-being.

There were more than 1,250 donors to the Partners With Youth campaign that raises funds for financial assistance. Specifically \$813,000 in financial assistance was allocated in the following areas:

- \$271,134 (33%) for Memberships and Instructional Classes
- \$169,095 (21%) for Child Care
- \$194,190 (24%) for Youth & Teen Outreach
- \$178,718 (22%) for Summer Camp



104 teens took part in High Flight's intensive 10-week outdoor adventure counseling initiative, and 14 of these teens progressed to the Instructor Training Corps advanced leadership and mentoring group of High Flight.



FOUNDATIONS FOR THE FUTURE

Financial Statements

STATEMENT OF ACTIVITY YEAR ENDED DECEMBER 31, 2010

	TOTAL
SUPPORT AND REVENUE:	
Program Fees	\$4,588,375
Membership Dues	2,816,602
Contracts and Grants	740,898
Contributions and United Way Allocations	202,973
Miscellaneous	123,387
Interest Income	<u>7,921</u>
Total Support And Revenue	<u>\$8,480,156</u>
EXPENSES:	
Instructional and Recreational Programs	3,384,556
Camping Programs	1,291,703
Child Care Programs	2,095,751
General and Administrative	902,305
Fundraising	<u>153,677</u>
Total Expenses	<u>\$7,827,992</u>
Changes In Net Assets From Operations	<u>652,164</u>
NON-OPERATING ACTIVITIES:	
Investment Return, Net of Fees	50,283
Capital Campaign Contributions	12,234
Capital Campaign Reserve	(18,275)
Total Non-Operating Activities	<u>44,242</u>
Changes In Net Assets	696,406
NET ASSETS, beginning of year	<u>\$5,142,022</u>
NET ASSETS, end of year	<u><u>\$5,838,428</u></u>

STATEMENT OF FINANCIAL POSITION YEAR ENDED DECEMBER 31, 2010

ASSETS

	TOTAL
CURRENT ASSETS:	
Cash and Cash Equivalents	\$1,812,890
Accounts Receivable, Net of Allowance for Uncollectibles	156,152
Current Portion of Pledges Receivable	138,968
Prepaid Expenses and Other	<u>85,682</u>
Total Current Assets	2,193,692
PLEDGES RECEIVABLE, Net of Current Portion and Allowance for Uncollectible Accounts	62,410
INVESTMENTS	508,262
PROPERTY AND EQUIPMENT, net	10,589,415
CONSTRUCTION IN PROGRESS	-
FINANCING FEES, net	<u>107,325</u>
Total Assets	<u><u>\$13,461,104</u></u>

LIABILITIES AND NET ASSETS

CURRENT LIABILITIES:	
Current Portion of Bond Payable	\$105,513
Current Portion of Notes Payable	11,141
Current Portion of Capital Lease Obligations	25,182
Accounts Payable	126,993
Construction Accounts Payable	-
Accrued Expenses and Other	269,740
Deferred Revenue	<u>405,700</u>
Total Current Liabilities	944,269
BOND PAYABLE, Net of Current Portion	6,394,519
NOTES PAYABLE, Net of Current Portion	233,093
CAPITAL LEASE OBLIGATIONS, Net of Current Portion	<u>50,795</u>
Total Liabilities	<u>\$7,622,676</u>
NET ASSETS:	
Unrestricted -	
Operating	1,620,365
Property and Equipment	3,876,497
Board Designated	50,394
Total Unrestricted	5,547,256
Temporarily Restricted	231,172
Permanently Restricted	<u>60,000</u>
Total Net Assets	<u><u>\$5,838,428</u></u>
Total Liabilities and Net Assets	<u><u>\$13,461,104</u></u>



DEDICATED TO SERVICE

STAFF RECOGNITION

Congratulations to all of our staff members who were recently recognized for their excellence in work performance and years of service at our YMCA.

2010 Special Staff Recognitions

PRESIDENT'S AWARDS FOR EXCELLENCE

Brian Andersen
Melissa Bennie
Lauren Buchan
Greg Delbridge
Bob Johnson
Jeremy Leahy
Rick Lochiatto
Diego Nascimento
Karin Perry
Annette Robertson
Maureen Sammon

OUTSTANDING PERFORMANCE AWARDS

Lauren Buchan
Kelley Hayward
Maria Ilano-Forman
Carolyn Lister
Rick Lochiatto
Glenna Ratcliffe
Megan Robertson

IMAGE AWARD

Wellness Department

TENURE RECOGNITION

FIVE YEARS

Jesus Addarich
Preston Aucoin
Jessica Bianco
Donna Fleishman
Marian Haworth
William Park
Lillian Renaud
Elizabeth Simon
Vanxhelina Stathi
Tracy Woods

TWENTY YEARS

Debbie Greenslit
Karen Cain

TWENTY FIVE YEARS

Kathy Ratcliffe

FORTY YEARS

Judith Stames-Hamilton

TEN YEARS

Jamie Bellegarde
Christine Bykowski

FIFTEEN YEARS

Leslie Schofield



Tenure Award Recipients



President's Award For Excellence Winners



Image Award Winner
Wellness Department

COMMITTED TO COMMUNITY

YOUTH OF THE YEAR & SPECIAL VOLUNTEER RECOGNITIONS

YOUTH OF THE YEAR - Louise DeSouza

Louise DeSouza, known to High Flight participants and staff as “Weezy” is a young woman who truly wants to “do right” and make her parents proud. It is rare to see a teenager so genuinely balanced between family, friends, school, church and extracurricular activities. Like many teens, Weezy strives for academic excellence despite some struggles along the way. When she came from Brazil to the United States she needed to learn how to speak English, but through perseverance and hard work, she overcame that bump in the road. Weezy is active in her church, singing in the choir and being a natural leader since she is such a positive role model.



Weezy developed in High Flight from a quiet, shy middle school girl to an animated and energetic leader. She has a gift that allows her to connect with new participants, making them feel more comfortable with themselves and as part of the group. Weezy has enthusiastically helped out with many Y special projects and programs, including raising money for Partners With Youth. She has earned the Ranger 1 top leadership position in High Flight- a peer elected position that requires her to mentor other participants and serve as an ambassador for the program and the Y. She is a true leader and role model for others.

OUTSTANDING VOLUNTEER OF THE YEAR - Barbara Beliveau

Barbara Beliveau has been volunteering in the Member Services department at the METROWEST YMCA for over 8 years. An integral part of the Y for years, she is here on a weekly basis, volunteering many hours to keep our member records in order. Barbara works on our members’ files, which number in the thousands. Barbara is part of the team that keeps the ever growing volume of paper under control. She helps out with anything in the file management process, and is ultimately the one who puts the new files away and removes inactive records.

Barbara is always careful and accurate with our files. She works independently, but asks questions when needed. She is a great team player. Her work allows Member Service staff to spend more time with members, and helps staff to be able to quickly resolve issues and answer questions. Because of Barbara’s excellent attention to detail, in a worst case scenario, staff are able to immediately put their hands on the paperwork that can be important in a medical situation. The METROWEST YMCA is really fortunate to have Barbara on the Member Services team.

OUTSTANDING VOLUNTEER OF THE YEAR AWARD - Edward Burkett

Ed Burkett started volunteering almost six years ago as a timer for the METROWEST YMCA swim team. Ed quickly became certified as a YMCA Stroke and Turn Judge. He now holds dual certification as a YMCA and USA Swimming Official. Ed volunteers as the meet referee for all home meets, and is responsible for running the meet as well. Before a meet can start, Ed holds a timers’ meeting educating volunteers on the proper way to use a stop watch and accurately time swimmers. He will even stick around to help with clean up. When the team is at an away meet, Ed volunteers his time as a Meet Starter, Referee, or Stroke and Turn Judge - basically wherever he is needed.

At the beginning of this year’s swim team season, Ed organized an official’s clinic and sent out a notification to all parents encouraging them to attend. As a result, the swim team now has four new Stroke and Turn Judges to work the meets. Ed never has to be asked to referee a meet, he is always there and ready to help. Ed is a truly outstanding volunteer for the METROWEST YMCA.

OUTSTANDING METROWEST YMCA VOLUNTEERS - Eric Jenkins & Raul Matos

Eric Jenkins teamed with Raul Matos serve as the head leaders of our travel teams here at the METROWEST YMCA. Eric and Raul have volunteered together at the Y for several years and have put many hours into making the travel program what it is today. They helped expand the travel teams from two teams last year to six teams this year.

Eric & Raul have recruited all the coaches for the other travel teams and secured uniforms, which are very time consuming undertakings. These two leaders understand how to coach children at all different age groups. They not only support our own teams but watch others during the year. With their experience, this dynamic team epitomizes ideal basketball coaches and educators of the game. They follow our core values at the Y, and teach the kids the skills needed that enable them to grow, not only as basketball players but as positive role models in the Framingham community. Eric & Raul are teaching skills that are applicable and useful not only on the basketball court but in everyday life.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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 Family Outdoor Center
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.

The MetroWest YMCA is a 501 (C) 3 charitable organization.