



# YMCA of Central East Ontario



## Report to the Community 2015

*Building healthy communities*

Charitable Registration #11909 1882 RR0001

## A message from the Chairman of the Board of Directors and the Acting President and Chief Executive Officer

As a charity dedicated to “Strengthening the Foundations of Community”, our organization believes that everyone deserves the opportunity to belong to a place that helps them grow, a place that is welcoming and where people feel a sense of belonging and community.

Our YMCA is committed to building a healthy community. We all understand the strain on our current health care system. The YMCA is taking action to address the inactivity of children and youth that may effect their long term health by providing children, youth, adults and families the opportunity to participate in programs that promote physical activity, that will improve their overall health and to making proper choices today that otherwise may affect them later in life.

In 2015, we asked parents of the children in our Membership, Child Care, Before and After School and Day Camp programs as to whether participating in programs at the YMCA was impacting their children’s lives. We had over 1,600 responses and our YMCA experienced some of the highest scores in Canada for Personal Health and Developmental Outcomes.

**90%** said their children feel welcome and safe at the Y

**91%** indicated there were ample opportunities for their child to be physically active

**92%** indicated my child felt safe

**89%** indicated the staff were friendly, warm and responsive

**94%** indicated the family feels welcome at the Y

**95%** feel the Y is respectful and inclusive

In 2015, our YMCA’s funding from the United Way of Peterborough was discontinued; a reduction of \$80,000. What at first was a disappointment, as the YMCA had been a funded agency and partner for more than 50 years had actually created an opportunity. This was an opportunity for our YMCA to refocus on our charitable mission and our Strong Kids Campaign. An energized volunteer team telling the YMCA story and the impact the YMCA has on children and youth, resulted in an increase of more than \$75,000 raised in the Peterborough region.

Our commitment to building healthy communities saw our YMCA partner with the Peterborough Networked Family Health Team to introduce the “Prescription to Health”, an innovative wellness initiative that aims to tackle the growing problem of sedentary lifestyles by addressing common barriers of motivation and access. Rather than merely giving verbal recommendations, participating physicians and other qualified health care professionals are able to give patients a written prescription for physical activity.

To our friends, our donors, our partners, our members, our volunteers and, of course, our staff team, we say thank you. Without you, we would not be able to create this place called the YMCA. The place where people feel safe and belong to an organization committed to the values of caring, honesty, respect, responsibility and inclusiveness, a place that connects people and builds community.

Tom Phillips, PhD  
Chairman, Board of Directors

David Allen  
Acting President & Chief Executive Officer

### YMCA Board of Directors

**Tom Phillips, PhD**  
Chair

Adjunct Professor  
Trent University

**John MacDonald**  
Past President

Retired Executive Coordinator,  
Physician Recruitment  
GPAEDC

**Brad Horwood**  
Vice Chair and  
Chair, Capital Development

Electrical Contractor  
Horwood Electrical Services

**Doug Bellwood**  
Co-Chair, Finance

Retired Accountant  
Ontario Hydro

**Bill Davie**  
Co-Chair, Finance

Retired Vice President  
Dynacast Ltd.

**Doug Boden**  
Regional Manager  
Freedom 55 Financial

**Steven Brickell**  
Retired Clerk  
City of Peterborough

**Vayia Ellsworth**  
Lawyer  
Templeman Menninga LLP

**Brian Hamilton**  
Finance Manager  
Curve Lake First Nation

**Mary Carolyn Hart**  
Retired Owner/Manager  
Lazer Graphics

**John Joyce**  
Entrepreneur  
AmeriSpec Inspection Services

**John Mastorakos**  
Lawyer (Partner)  
O’Flynn Weese LLP

**Angie McConkey**  
Marketing Project Manager  
Electrolab Training Systems Ltd.

**David Morello**  
Owner/Operator  
Morello’s Independent Grocers

**Sharon Shortt**  
Owner/Broker  
EXIT Realty Group

### YMCA Management Team

**David Allen**  
Acting President &  
Chief Executive Officer

**Michele Nicholls**  
General Manager  
Association Services

**Ron Riddell**  
General Manager  
City of Quinte West Branch

**Kelly Wilson**  
General Manager  
Balsillie Family Branch

# Mission

The YMCA of Central East Ontario is a charity dedicated to strengthening the foundations of community.

## Service starts here. **John H. MacDonald**

When I moved to Peterborough just shy of fifty years ago to take a new job in the area, one of the very first places I connected myself to was the YMCA. I had colleagues who encouraged me to be a member and after that first introduction to the organization, I remember realizing that the values of the Y and the Y movement were closely aligned with my own personal values and beliefs as to how people should be treated.

With little time to become involved due to raising a young family and getting established with a new employer, it wasn't until a number of years later that I was approached to become involved in a small fund raising project to renovate part of the old YMCA building in Peterborough. And, from that point on to this date, I have felt that there is no better place for me to offer my time, talent or resources to make a difference so our YMCA could make the lives of citizens, young and older, better in so many ways.

And so it started, a constant string of requests to volunteer, and on my part, a constant and very willing response in the affirmative. The early fund raising experience provided me a knowledge of the organization at a deeper level. Then my experience expanded to becoming a member of the Board of Directors. As a Board member, I can truly say having held significant volunteer roles on some of the more major Boards in the region, the Board of the YMCA grew from a very parochial entity to being one of the most professional and most respected Boards in the area.

I was afforded the wonderful opportunity to Chair the Board of the Peterborough YMCA twice during my tenure. I was then honoured to be asked to Chair the Capital Campaign to build the new Y in Peterborough and enjoyed one of the most exciting experiences I have ever had as a volunteer. Throughout all of these experiences I gained so much appreciation of how the Y movement serves so many millions of people across the world and how people's lives are truly touched in a positive way in their pathway to having a better life.

Along the way, through my Y connections I became a host for an exchange between Peterborough and Komatso, Japan. I was the guest of the people in Japan and visited Tokyo, as well as, Komatso and the Y's in that country. I realized the nature of our federation even more, by being selected to serve a term on the Board of Directors of YMCA Canada. And, in the last decade I was thrilled to be part of the joining of forces with the Belleville-Quinte West YMCA and was humbled to be asked to Chair the first amalgamated Board of Directors of the YMCA of Central East Ontario serving Belleville, Quinte West and Peterborough.

Throughout my twenty five years of volunteering in one way or another and actually being a member of the Board of Directors for a full twenty consecutive years, I find that these experiences have had an extraordinary effect on my life personally—how I have been able to grow my base of knowledge, broaden my understanding of serving others, building an incredible network of friends and colleagues, and mostly feeling part of a “family” both locally and nationally. It is immeasurable how much the Y has provided me. I would also want to say that throughout all of my twenty five years of volunteer involvement, it coincided with the wonderful leadership of Bob Gallagher, our immediate past CEO. As he grew in his role, I felt a part of that whole process and am truly grateful for his professionalism and dedication to the Y. As one commits themselves to use their time, talent and resources to help serve others, there is one prominent measure...to make a difference for the betterment of others. I hope I have done that in some small measure as part of the Y movement.



# Our Values

- *Caring*
- *Honesty*
- *Respect*
- *Responsibility*
- *Inclusiveness*

"On behalf of Council and the Citizens of Quinte West, it is my pleasure to extend warm greetings to the YMCA of Central East Ontario. The YMCA is a real asset to our community, it offers our residents the opportunity to participate in a wide variety of activities and programs that promote healthy living. We appreciate the great partnership the City has with the YMCA and the benefits to people in our community, providing assistance to families who would otherwise not be able to participate." - **Mayor Jim Harrison, City of Quinte West**

## Family Health starts here.

Hi, I'm Gail and this July '15 my teenage son Jake and I had the opportunity to get a prescription to health membership at the Y. I was skeptical that this 'free' 2 month membership was just bait to get us in the door. NO!!! We met with Wesley and Melanie and were introduced to the conditioning room. Wesley listened to us kindly and told us he saw strength in us. And every visit we are greeted with smiles and hellos. Even hugs from my favourite membership staff Patricia.

I love the YMCA and if it weren't for this free opportunity, we may not be here now. Two months was long enough to learn the value of fitness and that the number on the scale is not 'the end all be all'. We have more stamina and strength. My son has joined his basketball team because he has more breath and confidence. He swims regularly and does not let his body keep him on the couch!!

The first few months we saw improvement with weight. We have been very consistent coming out. I am sure that this is the right path for us. Joint pain in my knees is gone.

I look around and see all shapes and sizes, ages, sexes, ethnicities, etc. and we ALL have a common desire to be stronger and healthier. If I had to sum up the atmosphere at the YMCA, it is RESPECT. We all go with a purpose. So very thankful for the free 2 months at the start and for supporting my family temporarily through the Strong Kids program until I found permanent employment.

I would hope these programs continue for others. In the long-term, there will be savings in health care. And as I consider my senior years and my son's future, I know this is the only way I will have quality of life and independence. Thank you so much to the YMCA for funding my son and me to go. We love the Y and appreciate being part of this special family.



**4255** assisted Camp Days were provided to children and youth in our communities

**1084** School Age Children participated in our YMCA Kids Club Before and After School Programs



**\$699,933** in financial assistance was accessed through the YMCA for Child Care and Before & After School Programs

## *Inclusive* starts here.

For over 10 years my family has accessed the YMCA's outstanding programs and supports. Raising a family is hard...raising one alone with extra needs can be challenging. The staff at every level have provided supports that we needed.

The YMCA provides opportunities for us to 'do our own thing' in a safe environment. This allows Josh to have independence and make his own choices. Josh enjoys the weight room, free swim, basketball in the gym and Helping Hands summer camp, while I spend time in scheduled classes. Staff are great to let me know if Josh needs help and I can check in with him without interrupting his interactions with friends.

The YMCA has been a place of inclusion; we have always felt respected with as little limitations as possible. We feel like we belong. The Y has been a place of respite for me, allowing me to re-charge and have time to interact with adults. The YMCA philosophy creates acceptance; this acceptance is threaded through their staff, programs and daily actions.

I would be a much different person without having the YMCA as part of our daily routine. It does take a community to raise a child, the YMCA has helped me to raise mine.

Josh and Janice



**25,558** days of care and  
**274,613** hours of care provided to participants in our YMCA Pre -School and Toddler Programs



**5817** children learned to swim at the YMCA of CEO in 2015



# Our Vision

Our YMCA will be a recognized leader and valued partner in the development of healthy communities.

"On behalf of my colleagues on Council, we are proud to be home to the YMCA of Central East Ontario and grateful to the team here in Belleville who work tirelessly to ensure every child has a chance to realize their full potential, experience feelings of success and a sense of belonging regardless of barriers. The YMCA is an incredible asset to our community and I encourage our citizens to take part in all that they have to offer."

- **Mayor Taso Christopher, City of Belleville**



**1875** children and youth received financial assistance for Membership and Recreation Programs at the YMCA of CEO



## Our Impact

Our YMCA is committed to strengthening the foundations of community by:

- nurturing the potential of children, teens and young adults;
- promoting healthy lifestyles;
- fostering social responsibility; and
- delivering lasting personal and social change.

"The YMCA contributes to the health of individuals and the health of the overall community by encouraging active living and by engaging youth in an atmosphere that nurtures tolerance, inclusiveness, caring, respect and responsibility."

- Mayor Daryl Bennett, City of Peterborough

## Belonging starts here.

The YMCA has done a lot for me and my family since we moved to Quinte West 4 years ago. I didn't know anybody and I was thrown into a new life. Shortly after we arrived my husband had to leave for 8 months because of his work. I was very timid and usually did not talk to other moms at the park or play group. The kids and I spent a lot of time together at home and I felt really lonely.

Then we discovered the YMCA. At first I didn't know what the YMCA could offer my family. I joined simply because it was close to my house and it had Kids Kare. I was a stay at home mom with 3 kids and a husband away more than half of the year. I didn't have any friends or people to ask for help so you can imagine how much I appreciated getting a little break from my children. The staff in the Kids Kare were very friendly and my kids loved to go there. They often asked for me to take them.

The programs for kids were amazing for us. The YMCA offered dry land classes and swimming included in the membership. The Instructors and staff were amazing and so friendly. Soon, most of them knew me and my kids by name which made us feel special and like we belonged. I have made a lot of good friends at the YMCA. I felt like I had finally become a part of a community. I felt part of the YMCA family.

One day a staff member approached me and asked if I was interested in becoming a Fitness Instructor. I decided to take the course because I wanted to start something for myself. I really enjoyed taking the courses to become a YMCA Fitness Leader. I was offered help when I needed it and many staff and members encouraged me and cheered me on when I was a trainee instructor. Now I can teach most of the land and aqua fitness programs and I am working toward becoming a Lifeguard.

I really enjoy talking to members and helping them in any way possible. I want members to have fun while I am teaching classes and I encourage them so they want to come back. My supervisor taught me the great values of the YMCA. We are here to help build a healthy community, and if anybody needs help, we are here for them. If I can help someone or make one person happy, then I feel I did my job. When someone says to me "thank you that was helpful", or "thank you that was a good class", it makes me really happy. Recently, I was asked to become one of the staff representatives for the YMCA Strong Kids Campaign. Now I realize how much the YMCA does for other families and children.

I got to know many teens by teaching the Teen Strength program. Most of the kids don't know each other on the first day, but by the end of the session they became friends and I see them play basketball together. I feel it is very important to remember all the kids' names. Every time I see my Teen Strength students and also former students, I say hi and talk to them. I want them to feel like they belong to the YMCA like the other staff did for me and my kids.

I am so glad I started my YMCA journey. I enjoy making connections with members and they always give me good energy back so I give them a great big smile.

Luna



**2343** adults received financial assistance for YMCA Membership and Recreation Programs



# YMCA of Central East Ontario

## STATEMENT OF OPERATIONS AND CHANGES IN NET ASSETS

YEAR ENDED DECEMBER 31, 2015

	2015	2014
<b>Revenue</b>		
Membership fees	\$ 5,029,071	\$ 5,051,463
Program fees	3,755,366	3,271,024
United Way	24,018	118,563
Grants and Subsidies	31,084	40,698
Donations and Fundraising	450,616	392,600
Rental and Other	441,147	401,338
Amortization of deferred contributions related to capital assets	212,492	210,444
	<u>9,943,794</u>	<u>9,486,130</u>
<b>Expenses</b>		
Salaries, wages and benefits	6,201,639	5,895,293
Program	596,044	553,876
Administrative and support services	494,165	517,039
Building maintenance	1,455,143	1,376,964
YMCA Canada allocations	144,559	142,249
Amortization of tangible capital assets	556,705	521,610
Amortization of intangible capital assets	3,969	4,587
Interest on long-term debt	223,661	233,485
	<u>9,675,885</u>	<u>9,245,103</u>
Excess of Revenue over Expenses	267,909	241,027
Net Assets - beginning of year	4,805,240	4,564,213
Net Assets - end of year	<u>\$ 5,073,149</u>	<u>\$ 4,805,240</u>



# YMCA of Central East Ontario

## STATEMENT OF FINANCIAL POSITION

DECEMBER 31, 2015

	2015	2014
<b>Assets</b>		
<b>Current Assets</b>		
Cash	\$ 357,506	\$ 119,272
Short-term investments	4,305,361	4,425,219
Accounts receivable	242,923	141,741
Prepaid expenses	34,288	21,671
	<u>4,940,078</u>	<u>4,707,903</u>
<b>Tangible Capital Assets</b>	11,458,855	11,554,724
<b>Intangible Capital Assets</b>	2,938	6,907
	<u>\$ 16,401,871</u>	<u>\$ 16,269,534</u>
<b>Liabilities and Net Assets</b>		
<b>Current Liabilities</b>		
Accounts payable and accrued liabilities	\$ 741,822	\$ 472,301
Government remittances payable	108,354	103,294
Deferred revenue	115,828	158,395
Current portion of long-term debt	172,000	163,000
	<u>1,138,004</u>	<u>896,990</u>
<b>Long-Term Debt</b>	4,183,000	4,355,000
<b>Deferred Contributions Related to Capital Assets</b>	<u>6,007,718</u>	<u>6,212,304</u>
	<u>11,328,722</u>	<u>11,464,294</u>
<b>Net Assets</b>		
Invested in tangible and intangible capital assets - internally restricted	1,099,075	831,328
Internally restricted - debt repayment and capital development reserve	2,475,683	2,543,077
Unrestricted	1,498,391	1,430,835
	<u>5,073,149</u>	<u>4,805,240</u>
	<u>\$ 16,401,871</u>	<u>\$ 16,269,534</u>

Note - from financial statements audited by Welch LLP

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