

# **Key Statistics**

### Children and youth



3,782 children found friendship, support and physical activity at YMCA child care programs.



3.738 Youth Action participants accessed our Community Initiatives at their local Y, at their school, or in their neighbourhood.



Camp programs aimed at encouraging independence, kill development and physical activity.

#### **Employment and Immigrant Services**



amilies were connected with a wide range of vital community resources as they find their path in Canada.



### Health, fitness and aquatics



41,824 members participated at the YMCA to improve



ildren and youth members participated at the Y;

### Philanthropy and giving back



3,732 donors impacted the lives of others through charitable



\$477,523 received in Strong Kids Campaign donations ensuring children and youth benefited from Y programs



\$1.1 million awarded in YMCA financial assistance to make our programs accessible to 12,395 individuals



unteers gave of their time and talents to help our

#### **EarlyON**



accessed our EarlyON programs where children joined in fun early learning activities and parents/caregivers were provided with supports, resources

### Message from the Chair, Board of Directors and President & CEO

Overcoming adversity. Finding a sense of belonging. Charting a path to health.

ront row: (Left to right)

Kyle Barber (CEO), Civita Gauley and Terry Suess (Board Chair)

Ajay Bhardwaj, David Oakes, Shannon Peters, Mike Watt (Vice Chair), Suzanne Johnston, Tim Krause, lan Brown (Vice Chair), Glen King, Jim F

Regardless of the motivation, we welcome people of all backgrounds and abilities to be part of our YMCA community.

Finding a place of belonging is more important and relevant than ever before.

This year, we've focussed on strengthening our connection with our communities and making important investments to position our YMCA Centres of Community for renewed growth.

As part of this transformation, we completed significant updates to our Niagara Centre YMCA in Welland, Niagara West YMCA in Grimsby and Niagara Falls YMCA at the MacBain Centre including new equipment, refurbished facilities and the introduction of new fitness programs like Barre, and TRX.

We reached beyond our walls to bring YMCA health programs outside to local parks and community gathering places.

We harnessed new technologies to improve access to YMCA programs and better connect YMCA child care families with their child's educator.

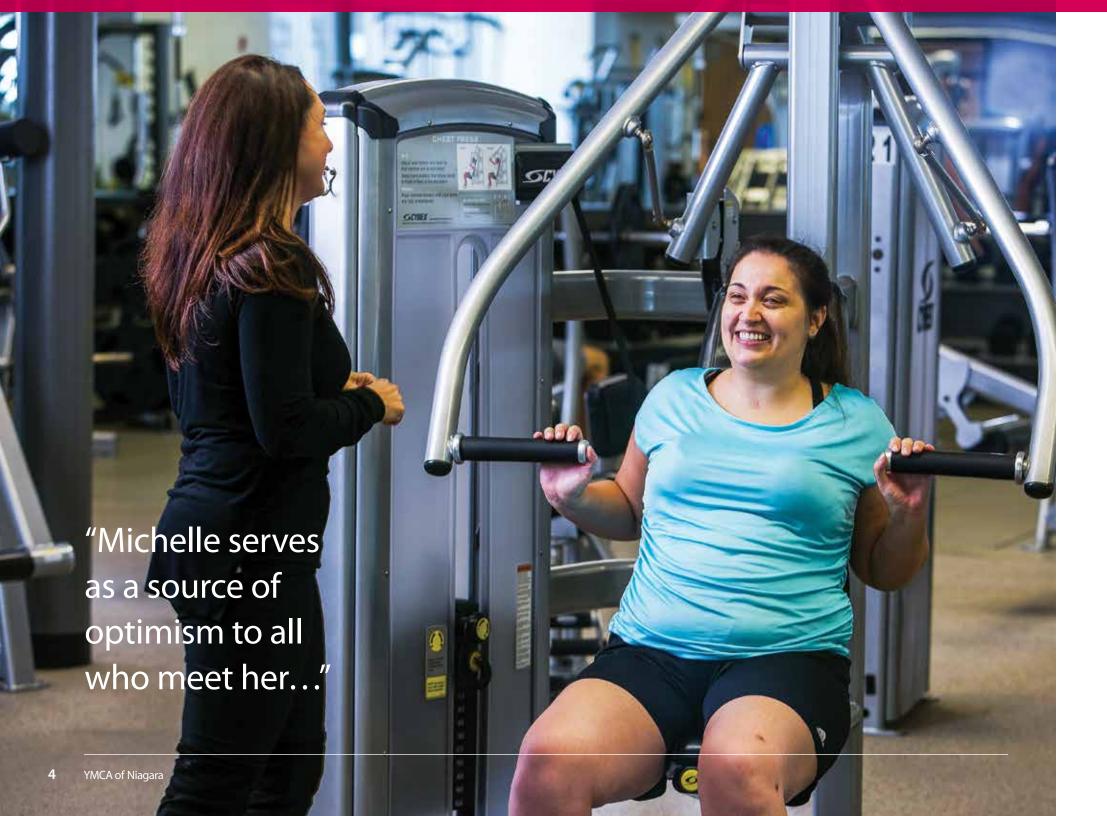
As our community continues to grow, so too does the YMCA.

This year, we expanded access to quality, licensed child care spaces with the opening of a new YMCA Child Care at Our Lady of Fatima school in Grimsby. We continued to partner with local agencies and government funders to support the delivery of vital employment and immigrant service programs.

The social issues facing our communities remain complex and increasingly pronounced. We're proud to be part of a fabric of community agencies committed to tackling these challenges together. Serving this mission is possible through the support of our many YMCA donors, staff, volunteers, and partners. We thank you for your continued support.

Chair YMCA Board of Directors

Kyle Barber, President & CEO YMCA of Niagara & YMCA of Oakville



# Michelle Paliniewicz

Michelle Paliniewicz is a daughter, a sister, a friend, an athlete and above all else, a fighter. In 2011 Michelle was destined for success, having amassed a long list of athletic and academic achievements, including her recent graduation from teacher's college. Michelle was on her way to securing a promising career as a teacher in an Oakville private school until the unexpected happened. Michelle suffered a major heart attack which resulted in a serious brain injury.

Michelle was placed in an induced coma for six weeks. She was diagnosed with an anoxic brain injury; a condition associated with the absence of vital signs.

Following months of intensive therapy, Michelle was discharged from hospital. Now confined to a wheelchair, Michelle experienced sensory deficits, a severe decline in motor skills, mental stamina and processing speed.

Diane, Michelle's mother, was concerned that progress from intensive therapy could be lost without continued physical activity and muscle stimulation. This led Diane and Michelle to the Niagara West YMCA in Grimsby. Little did either know the profound impact this decision would have on Michelle's recovery.

Michelle would be paired with Shelby, a Fitness Team Member who would become greatly invested in her recovery process. Michelle came into the Y in a fragile mental and emotional state, but Shelby recognized her fighting spirit and unparalleled strength. The two would work closely together developing a deep bond and friendship.

"The impact of Michelle's determination and progress has been felt and celebrated throughout our YMCA community. The personal strides Michelle has made are countless, her improvement extraordinary. She is a different person than the Michelle who came into the Niagara West Y in 2012, and because of her, so am I," says Shelby. "Michelle serves as a source of optimism to all who meet her and I will forever be thankful to both Diane and Michelle for giving

> me a renewed purpose and helping me to redefine what is really important to live a life of fulfillment."

> A defining moment in Michelle's recovery was the use of stairs at the Niagara West YMCA. A profoundly difficult challenge, Michelle progressed from climbing just a single stair to climb the entire stair case. The first time Michelle climbed the entire stair case. YMCA staff and fellow members were there to meet her and erupted into applause and cheers showing their admiration of Michelle's determination and fortitude.

"You never know what might happen tomorrow. No one can ever really be prepared for the things life throws at them," says Michelle's mom Diane. "Though Michelle's world has changed forever, she

will always be our daughter, sister, friend, teacher and a natural athlete. Shelby and the staff at the Y always help to remind us of that. Michelle and I, along with our family are grateful that Shelby came into our lives and that we have become a part of the YMCA family."

"The impact of Michelle's determination and progress has been felt and celebrated throughout our YMCA community."

# Grealy Family

Jim and Heather Grealy know from experience that finding time to stay healthy and active can be challenging for a busy family. As parents to Fintan (15), Braden (12), Nolan (9), Eva (7) and Ellie (7), they struggled to find a place where all of their family could participate in health and fitness activities that appealed to each of them. Then they found the YMCA.

With different programs for each of their children such as swimming lessons, karate, and YMCA Kid Fit, the Grealy family takes advantage of the full menu of programs at the Niagara Falls YMCA.

As they've raised their family, the YMCA's become a home away from home.

"The YMCA enables us to connect as a family. We love the fact there is something for everyone here. Fintan thoroughly enjoys the pool and the great lifeguarding staff, Braden is always thrilled to go to karate, Nolan loves the games in the gym, Eva and Ellie have a blast doing DrumFit, while Jim and I just love having a place to go that the whole family can enjoy," says Heather.

For many parents, juggling work and family can mean personal health gets neglected. For Jim and Heather, attending the YMCA on a regular basis helps the two maintain a balanced and healthy lifestyle while providing the children a place to meet new friends, have fun and develop their own healthy lifestyle habits.

"The YMCA enables us to connect as a family. We love the fact there is something for everyone here."

"The YMCA has kept our children active, busy and helped teach them to always be positive, to try new things and to not give up when things in life become tough. The YMCA gives Jim and I time together, knowing the children are in good hands and in a safe environment while they participate in activities at the YMCA."

Heather and Jim are confident that their family YMCA membership is a worthwhile investment into their children's future and that the programming has tremendously helped their adolescent development.





# Mike Cross

Mike Cross is no stranger to adversity. His parents divorce at age of seven, was just the beginning of a series of personal challenges he would face during his young life.

Soon after, Mike, his half-sister and mother would move into co-operative housing.

His mother struggled to provide the care and support her children needed as she faced her own personal battle with drug addiction. Mike and his half-sister frequently found themselves alone.

Eventually, Mike's half-sister, the one consistent source of support and stability in his life during this difficult period, made the difficult decision to move out and in with her own father.

At nine years of age, Mike felt alone and overwhelmed with fear and uncertainty.

In the years that followed, Mike faced continued volatility at home. He moved through a series of different homes. When he eventually moved in with his father, he quickly learned he was not welcome and had to leave there as well.

It was at the Walker Family YMCA that Mike always felt welcome. The Y was a place where he could spend time afterschool and on weekends working out with friends.

Despite his personal challenges, Mike remained determined to succeed.

At the age of 15, he was selected as 1 of 60 recipients across Canada to receive a CIBC scholarship. This scholarship would help Mike pay his way through post-secondary education and provide him with a paid internship. Familiar with the Walker Family YMCA in St. Catharines, Mike

jumped at the chance to become part of the

"During the difficult times in my life, the Y was one place I felt welcome and safe. I knew the YMCA was a place for families, for kids and for teenagers like me who need positive role models and a safe space to spend free time. Working at the Walker Family YMCA helped me feel like I was a welcome part of a team, and made me realize I wanted to pursue a career in health and fitness."

Today, Mike is currently completing his third year of study in Health and Fitness at Niagara College. He plans to attend Brock University to further his education and secure a degree in Kinesiology. Mike aspires to continue his career at the YMCA in fitness.

"I came to understand the importance that strong role models play in building a healthy

life. At the YMCA, part of my job is to be a strong role model. It is also my job to ensure everyone who comes into the Y feels welcome. I know how important that was for me as a struggling teenager. Every day I come to a job that I love and I know that I am heading into a career that will help people live a healthy balanced life."

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Annual Report to the Community 2018

# YMCA of Niagara Financial Highlights

Year Ended August 31, 2018

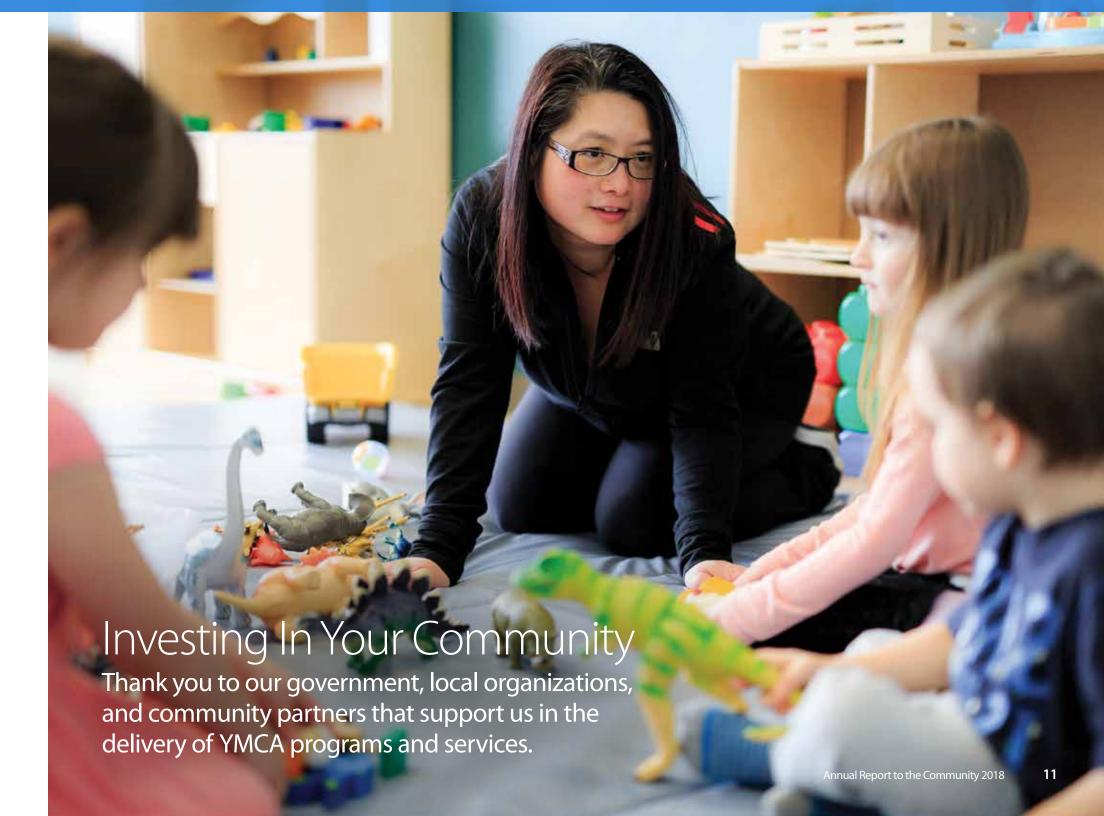
STATEMENT OF FINANCIAL POSITION	2018 (000's) \$	2017 (000's) \$
ASSETS		
Current assets	5,702	4,728
Cash-internally restricted fund (Note 1)	1,000	857
	6,702	5,585
Investments	1,569	1,534
Capital campaign pledges receivable	201	252
Capital assets	30,249	31,846
	38,721	39,217
LIABILITIES		
Current liabilities	5,634	4,044
Current portion of long-term debt	347	347
	5,981	4,391
Long-term debt	1,332	1,679
Deferred capital contributions	17,805	18,781
	25,118	24,851
FUND BALANCES		
Endowment fund	3,059	2,974
Internally Restricted fund (Note 1)	1,000	857
General fund and other	9,544	10,535
	13,603	14,366
	38,721	39,217

STATEMENT OF OPERATIONS	2018 (000's) \$	2017 (000's) \$
REVENUE	(*****)	(*****)
Programs & services	21,348	20,703
Grant revenue	11,185	9,175
Donations - Strong Kids	448	440
Other	517	366
	33,498	30,684
Financial assistance	(1,192)	(1,258)
	32,306	29,426
EXPENSES		
Wages and benefits	21,315	18,856
Occupancy and facility maintenance	5,353	5,331
Program and support costs	3,563	2,905
Participant wage subsidies and training supports	1,385	1,921
3 11	31,616	29,013
Excess of revenue over expenses before net amortization (Note 2)	690	413
Amortization of deferred capital contributions	1,465	1,375
Amortization of capital assets	(3,003)	(2,968)
Excess of expenses over revenue	(848)	(1,180)

- 1. The Child Care Fund was established by the Board of Directors for the purpose of reserving cash to enhance child care stability and quality assurance initiatives over the next two fiscal years. The current year's balance is \$1,000,000.
- 2. In keeping with the charitable purpose of the YMCA, the Board of Directors has determined that the excess of revenue over expenses will be re-invested in the Capital Development and Strategic Plan of the Association.

The report includes selected financial information extracted from statements audited by KPMG. Complete financial statements are available upon request.





## 2017-2018 Strong Kids Donor List



#### **CHAIR'S ROUND TABLE** PLATINUM >\$5000

Beatties

The Branscombe Family Foundation Canadian Tire Jumpstart Charities Jerry Farrell

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Dr. T. Toney & Tisha Taylor Ilenchuk Investing in St. Catharines Youth Fund at the Niagara Community Foundation

**Loblaws Companies Limited** Meridian Credit Union

Niagara Community Foundation Town of Fort Erie

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**CHAIR'S ROUND TABLE GOLD** \$2000-\$4999

The 2017 Welland Mayor's Charity

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YMCA of Niagara Annual Report to the Community 2018

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Gold Community Builder Sponsor We would also like to thank the many anonymous donors and those who contributed through Silver Active Family Sponsor a variety of YMCA special events across the Association. Lancaster Brooks & Welch LLP Switzer-Carty Transportation Enbridge Gas Distribution Inc.

> We are pleased to honour the many committed donors and partners of the YMCA of Niagara. All confirmed names are recorded as of August 31, 2018. We strive for accuracy; however, if your name appears incorrectly or was omitted, please accept our apologies. Any campaign inquiries can be directed to Nora Jenter at 905.934.9755 ext. 232

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Annual Report to the Community 2018



### A Strong Niagara Starts Here

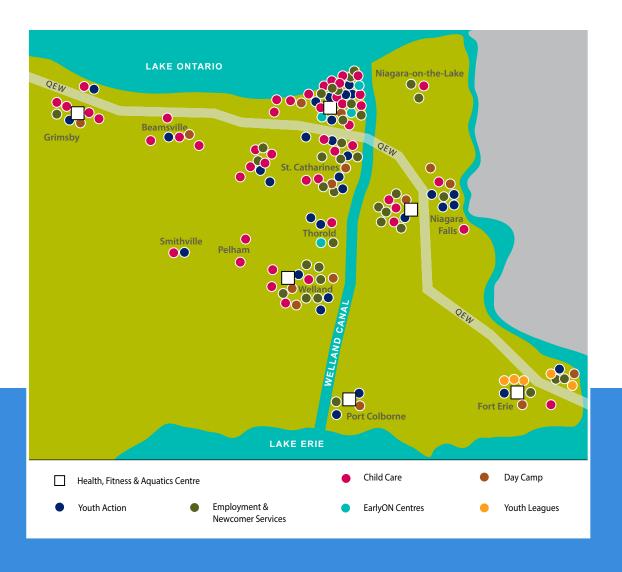
We provide vital services such as health, fitness and aquatics; child care; camping; immigrant services; employment; education; leadership development and volunteerism at 110 sites across Niagara.

#### **Vision**

Inspiring health, wellness and community - for life.

#### Mission

The YMCA of Niagara is a charity, open to all, providing leadership and opportunities for people and their community to grow in spirit, mind, and body.



YMCA of Niagara | 310 Woodlawn Road | Welland, ON L3C 7N4 | 905-735-6959 ymcaofniagara.org



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#### **Privacy Statement**

As a charitable, community based association, the YMCA of Niagara is committed to protecting your right to privacy. The personal information you share with us will be used to support the work of the YMCA. For further information, please visit: ymcaofniagara.org