

# **Key Statistics**

### Children and Youth



3,727 children found friendship, support and physical activity at YMCA child care programs.



2,192 Youth Action participants accessed our Community Initiatives at their local YMCA, at their school, or in their neighbourhood.



**2,657** children participated in YMCA Day Camp programs aimed at encouraging independence, skill development and physical activity.

### **Employment and Immigrant Services**



More than 3,186 newcomers and their families were connected with a wide range of vital community resources as they find their path in Canada.



**Employment and Immigrant Services programs or** 

### Health, Fitness and Aquatics



41,487 members participated at the YMCA to improve



15,227 children and youth members participated at the MCA: swimming, playing and keeping active.

### Philanthropy and Giving Back



3,113 donors impacted the lives of others through charitable



\$462,319 received in Strong Kids Campaign donations ensuring children and youth benefited from YMCA programs and services.



\$1.2 million awarded in YMCA financial assistance to make our programs accessible to 12,290 individuals



**817** volunteers 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 and made connections with other families with young children.

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

Positive impact. Two words that capture everything our YMCA has achieved in over 160 years of service across Niagara.

Since inception, our YMCA has been dedicated to building healthy communities through nurturing the potential of children, promoting healthy living and fostering social responsibility.

This past year, we invested in the further training, development and engagement of our staff teams, to equip them to expand and improve the diversity and modernization of our offerings. We actively sought community feedback through consultation and used what we heard to develop new programs and services in every area. This included the expansion of licensed preschool services, enhanced youth community outreach programs, modernized functional training spaces and introduced new group exercise classes. We engaged with our municipal partners in new ways, expanding our partnerships and investments locally in Welland, Port Colborne and Niagara Falls. This year marked the 25th anniversary of the Walker Family YMCA facility, with our service to St. Catharines dating all the way back to 1859. We continued to work hard delivering on the key objectives set out in our Strategic Plan in each of our communities.

In the following pages, you will read more about the personal and local impact our YMCA has had on the people and communities we serve. We proudly share genuine stories, including a story about what inspired Rob and Kathie Welch to make a legacy gift to our YMCA, enabling program and service delivery for years to come. You will discover the journey of Kris and Evelyn and the support they found in YMCA Child Care. You will read about Jenelle Russell, who discovered a new home at our YMCA when she arrived in Canada. You will also learn about Swim to Survive, a program facilitated at the YMCA that teaches thousands of Grade 3 students from across Niagara vital lessons about survival techniques in the event of a fall into deep water. These are just a few of the many stories that showcase our 160 years of service to the community.

These stories illustrate our impact and the compelling solutions we provide to address the needs of our community. Each community has unique needs, and our future relevance demands that we work diligently to understand and address these needs.

As a charity, it is critical that we build economic stability for our YMCA and continue to explore new sustainable models for delivery. We will continue to test and try the most relevant models that focus our impact through valued programs and services, collaborative approaches and partnerships.

We are proud of the strong relationships we've developed with our partners who share our goal to improve lives and build a stronger community. Together, we can continue to maximize this positive impact on the health of people across the Niagara Region.

Ian Brown, Chair

YMCA of Niagara Board of Directors

Kyle Barber, President & CEO YMCA of Niagara





# Kris & Evelyn Algra

It's difficult to describe the euphoria of welcoming your first child into this world. It's a moment that is forever enshrined into every parent's memory. Kris and Carly Algra's moment came on December 16th, 2016 with the birth of their daughter, Evelyn Margaret Carly.

The St. Catharines couple's euphoria, however, was short-lived. Two days after the birth of their first child and one day after her own birthday, Carly passed away unexpectedly due to complications. Kris abruptly became a single father to a two-day old baby.

Through the devastating process of grief, one thing became clear – Kris's world would revolve around his daughter. He endeavoured to be the best father he could be, but he was in unfamiliar territory. He knew as a single caregiver he would need help.

Prior to Evelyn's birth, the couple had sought child care options and the YMCA was at the top of their list. Kris trusted the Y and his trust was reinforced after disclosing his situation to Jennifer Lancione, Supervisor at the Walker Family YMCA Child Care Centre, who immediately made accommodations to get Evelyn into care right away.

"As a new dad I have so many questions, and though they have many answers for me, my biggest gift is that they listen."

"As a new dad I have so many questions, and though they have many answers for me, my biggest gift is that they listen," says Kris. "I believe the YMCA has helped me as much as they have helped Evelyn and we have both grown as a result of being part of the YMCA."

This isn't where Kris's story ends. When Kris determined his job would not fit the life he wanted to provide for Evelyn, he was recommended

to visit YMCA Employment Services. Kelli Wales became Kris's Employment Coach and helped him make the decision to go back to school to become an Educational Assistant for special needs children. Kris will soon graduate from Niagara College at the same time as Evelyn will graduate from child care to kindergarten.

"The staff at the YMCA Child Care and Employment Office offered support and encouragement when I needed it the most. It is reassuring to know that they are still there for us as we work our way through the ups and downs of the path ahead. I am incredibly thankful for the wonderful people in our life and I know that Evelyn and I will be ok."

Evelyn thrived in the environment at the YMCA and it had an astoundingly positive impact on her development. The staff, Karen, Sarah, Tina and others, built a bond with Kris and Evelyn providing unwavering support to both.

## Jenelle Russell

Familiarity breeds comfort, but outside of our comfort zone is where true personal growth can flourish.

For Jenelle Russell, aspirations of a better life prompted her not only to step outside her comfort zone, but also to make the difficult decision to leave her home in Trinidad and Tobago. Uprooting your life is never simple, but Jenelle knew the risk would be worth the reward. In the middle of a frigid December in 2009, Jenelle and her family relocated to Canada for a new beginning.

Adjusting to change in a new country was no easy endeavour. The cold climate alone was enough to cause a case of culture shock. Not knowing where to start or how to acclimatize to Canada, Jenelle turned to her husband for advice. His advice was to visit the YMCA of Niagara Employment and Immigrant Services office, a place where help was waiting.

Jenelle's first encounter with the YMCA was an eye-opener as she discovered all of the resources and support available to her and her family. Family has always come first for Jenelle and it was paramount that she helped her children integrate into life in Canada. The Settlement Worker in Schools (SWIS) program available through YMCA Immigrant Services proved instrumental in helping Jenelle's children adjust to school and their new community.

Once her family was established, it was time to focus on her own goals. Jenelle was a certified Geriatric Nurse in Trinidad and Tobago, but she was unsure how to transfer her skills and expertise into the Canadian job market. Jenelle was paired with a YMCA Employment Coach, who had a tremendous impact on her success.

With guidance from her Employment Coach, Jenelle found her first job in Canada and took steps to pursuing a career in nursing. With support from her Employment Coach, Jenelle first improved her English through the CLARS English Language Assessment program allowing her to obtain her grade 12 diploma. From there, Jenelle enrolled in the Registered Practical Nursing program at Niagara College, acquiring her diploma and continuing her education at Nippissing University for her Bachelors of Nursing.

"I will always keep coming back to YMCA Employment Services until I find my forever job and I know they will help me find it."

While Jenelle upgraded her education, her Employment Coach helped her land a job with a long-term care facility in Welland and a second job working in the community with Paramed Home Health in pediatrics.

Jenelle's ambitious journey continues and she's become a familiar face at the YMCA Employment Services office. "I will always keep coming back to YMCA Employment Services until I find my forever job and I know they will help me find it," she says.

"Much like the advice my husband offered to me years ago, if someone new to Canada were in a similar situation to me, the first thing I would say is go to the YMCA. They can put you on the right path."



"What I love most about the YMCA is getting to see my friends and meeting new ones."



## Sarah & Swim to Survive

For thousands of Canadians, the YMCA's name is synonymous with swim lessons. Since 1931, we've played a pivotal role in educating youth on water safety and how to swim.

The YMCA, which developed the first nationally recognized aquatic program, believes that swimming is a vital life skill that all children should learn. However, not every child has the opportunity to take swim lessons. The Lifesaving Society estimates that roughly half of Canadian children never take traditional swimming lessons.

The Lifesaving Society Swim to Survive program was designed to reach more kids, who might otherwise not learn this critical lifesaving skill. The program, offered at YMCA locations across Niagara, provides Grade 3 students three one-hour sessions to learn vital survival techniques in the event of a fall into deep water to aid in drowning prevention. Drowning is the second leading cause of preventable deaths for children under 10 years, making Swim to Survive a critical prevention program.

Sarah was hesitant and nervous when she was first introduced to the water, but after graduating from Swim to Survive and progressing through YMCA swim lessons she has become a confident swimmer. Sarah was taught three key life saving techniques in Swim to Survive:

how to roll into deep water, treading water for one minute and swimming 50 metres.

9,461 youth from across
Niagara have been part
of the Swim to Survive
program at the YMCA
since 2015.

After completing the program, Sarah excelled through all seven star levels of YMCA swim lessons and moved to the Lifesaving Fitness swim program to further develop her abilities. Sarah took lessons at both the Walker Family YMCA in St. Catharines and the Niagara Falls YMCA, at the MacBain Community Centre, developing friendships with her fellow classmates and bonds with her swim instructors.

We hope that many children in Niagara share a story similar to Sarah's. We're privileged to play a small part in helping kids build their confidence in the water.

Since 2015, 9,461 swimmers from across Niagara have gone through the Swim to Survive program at YMCA of Niagara locations. Sarah is one of the many graduates who have benefitted from this program.



## **Rob & Kathie Welch**

At the YMCA, we believe that every single act of giving matters. As a charity, the YMCA benefits from the time, talent and dedication of many volunteers and donors. The generosity of the community we serve enables us to fulfill our mission of making Niagara home to the healthiest children, youth, adults, seniors and families.

The YMCA has benefitted from the generosity of Rob and Kathie Welch in a multitude of ways. They joined the Walker Family YMCA when its doors opened in 1994, keeping healthy and connected as fitness members. Since then, Rob has shared his time and expertise on various volunteer governance committees. Rob also led and supported our capital campaign in 2003.

Rob furthered his connection as a volunteer board member, which also included serving as Board Chair from 2004 to 2006.

As a couple, Rob and Kathie have contributed generously to the annual Strong Kids campaign. It was their strong connection to the YMCA and a firm belief that their involvement was making a difference that led Rob and Kathie to join the YMCA Heritage Club and

commit to a legacy gift. The Heritage Club is made up of an esteemed community of YMCA stakeholders who have contributed to a fixed endowment, which helps ensure a sustainable future for the YMCA. The fund was started in 1928, providing a financial foundation for the YMCA. Along with Rob and Kathie, more than 160 others have joined the Heritage Club.

"The YMCA has done more for us than we could ever do for the YMCA," explains Rob. "This is our way to return our gratitude. Through estate planning, we are providing ongoing support not just for today, but for those who will benefit from the YMCA in the future. It is our way

of providing a positive contribution to a community we love."

"We are proud that we are contributing to a sustainable future for the YMCA and for the Niagara community."

The YMCA's continued growth and vitality is the result of the energy, enthusiasm and generosity of members, volunteers and donors like Rob and Kathie. As part of our Heritage Club, they are creating a powerful connection between the YMCA today and future generations.

"We understand the value the YMCA brings to children and their families by being open to all, by embracing diversity and providing essential services like child care, day camp, community programs and employment opportunities," says Rob. "We are proud that we are contributing to a sustainable future for the YMCA and for the Niagara community."

## YMCA of Niagara Financial Highlights

Year Ended August 31, 2019

STATEMENT OF FINANCIAL POSITION	2019 (000's) \$	2018 (000's) \$
ASSETS	(0000) 4	(5555) 4
Current assets	5,075	5,702
Cash-internally restricted fund (Note 1)	1,000	1,000
	6,075	6,702
Investments	1,558	1,569
Capital campaign pledges receivable	153	201
Capital assets	28,402	30,249
	36,188	38,721
LIABILITIES		
Current liabilities	6,645	5,634
Current portion of long-term debt	347	347
	6,992	5,981
Long-term debt	984	1,332
Deferred capital contributions	16,732	17,805
	24,708	25,118
FUND BALANCES		
Endowment fund	3,124	3,059
Internally Restricted fund (Note 1)	1,000	1,000
General fund and other	7,356	9,544
	11,480	13,603
	36,188	38,721

STATEMENT OF OPERATIONS	2019 (000's) \$	2018 (000's) \$
REVENUE	(0000) +	(0000)
Programs & services	22,356	21,348
Grant revenue	11,075	11,185
Donations - Strong Kids	451	448
Other	468	517
	34,350	33,498
Financial assistance	(1,200)	(1,192)
	33,150	32,306
EXPENSES		
Wages and benefits	22,678	21,315
Occupancy and facility maintenance	5,535	5,353
Program and support costs	3,844	3,563
Participant wage subsidies and training supports	1,723	1,385
	33,780	31,616
Excess (deficit) of revenue over expenses before net amortization	(630)	690
Amortization of deferred capital contributions	1,413	1,465
Amortization of capital assets	(2,970)	(3,003)
Excess (deficit) of expenses over revenue	(2,187)	(848)

#### Notes:

67% Wages and benefits

training supports

11% Program & support costs

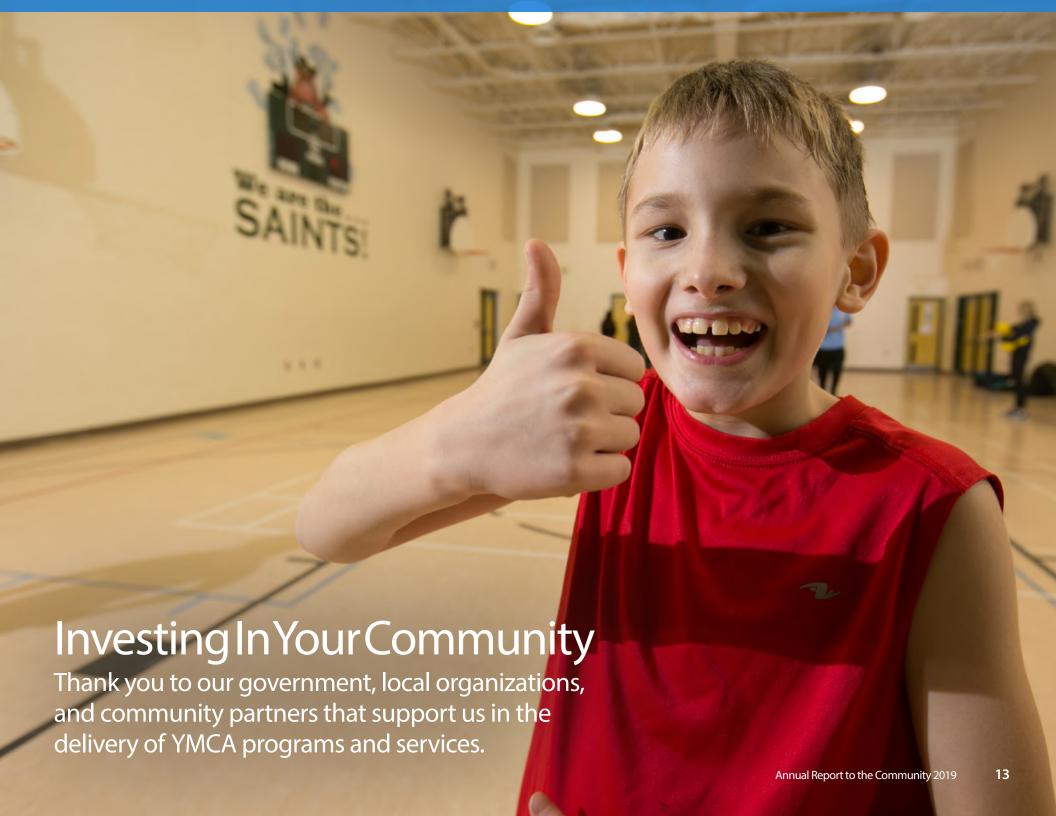
17% Occupancy & facility maintenance

5% Participant wage subsidies and

 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.

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





## YMCA Heritage Club

YMCA Heritage Club Members are a special group of supporters who fundamentally believe in the purpose and values of the YMCA of Niagara. The Heritage Club recognizes those who have contributed to a fixed endowment, which helps ensure a sustainable future for the YMCA.

The Heritage Club is made up of an extraordinary group of like-minded individuals who share a deep connection to the YMCA. Participation in the YMCA Heritage Club is a way of ensuring quality YMCA programs and services for generations to come.

To become a member of the YMCA of Niagara Heritage Club, please contact Kristy McKitrick by email at kristy.mckitrick@niagara.ymca.ca or by phone at 905-934-9755 ext. 231

#### **HERITAGE CLUB MEMBERS**

David B. Mills 1928 David Corrall 1963 John Bean 1987

Ethra & Thomas Edmondson 1988 Hamer & Kae Guest 1989

Barbara & Franco Savoia 1991

Mr. & Mrs. James Bird 1992 Rosalia & Stephen Butz 1992

Bruce & Susan Erskine 1992

Eve & Verdon Markwick 1992

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Henry Burgoyne 1993

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Betty-Lou Souter 2013

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Farrell 2014

Doug & Carrol Howe 2015

Leanne Standryk 2015

Dr. T. Toney & Tisha Taylor Ilenchuk 2016

2010

Grant F. Sargeant 2018



## 2018 - 2019 Strong Kids Donor List

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

**Beatties** 

The Branscombe Family Foundation Canadian Tire Jumpstart Charities

Fallsview Casino Resort

Jerry Farrell

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Roman, Anna Groch and Family

Dr. T. Toney & Tisha Taylor Ilenchuk

Investing in St. Catharines Youth Fund at the Niagara Community

Foundation **Loblaw Companies Limited** 

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In memory of Grant F. Sargeant

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

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lan, Tina, Corrigan & Julia Brown

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YMCA of Niagara

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Summer Camp Fund at Niagara **Community Foundation** 

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### 2018 - 2019 Strong Kids Donor List

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We provide vital services such as health, fitness and aquatics; child care/EarlyON; 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.



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