

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# MAKING MORE POSSIBLE

**2015 Annual Report** 

# **YMCA SOUTHCOAST**

Dartmouth · Fall River · Gleason Family
Mattapoisett · New Bedford · Stoico/FIRSTFED



# WE'RE MAKING MORE POSSIBLE

President's Message



Thank you to our donors and supporters—what an historic year! The focus of 2015 was the completion of the Fall River YMCA's important "Rejoice, Renew, and Revitalize" campaign. On April 8, 2015 we celebrated our ribbon cutting with the grand re-opening of the Y in downtown Fall River to an enthusiastic crowd. We are pleased to report that the Y now has 2,801 members; up from 1,967 members one year ago, almost a 70% increase. Now, 120 students receive individualized, daily instruction in our BayCoast Bank Educational Achievement Center located on the fourth floor. More than 1,000 children took part in learn to swim programs in the refurbished pool, and in the last three months we have seen over 16,675 member visits!

Our year ended on a high note with the opening of YMCA Southcoast's sixth branch in Swansea. After renovations were completed on the former Grace Gospel Church, the Stoico/FIRSTFED YMCA opened on December 17, 2015. Swansea, Somerset and Dighton are vibrant towns, yet residents lacked a central gathering place to connect and feel part of a greater community. The Y has brought that opportunity to the area. We see entire neighborhoods exercising together in our spacious, state-of-the-art fitness center which features a floor to ceiling indoor glassed Kids Adventure play area. The Y is located on 36 acres of sports fields, walking trails, climbing wall and ropes courses, inspiring families to become healthier while connecting community members to one another. Because our enthusiastic staff has designed multiple innovative programs, the new Y is perfectly positioned to have a life-changing impact on these communities.

It's an exhilarating time for YMCA Southcoast as leadership has changed. As the new President and CEO, I am excited to be here to begin a new chapter that will continue the legendary work of Gary R. Schuyler. Gary received a grand celebration of his 28 years at YMCA Southcoast and 40 years total with the Y movement on May 6, 2016. We wish him well in his retirement and thank him for his servant leadership with the Y.

Sincerely.

James F Scherer
President & CEO

YMCA SOUTHCOAST

## **Educational Achievement**

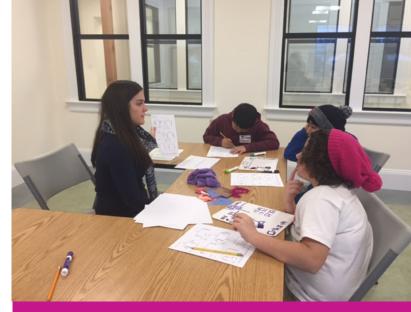
#### **Fall River YMCA**

Each day, after school, about 120 students from the city's elementary schools benefit from the BayCoast Bank Educational Achievement Center on the top floor of the Fall River YMCA. They learn and engage in new subjects such as journalism, gardening, cooking, leadership, technology, even Legos. There is Kidzlit in which books are read and discussed, words explained and, in all cases, lessons learned.

This past summer, the Y partnered with the Fall River Public Schools to provide an enriching six week summer learning program to 40 Mary Fonseca Elementary School students that combined interactive academic classes in math, literacy and science, with enrichment classes such as cooking, music, art, service learning, swimming and digital media. In addition, every Friday students participated in educational and fun field trips to places such as the Boston Museum of Fine Arts, the New Bedford Whaling Museum and Battleship Cove.

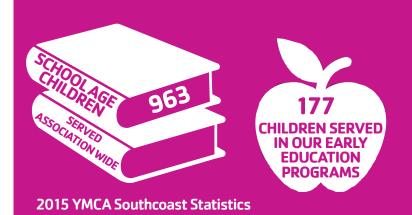
Our goal was for 75% of students in our program to maintain their learning level based on standardized testing done at the end of the child's previous school year compared to testing from the beginning of their new school year. Nationally, close to 90% of low income children lose some of their gains over the summer. The results for our children were very encouraging and far exceeded our goal. We found that 92% of the children in the program either maintained their learning or improved their academic knowledge over the summer! In addition, parents reported that their children were utilizing better behaviors, seemed happier and had a greater interest in learning and reading.

We couldn't do any of this work without the dedication and help of our volunteer teachers. Over the course of 2015 we had 81 volunteers that donated over 9,035 hours. Our volunteers are also learning that giving back is very personal and that they get to take home valuable lessons of their own.



#### Nurturing our youth in educational achievement

The EAC has worked with approximately 150 children in our afterschool enrichment classes this school year. In addition we have offered workshops in computer coding, underwater robotics, Lego engineering, digital media, remote control car building, cooking as well as monthly Family Fun Nights that have served another 100 children and families.





Building skills and confidence while learning water safety



5,286 CHILDREN PARTICIPATED IN AQUATIC PROGRAMS ACROSS YMCA SOUTHCOAST

**2015 YMCA Southcoast Statistics** 

# Making an Impact

#### **New Bedford YMCA**

A number of changes have taken place at the New Bedford YMCA. Our new Youth Development Director, Rayana Grace, started in mid-October and has created new programming that appeals to our youth members—Athletics, Arts and Sciences, Wellness, Culinary, and Civic Engagement.

Shooting Stars for basketball skills and drills and Sports Mix for preschool-aged children were both well received this past fall. To highlight the Arts, we introduced new dance classes including Happy Feet: Music and Movement for Toddlers, Hip-Hop and Tumbling—all taught by dance instructor Susan Botelho, who comes to us with over 20 years of dance instruction. Sci-Time Science Club is being taught by Roger Hart, a longtime New Bedford YMCA member and AP Physics teacher who wanted to give back to Y programs which played such an integral role in his adolescence.

We look forward to continuing with new youth programming including drama club, volleyball, soccer/Futsal, and additional art offerings. Staff have been attending various community meetings throughout the city of New Bedford to help strengthen our ties with local agencies and to develop new partnerships.

Youth programs are not the only new aspects of the New Bedford YMCA. Our Wellness Center has received a face lift with some new, innovative equipment. Our new line of equipment will complement the many amenities that the Wellness Center has to offer for those in need of support in reaching their health and wellness goals, not the least of which is our well-trained and passionate staff.

# **Chronic Illness Prevention and Support**

#### **Gleason Family YMCA**

The Gleason Family YMCA just recently completed its first year of the YMCA's Diabetes Prevention Program, led by certified lifestyle coach, Dara Midwood, with eight graduates. Participants are eligible for this program with a diagnosis of prediabetes. The goal of this program is to reduce each individual's weight by 7% and incorporate 150 minutes of moderate physical activity per week for the purpose of reducing the risk of Type 2 Diabetes.

One graduate began the program at 208 pounds and finished at 179 pounds. That's success! This is a lifestyle balance program, not a diet; giving people time to learn and practice the tools for healthier eating habits and living, including how to fit in more physical activity in the day. Included in the cost of this program is a year membership to the Y so that participants can incorporate exercise into their lifestyle and have easier access to it as well.

YMCA Southcoast continues to run the LIVE**STRONG®** at the YMCA Program at multiple branches, including the Gleason Family YMCA. This FREE 12-week program helps cancer survivors get back to physical activity in a safe and supportive environment with certified staff. This program is supported by financial assistance given by community supporters. Without this assistance, there is no program.

Sharon DeCosta is a recent graduate of the LIVE**STRONG**® at the YMCA Program. Sharon was diagnosed with Metastic Breast cancer in April of 2015, on her 25<sup>th</sup> wedding anniversary. "The Y plays an important part of my support team. It's making a difference in my life." Sharon also shared that the Y is strengthening not only her body, but also her mind and spirit. "The instructor, Mike, is always supportive and lends an ear when I just need someone to listen."



#### Pictured here left to right:

Christina Webber, Linda Jackson, Maria Golemo and Dara Midwood pose for a picture at the Y. Jackson, Golemo, and Webber were graduates of the Diabetes Prevention Program, which completed its first year the Gleason Family YMCA under Midwood's direction.

# LIVE**STRONG**° AT THE YMCA



L I V E S T R O N G

**77** 

Cancer Survivors received scholarships for the program in 2015

2015 YMCA Southcoast Statistics

# Treasurer's Report FISCAL YEAR ENDING DECEMBER 31, 2015

#### **STATEMENT OF REVENUE & EXPENSES**

SUPPORT AND REVENUE	
United Way	\$ 50,014
Government and Other Funding	1,853,840
Annual Campaign	363,034
Other Fundraising and Donations	3,657,767
Membership Dues	3,634,856
Program Service Fees	3,374,741
In Kind Support	21,600
Sales of Merchandise (NET)	80,231
Interest/Investment Returns	58,631
Miscellaneous	660,545
TOTAL SUPPORT AND REVENUE	13,755,529
EXPENSES	
Program Services	7,980,608
Fundraising	250,309
General and Administrative	1,076,627
TOTAL EXPENSES BEFORE DEPRECIATION & INTEREST	9,307,544
Excess Revenue Over Expense Before	4,447,985
Depreciation and Amortization	(667,741)
Interest Expense	(429,795)
Realized Gain on Derivative Financial Instrument	575,703
INCREASE [DECREASE] IN NET ASSETS	\$3,926,152

#### **BALANCE SHEET DATA**

7.552.15		
Current Assets	\$	3,172,354
Long Term Investments		542,064
Net Property, Plant and Equipment		20,614,914
Other Assets		2,051,215
Leverage Loan - Fall River project		8,054,768
TOTAL ASSETS	_	\$34,435,315
LIABILITIES AND NET ASSETS	_	
Current Liabilities		3,540,549
Deferred Membership/Revenue Programs		540,419
Net Long Term Debt <sup>‡</sup>		12,281,858
Total Net Assets		18,102,489
TOTAL LIABILITIES AND NET ASSETS	_	\$34,435,315
STATEMENT OF CASH FLOWS	_	
Net Cash Provided by Operating Activities		1,128,236
Net Cash/Investing Activities		(4,609,147)
Net Cash/Financing Activities		3,345,810
Net Increase (Decrease) in Cash & Cash Equivalents	_	(135,101)
CASH AND CASH EQUIVALENT • BEGINNING OF YEAR		216,859
CASH AND CASH EQUIVALENT • END OF YEAR		81,758
	=	

<sup>\*</sup>Includes \$8.4 million used to finance Fall River project in accordance with tax credit requirements

# **CFO and Treasurer's Message**

Community support continues to be strong and our annual campaign revenues reached new heights in the year.

2015 was a year of significant transition. In January, property was purchased in Swansea and converted into the new Stoico/FIRSTFED YMCA in time for a successful December opening. The long running Fall River YMCA renovation was completed in April and community members are steadily returning with strong approval of the renovated facility. Capital campaigns required to pay down temporary debt financing are ongoing for both projects.

In December the Fall River project received a final allocation of Massachusetts Historic Tax Credits. Net proceeds of \$2,070,000 were received in February 2016 and applied to project debt. This was the Association's first receipt in its history of Historic Tax Credit funds.

The renovation and conversion projects had a negative impact on the change in Net Assets from Operations. This situation is transitional, and improved performance is planned as operations mature.

YMCA Southcoast continues to put its best efforts forward to strengthen itself and be a community impact organization for the long term.

Dr Brian K Bowcock

Treasurer

Robert A Trahan Vice President & CFO

# **Stoico/FIRSTFED YMCA Capital Donors**

#### **HONORARY FOUNDER** · \$100,000+

BayCoast Bank
George I Alden Trust
The Robert F Stoico/FIRSTFFD Charitable Foundation

#### PRESIDENT'S CLUB · \$50.000-\$99.999

Amica Mutual Insurance Company BankFive St Anne's Credit Union of Fall River

#### **BENEFACTOR** · \$10,000-\$49,999

Hathaway Memorial Charitable Trust Gerrit & Elizabeth Sanford

#### **PATRON** · \$1,000-\$9,999

Tom & Jeanine Achin Elaine D Applegate in memory of Ruth M Doodson Jerry & Nancy Bernier Sheila M Botelho

Peter & Tia Bullard In honor of Gary Schuyler Luca DelBorgo in memory of Paul Spencer Luca DelBorgo in memory of Norberto & Lidia Dinis Arthur D Frank. Jr

David, Alison, Tyler, Grace & Ava Gaspar Richard K Gunther in recognition of Amy Gribbel and Sarah Lane

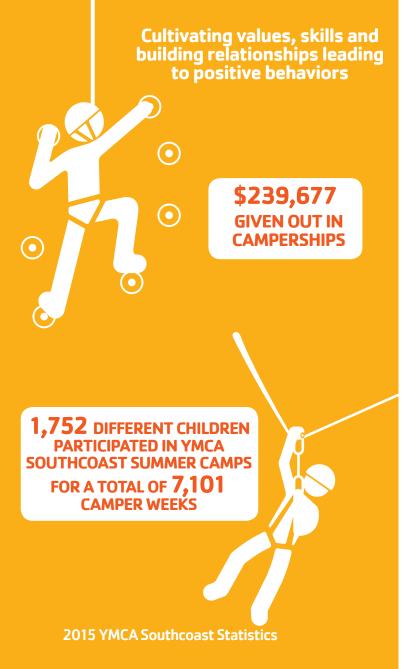
Lorelei & Landon Heim James P Killoran, Esquire & Thomas P Killoran, Esquire

Betty L Marsden

Shaun O'Hearn in memory of Betsey Bolger O'Hearn Precor

Charles E Reed Salt Marsh Realty Group, Inc Gary & Donna Schuyler Robert Trahan





# **Bagging Hunger for Nutrition on Weekends**

## **Mattapoisett YMCA**

With community support, the Mattapoisett YMCA began the Nutrition On Weekends (NOW) Program to provide food to children who rely on school food programs during the week. NOW is a volunteer based hunger relief backpack program that serves children in New Bedford.

This program made a significant impact on 150 of the neediest New Bedford children on weekends and during school breaks for the 2015–2016 school year. The Mattapoisett YMCA, along with area churches and libraries, sought donations for food distribution to the local children in need, relying on the generosity of our food donors, including supermarkets, wholesalers, neighbors, friends and others to donate nutrient-rich, non-perishable food.

Two amazing volunteers, like Susan Shallies and her daughter Kathy Langevin, packed needed meals into bags for Friday deliveries to the students of Alfred J. Gomes School in New Bedford. "It has been amazing to watch this mother/daughter team work together" says Joe Marciszyn, Executive Director of the Mattapoisett YMCA. "They are so lively and they are packing more than hunger relief into each bag, they are packing hope."

Kathy and Sue are critical to the work we do every day. The Y depends on volunteers to inspect, sort, and repack reclaimed food and grocery products. Our volunteer base ranges from students to senior citizens and from business professionals to religious organizations. The help, that volunteers provide saves the Mattapoisett YMCA thousands of dollars in labor costs annually, making it possible for us to provide even more food for those in need. Your dollars have made a difference!



# **Giving Back to Our Community**

#### **Dartmouth YMCA**

The Dartmouth YMCA has a long history in the battle against hunger along the south coast of Massachusetts, beginning in 2006 with the creation of the Sharing the Harvest Community Farm. In 2011, the Y furthered its impact by aligning with the Southeastern Massachusetts Food Security Network.

The Food Security Network is a coalition of food pantries, farms, foundations and social service agencies working together to address hunger issues in our region, including emergency food access and distribution, nutrition education, and local sustainable agriculture.

In 2015, the Food Security Network made a significant impact in our community. Through a partnership with Mass in Motion New Bedford and the Marion Institute's Grow Education program, the Network was awarded a \$39,000 Partners for Places grant. This allowed the Dartmouth YMCA to become a hub and resource center for New Bedford's community gardens, expanding education and outreach for farmers markets, and increased the number of New Bedford public school community gardens.

In addition, the Network, through the Dartmouth YMCA, took on the role of implementing the New Bedford City Fruit program through another partnership with State Representative Bill Strauss, the Massachusetts Department of Agricultural Resources, New Bedford's Department of Parks, Recreation and Beaches, and the Department of Public Infrastructure. This project conducts outreach to recruit residents who are interested in donating otherwise unused fruit to food pantries as well as provide education on fruit tree maintenance.



FARM PRODUCE HOURS SERVINGS DONATED

2,930 92,263 7,384 580,000 pounds

# **2015 Sharing the Harvest Donors**

AAA Southern New England Andrea Christianson Anne Webb Anonymous Astro-Med. Inc Barbara A Craveiro BayCoast Bank Betty Ussach-Schwartz Beverly & David King Blount Fine Foods Carol A Forfa Carolyn R Lytle Celeste E Paleologos Charles & Rebecca McCullough Clav & Clara Stites Community Foundation of Southeastern Massachusetts - James Arnold Fund Community Foundation of Southeastern Massachusetts - New Bedford Rotary Club Fund Concordia Company LLC Cove Pediatrics, LLC Crystal Ice Co Inc Darden Restaurants, Inc Foundation Dartmouth Friends of the Elderly Dartmouth Rotary Club Dave & Alice Morgan Donald C King Donald R Fronzaglia Donna M Edberg Dorothy E Aghai Douglas Leatham Douglas Roscoe & Shannon Jenkins Elizabeth A Hesketh Elsie & Louie Haskell Ernest J Fisher Esmeralda S Costa **Eversource Energy** Farm Credit East, ACA Fay's Too Inc First Citizens Federal Credit Union Fred & Jane Zimmermann Garden Club of Buzzards Bay Gary & Donna Schuyler George & Marjorie Abbot Gerald E Pietsch Gertrude E Medicke Harvard Pilorim Health

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4,010
People Received
Financial Assistance for
Membership



1,459
People Received Free Membership
for being enrolled in our Child Care
Program Full Time



\$1,150,108
Amount Given
Out in Financial
Assistance

## Y Financial Assistance

#### Stoico/FIRSTFED YMCA



Bertha Senay has always been an active member of her community. On December 15, 2015 when the Stoico/FIRSTFED YMCA opened, Bertha was the first person through the door. She is happy to be part of this new Y that is connecting the surrounding communities and providing opportunities for all.

Bertha, a senior citizen living on a stringent fixed income, is thankful for the help she receives from

the Y Cares Financial Assistance program that allows her to attend the Y with minimal impact on her limited resources. Bertha says, "the Y has been a godsend for me. My body in the past few years has been suffering from severe pain due to joint and orthopedic hip issues. With the Y's help, I am getting better every day and have a goal to be able to get rid of my cane."

She finds that the daily exercise has been a tremendous help and her mobility is indeed improving every day. Bertha started pacing herself and setting new goals, and now, she not only uses the equipment in the wellness center, but she has tried many group exercise classes. Her very favorite is the low impact/post therapy class that she attends regularly. She was the only participant when the class first started. Loving the results, she invited friends from the local Council on Aging as her guest. The class now averages 18 – 22 participants and continues to grow.

People can't help but be inspired by Bertha's enthusiasm, commitment and energy.

# **2015 Annual Campaign Donors**

#### Thank You to All Our Supporters

#### **CHAIRMAN'S ROUNDTABLE** • \$2.000+

Black Bass Grill John & Nancy Bonell Stella D Burke Chapman, Cole & Gleason **Coastal Community Foundation** Community Foundation of Southeastern Massachusetts-Acushnet Fdn Fund Community Foundation of Southeastern Massachusetts-James Arnold Fund, Inc

Allan Ditchfield Robert Eklund Fall River Women's Union James W & Kathleen Feeney H O Peet Foundation in

Memory of Margot Pect Foster David & Maria Harrington Humphrey, Covill & Coleman Ins Agy, Inc John H Wylde Charitable Trust

John S Musser II Revocable Trust George & Elise U Mock New Bedford Half Marathon Nve Lubricants. Inc. Gary & Donna Schuyler South Coast Business Alliance Geoff & Judith Swett Youths Friends Association Inc.

#### **PRESIDENT'S CLUB** • \$1.000 - \$1.999

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**Beth Gormley** 

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#### **COMMUNITY CHAMPION** • \$500 - \$999

Alden Pettengill Foundation Chervl A Almeida in Memory of Irene Medas Arbella Insurance Foundation Jennifer G Bogan Dr Brian Bowcock Malcolm Campbell Community Foundation of Southeastern Massachusetts -New Bedford Rotary Club Fund John Conway

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Joseph R Costa

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Elaine Robertson Steven D Romsev Frank & Willie Rose Santander Bank NA Larry Shwartz Alan Slavin Kenneth Sullivan The Upstream Foundation Kathleen Trealia Celeste M Warner Harvey White Margaret D Xifaras

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John Mollica Eugene A Monteiro Dan Morgan Matthew A Morrissey James A Muse **NATCA Local ORH** Dr. Lawrence J Oliveira Thomas K O'Shaughnessy Karen M Pac James Palumbo Lvndsav I Parnigoni Ann Partridge Michael Pierre Allan E Pineda **Daniel Portelance Raymond Prevost** Cynthia M Pyle John F Quinn Sharon Ouinn John S Reidy Mark Rezendes Christopher Richards Krystina M Roll Philip Sabra Saunders-Dwver Home for Funerals

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# YMCA SOUTHCOAST

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