



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEASURING OUR IMPACT

Annual Report 2013
YMCA OF METRO NORTH



LETTER FROM OUR CHAIRMAN

On behalf of the Board of Directors, I would like to thank you for your support, advocacy and participation with the YMCA of Metro North. This is an incredibly exciting time for the organization as it continues to grow, impact more individuals and further partnerships to advance the YMCA's mission.

In 2013, the YMCA of Metro North provided over \$1,000,000 in financial assistance. We are proud to say that "no one is turned away for inability to pay". From the donor that supports the Y by running in the "Spooky Sprint 5k in Melrose," or attending an "Easter Bunny Brunch in Peabody" to those that joined the "Kids are Y Auction & Gala", every dime raised supports a local child, family or senior in programs focused on Youth Development, Healthy Living and Social Responsibility.

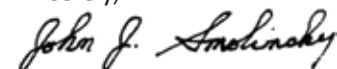
While visiting a YMCA recently, I overheard a child saying to an adult, "the YMCA is my favorite place in the world!" Imagine that? In a time where kids travel the world, engage in unlimited sports and games and seem to have endless imaginations, the YMCA is "the favorite place" to be. There is no doubt that this phrase can be heard at any one of our five full facilities – Lynn, Peabody, Saugus, Melrose, Gymnastics center, or two childcare program centers –Stoneham Childcare and Melrose Childcare.

I am extremely proud to be able to represent you as the Chairman of the Board for this wonderful organization. We are indeed fortunate and blessed to have the dedicated staff and polished professionals who come to work for us every single day. These truly remarkable individuals deserve our thanks and appreciation for the manner in which they go about their jobs day in and day out. So please, I ask you to take a moment some morning, noon or evening to just say a "thank you" to any one of them and let them know how much they matter to not just to me, but all of you.

Most of all "Thank You" again for your continued support! Choosing the YMCA of Metro North as your charity of choice does make an immediate difference for a neighbor, friend, co-worker, family member or stranger in the communities of Lynn, Saugus, Stoneham, Melrose, Nahant, Lynnfield, Revere and Peabody. We couldn't do this without your help!

Looking forward to a successful 2014!

Sincerely,



John (Jay) Smolinsky
Chairman, YMCA of Metro North Board of Directors

WHO WE ARE

The Y: We're for youth development, healthy living & social responsibility.

OUR MISSION

The YMCA of Metro North builds strong kids, strong families and strong communities by enriching the lives of all people in spirit, mind and body.

OUR VISION

The YMCA of Metro North, formally the Greater Lynn YMCA, is one of the oldest YMCA's in the country. Since 1870, the Y, as a charitable community based organization with a commitment to service, utilizes its staff, volunteers and facilities to strengthen individuals, families and our community by providing quality social, recreational and educational experience while promoting honesty, respect, caring and responsibility to all members of our community.

OUR HISTORY

Serving the communities of Lynn, Peabody, Saugus, Melrose, Stoneham, Revere, Nahant, Lynnfield and neighboring towns, the Y of Metro North, focuses on programs which strengthen the foundations of community, enhance youth development, promote healthy living and foster a sense of social responsibility.

The Y of Metro North encompasses five different branch locations in four communities (Lynn, Melrose, Saugus and Peabody) as well as two additional NAEYC accredited child care facilities (106 Main Street in Melrose and 39 Pleasant Street in Stoneham). While there are common threads that unite all branch operations of the Y of Metro North, each program site is unique and offers programs and services that respond to their individual community needs and interests.

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INVESTING IN OUR COMMUNITY

Community Impact

As a leading nonprofit partner throughout the country, the Y has the track record and on-the-ground presence to move communities forward, just as we do here in Lynn, Peabody, Saugus, Melrose, Stoneham, Nahant, Revere and Lynnfield. As a charity, we work every day to address community needs and ensure that all are welcome and that no one is turned away for an inability to pay.

Y FACTS

There is no other nonprofit quite like the Y. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but to deliver, lasting personal and social change.

YMCA of Metro North	
People Served	61,000
Financial Assistance and Subsidies	\$1,215,665
Contributed Income from the Community	\$669,434
Government Funding That Helps Us Provide Needed Services (includes grants, contracts and vouchers)	\$2,107,719

OPPORTUNITIES FOR ALL IN THE YMCA OF METRO NORTH

Giving everyone the opportunity to learn, grow and thrive.

Children and Teens (1 – 17)

Collectively in Massachusetts our Y serves over 20,000 kids and teens, providing a wide range of activities to nurture potential, including teen clubs, sports leagues, family nights and community service projects.

Low-Income Families

Our YMCAs provide quality, affordable childcare and open all our programs to working families regardless of their income level.

Seniors (65+)

Programs including aquatics, senior fitness & walking clubs ensure that older adults have every opportunity to connect with one another and engage in meaningful activities in every YMCA in Massachusetts.

Everyone is Welcome

We provide activities open to everyone in our community including free health fairs/screenings, physical activity programs, nutrition advice and more – valued at \$26,000 in benefit to the community each year.

Other Nonprofit Organizations

YMCA of Metro North provided \$185,000 worth of space at little to no charge for outside clubs, nonprofits and community service organization to help them meet broader community needs.

VOLUNTEER ENGAGEMENT AND COLLABORATIONS

Mobilizing our community to effect lasting change

Volunteerism

Our YMCAs throughout the state are locally driven by an ongoing assessment of community needs and controlled by a local board of community volunteers.

Number of Volunteers	330
Total Volunteer Time	14,800 Hours
Total Value of Volunteer Time	\$61,000

Collaborations

The Y recognizes the importance of working together to create lasting social and personal change. We have the community's trust to convene, partner and support community collaborations with schools, government agencies, faith-based organizations, businesses and others.

INVESTING IN OUR KIDS, OUR HEALTH AND OUR NEIGHBORS

At the Y, strengthening community is our cause. Strong communities don't just happen, they're the result of steady leadership and stewardship of strong values. That's the Y. We make a difference by focusing on three key areas: youth development, healthy living and social responsibility. By investing in our kids, our health and our neighbors, the YMCA of Metro North ensures that everyone, regardless of age, income or background, has the opportunity to thrive.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

Amanda Mena (inset) became a member of the Lynn YMCA, along with her family when she was just six years old. As an active participant in our CORE Youth Program; supervised activities including music studio, sports, art, computers and leadership development, Amanda's passion for music became evident. When the Music Studio Clubhouse was added three years ago, Amanda took an immediate interest in all that it had to offer; by using the music software programs to drop beats, record vocals, learn keyboard and guitar skills and engage in karaoke.

When Amanda began singing, everyone listened as she belted out notes and displayed an impressive vocal range. Known as a quiet preteen, her voice was a hidden gem that needed to shine. She has the power and vocal impact of a true artist. The Lynn YMCA Music Studio Clubhouse is her first activity choice, after her homework is complete. Amanda attends Cobbett Elementary school in Lynn, MA; she is currently in the 5th grade and is a well-rounded student. Last year, Amanda performed for an audience of hundreds at the Strand Theater in Boston. Her performance was a part of the Annual Showcase presented by Music and Youth Initiative (the music studio founders). She sang an original song, "Love on Top", written in the studio. She was accompanied by Xiomara Escobar, a Lynn high school senior, who has also found success through our Music Studio Clubhouse. Xiomara is currently participating in a Berklee College of Music program during her final high school year and has been accepted to Berklee for this fall.

Amanda, who will be 12 years-old this year, auditioned for, and has earned a spot on "La Voz Kids", which is the most popular show on T.V. network Telemundo, a U.S. based Spanish language channel. It is a Spanish reality talent show that premiered in 2012 and part of the international syndication "The Voice". As in "The Voice", the show consists of three phases: a blind audition, a battle phase and the live performance shows.

Amanda's family YMCA membership has been active over the past several years. It has been made more affordable for her family due to the generosity of donors to the YMCA of Metro North. Her family emigrated from the Dominican Republic and faced challenges of getting established in the U.S. with minimal resources. The family has flourished at the Y, both parents and siblings; mother Miosotis, father Martin and older brothers Eliud and Salatiel. They recently welcomed a baby boy into the family as well. They maintain a healthy lifestyle at the Lynn Y by exercising on a regular basis. If the Y had not been able to make the membership more affordable for the family, Amanda's talent may still be dormant and uncovered.

Amanda is part of the Lynn Y Leaders Club and an active participant in the Core Youth Program. Amanda is living her dream! Your donation will provide sustainability for the Music Studio and ensures that many others can also discover their talents and pursue their dreams.



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Macy's/Bloomingdale's
Melrose Glass Co.
Meninno Construction
Metro Clean
Northern Bank & Trust
Novartis
Peter Nuytkens
Carl and Amy Pappo
People's United Bank
John Richards
Gary Romano and Karen O'Brien
Robert and Pamela Romano
John Smolinsky
Stilian Electric, Inc.
Beth Tilley
Tonneson & Company, Inc.
Jacqueline Torigian
Unitarian Universalist Church
Whole Foods

\$500 – \$999

Ameriprise
Diana Brennan
Tania Buck
Calendar Press
Josh Cooper
Douglas Currier
ERC Wiping Products
Christopher Duncan
R.C. Griffin, Inc.
Catherine Flynn
Mark Garipay
Loretta Giddings
Charles Gill
Give With Liberty
Kelley Greens
Cathy and Dave Gravel
Robert Hughes
Joseph Ingemi
Robert Irvine
Lahey Clinic Hospital, Inc.
Luso-American Credit Union
Charlie Masiello
Patrick McAvoy
Robert McGill
Maureen McGurl
John Mello
Melrose Chamber of Commerce
DeAnne Mullett
North Shore Community College
Martha Poti
Raffaele Construction
Audrey Samuels Jimenez
Robert Schneider
Stephen Tarpey
Tides Restaurant
Virtual, Inc.
Kathleen Walsh
Charles Whipple

\$250 – \$499

Advanced Safety Systems, Inc.
Agility Orthopedics
Anonymous
Aspen Capital
MaryAnn Barriss
Blue Bell Cleaners
Buckeye Cleaning Center
Cabot Risk Strategies, LLC
Adam Campana
John Carlson
Cefalo Memorial Complex
Century 21, Sexton & Donohue
James Cobb
Communities for People, Inc.
Amy Croce
Paul Crowley
Sally Cuffe (in memory of Michael & Michelle Conlon)
John Decourcey Roofing Co., Inc.
Doctors Express
Sylvia Dutra
East Boston Savings Bank
Elder, Gaffey & Paine (in memory of Harry R. Paine)
Sandra Flanagan
Gap Foundation
Gately Funeral Service
James Greeley (In Memory of William Greeley)
R.J. Greeley (In Memory of William Greeley)
Greenwood & Sons, Inc.
Gun't Feather Club
G.V.W., Inc.
Hallmark Health
Huntress Insurance
Hunt's Photo & Video
Keiser
John Kennaday
Kings Bowl America, LLC

HEALTHY LIVING

Improving our community's health & well-being.

The Porche family joined the Y soon after moving to Melrose in 2007. At the time Michelle was out of shape and needed to make a change. She started by taking YMCA Tai Chi classes. This improved her strength, focus and discipline, which paved the way for other improvements towards a healthy lifestyle.

In 2011 her spouse gave her the present of fitness for Christmas by enrolling Michelle (and her) in the first Team Training Fitness Challenge. Each workout was a very fun, though sweaty, date night. Michelle's spouse was the individual winner and their team - "The Yellow Team" - was the winning team! The "Team Training Challenge" was great for the Porche family as both adults lost over 10 pounds that winter. They made changes to their eating and drinking habits. For example; Michelle has eliminated Red Bull and Diet Coke from her diet.

In 2012, Michelle enrolled in the Team Training Challenge again, and continued to work hard as part of the winning Gold Team. To date - Michelle has lost over 40 pounds and has kept it off! She runs five to six times a week and completes two to three half marathons a year as well as 5K races. As a family, they have run the Melrose YMCA Spooky Sprint 5K each year. Their nine-year-old son Alex has finished fourteen 5K races since he started running at age five. Her spouse Lisa has also finished two marathons recently. They agreed that "maintaining our fitness as a family is the key to their healthy lifestyle." Michelle's biggest accomplishment is finishing her first sprint triathlon, the "Title 9 Triathlon", in 2012, and completing the race again this past summer. This was, without a doubt, due to the support and encouragement she has received from the Melrose YMCA fitness staff!

This year Michelle is training for the BAA Trilogy, which includes a 5K in April, a 10K in June and a Half Marathon in October. In addition, Michelle serves as team captain for the walking challenge at Wellesley College, where she works. The Melrose YMCA has made these accomplishments possible. Your donation can help others live a healthier life too!!



Above: Michelle Porche exemplifies healthy living and continues to reach new goals!

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

The Saugus Y is an organization that has truly been a blessing in our lives. As a single, working mother of a 14 year-old boy with Down Syndrome (as sweet as he is!) it pretty much becomes imperative that I be present at three different locations at the same time. In this whole hustle-bustle of livelihood that a single parent has to cope with, it's possible that children-unfortunately end up getting a raw deal.

Thankfully, for me, and my son Pranaav, belonging to the Saugus Y has alleviated so many situations that could otherwise remained impossible to handle- the Saugus Y has helped me raise my child with all the love and care he deserves. I must elaborate a bit on the different ways the Y has impacted our lives and to show how their role in the community has influenced so many.

1. My normal routine would be to pick Pranaav up after work, but when he turned 13, he stopped qualifying for care at the Y. Thankfully, the empathetic Y staff so poignantly understood my situation and have allowed him to stay there for an extra two years so I could work and support him.

2. A down syndrome child is usually a happy child, but it is also essential that he/she is continuously engaged socially and develops healthy relationships. The Y provides an exceptional service by making various instructors, mentors, peer and programs available to my son. Each day he comes home with a new song from his lips, a new word, or phrase that I haven't heard him speak before. I know that the good people of the Y and the friends there, have helped him make a positive impact that day.

3. The sheer excitement he shows when going to the Y is something you have to see to believe! Many weekends I have to hold him back from wanting to go to the Y. He truly loves it. In all, its been six continuous years now. My family members and friends have noticed how smart and agile Pranaav has become. They often make comments about how well he is doing. I will always remember and be thankful of the great role the Y has played in both my life and my son Pranaav's life.

Thank You.
Sincerely,
LaVanya Suresh
Pranaav's mother



2013 FINANCIALS

STATEMENT OF ACTIVITIES

Unaudited

Unaudited	
SUPPORT	681,291
Annual Campaign	492,193
United Way	121,495
Other Contributions	67,603
REVENUE	14,269,832
Program Fess	2,235,986
Residence	479,811
Membership Dues	4,678,332
Child Care	6,573,491
Investment Income	19,643
Other Income	282,569
EXPENSES	14,886,013
Salaries/Benefits	9,201,377
Contract Services	421,407
Supplies	882,011
Occupancy	1,891,423
Interest Expense	416,564
Depreciation	808,109
ACCESS/Scholarship	246,122
Other Expense	1,019,000
TOTAL CHANGE IN NET ASSETS	65,110
Net Assets Beginning of the Year	7,322,552
Net Assets End of year	7,387,662

STATEMENT OF FINANCIAL POSITION

Unaudited

Unaudited	
ASSETS	20,044,355
Current Assets	2,574,661
Cash	1,975,916
Accounts Receivable	278,943
Pledges Receivable	91,600
Prepaid Expenses	152,323
Investments	75,879
Fixed Assets	17,178,773
Furniture and Fixtures	987,922
Land and Buildings	30,816,913
Other Fixed Assets	26,850
Accumulated Depreciation	(14,652,912)
Other Assets	290,921
Other Assets	290,921
LIABILITIES AND NET ASSETS	20,044,354
Accounts Payable and Accrued Expenses	854,393
Deferred Revenue	207,376
Capital Lease Obligations	32,805
Bonds payable	9,189,063
Long Term Debt	2,331,883
Other Liabilities	41,172
Net Assets	7,387,662
Temp. Restricted	171,155
Unrestricted Net Assets	7,216,507