



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEASURING OUR IMPACT

Annual Report 2012
YMCA OF METRO NORTH



LETTER FROM OUR CHAIRMAN

On behalf of the entire YMCA of Metro North Board of Directors, thank you for your generous support of financial contributions, volunteer hours and goodwill in the communities that we serve. This YMCA prides itself on developing and implementing programs and services that focus on Youth Development, Healthy Living and Social Responsibility.

Kids will be kids. This YMCA recognizes this and we are proud to be one of the largest youth serving organizations in the region. In our Torigian YMCA in Peabody, hundreds of teens partake in the activities in our Youth Fitness Center. The staff is committed to helping them develop a passion for wellness and help them grow into strong adults. At the Saugus Y, youth of all ages flock to Camp Sachem to learn leadership skills, embark on nature expeditions and create memories that will last a lifetime. The Melrose Y is home to a championship Youth Gymnastics team as well as powerhouse swim team, engaging youth to work hard and dream big. Finally, the Lynn Y hosts a plethora of enrichment activities for youth and teens including music, art, dance and computers. The list could go on and on!

Healthy Living is not just about diet and exercise. The YMCA presents it as a whole package – Spirit, Mind and Body. It’s about developing healthy habits, meeting new friends, trying different activities, connecting with the staff and always feeling as if you belong. Sure, the YMCA of Metro North collectively offers almost 200 fitness classes each week, but we know if our members build relationships with the members and the staff, their commitment to the YMCA fitness programs will follow!

Social responsibility is not just a phrase posted on our walls. It’s what we do. The YMCA is proud to say that no one is turned away for inability to pay. This publication recognizes our supporters who have allowed us to distribute over \$700,000 in scholarship subsidies. These scholarships allow everyone to engage in a YMCA experience that will positively impact their life.

The YMCA of Metro North is growing in 2013 with plans to expand Peabody and build a new Gymnastics Center in Saugus. Our commitment to our members is about quality programs, state of the art buildings and engaged well-trained staff. We do this because it matters! It matters to our members, our communities and to the future of our YMCA!

Thank you for your continued support!

Sincerely,

Ted Ball
Chairman, YMCA of Metro North Board of Directors

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We believe in the importance of our cause.

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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 four different branch locations (Lynn Y, Melrose Family Y, Saugus Family Y, and Torigian Family Y) as well as two additional NAEYC accredited child care facilities (106 Main Street in Melrose and 39 Pleasant Street in Stoneham) and a gymnastics center in Melrose. 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 on the North Shore the Y has the track record and on-the-ground presence to move communities forward. 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 100’s of neighborhoods within our service area, we have the presence and partnerships to not just promise, but to deliver, lasting personal and social change.

YMCA of Metro North	
People Served	47,000
Financial assistance and subsidies	\$1,088,642
Contributed Income from the community	\$450,917
Government funding that helps us Provide needed services (includes grants/cooperative agreements and contracts)	\$2,587,998

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 Lynn, Nahant, Peabody, Lynnfield, Saugus, Melrose and Stoneham the Y serves 15,944 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 Total Fitness, and aqua aerobics ensure that older adults have every opportunity to connect with one another and engage in meaningful activities in our YMCA.

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 \$18,800 in benefit to the community each year.

Other Nonprofit Organizations

Metro North YMCA provided \$159,890 worth of space at little to no charge for outside clubs, nonprofits and community service organizations to help them meet broader community needs.

VOLUNTEER ENGAGEMENT AND COLLABORATIONS

Mobilizing our community to effect lasting change

Volunteerism

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

Number of Volunteers 257
Total Volunteer Time 12,557 Hours
Total Value of Volunteer Time \$47,400

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.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.



“It not hard for me here because the staff make it so I can play”, says Nathaniel Flores of Nahant as he talks about the YMCA Youth Center located at the Lynn YMCA. Nathaniel Flores has been coming to the program since the summer of 2012 with his brother Jonathan. Nathaniel is a fun loving ten year old boy who suffers from cerebral palsy. At times Nathaniel is limited to what activities he can participate in during the afterschool program. When you get to know Nathaniel, it is evident that he has a great sense of humor, loves sports, music and hanging out with the staff and other kids, he is just like many of the other kids in my program, but with limitations.

Yes, he has limitations but at the YMCA, no one has limitations! During gym time certain games are difficult for him to play so he will serve as the referee during those games or new games will be introduced that will work better for Nathaniel. When the group goes to the indoor track, he participates in group jogs and the competition part is removed hence insuring he feels part of the activity! As Nathaniel states, “The youth center is better for me than other programs because there is a lot that I can do”. The music studio and swimming is two of his favorite activities. His dads had reservations about the YMCA swimming program as Nathaniel needed help getting into his swimming clothes. However, the YMCA staff, as always, helped and supported any of his needs. “The best part of the YMCA is

the staff. I have witnessed countless times how skilled the counselors are with the kids”, says Bill Lorenz, dad at Nathaniel.

When Nathaniel started at the Y, his two adoptive fathers were so excited as this was the first program that they didn’t worry about, nor did they receive calls to come and pick him up! Other places “didn’t get him” and he could get “behavioral” just because he was frustrated with people not understanding him. His father’s sign him up for all the “extras” as well. He attends all the Friday Night In’s, field trips, community service events, open mics, etc. He is becoming a “Y” kid very fast since he first started.

The YMCA has been hugely impactful on Nathaniel. He is growing into a bright, strong, happy teenager. As Nathaniel says, “the Y is fun and the staff are really funny”. His dad expresses his feelings this way, “My children love going to the Lynn YMCA. They have grown fond of staff, who are caring and excellent role models and mentors. From swimming to recording music, my children always find something new and interesting to do”.



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HEALTHY LIVING

Improving our community’s health & well-being.



Ten years ago Ann Forrest was in need of a place where she and her family could come and start their journey to a healthier life. Close proximity to home and work were the number one reasons Ann joined the Saugus Family YMCA, but it was the community feel and friendly staff that keep her coming back for more. The Saugus YMCA, located on Main Street, houses a fitness center, gymnasium, group exercise studio, childcare and several outdoor pools!

A few years ago Ann, who already came to work out at the Y 5 days a week, kicked up her workout routine. She lost 25 pounds at first and started getting comments from Y staff and members about how good she looked. She says, “It was that positive reinforcement that made me want to keep going.” She remembers feeling like a celebrity when a woman stopped at a store in Saugus and commented “you’re the woman from the Saugus Y who lost all that weight.” Five pants sizes and 63

pounds later Ann still works out at the Y every day after she leaves her job as a first grade teacher in Melrose. For Ann, coming to the Y isn’t a chore, it is a real treat, “Working out is what I do for myself, it’s the ice cream sundae of my day.”

More than endorphins from a good work out, Ann is inspired by seeing people of all ages at the Y. Whether it is the children from her school here for a swim or the elderly members in the fitness center, she enjoys seeing people of all ages and abilities using the facilities here. Ann’s children, now all in their twenties, are still Y members. “We would never leave because everyone knows us here, it’s a family.” Like their Mother, Ann’s sons come in to work out 5 days a week. “My family would never dream of going anywhere else,” she says.

Ann knows she is surrounded by good people when she is at the Y. When she lost an iPod and it was returned to her she was shocked. “Those are the kind of members you have here at the Y: honest, respectful, genuine people.” The personal interactions with staff and knowing that they go above and beyond for members has been the cherry on top of Ann’s experience here. “When you feel good you push positive energy onto others.” She hopes she can use this positive attitude and energy to help fellow members with their journey to a healthier life at the YMCA.

The YMCA of Metro North is proud to support its over 25,000 members in their weight loss and fitness journeys. To see all health & wellness programs offered, please click on www.metronorthymca.org.



SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.



Bonnie Maitland came to the YMCA in 2011, looking to find an outlet to reduce stress after losing her job, re-engage her social life and attempt to lose some weight, a lifelong battle. Motivation has always been a challenge, especially with the harsh New England winters!

Being on a tight budget, the thought of adding a gym expense was daunting. However, she quickly learned that the Lynn YMCA offered a membership fee scale based on income. The Growing Stronger Together campaign, a fundraising program through the YMCA of Metro North, assured that “no one is turned away for inability to pay”. Bonnie took a tour of the facility and decided that this was the place for her!

With over 180 pounds to lose, Bonnie searched for a program at the YMCA that would fit her need, yet make her comfortable. After consulting with the Branch Executive, Audrey Jimenez, “Waist Away”, a program focused on healthy living, seemed like a logical choice for Bonnie. Looking back, it was one of the best decisions that she has ever made!

During the first 8 week session, Bonnie lost 42 lbs., a feat that gave her the confidence to continue on her journey. This success allowed Bonnie to pursue

independent exercising including joining group exercise classes and triathlon training. Looking to lose additional weight, Bonnie enrolled in “Waist Away” for another session. At this point, not only had she made many friends, she was asked to volunteer for the “Growing Stronger Together” fundraising program. The YMCA was no longer a place just to work out, it was a place to establish lifelong friendships, achieve goals and feel a part of.

Active now in the running club and triathlon training group, Bonnie, through YMCA opportunities, continued to check items off her bucket list. She completed a 5K race! In addition, having ALWAYS dreamt of taking her dad to a Red Sox/Yankees game, she won a pair of tickets at the YMCA! And, she fit comfortably in her seat.

Bonnie began spending an increased amount of time at the YMCA. Then, to her surprise, a job opened as a Welcome Center Representative. Eager to welcome others as she had been welcomed several months prior, Bonnie landed the job! This immediately helped to improve her struggling financial situation! However, her temporary housing ended and now she was looking at the prospect of being homeless. Once again, the YMCA provided a huge sense of relief as a room in the YMCA housing was available.

The experience of Bonnie Maitland has been described by her as “life changing”. Exercise, employment and shelter! Self-confidence, friendship, personal growth, job skills and strength to get through days, weeks and month have been results of Ms. Maitland’s YMCA experience! Bonnie recently said, “I have left sadness behind and found joy in life again due to my YMCA experience”.

Two years ago, Bonnie Maitland was morbidly obese, unhealthy, unhappy, single and homeless. Today, she is 150 lbs. lighter, in a healthy relationship, climbing the YMCA career ladder and living in a safe, affordable room. Social responsibility....it is what the YMCA of Metro North focuses on.



2012 FINANCIALS

Statement of Activities Unaudited

SUPPORT

Annual Campaign	217,711
United Way	122,975
Other Contributions	217,945

REVENUE

Program Fees	2,304,187
Residence	428,818
Membership Dues	4,313,835
Child Care	6,285,902
Investment Income	19,958
Other Income	226,585

Total Support and Revenue 14,137,916

EXPENSES

Salaries/Benefits	8,787,483
Contract Services	435,988
Supplies	871,095
Occupancy	1,705,032
Debt Service	443,582
Depreciation	826,409
Other Expenses	954,219

Operating Income (Loss) 114,108

OTHER REVENUE (Expenses)

Capital Contributions 323,500

TOTAL CHANGE IN NET ASSET 437,608

Net Assets Beginning of year	6,834,244
Net Assets End of year	7,271,853

Statement of Financial Position Unaudited

ASSETS 18,214,959
Current Assets 2,063,336

Cash	1,418,971
Accounts Receivable	232,956
Pledges Receivable	135,357
Prepaid Expense	150,255
Long Term Investments	101,349
Other Current Assets	24,448

Fixed Assets 16,145,722

Furniture and Fixtures	2,498,708
Land and Buildings	28,932,158
Other Fixed Assets	213,873
Accumulated Depreciation	(15,499,017)

Other Assets 5,901

Other Assets 5,901

LIABILITIES AND NET ASSETS 18,214,969
Current Liabilities 1,309,487

Accounts Payable and Accrued Expense	744,656
Deferred Revenue	205,670
Capital Lease Obligations	69,076
Current Portion of Long Term Debt	255,605
Other Current Liabilities	34,480

Long-term Liabilities 9,633,619

Bonds payable	9,201,761
Long Term Debt	431,858

Net Assets 7,271,853

Permanently Restricted	65,000
Temp. Restricted	528,290
Unrestricted Net Assets	6,678,563