

## THE Y. SO MUCH MORE

In February, my heart stopped. My son Nicholas only remembers me not being at the bus stop that day and his dad had told him I was taken to the hospital. He was only able to see me 36 hours later when I was transferred to Beth Israel Hospital in Boston where I spent a week recovering from 2 heart surgeries. My face was so swollen and black & blue; he didn't even know how to handle it. He developed a major sense of separation anxiety. He didn't want to go to school and would cry so much that his teachers would call me to come pick him up. His grades slipped and he was a total mess for 3 months. When I told him it was time to go to camp for the summer, he was ecstatic. I hadn't seen that side of him in 3 months. Nick is an incredibly resilient kid. I truly believe the camp program helped him bounce back. He was distracted and learned he can be independent. It's exactly what he needed this year. He needed a break from organized learning and figured out how to solve problems on his own. It has been critical to Nick's ability to overcome difficult situations this year. So thank you all from the bottom of my heart for giving Nick a great summer. You really have made a difference in him. He looks forward to coming back every year.



The Lawrence YMCA SRO Program provides safe and affordable housing to 73 formerly homeless men. One key component for the success of this program is to encourage SRO Residents to take ownership of their residence by getting them involved at some capacity with the management of the program.



When Alberto arrived to Lawrence he immediately embraced the SRO's mission. He served as a volunteer before becoming a resident and as a resident, continued to serve as volunteer. Alberto's involvement with the program has motivated other residents to come forward and serve as volunteers as well. He has set up goals to enroll in ESL classes, obtain full time employment and eventually move into a one bedroom apartment.

Jillian has been coming to the Methuen YMCA Clubhouse for about 10 months, taking advantage of performance and leadership opportunities like helping to emcee events, and working on album art for Clubhouse musicians. Jillian is a talented artist and guitar player, and set a personal goal of getting into an arts-based high school. Through hard work and taking advantage of the unique opportunities at the Y, Jillian reached her goal. She is now a freshman at Granite State Arts Academy in Derry, NH, and enjoys studying sculpture, drawing, and performing arts. Jillian is working on writing her own songs, and hopes to intern at an art studio this summer.



## CORPORATE PARTNERS 2015



# Merrimack Valley YMCA Community Impact Report 2015

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**MERRIMACK VALLEY YMCA**  
 101 Amesbury Street, 4th Floor  
 Lawrence, MA 01840 • 978.725.6681  
[www.mvymca.org](http://www.mvymca.org)

## LETTER FROM THE PRESIDENT & CEO

Dear Friends,

The Merrimack Valley YMCA is proud to share our Annual Report with the community. We endeavor to create endless possibilities and a positive impact by improving and nurturing the potential of both the young and the young at heart to live a more active lifestyle, make healthier life choices, and emphasize and encourage social responsibility.

We are extremely excited about the expanded programming, new services and extended capacity we will have with our new Andover/North Andover branch that is nearly complete. We continue to celebrate our many partnerships and collaborations and are very positive about future opportunities to partner and collaborate with all of the other wonderful organizations in the Merrimack Valley. The accessibility of our services and programs continues to be enhanced through the sharing of our organization's resources and the combined commitment of our partners, to ensure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive. Together we can provide more diverse services, to more people, all at one time.

Through support received from grants, the Annual Campaign, area foundations, businesses and Individual community leaders, we were able to provide the necessary financial support to ensure that no child, individual or family is being turned away from YMCA programs and services due to the lack of financial resources.

Our priorities over the next year will be to continue to help boost academic achievement in our schools and develop leadership skills in our youth. We will improve our communities' health and well-being by lowering our region's higher than average rates of chronic illness and lifestyle-related diseases. We want everyone in our community to be more active and adopt healthy lifestyles at every age.

Finally, I would like to say thank you to our 650 staff and 700 volunteers for your continued dedication and support of the YMCA and our mission to build a healthy spirit, mind and body for all.

Sincerely,

Gary P. Morelli and John Fouhy



Gary P. Morelli,  
President & CEO



John Fouhy,  
Chair, Board of Directors

## YOUTH DEVELOPMENT

With our doors open to all, we work every day to connect people from all backgrounds and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

- **591** children grow, learn and thrive in a safe and nurturing preschool and after school environment
- **535** teens develop leadership skills and engage in enrichment activities through our **Teen Achievers, Music Clubhouse, Youth In Government, Adelante and other teen programs**
- **1,815** children learned independence and new skills at one of our three summer camps—**Camp Otter, Camp Nokomis and Camp Lawrence**

## HEALTHY LIVING

Health and well-being are all about balance. That's why we help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all backgrounds improve their health and well-being, we build a stronger community.

- **1800** school age children learn the value of healthy living through the **Active Science®** program
- Over **270,000** visits by our members using our facilities in 2015 indicate they understand the value of exercise and healthy living as YMCA members

## SOCIAL RESPONSIBILITY

We believe that by helping our neighbors, all of our lives are deeply enriched and our community is strengthened. We're here to work together with you and others to create a stronger, more vital and inclusive community.

- **957** adults in our community are trained to better protect our children from sexual abuse through our Stewards of Children initiative
- **228** adults with disabilities attend Special Friends dances each month
- **73** homeless men are provided shelter and support services in our resident housing program

## LAWRENCE SRO IMPACT

Inside the Lawrence YMCA, above all of the hustle and bustle of everyday activities is a section of the YMCA that many are unaware exists. The third and fourth floors of the Lawrence YMCA are home to the YMCA Single Residency Occupancy Program (SRO) which provides housing to formerly homeless men. Homelessness affects people of all ages, races, genders, and ethnicities, and has a variety of causes, including chemical dependency, unemployment, and domestic abuse.

Working closely with the Lawrence Housing Authority, the YMCA resident program is a single-room, section 8 subsidy program that offers safe, affordable housing and services to 73 qualified single men, ages 18-80. The program offers a wide variety of programs including: computer lab with Internet access, ESL classes, TV room and laundry, fully secured building with overnight security guard and use of the YMCA Fitness Center facilities and swimming pool. Our program is designed to provide supportive services in areas of housing stability and an environment conducive to achieving greater self-determination. Our services include: a safe, secure place to live, help in staying clean and sober, help in finding appropriate programs and services, planned activities, referrals for medical care and weekly community dinners.

## LAWRENCE PUBLIC SCHOOL PARTNERSHIP

### Working Together to Impact Lawrence Public School Students

For three years, the Merrimack Valley YMCA has been providing a comprehensive menu of educational enrichment programs that support Lawrence Public School students. Since 2013, we have implemented Extended Day Education programming; giving students access to swimming lessons, Active Science®, physical education and music education during the school day at the Y as well as outdoor education and leadership development opportunities at our camps. Partnering with 11 schools, our YMCA serves approximately 2,100 unduplicated Lawrence Public School students every week during the school year.



The Lawrence YMCA continues to expand educational programs aimed at addressing STEM, School Readiness, Summer Learning, and Achievement Gaps. In these ways, the Lawrence YMCA has evolved beyond its traditional scope to become a platform for education revitalization, community empowerment and economic development. Our Lawrence Public School partnership highlights our focus on education.

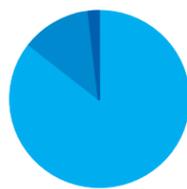
## FINANCIAL OVERVIEW 2015

Merrimack Valley YMCA | Consolidated Audited Financial Statements  
OCTOBER 1, 2014 THROUGH SEPTEMBER 30, 2015



### INCOME

PROGRAMS	\$8,960,179
MEMBERSHIP	\$2,380,073
CONTRIBUTIONS & SPECIAL EVENTS	\$1,481,330
GRANTS	\$788,738
<b>TOTAL INCOME*</b>	<b>\$13,610,320</b>



### EXPENSES

PROGRAMS & MEMBERSHIP	\$11,858,247
GENERAL & ADMINISTRATIVE	\$1,730,311
FUNDRAISING & DEVELOPMENT	\$282,545
<b>TOTAL EXPENSES*</b>	<b>\$13,871,103</b>
<b>NET SURPLUS/DEFICIT</b>	<b>(\$260,783)</b>

\* Expenses represent all cash and non-cash expenses including \$851,363 of depreciation.  
\* Income includes Andover/N.Andover capital campaign project pledges and gains/losses on investments.

## SERVICE RESULTS

The Merrimack Valley YMCA delivered over \$4 million of subsidized services to needy and deserving children, adults and families of the Merrimack Valley region. The breakdown of these subsidized services includes:



\$601,569	Membership and Program Financial Aid
\$447,971	Outreach Programs
\$377,526	Housing Assistance
\$2,724,984	Subsidized Child Care (full day and after-school care)
<b>Total \$4,152,050</b>	

With programs from A to Z—like athletics to advocacy, dance classes to disease prevention, volleyball to volunteerism—we don't just strengthen individuals, we strengthen our community. We do so by focusing our efforts on developing youth, improving healthy living for all and fostering social responsibility to create positive and lasting personal and social change – the kind of change that can only come about when we all work together to invest in our kids, our health and our neighbors.

## CAMPING SERVICES IMPACT

If the camps could talk they would most likely tell stories of kids in canoes, sleeping under the stars, learning about nature, building a camp fire, navigating a ropes course and it would probably recall every laugh from every happy child. While campers are having a great time, they're growing in leaps and bounds. Our counselors and staff create exciting, safe communities where young people can discover new experiences, build self esteem and social and interpersonal skills. And while they're at it, they discover skills like teamwork, responsibility, respect and sharing as well as values they can use for a lifetime.



The Merrimack Valley YMCA camps, where we have over 100 years of traditions, operate two overnight camps on Lake Winnepesaukee's Bear Island in New Hampshire: Camp Lawrence for boys aged 8-16 and Camp Nokomis for girls aged 8-16. We also run a day camp and travel camp located on Captain's Pond in Salem, NH: Camp Otter and Road Rangers Travel Camp for boys and girls aged 6-14. Lastly, we operate a Family Camp for 9 days at the end of the summer at Camp Lawrence.

Whether it's teaching new skills to the 1700+ kids who attend annually or providing outdoor education to the 360 Lawrence Public School kids who visit camps each summer, our programs have an impact on the community. Last year, the YMCA Camps awarded \$125,000 in financial assistance to more than 165 members of our community. Children enjoy the opportunity to expand their talents and interests, build self confidence and create lasting memories at any one of our YMCA Camps.