



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TODAY. TOMORROW. TOGETHER.

YMCA of Southern Maine | 2016–2017 Annual Report



TOGETHERHOOD

Neighbors working with neighbors to make sure that everyone in our community has the opportunity to thrive.

A MESSAGE FROM OUR CVO & CEO

At a time when national rhetoric seems to underscore our divisions, the Y is actively building bridges. Through our programs and partnerships, we make it possible for people to honor their differences while coming together to support one another. We call this togetherness—neighbors working with neighbors to make sure everyone in our community has the opportunity to thrive.

Togetherhood offers each of us the opportunity to draw upon our diverse strengths and perspectives. It helps us build relationships that expand our awareness of the issues affecting our community, make friends that enrich our lives, and in the process, strengthen our community.

From preschool to Parkinson's support, aquasize to English language classes, everything we do at the Y is based on an enduring commitment to bring people together in a way that affirms their dignity and supports their well-being.

None of this community-building work would be possible without the involvement of hundreds of volunteers, partners, and donors who share our vision of a world in which everyone—regardless of their background or beliefs—has the chance to realize their full potential.

As a community, we have a lot of work to do to achieve this vision. But, we know that it's possible. Right here in Southern Maine, and around the world, we've seen that lasting personal and social change happens when people work together.

Thank you for being a part of our togetherhood.



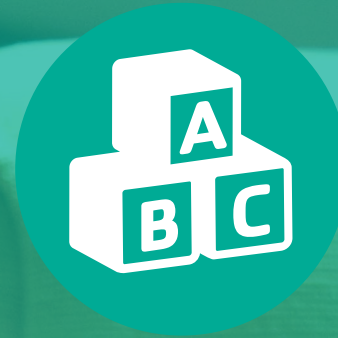
A handwritten signature in black ink.

Jenna Klein Jonsson
Chief Volunteer Officer



A handwritten signature in black ink.

Helen L. Breña
Chief Executive Officer



**“CHILDREN DO NOT CARE
HOW MUCH YOU KNOW
UNTIL THEY KNOW
HOW MUCH YOU CARE.”**

—THEODORE ROOSEVELT

QUALITY, AFFORDABLE CHILD CARE

The Y offers quality, affordable early childhood education throughout Southern Maine, including infant through pre-K programs and Early Learning Readiness classes. Research shows that programs like these have a profound impact on society, lowering crime, improving graduation rates, and increasing wages.

The returns are impressive—up to \$8.60 in societal benefits for every \$1 invested in these programs. To ensure all families can give their children this important head start, the Y offers financial assistance, making these programs truly accessible for all.

“United Way of York County is proud to be a longtime partner of the Y’s child care program in Biddeford.”

“Quality child care is critical for young children and their family. It supports the child’s early and positive development and provides peace of mind for working parents.”

—Barb Wentworth, President & CEO,
United Way of York County

“We believe that our number one job is protecting children & supporting parents to be the best they can be.”

“Kids Free to Grow has been providing prevention education to the [Y’s Biddeford] Child Care Center for two years now. It takes a community effort to support one another in raising healthy, happy children free from abuse or neglect. We bring to the classroom ideas for healthy, loving, kind relationships, with respect for individuality, empathy, and kindness.”

—Patrice Leary-Forrey, Director, Kids Free to Grow

“Knowing how well taken care of he is has given us a sense of security and comfort.”

Like all new moms, Heidi wanted the best care for her infant son. But, when it was time to return to work, she had a hard time finding it for 3-month old Jack. “It was hard finding a place that would take children his age. A lot of places said 6 months & older.”

Like more than a third of working families in this country, Heidi and her partner Bill struggled to find quality child care that would allow both parents to work and provide for their young family. “Finding child care was critical. We couldn’t survive just on [Bill’s] income any longer.”

Fortunately, Heidi found what her family needed at the Y’s Child Care Center in Biddeford and Jack is thriving there. “He loves being there, socializing with the other kids.”

Heidi recognizes that many of Jack’s friends wouldn’t be in his class if it wasn’t for the Y’s financial assistance. In fact, 62% of children in the Y’s infant through pre-K programs receive financial support. “You are helping provide services to families who otherwise wouldn’t be able to afford it. Child care is extremely important—it would be a shame to have to settle for something you didn’t feel comfortable with [as a parent] just because you couldn’t afford it.”

Like all Youth Development programs at the Y, the early childhood education programs are built upon the Y’s core values of caring, honesty, respect, and responsibility, with a special emphasis on fostering trusting, healthy relationships between parents, children, and staff. “These values are extremely important to us... Jack has established relationships with the employees at the Y. He enjoys being there and I know when I drop him off he’s in excellent hands.”

These trusting relationships make for confident, happy kids today, and contributing, engaged adults tomorrow. And that is at the core of what the Y does—helping people and communities become their best selves. “There are so many amazing opportunities for Jack at the Y. I hope that he grows with the Y, as I wish I had [as a child].”





**“GOOD HABITS FORMED AT YOUTH
MAKE ALL THE DIFFERENCE.”**

—ARISTOTLE

RELATIONSHIPS, ACCOMPLISHMENTS & BELONGING

Youth in Motion (YIM) is a Healthy Living initiative by the YMCA of Southern Maine and is operated in partnership with Countdown to a Healthy ME, The Barbara Bush Children's Hospital at Maine Medical Center. YIM pairs children at risk of developing lifestyle-related diseases like diabetes with mentors from the Y. Through these safe and supportive relationships, children are engaged in fun, accessible physical activities in order to develop a sense of accomplishment and belonging. Children meet with their mentors weekly in this free 12-week program.

“This is a wonderful, mentor-based program.”

“Encouraging healthy and active lifestyles for children is a cause we are passionate about at Oakhurst, and we are excited to support the YMCA's Youth in Motion program. When kids are in an environment where they feel supported, they gain confidence and self-esteem and are more likely to realize that adopting a healthy lifestyle can have life-long positive benefits.”

—John Bennett, President, Oakhurst Dairy and financial supporter of Youth in Motion

“The Y's staff makes an intensive commitment to help these kids. We need to support this.”

“The Y has expertise in all the things our patients need—achievement, belonging, relationships, and safety. Kids in this program face a lot of barriers—they're often not treated very well at school, and sometimes this is true at home. The Y's approach to well-being is exactly what they need. So many adult diseases could be prevented or delayed with good interventions in childhood. [But] doctors can't go it alone. Partnerships like this with the Y are critical for us to move forward.”

—Michael Dedekian, MD, Countdown to a Healthy ME, The Barbara Bush Children's Hospital at Maine Medical Center

Lee and Lorann were worried about their 11-year old son Elijah. “His doctor told us that his triglycerides were too high and we feared he'd develop prediabetes,” Lee explained. When the family's pediatrician recommended they seek support from Countdown to a Healthy ME, the Y's partner in Youth in Motion, the family jumped at the opportunity.

“We knew we needed to make some changes.”

Elijah was introduced to his mentor Peter, a longtime wellness coach at the Y. It was a slow start. “He really didn't like going to the Y at first,” Lee explained. But, it got easier each week, and as Elijah and Peter built trust, Elijah's outlook changed, too. By the end of the summer, he was at the Y several times a week, even taking a karate class. Lee notices the difference in Elijah, “He's been real diligent. He's done a great job.”

Elijah isn't the only family member benefiting from Youth in Motion. Lee brings his daughter Ella to the Y, too, and the family works out together. It's working — Elijah's health indicators have improved, dad lost weight, and Ella is more active now, too.

With these physical changes, Elijah is also finding new confidence. Lee says that his son is excited to go back to school this fall, something he didn't think possible. Like many overweight children, “Elijah was teased a lot.” Getting the teacher he wanted helps, but Lee reports that Elijah is also doing better emotionally.

“Elijah is in a better place physically and emotionally.”

Lee has some advice for parents of children facing similar challenges. “Make sure as a parent you get involved, too. It's not just ‘do as I say,’ but also ‘do as I do.’ Parents should be using the time their child is in Youth in Motion to work on their own health, too.”





**“VOLUNTEERING
IS AT THE CORE
OF HUMANITY.”**

—MARDOCHÉE, YMCA VOLUNTEER

VOCABULARIES
* PREPOSITIONS

On :

At :

To :

In :

OF

WITH:

By :

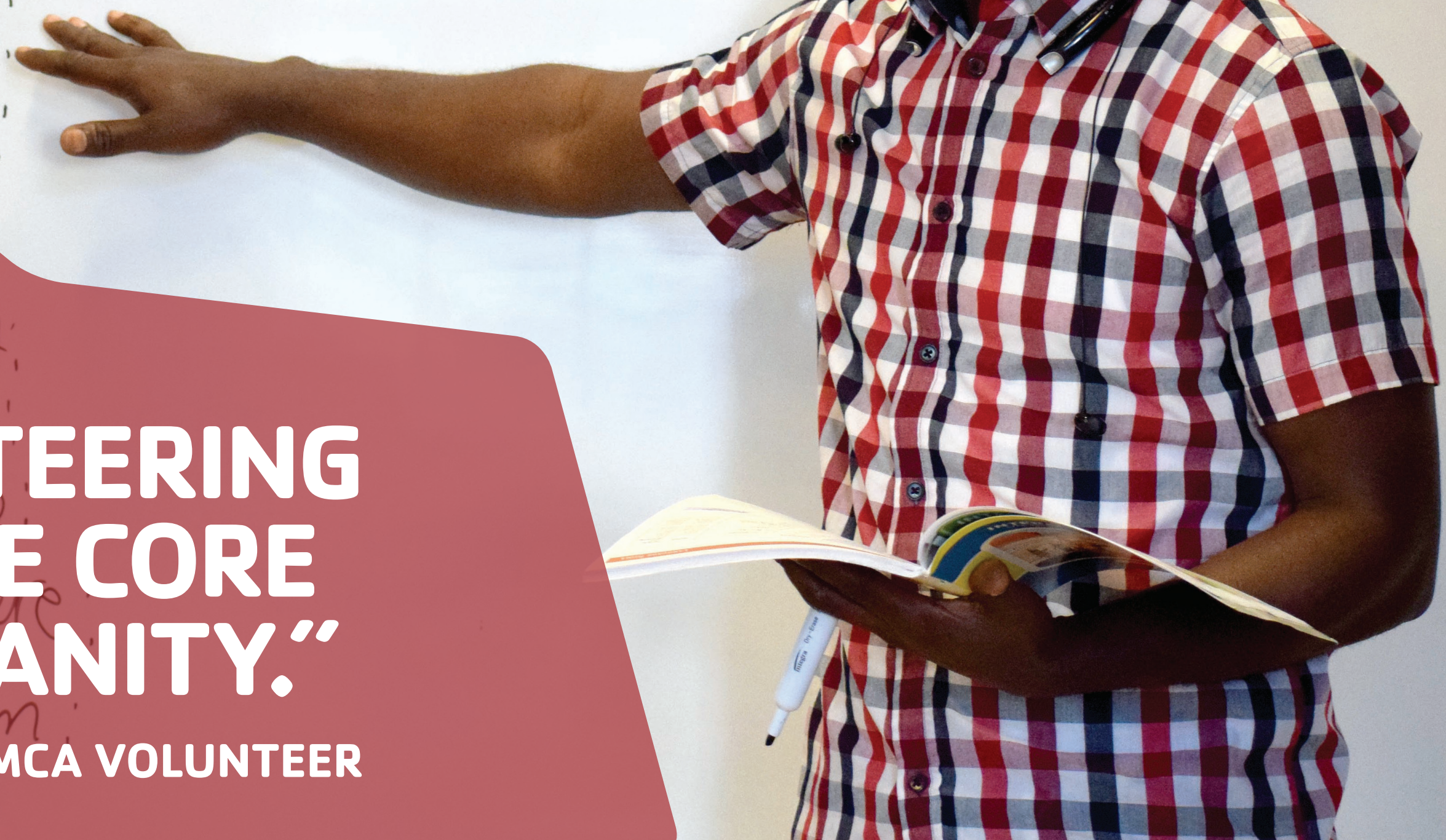
into:

where

from:

INTENTION

* Self



HELPING OUR NEW NEIGHBORS THRIVE

The YMCA of Southern Maine's New American Welcome Center (NAWC) is part of a national project that is helping New Americans get the support they need to build self-reliance and thrive in their new home. It also fosters community cohesion by creating opportunities that bring newcomers and their U.S.-born neighbors together. In Portland, the NAWC launched earlier this year with volunteer-taught English Language classes, run in partnership with Intercambio, a nonprofit organization dedicated to uniting communities and improving immigrant lives. More than 83 students and 17 volunteers participated in the first semester.

“This was something I not only wanted to do, it was something I could do.”

“I’ve been increasingly aware of the many challenges New Americans face as they struggle to integrate into a new culture while, simultaneously, facing uncertainty as a result of recent legislation. When my fund advisor mentioned the YMCA was looking for funding for a Welcome Center for New Americans, I felt an immediate connection.”

—Anonymous Donor, Maine Community Foundation

“This is how we make our communities safer, stronger, and more prosperous.”

“We have long wanted to work with the Y because we share a vision for helping people connect. [We] help unite communities by providing affordable adult English classes taught by volunteers and hosting fun events to bring students, volunteers, and the receiving community together.”

—Marcie Smith, National Program Director, Intercambio

It is fitting that a conversation with Mardochée, a volunteer English teacher at the Y, starts with a lesson on the helping verbs – to be, to have, to do. “Their role is to help other verbs. They give meaning to others,” he explains.

Mardochée is passionate about helping others. Less than two years ago, he arrived in the United States as an asylum seeker from the Democratic Republic of Congo, where he worked as a human rights activist and English teacher. He’s found home at the Y’s dormitory in Portland, and recognizes that many people helped him on his journey here. “I’ve seen Americans give of their time to teach Africans who moved to America,” he said.

“I said to myself, I have those [language] skills, why not help others?”

Recognizing that “language is a tool that opens doors,” Mardochée sees English proficiency as key to helping New Americans from all backgrounds succeed in the United States. Nearly half of newly arrived immigrants over the age of 25 hold college degrees. “In order for them to use what they have learned in their home countries, to use their education, they need to speak the language here,” Mardochée asserts. “They can go further and make a worthy contribution to our community.”

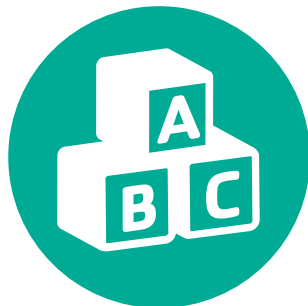
Mardochée credits his language skills, in part, with helping him experience a sense of belonging wherever he goes. “I am accepted by people. I would even say, adopted. Even though you’re in a new country, you can connect with people because you have the language skills. But for those who don’t, it’s harder for them to connect [with others].”

“That’s why I wish many volunteers would join us. What the Y is doing is a contribution to our community. As members of the community, we have to give back. It’s a circle. We can’t only expect from others. We have to offer too.”



AT THE Y LAST YEAR... 30,000+ LIVES WERE CHANGED

YOUTH DEVELOPMENT



50,000+

swim lessons helped kids build confidence & safety around water

423

kids got a head start with early childhood education

62%

of children (infant through pre-K) receive financial assistance to attend

SOCIAL RESPONSIBILITY



1,000+

New Americans found a welcoming community

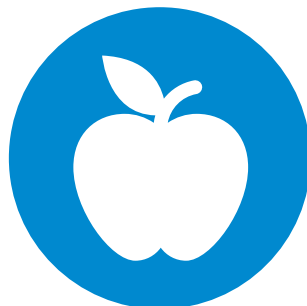
188

people facing homelessness found a safe place to live

\$2.1 MILLION

in financial assistance and program support helped 10,000 people learn, grow & thrive

HEALTHY LIVING



2,130

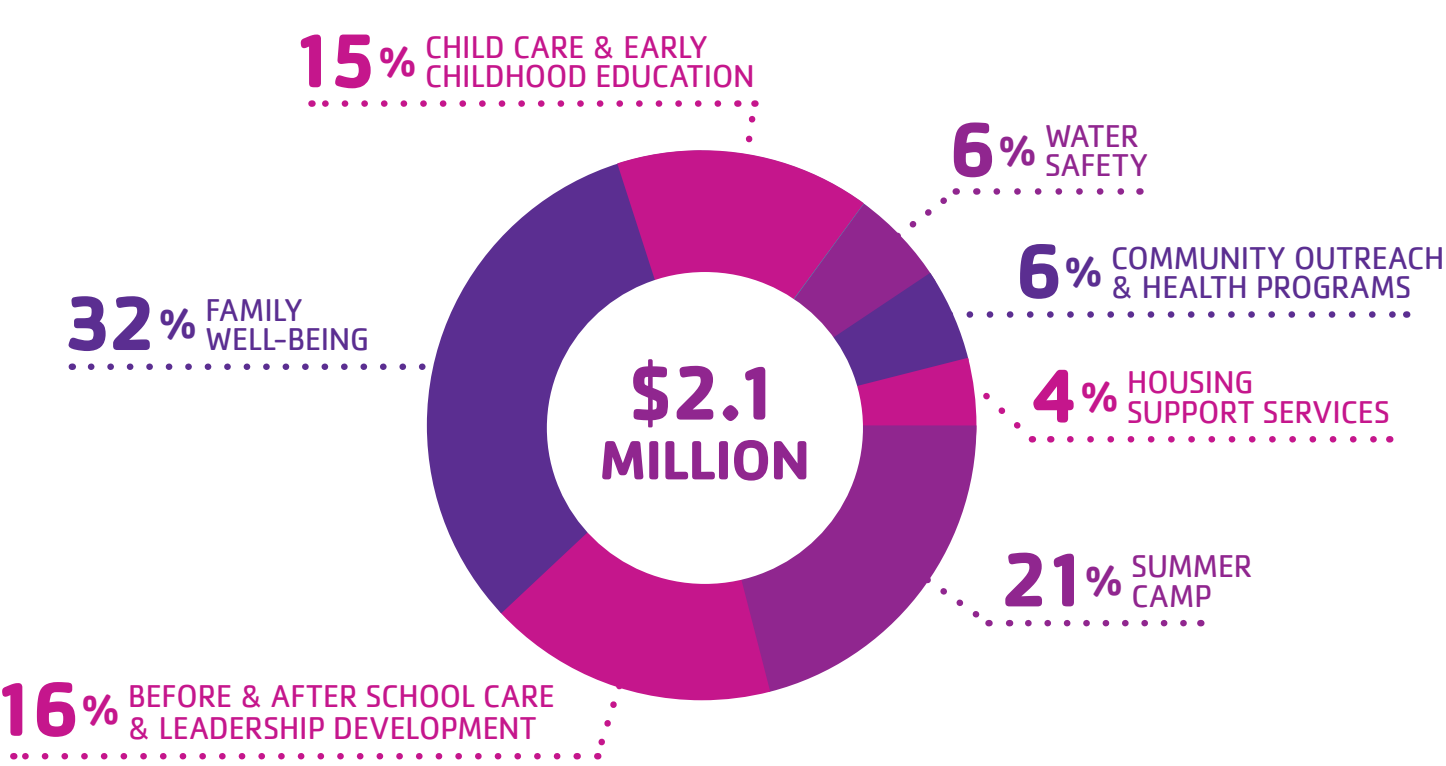
hours of support helped cancer survivors improve quality of life

5,494

older adults were active and engaged

49,000+

nutritious meals & snacks nourished children's growth

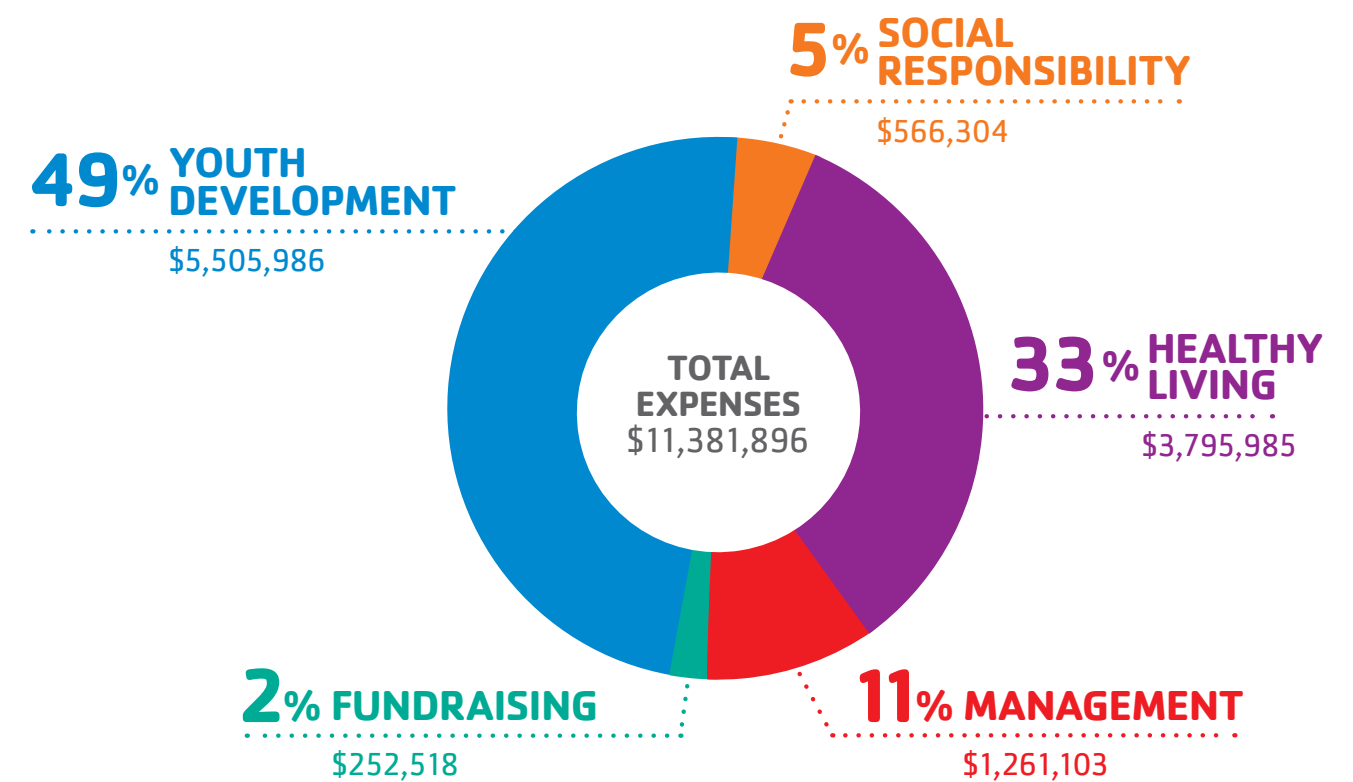
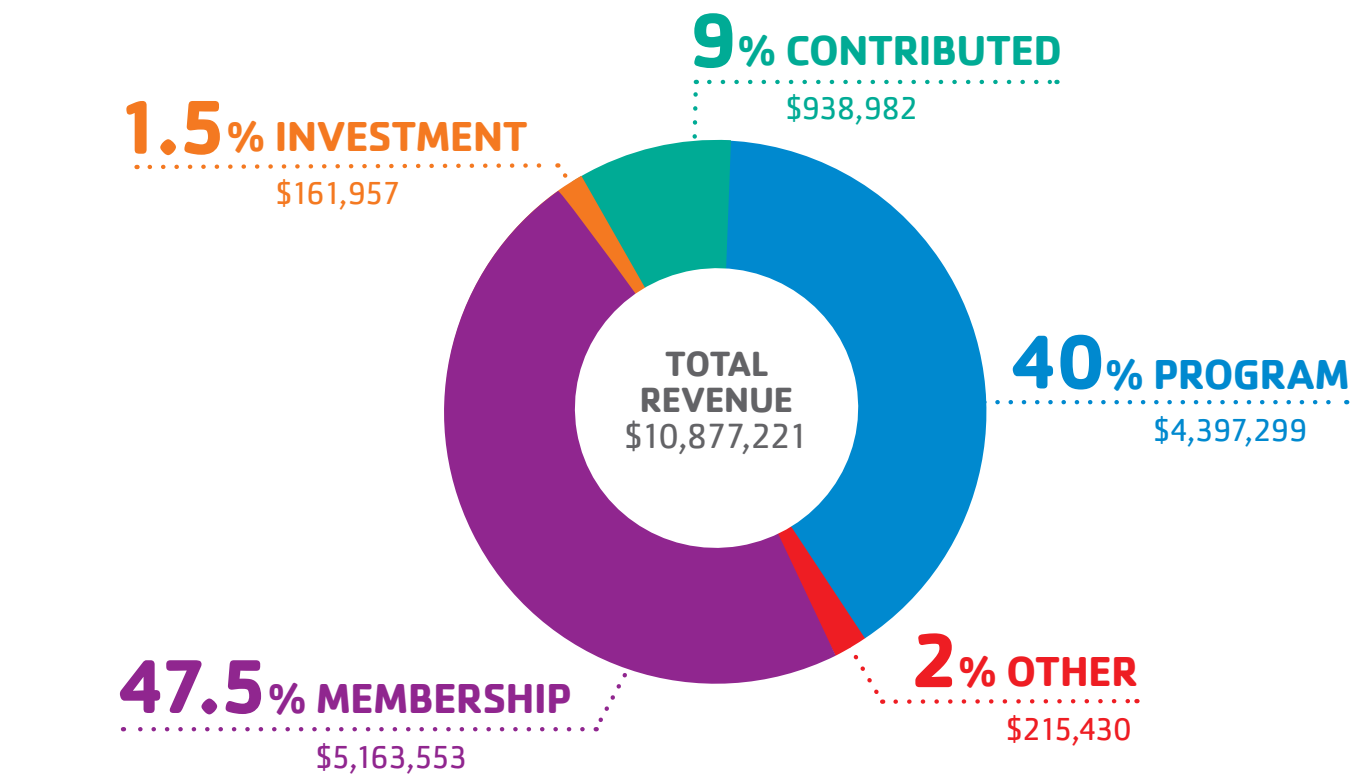




“Start where you are.
Use what you have.
Do what you can.”
—Arthur Ashe

FINANCIALS

NOTES
2016–2017 Depreciation: \$576,594
G+A expenses total 13% of total expenses



LEADERSHIP

Board of Directors

Jenna Klein Jonsson
Chair of the Board

William Whitmore
Vice Chair

Cliff Ruprecht
Secretary

Ryan Kane
Treasurer

Steve Amendo
Wendy Bush
Brian Cliffe
Dan Dacar*
Caitlin Dwyer
Kathi Ewen
David Landry
Scott Maker
Kathleen Shannon Nichols
Pat Palmer
Michael Rayder*
Bill Sipperly*

*Branch Advisory Board Chair

Branch Advisory Boards

CASCO BAY
John Boyne
Ed Gerry
Jim Gott
Sky Grant
Linda Gray
Steve Katz
Anne Hayton
Zach Lauzon
Lee Mallett
Dan O’Halloran
Stephanie Payne
Julia Pitney
Mike Rayder
Betsy Ruff
Richard Webster
Michael Williams

GREATER PORTLAND
Winston Barton
Mike Carey
Dan Dacar
Elise D’Amboise
Paul DeJuliis
Deqa Dhalac
Bob Dunfey
Georges Budagu-Makoko
Melanie Stevens

NORTHERN YORK COUNTY
Scott Edmunds
Bill Sipperly
David Tripp
Stefanie Wayne-Workman
Bernice Wood

PINELAND
Jim Casper
Jennifer Frederick
Greg Goding
Anne Graham
Kellie Irving
Jim Jenkins
Martin Noyes

Senior Leadership Team

Helen L. Breña
President & Chief Executive Officer

James Dowd
Chief Financial Officer

Sarah Leighton
Chief Development Officer

Jan DiMauro
Chief Human Resources Officer

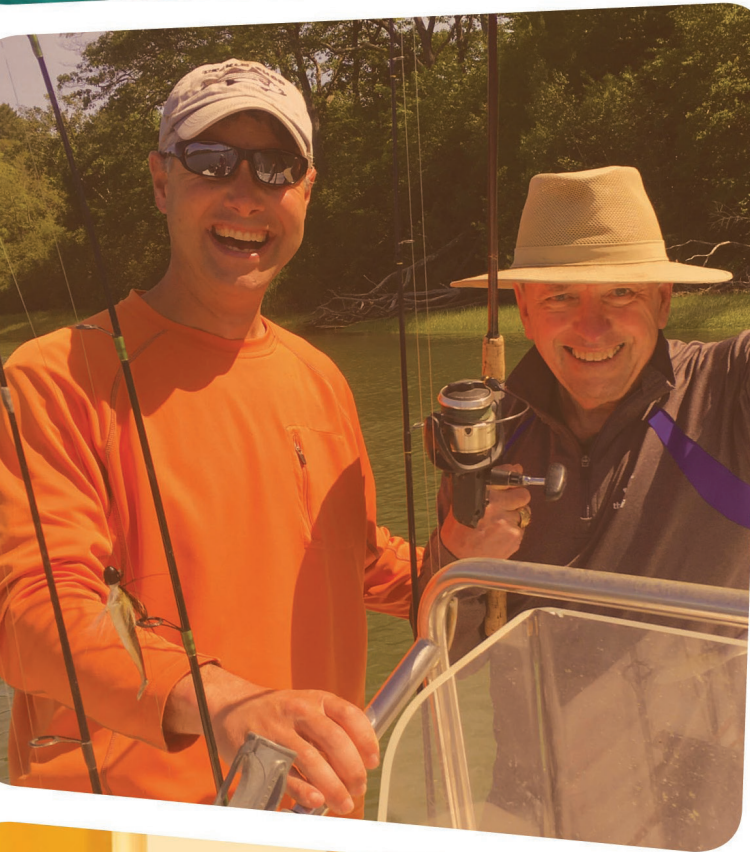
Scott Krouse
Casco Bay Branch Executive

Kate Noonan
Northern York County Branch Executive

Anne-Marie Brown
Pineland Branch Executive



“We may have all come on
different ships, but we’re
in the same boat now.”
—Martin Luther King, Jr.



OUR MISSION

To build strong kids, individuals, families, & communities through programs & services that promote a healthy spirit, mind, & body for all, regardless of ability to pay.

"Alone we can do so little;
together we can do so much."
—Helen Keller

