



YMCA of
Niagara

Turning Points

Annual Report to the Community 2013-2014



Building healthy communities

A message from **Leanne Standryk**, Chair, Board of Directors, and **Janet St. Amand**, CEO

Each of us encounters pivotal moments in our lives, turning points that define our futures. Whether it be an individual's triumph beyond a personal health crisis, the settling of a newcomer family in Canada, or a child's first solo swim, stories that reflect life's turning points are all around us at the YMCA of Niagara.

As a charity with deep roots in Niagara, we too are at another turning point in our history as we evolve to meet the changing needs of the Niagara community. We have adjusted our Child Care services following the implementation of full day kindergarten in Ontario, and developed partnerships to support the growing needs of those living with chronic health conditions often associated with aging. We continue to focus on providing safe and welcoming environments, broaden our outreach to newcomers and those unemployed, and to strive to align our membership offerings with the current health and wellness landscape.

With a commitment to nurturing the potential of children and youth, promoting healthy living, and fostering social responsibility, we believe it is vital that every individual has access to the essentials needed to learn, grow and thrive. The YMCA connects people to life-building opportunities, to each other and enhances their quality of life.

We are grateful to the many talented volunteers and generous donors who join us in our passion to strengthen the foundations of the Niagara community.

Today we serve close to 90,000 individuals at more than 108 sites, making a difference in the lives of people throughout the region. We are confident the YMCA of Niagara is well-positioned to impact the lives of children, youth and adults far into the future.

Janet St. Amand

Leanne Standryk





“As we go through the process of healing and transition to a new life, the Y is truly our foundation and will always serve as one of the most important elements of our lives.”

Colleen Lloyd

Employment Services, Day Camp, and Health, Fitness & Aquatics participant

Three years ago, Colleen Lloyd would not have predicted she would be where she is today. Colleen says it was a chance decision that brought her and her children to a place of safety, happiness and good health.

Living in an unsafe, controlling home environment and struggling to find employment, Colleen was feeling at loose ends constantly worried about providing for her children and their future. She made an appointment to meet with a YMCA Employment Services coach after hearing about the program. From there, she began volunteering and eventually working at the YMCA.

As life at home became unbearable, Colleen was gaining the courage and strength necessary to begin a new life. “I realized we all deserve to be treated with respect and kindness,” she recalls. “I wanted my children to have the foundation to make healthy choices and have bright futures.”

When Colleen left to start a new life, the Y provided financial assistance so that her children could attend summer camp where she knew they would be well cared for and be able to enjoy being kids during the most challenging part of the transition. Colleen’s son Damian remembers often turning to the Y as a safe place to go where he could have fun when their home life was in turmoil.

“The YMCA is a place where families of all shapes and sizes are embraced, nurtured and respected,” says Colleen. “Our family is thankful for the support the YMCA has given us; it means a chance for a better life.”



“This place is like a small community. Our Gentle Fit class is like a little family; we encourage and motivate each other to keep moving.”

Jane Robins

Health, Fitness & Aquatics member

Jane Robins credits a lifelong commitment to fitness as a key success factor in her road to recovery following a devastating car accident. “I truly believe that if I had not been in good condition prior to the accident, I would have spent much more time flat on my back in bed,” says Jane. “And I wouldn’t be doing so well today.”

The car accident two years ago left Jane barely able to walk with a number of physical and neurological injuries. A YMCA member over the course of three decades, Jane was determined to rehabilitate as quickly as possible and included workouts at the Y into her routine as soon as she was able.

Jane has made great progress however will likely deal with some of the after effects of the car accident for the rest of her life. All the more reason to make active living a priority, she believes.

Jane is now back at the YMCA in Welland four to five times a week, focused on building her strength and endurance by participating in group fitness classes and using the weight machines. “One of the great things about the Y is that you can choose from a range of programs and activities based on your interests, stage of life and abilities,” she comments.

Devoted to working out as often as she can to further her recovery, Jane is further motivated to be as healthy as possible after becoming a grandparent for the first time this year.



“In the beginning I would lie on the couch for hours, drained after my exercise sessions. The smallest task seemed impossible. Now I can see a future for myself.”

Garwin Cockhead

Cardiac Health and Rehabilitation partnership program participant

Garwin Cockhead's story is a remarkable one, reflective of hard work and dedication. He has accomplished what few have been able to; he exercised his way off Ontario's heart transplant list.

Placed on a cardiac transplant list in early 2013 following a severe heart attack with multiple complications, Garwin began participating in the Niagara Health System's Cardiovascular Health and Rehabilitation Program offered in part at the YMCA.

“When I started the program I could barely walk from one side of the room to the next,” remembers Garwin. He was exhausted at the end of each session, especially at the beginning of the 16-week program, but little by little he began noticing improvement. Knowing that exercise could help his cardiac health, the Niagara Falls resident dedicated himself to the lifestyle change and kept going.

Garwin's diligence paid off. After nine months his condition improved so dramatically that in March of 2014, Garwin received the good news that he no longer requires a new heart. “The exercise program was a life-saver,” he says.

A person being taken off Ontario's heart transplant list due to improved cardiac health is a rare occurrence.

The Niagara Falls resident can now do nearly 50 minutes of cardio three times per week, plus weight training. Garwin continues to work out at the YMCA regularly and reluctantly serves as an example for those in similar circumstances.



Strengthening the foundations of a healthy community

We are committed to working with health partners to deliver innovative community-based programs to improve quality of life for those living with chronic disease, and health and wellness challenges. Collaborating with others means the ability to create resources for people faced with turning points in their health journey. We believe good health is a necessity, not a luxury regardless of life circumstance.



Caring for my COPD—this 10-week program provides self-management technique training for those living with Chronic Obstructive Pulmonary Disease to help them remain healthy at home. Hosted at our Niagara Falls branch, program partners include the Niagara Falls Community Health Centre and the Hamilton Niagara Haldimand Brant Local Health Integration Network.



Cardiac Rehab Program—the exercise component of Niagara Health System's Cardiac Health and Rehabilitation Program is facilitated at three of our branches across the region; in Niagara Falls, St. Catharines and Welland. This partnership has benefited thousands of patients over the past seven years.



Fitness for Breath—a partnership with the Ontario Lung Association, the Fitness for Breath exercise maintenance program is offered for people over the age of 55 with chronic lung disease. The program is supported by a grant from the Ministry of Tourism, Culture and Sport.



Fit for Function—in collaboration with the YMCA of Hamilton/Burlington/Brantford, McMaster University, Hamilton Health Sciences and the Niagara Health System, we are facilitating a research study exploring whether participants in the Fit for Function stroke recovery program show improved health.



Healthy Kids—Niagara is one of 45 Ontario communities awarded \$1.5 million as part of the Healthy Kids Community Challenge provincial grant aimed at tackling the complex issue of childhood obesity. We are part of the community collaboration that is poised and ready to help move the dial as part of the collective solution to childhood obesity, a contributing factor to chronic disease later in life.



Swim to Survive—teaching children healthy lifestyle habits, including physical activity, early in life can go a long way to help prevent chronic disease in the future. The Swim to Survive program teaches basic water survival techniques to all Grade 3 children in the District School Board of Niagara. In partnership with the Lifesaving Society and the Education Foundation of Niagara, Swim to Survive is offered at each of our pools throughout the region.

Philanthropy and Giving Back

- 2,721** donors impacted the lives of others through charitable gifts to the YMCA
- \$403,000** received in Strong Kids Campaign donations ensuring children and youth benefited from YMCA programs and services
- \$1.5 million** awarded in YMCA financial assistance to make our programs accessible to all
- 934** volunteers offered their talents and time to help strengthen our community
- 13,926** individuals received YMCA financial assistance

Health, Fitness and Aquatics

- 12,071** individuals were provided YMCA financial assistance to participate in health, fitness and aquatics programs
- 62%** of YMCA members are linked as a family
- 52,376** members participated at the YMCA to improve their health and wellbeing
- 1,740,704** visits were made to YMCA health, fitness and aquatic branches at our six locations across Niagara

YMCA of Niagara Financial Highlights Year Ended August 31, 2014

STATEMENT OF FINANCIAL POSITION 2014 (000's) \$ 2013 (000's) \$

ASSETS

Current assets	2,542	2,725
Cash-internally restricted funds (Note 1)	685	800
	3,227	3,525
Investments	1,541	1,439
Capital campaign pledges receivable	1,222	1,744
Capital assets	38,619	40,388
	44,609	47,096

LIABILITIES

Current liabilities	2,415	2,733
Current portion of long-term debt	347	700
	2,762	3,433
Long-term debt	2,721	2,941
Deferred capital contributions	22,277	23,227
	27,760	29,601

FUND BALANCES

Endowment fund	2,857	2,703
Internally Restricted funds (Note 1)	685	800
	13,307	13,992
General fund and other	16,849	17,495
	44,609	47,096

STATEMENT OF OPERATIONS

REVENUE

Programs & services	29,275	28,722
Donations - Strong Kids	376	360
Other	312	281
	29,963	29,363
Financial assistance	(1,505)	(1,598)
	28,458	27,765

EXPENSES

Wages and benefits	18,185	18,103
Occupancy and facility maintenance	4,999	4,806
Program and support costs	3,928	3,490
	27,112	26,399

Excess of revenue over expenses before net amortization and loss on disposal of capital (Note 2)

Amortization of deferred capital contributions	1,388	1,365
Amortization of capital assets	(3,533)	(3,450)
Loss on disposal of capital assets	-	(278)
	(799)	(997)

- Internally Restricted Funds are comprised of the following: The Capital Fund was established by the Board of Directors for the purpose of reserving cash for significant capital projects. The prior year's balance of \$800,000, was utilized for the refurbishment of the Walker Family YMCA over the past fiscal year. The Child Care Fund was established by the Board of Directors for the purpose of reserving cash to enhance child care stability and quality assurance initiatives over the next two fiscal years. The current year's balance is \$685,000.
- In keeping with the charitable purpose of the YMCA, the Board of Directors has determined that the excess of revenue over expenses will be re-invested in the Capital Development and Strategic Plan of the Association. The report includes selected financial information extracted from statements audited by KPMG. Complete financial statements are available upon request.

Employment and Newcomer Services

- 90%** success rate of those who participated in YMCA Employment Programs, in securing employment or obtaining education/training to advance their employment
- 13** languages spoken at our Newcomer Information Centre so that families may be served in their first language
- 930** language assessments provided to assist individuals as they settle in Niagara
- 3,897** job seekers accessed our employment services and resource supports
- 3,789** newcomer families were assisted by YMCA Settlement Workers in Schools to orient them to school and community resources as they find their path in Canada



Children

3,427

children found friendship, support, and physical activity at YMCA Child Care programs

3,489

children participated in YMCA Day Camp programs aimed at encouraging independence, skill development and physical activity

Youth

6,308

Youth Action participants accessed our Community Initiatives at their local Y, at their school, or in their neighbourhood

34,382

visits made to a variety of fun, social Youth Action activities offered in a safe environment

YMCA of Niagara Board of Directors 2013-2014

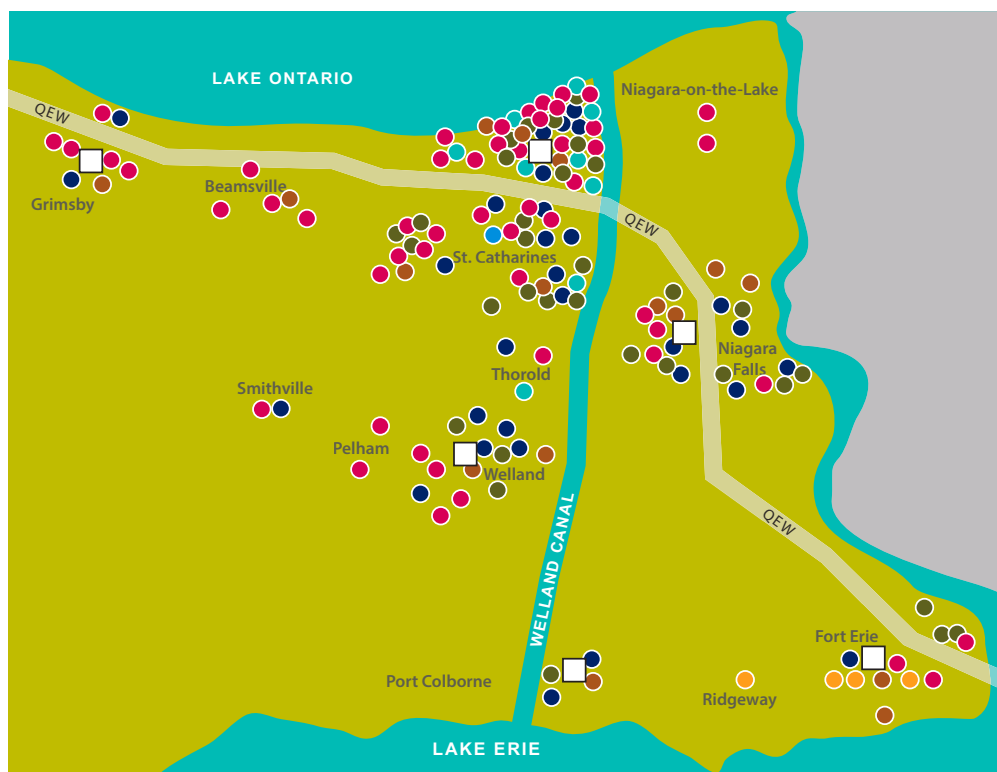
(Back row from L to R) Mike Watt; Georgia Groat; Ian Brown (Vice Chair); Doug Howe; Jay Hamilton; Patrick Robson (Past Chair); David DiFelice; and Janet St. Amand, CEO.

(Front row from L to R) Debbie Zimmerman; Kithio Mwanzia; Leanne Standryk (Chair); Terry Suess (Vice Chair); Teresa Quinlin.

(Absent from photo) Sandra Murre and Coby Hawkins.



Community Leadership



- | | | | |
|------------------------------------|-------------------------------------|-------------------------------|-----------------|
| ● Youth Action | □ Health, Fitness & Aquatics Centre | ● Child Care | ● Day Camp |
| ● Administration & Training Centre | ● Employment & Newcomer Services | ● Ontario Early Years Centres | ● Youth Leagues |

Outside of the financial and program numbers, there are countless stories to tell which illustrate the intangible benefits of involvement in YMCA. We are dedicated to building healthy, confident and connected children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

We provide vital services such as health, fitness and recreation, child care, camping, newcomer services, employment, education, leadership development and volunteerism at 108 sites across Niagara.

Charitable Mission

The YMCA of Niagara is a charity, open to all, providing leadership and opportunities for people and their community to grow in spirit, mind, and body.

Vision:

My YMCA, for life.



YMCA of Niagara

43 Church Street, Suite 104

St. Catharines, ON L2R 7E1 | 905.646.9622

ymcaofniagara.org

Charitable Registration Number: 11930 7064 RR0001



Investing In Our Future 2013-2014 Donors

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Youth Fund at the
Niagara Community
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Foundation
Salit Steel Employees
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Welland Mayor's Children
& Youth Fund at the
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Welland Neighbourhood
Project

CHAIR'S ROUND TABLE GOLD \$2000-\$4999

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Alison Hall
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Run or Dye 2013 Niagara
Falls
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CHAIR'S ROUND TABLE SILVER \$1000-\$1999

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Sam, Monty, Izzy Banks
Kim Bentley-MacDonald
& Family
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Mario Ferrara & Annabel
Kennedy
Flexo Products Limited
James & Ruth Fraser
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Kenneth Hildebrand

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Kinsmen Club of Grimsby
Kiwanis Club of St.
Catharines Inc. - Project
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Photography by Pamela
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Terry & Carol Suess
Volcano Pizzeria
Michael Watt

CHAIR'S ROUND TABLE BRONZE \$500-\$999

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& Linda Blair
Denise Anastasia Yoreff

YMCA STAFF DREAM TEAM GOLD > \$350

Lisa & Mike DeGasperis
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Jeremy Jevtic
Debbie Luciani
Kim McLroy
Amanda Murray
Kathleen Scott
Melissa Wilcox
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YMCA STAFF DREAM TEAM SILVER > \$250

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Lauren Tripp
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Suzanne Chorro
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Jill Goulet
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Greater Fort Erie Minor Ball
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