



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHANGING LIVES FOR THE BETTER

2011 ANNUAL REPORT
REGIONAL YMCA OF WESTERN CONNECTICUT



REGIONAL YMCA OF WESTERN CONNECTICUT

Who we are:

The Y is a diverse organization of men, women and children, joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. We have remained community centered, connecting people of all ages and from every walk of life, all working side-by-side to ensure that everyone, regardless of gender, income or background, has the opportunity to live life to its fullest. We value caring, honesty, respect and responsibility, and everything we do stems from this.

Who we serve:

Incorporated in 1963, we service 22 towns in Greater Danbury & Eastern Putnam County, NY. We serve the community from 4 locations offering: childcare in Bethel; afterschool programs in Brookfield & Danbury; day camps in Bethel, Brookfield & Danbury; arts & humanities in Danbury; and two full service YMCA facilities located in Brookfield and Danbury.

Our Service Area:

Connecticut

Bethel
Bridgewater
Brookfield
Danbury
Kent
New Fairfield
New Milford
Newtown
Redding
Ridgefield
Roxbury
Sherman
Warren
Washington

New York

Brewster
Carmel
Cold Spring
Kent
Mahopac
Patterson
Philipstown
Southeast

What we do:

Throughout our 150 year history in the Danbury area, the Y has been listening and responding to community needs, providing support for people and families and the resources needed to develop a stronger, more integrated community. Through the support of our community, we empower every child, adult and family to be healthy, confident and connected. We are passionate about our quest to help others, and we devote our full strength and concentrated attention to our cause, motivated to achieve our mission and goals.

Our Mission:

The Y is a community service organization dedicated to building strong kids, strong families and strong communities through the development of spirit, mind and body.



CHANGING LIVES FOR THE BETTER... AND YOU ARE WHY



Marie Miszewski and Bob Belden

Dear Donors, Supporters and Friends,

Thank you, to each of you. Working together we are addressing critical community issues, tackling complex matters every day. Our work matters. The impact of our shared commitment is far reaching and will have life-long benefits, and only with your support is it possible.

Each one of you is motivated by a different reason or set of circumstances for selecting the Y as your organization of choice. And we thank you. No matter what brings you to the Y, your gift of time, talents and financial support impacts the lives of countless men, women and children of all ages throughout our region. Together we are making a difference and changing lives for the better throughout our community. Thank you.

Robert D. Belden, Jr.
Chairman of the Board

Marie B. Miszewski
President & CEO

The Regional Y extends our gratitude to Bob Belden, who will complete his 3 years of service as board chair, and 8 years as a member of the board. Under his leadership, the association developed a strategic plan that has strengthened financial stewardship and stability, which has allowed us to complete much needed facility enhancements and upgrades.

We would also like to introduce Marjorie Davidson as our new board chair. Having served on our board and several committees, Marge brings a broad business perspective to the Y. She was co-owner of Davidson Insurance Services in Danbury and served for many years on a nationwide insurance industry advisory board.

In 2011, our Y

- Provided \$475,230 in direct financial assistance, thanks to the generosity and support of our donors.
- Raised \$203,833 through the 4th Annual Support Campaign with the commitment, enthusiasm and support of 741 donors.
- Invested in our facilities by installing a new roof, new windows, and expanded parking at the Greenknoll Branch, for a total investment of more than \$560,000.
- Committed to investing in member fitness by installing new cardio and strength equipment, valued at \$146,493, at the Boughton Street and Greenknoll Branches.
- Engaged children and their families in total fun fitness with the introduction of Zumbatomic at the Boughton Street and Greenknoll Branches, with 50 participants each week.
- Launched the 2011 Lose to Win program in January. At the close of the 12 week session, our 120 participating members completed 308,353 cardio minutes and shed 742 unwanted pounds and 231 inches.

THIS IS WHY...

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

We believe the values and skills learned early on are vital building blocks for life. At the Y, kids learn their ABCs, learn to share, learn about sportsmanship, explore their unique talents and interests, and, most importantly, learn how to be themselves. The Y helps kids to realize their potential and make smarter life choices. That makes for confident kids today and contributing and engaged adults tomorrow.

- The Y Movement has committed to a major, long-term initiative to help address the nationwide academic achievement gap between low income and minority children and their peers. In 2011, in an effort to **address Summer Learning Loss**, Camp Greenknoll offered an expanded Academic Enrichment Component, facilitated by a CT certified teacher. Campers in preschool through 4th grade participated in language arts and mathematics enrichment programs, which were incorporated into their weekly schedule, reinforcing the skills learned during the previous year and **providing a meaningful experience to help kids realize their potential.**
- For the past three years, in partnership with the Tauck Foundation, our Y has incorporated Sparks into our ESCAPE to the Arts afterschool programming. Sparks integrates creative, thematic afterschool programming culminating with a 6 day summer travel experience for middle schoolers. Through Sparks, children connect what they learned in the afterschool program to the real world, **developing confidence and important life skills away from home.** Sparks gives children the opportunity to **realize the similarities between themselves and others, rather than the differences.** 27 children participated in the 2011 program, culminating with a trip to California. For 7 children, this was their third consecutive year with the program, earning each of them a \$1,000 college scholarship.
- Our Greenknoll School Age Program revised their curriculum to include more outdoor activities and nutritious snacks to **promote healthy living.** They also focused on projects related to science, service learning and character development, while **offering children the opportunity to learn, grow and thrive in a structured, nurturing and fun environment.**
- Through the generosity of the Sexauer Foundation, the School Age Program at the Children's Center has incorporated the Kidz Lit and Kidz Math curriculum into the program. The curriculum is designed to help children develop a love of reading, enhance critical thinking skills, comprehension and vocabulary, while **gaining confidence** in their mathematical abilities and their **ability to work with each other.** **The lessons not only enhance skills in a fun and engaging way, but also help children realize their potential.**
- The YMCA Youth and Government Program is an experience in the State of Connecticut's legislative, legal and journalistic process, a forum where students can explore their personal values, express their opinions openly and share their views with students from areas, backgrounds and social conditions different from their own. Students write and research their own bills, learn parliamentary procedure, and debate their bills in a mock legislative session in Hartford. Over 375 high school students from all over Connecticut participated in 2011, with 16 high school students from the program at ESCAPE.



THIS IS WHY...

HEALTHY LIVING

Improving the nation's health and well-being

We know that living healthy means more than just working out and eating right. It also involves a balance of spirit, mind and body. With a mission centered on building strength with that balance, the Y brings families closer together, encourages good health and connects people through shared interests and shared fun.

- In addition to our fitness programs, group exercise classes, nutritional counseling, arts & humanities classes, and family activities, we also offer educational programs. In collaboration with our community partners Danbury Hospital and the United Way of Western CT, the Y **offers educational and fitness support** for individuals living with diabetes, with both a registered dietitian and fitness specialists available to encourage a healthy lifestyle.
- **Our Y has made a commitment to addressing the childhood obesity health crisis in the Greater Danbury area.** Through the Coalition for Healthy Kids, a Danbury based collaborative led by the Regional Y, several initiatives have been developed to address the need for families to adopt a healthier lifestyle by increasing physical activity and eating nutritiously.
- Our Y was chosen by the YMCA of the USA to participate in Action Communities for Health, Innovation, and EnVironmental change (ACHIEVE), an effort funded by the Centers for Disease Control and Prevention and the Y-USA that will help make the healthy choice the easy choice for residents of the Greater Danbury community. ACHIEVE focuses on making policy and environmental changes that **support healthy lifestyles.**
- In collaboration with the Coalition and the Danbury Extended Learning Program, the Y motivated students at Hayestown, Ellsworth and Park Avenue Schools to S.C.R.A.M. (Students Can Run And Move). S.C.R.A.M. offers physical activity and a healthy snack to students each day after school. In the fall of 2011, a total of **120 students and their families were running and moving.** Students who completed all 24 weeks of the 2010/2011 program **demonstrated improved fitness** and many attained the health goal performance standard required for students in Connecticut.



THIS IS WHY...

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

We are a cause for strengthening community, committed every day to youth development, healthy living and social responsibility. Our staff and volunteers are kids, parents, grandparents, neighbors and local leaders who are personally committed to understanding what our neighbors need. We work together to develop a stronger, more integrated community, and provide the resources and support to empower our neighbors to make change, bridge gaps and overcome obstacles.

- During our 2011 Annual Support Campaign, 741 donors contributed \$203,833 to help ensure that no child, family or adult is turned away, and all are given the opportunity to be healthy, confident, connected and secure. **Philanthropists come in many different shapes and sizes, and even ages.** 6th graders at New Fairfield Middle School participated for the third year in a Walk-a-Thon and raised \$5,426 for the Regional YMCA because **they wanted to make an impact right here in their local community, for their neighbors.** Talk about strong advocates for a stronger community...
- In collaboration with corporations, foundations and community leaders, the Y has been able to make an impact through our programming on such issues as youth obesity, the academic achievement gap, water safety instruction, and chronic disease prevention. These partnerships **encourage social responsibility in others** and help us **build a healthier community.**
- Each of our volunteers helps to enrich the lives of our neighbors. It is through the commitment of our 637 program and policy volunteers, who contributed a total of 10,126 hours, that we are able to **bring about meaningful and enduring change in our own community.** Acting as board and committee members, swim coaches, philanthropists and much more, **they are powerful advocates** for the Y and those we serve.
- Service learning is an important activity in **teaching our youth to give back to their community.** 30 high school students, members of the ESCAPE to the Arts Service Club, planned and participated in a number of community projects. They painted storefront windows for the holiday season, organized a food drive for a local shelter, painted faces at local events, and volunteered in the afterschool program, helping others with homework.
- Sometimes the greatest support you can give is a warm and safe place to reconnect. At a time when Connecticut was hit with record-breaking natural disasters, **the Y was there for our community.** We opened our doors to hundreds of individuals and families during Hurricane Irene and the October snowstorm. We became the refuge with heat, electricity and warm showers, but we will be most remembered as the place to go to relax, recharge oneself and regain a sense of community connection.

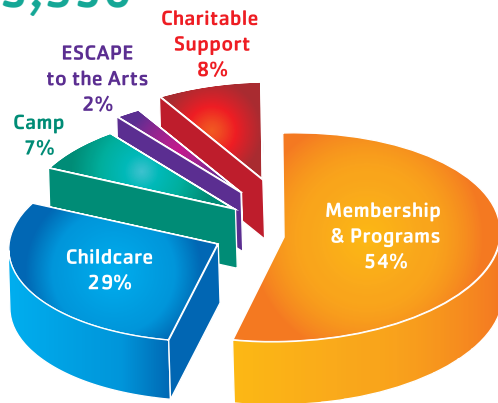
The heat and humidity of the summer of 2011 could not break the spirit nor dedication of our volunteers from The Taunton Press. Every day, business and community volunteers share their time, talents and resources, helping us to better serve the children, adults and families of our region.



2011 FINANCIAL REPORT

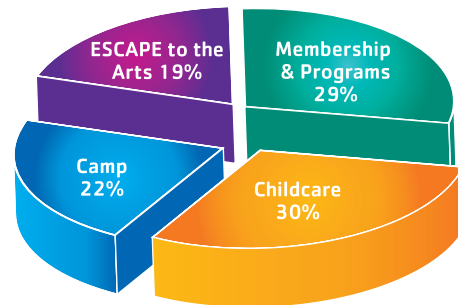
Revenue

\$7,063,950



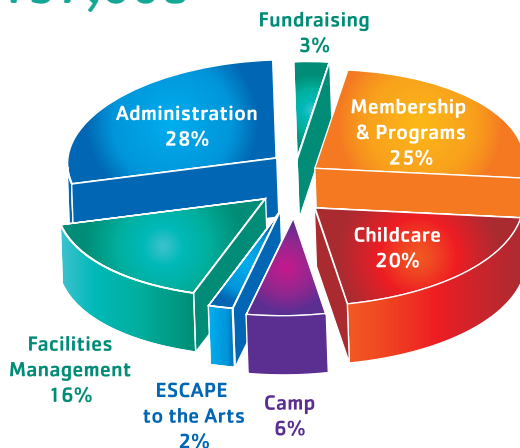
Direct Financial Support

\$475,230



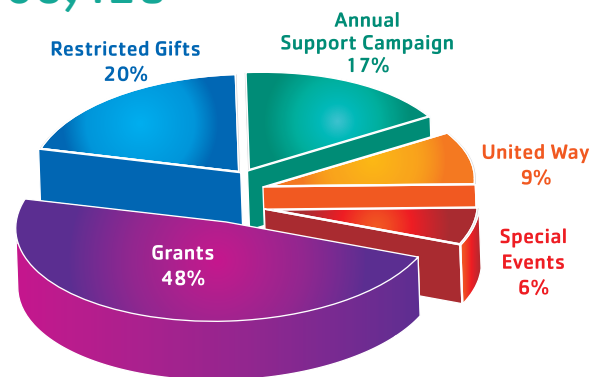
Expenses

\$7,157,008



Total Charitable Support

\$606,428



Endowment Fund

Opening Balance January 1, 2011	\$658,832
Interest & Dividends	\$18,852
Loan Repayment	\$74,062
Net Realized/Unrealized Gain	(\$32,552)
Distribution to Operations	(\$4,124)
Closing Balance as of December, 31, 2011	\$715,070

DONORS

(Gifts and Pledges Received as of December 31, 2011)

Chairmen (\$25,000 +)

The Emerson Charitable Trust on behalf of
Branson Ultrasonics Corporation
Sexauer Foundation
Stew Leonard III Children's Charities
United Way of Western Connecticut

Presidents (\$10,000 - \$24,999)

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United Way of Western Connecticut
Nakshatra Verma and Family
Walkovich Associates
Robin and Robert Wallace
Widow Brown's Café
Wendy Williams
Janet and John Wittmann
WLAD / 98Q / Oldies 850 Radio

MEMORIAL GIFTS

The following individuals were remembered in 2011 with Memorial Gifts:

Ray Cahill
Sam Christos
Danny Holt
Dr. Ali Kenter
Bill Matty
Scott Santa Maria
Susan Toby

OUR LEADERSHIP

The commitment of time and resources put forth by these extraordinary volunteers is greatly appreciated by the Regional YMCA of Western Connecticut, and helps us provide our kids, adults, families and our community with vital support and opportunities to learn, grow and thrive.

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*deceased



Regional YMCA of Western Connecticut
2 Huckleberry Hill Road
Brookfield, CT 06804

REGIONAL YMCA OF WESTERN CONNECTICUT

Greenknoll Branch

2 Huckleberry Hill Road
Brookfield, CT 06804
(P) 203 775 4444
(F) 203 740 9289

Boughton Street Branch

12 Boughton Street
Danbury, CT 06810
(P) 203 744 1000
(F) 203 744 1003

YMCA Children's Center

57 Grassy Plain Street
Bethel, CT 06801
(P) 203 744 4890
(F) 203 731 3215

The Center for Arts & Humanities

ESCAPE to the Arts

293 Main Street
Danbury, CT 06810
(P) 203 794 1413
(F) 203 207 5554

Corporate Office

246 Federal Road, Unit B21
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