



TRANSFORMING LIVES

2018 Annual Report

REGIONAL YMCA OF WESTERN CONNECTICUT

TRANSFORMING LIVES

The word “**Transformation**” encompasses so many aspects of the Regional YMCA. At the Y, not only are the children we serve being transformed through our focus on youth development, but our members are being transformed on a daily basis as well, through our healthy living programs and initiatives. Additionally, our community is being transformed, which in return influences the Y. We are changing as a community service organization, constantly evolving to better serve those around us.

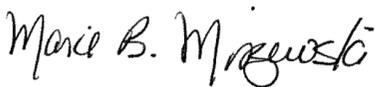
What makes the Y a transformational organization is not the day-to-day spinning of a treadmill or the number of people we have coming in and out of our buildings.

The Regional Y is a close community of donors, members, volunteers, and staff who share the Y values of Caring, Honesty, Respect, and Responsibility. Together, we’re helping children unlock their potential, promoting and encouraging healthy living, and supporting our neighbors.

This year’s Annual Report offers a glimpse into why the YMCA is like no other organization...

- You’ll see how our YMCA has responded when “Life Happens” to our members and community.
- You’ll read about our partnerships within our community and the impact that we’ve made on them and their participants.
- You’ll learn about how we’ve been incorporating elements of STEAM (Science, Technology, Engineering, Arts and Math) into our established programming as well as creating new programs.
- And hear how the Y plans to transform Camp Greenknoll in order to provide the best possible experience for our campers.

Look inside and discover how the YMCA is transforming those in our community.



Marie B. Miszewski
President & CEO



Kevin O'Dea
Chairman, Board of Directors



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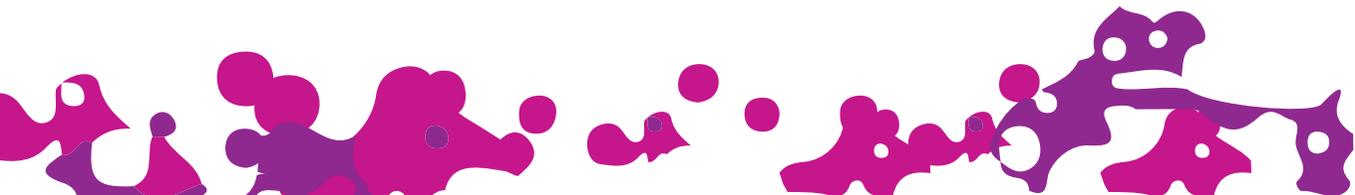
Jeffrey Marcus

Donald D. Mitchell

Joseph Morrissey

Joni Park

George Walker



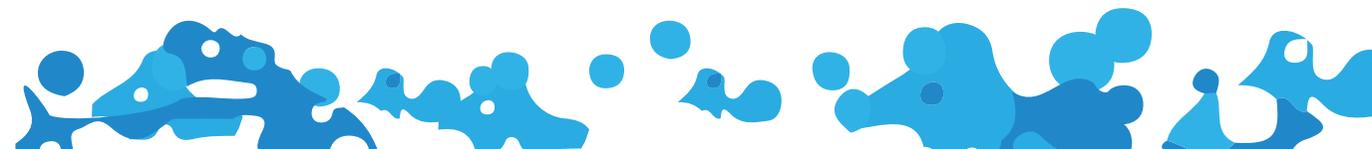
LIFE HAPPENS...

THE YMCA HELPS

We understand that “Life Happens” and do our best to help people with our resources. We’re here to make sure **EVERYONE** has access to the life changing programs, support and sense of community that we offer each and every day, especially when people are going through hard times! Each of the stories below just scratches the surface of what the Y does to strengthen our community.

- The weather related events of May 15, 2018, had serious consequences for many residents of our community, including loss of power and running water. The YMCA opened our doors to all, offering people a safe haven, a place to shower and recharge.
- A lot of people look to us as a place to destress and take care of themselves outside their homes and workplace. Of course, the stress of an illness or decreased income due to a lost job means often people are looking to cut costs of their own. We are always here to help.
- As well as parents, we often we see caregivers who have primary custody of children due to unforeseen circumstances. Camp Greenknoll gives caregivers much needed respite, and keeps the children off the couch, active, and engaged throughout the summer months!
- Many families in our community are living paycheck to paycheck and can’t afford decent before or after school child care. The YMCA Children’s Center is here so these families don’t have to choose between their kids sitting at home alone and making a living. We give kids a positive nurturing environment, where they can play, learn, and engage with others while mom and dad are at work.
- Many seniors in our community are looking for a place to work on not only their physical health, but mental health as well. The Y realizes that socialization is important for all ages.

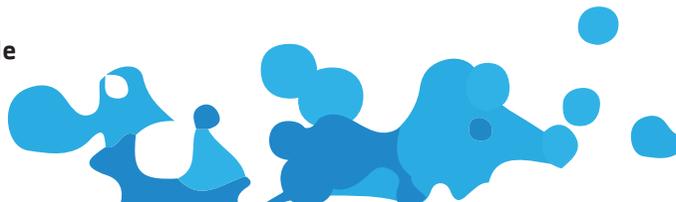
It’s important for our community to know that the Y doesn’t turn anyone away due to their inability to pay. We’re assisting thousands of people from all walks of life. When life happens, the Y is there!





8,138

members worked towards
achieving a healthier lifestyle
at our Greenknoll Branch



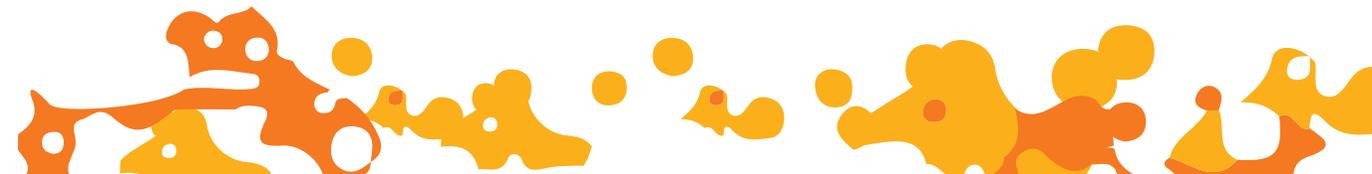
COMMUNITY PARTNERSHIPS

With an organization as vast as ours, running over 40 different programs throughout the year, we cannot do it alone. The majority of our programs are strengthened through partnering with local agencies and it's something we think we've gotten pretty good at.

Our connections with Danbury, Bethel, and Brookfield school systems are keeping kids on track academically throughout the school year and summer. Some other agencies we work closely with include: Connecticut Early Childhood Alliance, Greater Danbury School Readiness Council, Danbury Works, Danbury Promise for Children Partnership, Ability Beyond, Family and Children's Aid, Connecticut Junior Republic, Anthem Blue Cross Blue Shield Foundation, United Way and Western CT State University, to name just a few.

One example of our partnerships within the community is with Jericho Partnership in Danbury. Dotsy Torres, the CityServe Coordinator for Jericho, feels that their partnership with the Y has contributed to the transformation of the students, staff and the organization. Over the past 5 years, the Y has taught fitness and nutrition to the children in Jericho's Summer Learning Program as the kids get healthier without even knowing it. The Y staff has gardened with the students, showing them how to plant, when to water, etc., and then picked and cooked the garden's produce with the kids, allowing them to try all the varieties. Staff and students have walked to the farmers' market with tokens that were provided to buy vegetables for their families. The Y has performed blood pressure and diabetes screenings for the families of the students, enlightening many parents. Last summer, the Y gave the students 6 weeks of free life-saving swimming lessons; for many of the students, it was the first time in a pool. Dotsy said that watching the change in the children, from the first class to the last, was true transformation. This school year, the Y is running the SCRAM (Students Can Run and Move) program at Jericho. Each day, the Y staff plays games with the students so that they are getting the physical exercise they need to improve their health, although they just think they're having fun.

The Y's reach in the community is widened through working collaboratively with so many different people and organizations. In turn, we are transforming the community as a whole.





The Regional Y partnered with
38 local agencies to deliver
the Go! 5-2-1-0 message,
reaching over **3,000**
children and families in Danbury!



We started a
2-YEAR
collaborative project with
the Danbury School District
to change the school health
environment



STEAM

SCIENCE. TECHNOLOGY. ENGINEERING. ART. MATH.

The work that we and other local programs are doing with kids is helping change them for the better. One thing that's important as a change maker is the ability to adapt to the needs of your constituents. Transforming our programming is important to keep people engaged and invested in what we do. Science, Technology, Engineering, Art and Math, a.k.a. STEAM, is an area that has been garnering a lot of buzz over the past few years. We felt like it was time to start merging some of the Y's already established programs with elements of STEAM.

The importance of STEAM-related activities inside and outside the classroom has been at the forefront of integration into educational curriculum for the past several years, and the Y is integrating these subjects into many of it's children's programs throughout the year. For example, our gardening programs combine natural science and math into their curriculum, our afterschool programs are using a variety of simple machines created from household objects to help kids learn physics, and our ESCAPE kids are "Taking it Apart" to study the inner workings of machinery.

2019 and beyond promises to be even more exciting for the kids as we integrate more STEAM programming at ESCAPE, Camp Greenknoll and our School Age programs.





Our Childcare programs gave
633 children a safe
and nurturing
learning environment



Y CAMP ENHANCEMENT PLAN

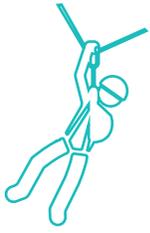
YMCA Camp Greenknoll is a very important part of the summer season for nearly a thousand local children each year. Situated on 14 acres in Brookfield, Camp Greenknoll is a 10-week summer program that offers a fun, engaging, and educational summer experience for kids ages 3-15. We're a "full service" camp program that offers a quality summer experience for children from all walks of life, and our camp is unique in that we engage children both mentally and physically during their summer vacation. One of the great things about the Y is we're committed to ensuring every child in our community has the opportunity to be part of Camp Greenknoll, combat summer learning loss, reach their physical potential, enjoy nature, and experience the best summer ever. We're providing a safe, nurturing, and exciting outdoor experience for all. We encourage them to get messy and run around; to meet new people and try new things.

We also want to make sure we're providing the best possible experience for our campers. This means we must constantly evolve our programming to fit the needs of our community. Our goal is always to deliver the camp experiences that are in line with what today's kids want to do.

Over the course of the next few years, Camp Greenknoll will experience a dramatic change in both our physical landscape and our programming. We're committed to offering the most up-to-date and enriching summer activities to our campers. A comprehensive needs assessment plan has been developed for bringing Camp Greenknoll into the 21st century. There are boundless opportunities for us to expand camp. Our grounds will be transformed to now include new hiking trails, volleyball courts, a splash pad, zipline, climbing tower, and archery range. Additionally, we will build a program village that will individually house STEAM, woodworking, and art activities; and Nature's Classroom to help our campers better explore the relationship of plants, animals, and other physical phenomenon on our planet.

We already have the reputation of being the premier camp in our area and with these enhancements we truly believe our camp experience will be second to none.





1,033 campers
from **25**
different neighboring towns
had the Best Summer Ever!



511 campers got their
hands dirty and learned
how to make nutritious choices
while working in our gardens



CHANGE FOR GOOD

\$430,696

in financial aid was distributed to families, giving everyone the chance to be part of the Y!



Over
19,000

people in the Greater Danbury area are part of our Y!



615 individual donors helped bring our programs to life through their generous philanthropy



649 volunteers dedicated nearly **10,000** hours of their time by giving back to the Y community.



45+ middle and high school students learned the value of art & education through our Afterschool, Youth & Government and Achievers programs



2,938

Youth Swim Lessons helped children achieve confidence and learn the ins and outs of safety around water



1,380 residents in the Greater Danbury area participated in our blood pressure & diabetes risk screenings, and blood sugar & cholesterol testing

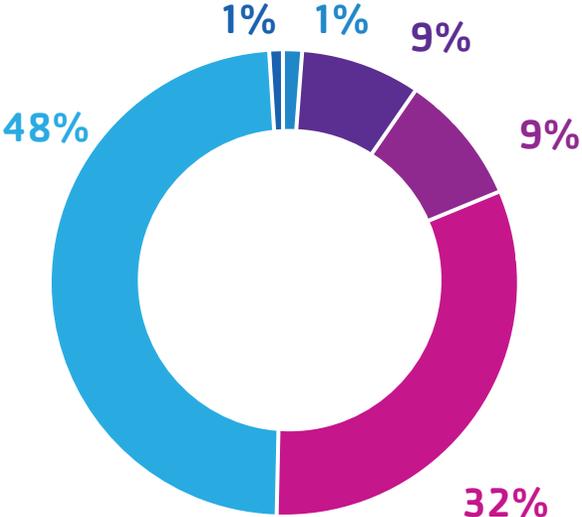


The Y's Evidence Based Health Programs had a total of **220** participants



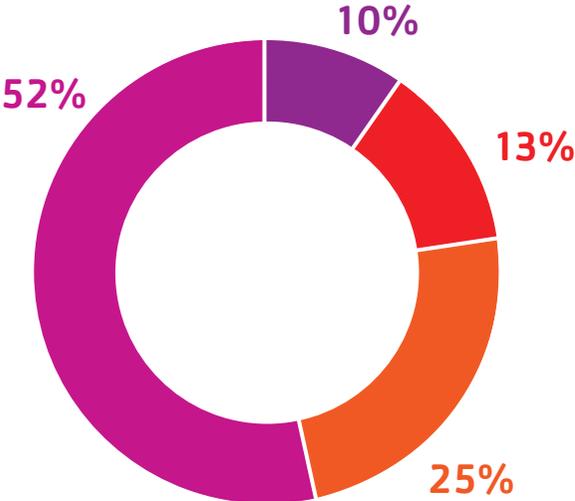


BY THE NUMBERS



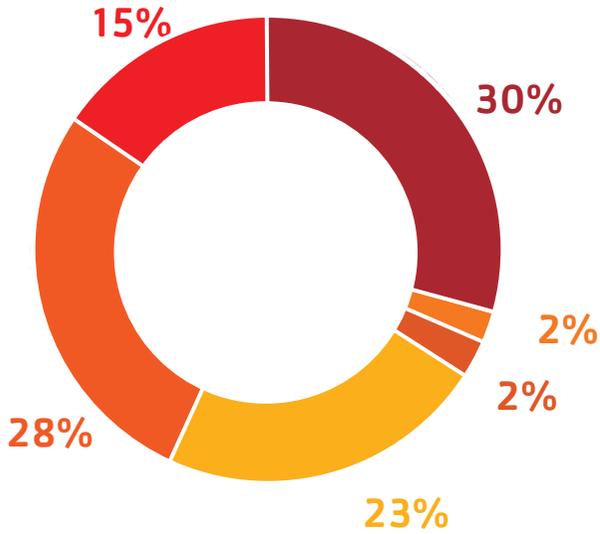
REVENUE \$6,717,606

- Membership & Programs
- Capital
- ESCAPE
- Charitable Support
- Camp
- Childcare



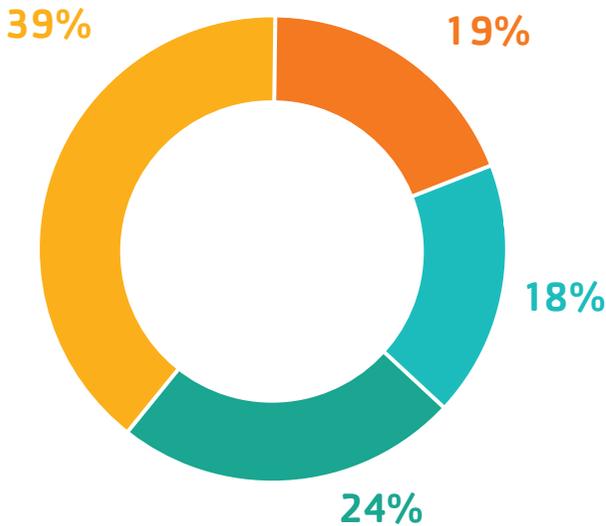
CHARITABLE SUPPORT \$572,996

- Restricted Gifts
- United Way
- Special Events
- Annual Support



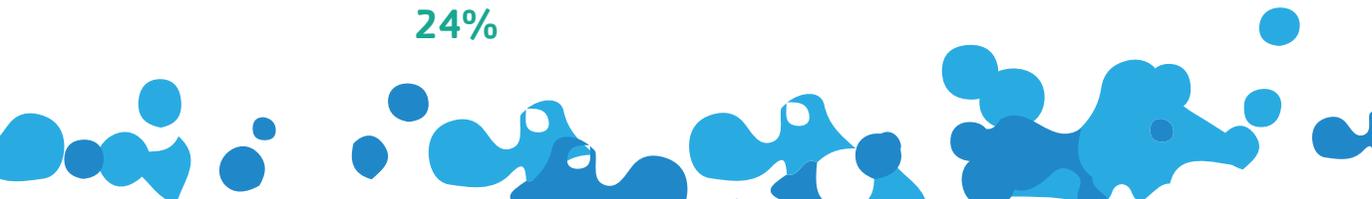
EXPENSES \$7,037,339

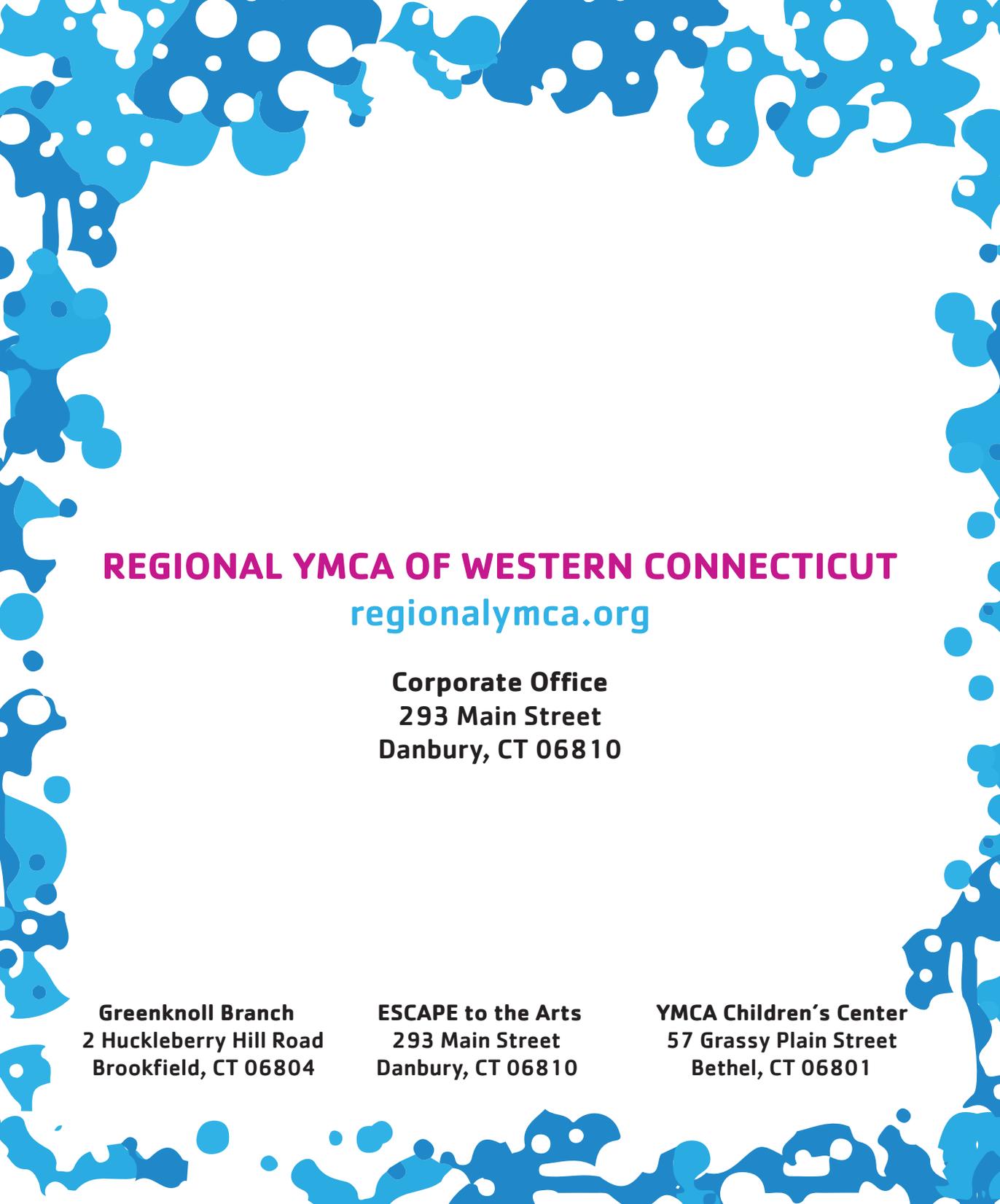
- Membership & Programs
- Facilities
- Administration
- Fundraising
- Capital Expenditures
- Childcare



FINANCIAL ASSISTANCE \$430,804

- Childcare
- ESCAPE
- Camp
- Membership & Programs





REGIONAL YMCA OF WESTERN CONNECTICUT
regionallymca.org

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Danbury, CT 06810

Greenknoll Branch
2 Huckleberry Hill Road
Brookfield, CT 06804

ESCAPE to the Arts
293 Main Street
Danbury, CT 06810

YMCA Children's Center
57 Grassy Plain Street
Bethel, CT 06801