



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2020 IMPACT REPORT

NORTHERN MIDDLESEX YMCA



FOREVER HERE FOR YOU

A CELEBRATION OF
CONNECTION AND PERSEVERANCE

FOREVER HERE FOR YOU: Celebrating Connection & Perseverance

Dear Friends,

2020 was an exceptional year. We began the year full of hope and excitement. Membership was growing, programs were full, the facility was always busy, and we took the important step of engaging community leaders in planning for a Capital Campaign. On March 13, 2020, hope and excitement turned into fear and worry. A pandemic would turn our world upside down, and little did we know that there would be no business as usual for the remainder of the year. As we bid adieu to 2020, we were left to ponder the lasting impact of Covid-19 on all aspects of daily life and the Y as an organization.

As we navigated these challenging waters, it was often necessary and critically important to remain focused on the core values of the Y and our mission to serve the community. The Y has served the community for 134 years through some historically challenging times, and it is still standing. Indeed, a worldwide pandemic was not going to shut our doors or slow us down! With a focus on mission, we needed to adapt and adjust to the emerging needs with a new plan for service delivery.

In 2020 the Y provided the following vital services.

- Served 8,720 meals to the men who live at the Y.
- Made 843 outreach calls to our senior members.
- Served 2775 children in our summer camps, childcare and youth sports.
- Provided 36,537 minutes of virtual wellness and educational programs.
- Delivered 5,274 hours of emergency childcare for essential workers.
- Provided 205 children with a full day distance learning program.

Each of those numbers represents the enormous dedication of the Y staff team, Board of Directors, donors, and the larger community who came together without hesitation to help those in need. The Y could not close our facility because people needed us to provide critical services such as emergency childcare and housing. Y employees sacrificed their wellbeing and came to work. They adjusted, became COVID-19 experts, and found creative solutions for program delivery. In 2020, the Better Us Award Y Champion will be given to the entire team of Y employees who went above and beyond to serve others. They deserve a great deal of praise and gratitude!

The Better Us Award Community Champion will be given to some of our incredible community partners who worked tirelessly for the greater good of our community.



Our 2020 Community champions are Russell Melmed (Chatham Health District), Kevin Elak (Middletown Health Department), Marco Gaylord (Middletown Public Schools), and First Church of Christ, UCC (Julie Hurlburt, Allison Plous, Chu Ngo, Therese Nivison).

The Y Board of Directors also deserves recognition for their outstanding commitment and leadership. The Y Board effectively guided the ship and supported the Y staff. They gave generously of their time, talent, and treasure and exemplified a commitment to our mission. Our donors and foundations gave generous stretch gifts that helped keep our doors open and services operational. Community stakeholders were united, sharing resources and expertise to ensure that the most vulnerable in our community had basic needs and support.

2020 was a year of Perseverance and Connection. It was a year that tested our resiliency and required us to focus on the Social Responsibility component of our cause-driven mission. **FOREVER HERE FOR YOU** speaks to the importance of the Y's 134-year connection to the people of our community. The ability to connect, serve, and support children, families, and individuals from diverse backgrounds is what makes the Y a unique community asset poised to adjust and adapt to the post-pandemic world.

FOREVER HERE FOR YOU is a call to action to preserve the Y for the next generation. The time is now to move forward with renewed energy and commitment to the future. We are confident that by working in partnership with our community stakeholder's we will have a strong Y serving our community for generations to come.

COVID-19 presented a few roadblocks, but we are back on the right path fueled by unbridled determination to help our community recover, reconnect, and reengage.

Michele Rulnick
President / CEOO

Karen Warren
Board Chairwomen



"I remember I stayed up that whole night trying to figure out what in the world am I going to do? I don't know how are we going to make this work? I emailed the school secretary and principal, apologizing and explaining that I'm a first-time kindergarten parent. I'm not trying to ruffle anyone, I'm just trying to voice my concerns and my fears of how this could happen without the Board of Ed not have something put in place for working families. We were fortunate that Steve and I were both working, but even with two incomes, many families were living paycheck to paycheck. Fortunately, the Y was HERE FOR US!"

Hannah Johnson,
Parent of Distance Learning Support Participant

ENCOURAGING THE POTENTIAL OF ALL YOUTH

At the Middlesex Y, we believe that all youth have incredible potential. Character development is taught from an early age to extend on our core values. Young people in all of our youth development programs are provided with leadership skills and the freedom to flourish. Our core values of caring, honesty, respect, and responsibility are grounded in all that we do. Youth are given an opportunity to discover and hone in on special skills and interests that are not typically offered in a traditional educational setting. The Middlesex Y fosters an environment where all children feel included and welcomed.

Emergency Childcare for First Responders and Medical Professionals



"When the COVID 19 pandemic began, both myself and my daughter's father work in healthcare facilities were impacted heavily by COVID 19. Having to worry about our daughter not being able to attend school in person was a worry of ours, of course, as it was a worry of every parent. Having the YMCA provide the emergency childcare program during those months was a significant help to us and to many other families. We did not have to worry about quitting our jobs to make sure our child was safe and learning. The staff was amazing. They made sure the school work was getting done. My daughter was continuing to learn just as she would have if

if she was in school. She also participates in the Summer Enrichment Camp program every summer which she enjoys. She loves to learn and the staff there always keep it interesting, even during this past summer with all of the COVID restrictions in place. They continued to make it fun even though there weren't field trips they could go on and outings they could attend. The staff did amazing things with the kids, just as they always do during the Kids Korner program and every other program that the Y has within the facility and within Camp Ingersoll. When school started back up in September, it was a hybrid schedule, part-time in school and part-time remote. The Y offered a distance learning support program. Once again, we did not have to worry about not being able to work so that our child could have a good education. They made sure her work was done every day, and her father and I did not have to worry about that at the end of our workdays which was amazing!"

Emily – Medical Professional and Parent of YMCA Youth Program Participant

Virtual Kids Korner Connection during March – June COVID Shutdown

In February 2020, Katie found herself unexpectedly needing to travel away from home for a family emergency. She felt a sense of comfort and peace knowing that her son would receive stable and loving support from the Kids Korner team while she was away. During the March 2020 COVID shutdown, Katie worried about her son having no in-person social connections and the impact isolation would have on her son's emotional health.

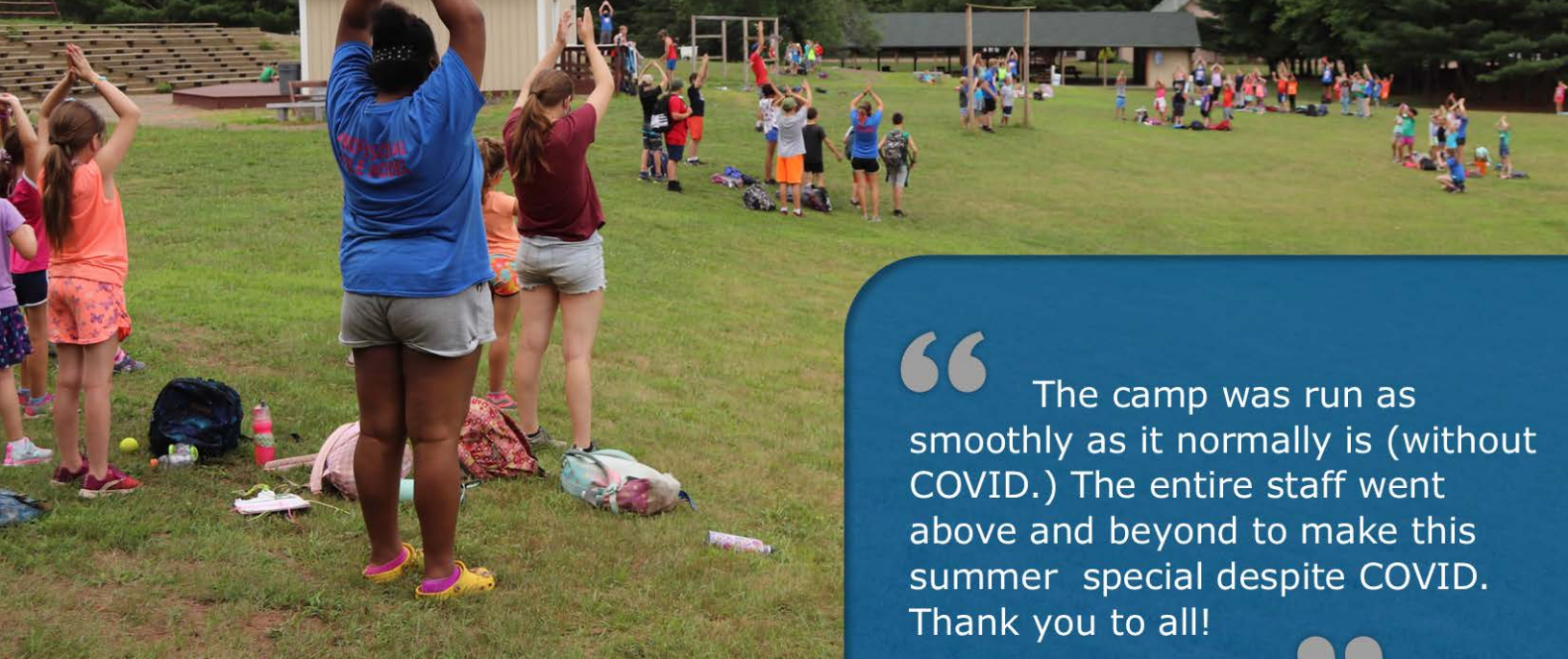


"It was a huge sense of relief when Chaelyn immediately started with facebook live sessions. We looked forward to connecting with Chaelyn daily. Every night, we would tune in and experience a sense of normalcy. Chaelyn was so upbeat and engaging. It was reassuring when the world as we knew it felt so shattered."

During April, Katie needed to travel once again and quarantine for two weeks out of state. It was the experience of tuning in to Chaelyn's Facebook LIVE sessions that acted as the "bridge" and kept their family connected so that she and her son could tune in separately and continue on with their evening routine. When it came time to return to school in the Fall of 2020, families faced the unknown of how different the KK experience would be with all the COVID restrictions.

"Now that we are a few months into this hybrid learning situation, my son is excited to go to Kids Korner every day that he can. The Kids Korner team provides a wonderful experience. There is an overwhelming sense of safety and security that is just what my child needs, as well as plenty of fun & the sense of normalcy he was craving."

Katie – Parent of Kids Korner Childcare Program



“ The camp was run as smoothly as it normally is (without COVID.) The entire staff went above and beyond to make this summer special despite COVID. Thank you to all!

”

YMCA Camp Ingersoll – Summer 2020

In June 2020, after months of preparation and on the hottest day of the summer yet, parents drove through our newly modified camper drop-off area for the first day of Summer Camp 2020. Campers were nervous, excited, and eager to see what camp would look like during a global pandemic. Parents were excited to see their children interacting with friends they had not seen in months but anxious with uncertainty as to what this summer could bring. Reflecting on last summer, we can say with confidence; that we have learned and grown as a camp family and community this summer. Despite a global pandemic, 687 campers met life-long friends, learned skills, and made unforgettable memories. Every year presents new challenges we, as camp professionals, have to navigate. These changes created opportunities to grow. We met regularly with Camp leaders across the state and organized roundtables for our CT Camping Community. Our Ingersoll leaders designed the new drop-off system, our waterfront staff designed a program enabling every camp group the chance to swim and take part in lifeguard lead instructional activities. Our coordinators spearheaded initiatives to run Color Games, (a camp-wide spirit competition) and Unit Time, which met social distancing guidelines and our new COVID-19 policies. These changes did not happen overnight but evolved from ideas, feedback, and a desire to create the best possible eXperience for our camp families.

Ben Silliman, Director of Youth and Camp Ingersoll



“ Thank you so much for the best and very safe summer camp. We were very close to canceling on the 1st day, but we have to say we made a good decision and now she can't stop talking about it!

”

“ Really only remember picking up the kids tired and dirty (in a good way) and hearing about all the fun they had during the day. What a great place for these kids to do kid-things during the pandemic.

”

“ I was so impressed by all the staff this summer. It must have been hard to wear masks all day in the heat, yet everyone was always so happy and ready to help with anything that was needed. They did a great job. Thank you!

”

FOREVER THRIVING

School Age Childcare

In early March of 2020, Hannah Johnson felt she and her husband were ready to send Emma off to kindergarten in the Middletown Public School system for Fall of 2020. They were both planning to change their work schedules to be with Emma before and after school. They had it all planned out until COVID-19 arrived mid-March 2020. When her preschool shut down and Hannah began teaching her preschool class remotely, Hannah had to adjust quickly to being full-time online teacher while being a full-time parent.

"When my director said, we're closing down, take your tablets, take your documentation, and anything else you will need for the next few weeks, I felt confident. When the re-opening date kept getting pushed back, it began to feel a bit overwhelming. Emma had just turned five. The first month was fantastic. After that, she began to say she didn't want to do this anymore and I didn't blame her. I invited her to help me demonstrate activities for my preschool students. At first, it was ok and then it was just awful. There were a lot of tears because she just didn't enjoy it. She was not getting developmentally what she needed. She needed time with her friends. Social Skill development. It was pretty much just she and I together alone for long days."

As the COVID situation started to improve during the summer of 2020, Hannah returned to teaching in person. Emma went back to preschool with Hannah. At that time, masks were not mandated, but Hannah felt it was important for Emma to begin wearing a mask to school in order to be ready for kindergarten in the fall. In mid-August, Middletown had not yet announced its plan for the Fall. Since Middletown's COVID numbers were lower than the systems that had decided to go hybrid, it came as a bit of a shock when the announcement was made that her daughter would be going off to kindergarten with a hybrid schedule. Around this same time, Hannah and Steve had just learned that they were five months pregnant with a baby due in November of 2020. Traditional parent orientations for incoming kindergartens had not taken place. In need of information, Hannah began reaching out to the school system.

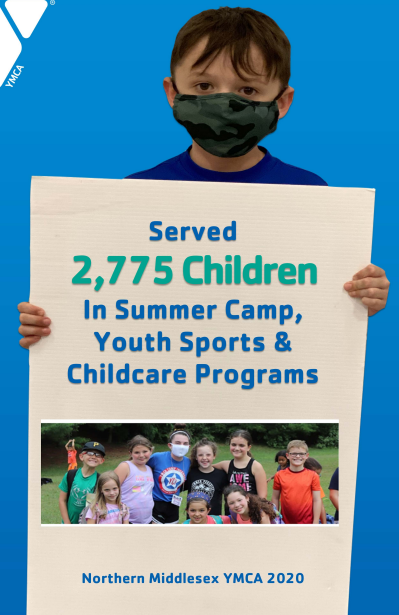
"I remember I stayed up that whole night trying to figure out what in the world am I going to do? I don't know how are we going to make this work? I emailed the school secretary and principal, apologizing and explaining that I'm a first-time kindergarten parent. I'm not trying to ruffle any one, I'm just trying to voice my concerns and my fears of how this could happen without the Board not have something put in place for working families. We were fortunate that Steve and I were both working, but even with two incomes, many families were living paycheck to paycheck."

Principal Calabrese responded the next morning and reassured Hannah that they were working with the Y to offer childcare services for working parents. The Farm Hill School secretary, Brooke Carta and Amy Cardoza, Y Childcare Financial Manager, became lifelines for Hannah. The Y was there for her family. Amy helped Hannah enroll Emma in our Before and After School Kids Korner childcare for the days that she would be attending kindergarten in-person and in the Y Distance Learning Support Program for the days that Hannah attended kindergarten remotely.

"I already had the experience of me staying home with her and being her teacher and her mom wasn't going to work. It wasn't working. I already knew that she would get mad at me. I would get frustrated with her. At that point in time, she and I were oil and water. We also knew the importance of having somebody else being with her, and we wanted that for her. We didn't want her to just get used to Steve and I. We wanted her to get used to being with other adults with different expectations. With parents, you know children can be like, oh, if I complain enough, they'll do it for me."

With the scheduling logistics coordinated, Hannah and Steve continued working full time and Emma transitioned into trying to understand her complex schedule. **"I think the hardest part for her is like wait I'm going to the Y or I'm going to distance learning or am I going to the Y cafeteria? Everyone was very patient with us and with her. We are not a very big touchscreen family so I knew Emma was a bit behind the curve. We felt comfortable connecting with Mrs. Newton and the Y staff who were available when we felt like Emma needed a bit more encouragement or if we needed reassurance that Emma was doing things the right way."**

Emma loved all the activities that were planned by Y staff and especially enjoyed the outside time at the Y's outdoor space. Emma made strong social connections with several friends in her kindergarten class and at Kids Korner and Distance Learning. The Y is grateful for all the donations and grant support that helped us provide scholarships for working families who faced unexpected childcare costs during COVID. During 2020, community connections and perseverance helped the Y live up to this year's theme of being **FOREVER HERE FOR YOU**.



FOREVER LEARNING

School Readiness Preschool

When Danielle's daughter was ready for preschool, she knew the Y Preschool was where she wanted to enroll her daughter.

"The Y is fabulous. They are so engaged with the community. I work for the Chamber and had always heard wonderful things about the Y Preschool. I was so confident it was the right choice, that I put on the wait list early enough to have her start in the Fall of 2019. From the first day at drop off, I felt comfortable. The teachers made my daughter feel welcome. The communication about her day and about all the changes related to the pandemic was always excellent."

In March of 2020, when the preschool closed suddenly, the timing worked out beautifully for Danielle to spend time with her daughter, work from home and help her daughter stay engaged with her preschool class and teachers.

"At that time, things worked out in my favor. It was nice for her to be home with me in especially while I was 8 months pregnant with her little sister. We got spend our time together while I was working remotely during the COVID shutdown. I was so impressed with how quickly the preschool teachers created a way for my daughter to engage with them and her classmates online. They didn't have virtual classes, which was okay because I think that would have been too much for us to manage. Every day, my daughter and I would look forward to checking the Facebook group to see what the teachers had posted. She was so excited to see the teachers reading a story and posting video messages. It was great for her to be able to see the teachers and keep the connection with her classmates. Parents would post pics and videos of their child practicing their writing, singing and reading. Staying engaged made it so much easier for my daughter to return when the center reopened."

When it came time for students to return, the Y staff focused on creating a safe and welcoming environment that included social distancing and creating a new traffic flow and procedures for drop off and pick up.

"At no point was I ever really uncomfortable or uneasy about sending her back. The teachers did a great job getting them back in with the routine and doing everything they had to do to make sure the students were safe. It has been such a great experience and she is so happy that I am kind of sad about her moving on to Kindergarten in the Fall. She has changed and grown so much. It's amazing and fulfilling to see her starting to write her name and count to 100. We practice her skills often at home. She is totally ready for kindergarten. We will still stay involved with the Y and have signed her up for swim lessons. My daughter is a fish and loved her preschool swim lessons that were included in the preschool center program. In a few years, we will be ready to enroll our 2nd daughter and can't wait for her to be a part of the Y Preschool Program."



FOREVER LEARNING



Danielle - Parent of a YMCA School Readiness Student

IMPROVING OUR COMMUNITIES' HEALTH AND WELL-BEING

FOR HEALTHY LIVING

At the Y, we believe that being healthy means more than simply being physically active. It is about maintaining a balanced spirit, mind, and body. The Y is a leading voice on health and wellbeing issues, a leader in chronic disease, and committed to empowering people to lead fuller lives. We bring families closer together, promote healthy living, and foster connections through fitness, fun, and shared interests. As a result, thousands of youths, adults, and families receive the support, guidance and resources they need to become and stay healthy.

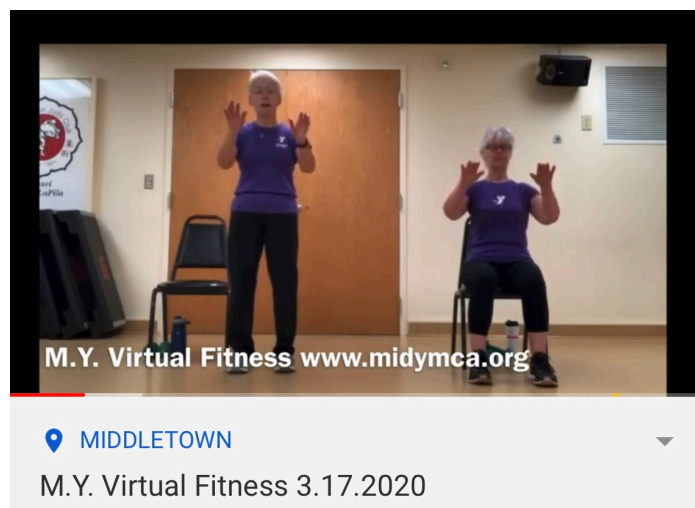
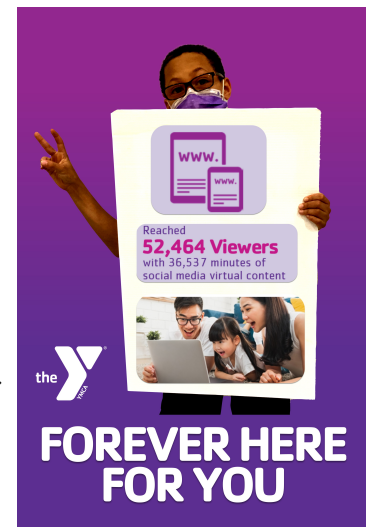
GROUP EXERCISE: Virtual and Outdoors

I would commend the Y for really stepping up and providing all these fitness opportunities for us. As soon as the Y closed, I was able to use the YouTube classes right away to keep moving. Over the summer, there were these wonderful classes at Camp Ingersoll. I did Kitch's Let's Get Going Class and Sue's Syncocize Class as well as the Summer Water Exercise classes at the Y. I was very grateful to the Y for keeping me physically active. I did the outdoor classes until late Fall. Kitch was still out there when it was almost dark. I wasn't about to do that so I stopped and then COVID restrictions limited the amount of people in the pool so water exercise classes stopped. I needed to find a way to keep active. The Y was there for me once again with a private Facebook LIVE for Group Exercise classes. I was very reluctant about using Facebook, but I received support from Y staff. I liked to do the class in real time twice a week with Kitch to help keep a schedule. If I missed the class, it was nice to be able to go back and take the recorded classes that were available in the Facebook feed.

When I was fully vaccinated in November, I was so excited to go back in person to take Kitch's indoor class at the Y. When I told Kitch I had been doing her classes on Facebook, she said "hello" to me the next week when she was streaming live. It must have been so hard for them to teach to a screen but she was amazing and just as encouraging as if we were in the same room. I was so impressed and sure there were people there with her in the room. When she told me she was alone, I was even more impressed! I was amazed at how flexible the Y team was during COVID.

I really admired how the Y provided Emergency Childcare for Healthcare workers and supported the men who live at the Y. The Y really did so much and just rose to the occasion. The Y has been so important to my family. My sons went to Kids Korner and Camp Ingersoll. They both did youth swim lessons and I started taking water exercise classes years ago. Both my adult sons still talk about their camp experience. I've supported the Y as a donor and have made arrangements to be a Legacy Donor.

Nancy - Y Member and Supporter



#mYVirtualFitness #ThankfulTuesday

It is Thankful Tuesday!

Marianna is going through some stretches to increase flexibility. You can perform these everyday and are a great addition after a workout!

Like and Comment when you try it out!



M.Y. Virtual Fitness www.midymca.org



Middlesex YMCA

Posted by Marianna Bean

Yesterday at 11:00 AM · 🌐

#mYVirtualFitness #MovingMonday

It is Moving Monday!

Kitch and Cindy are taking you through an active older adult high intensity cardio routine!

Like and Comment when you try it out!



M.Y. Virtual Fitness www.midymca.org

#mYVirtualFitness #TipsThursday

It is Tips Thursday!

Cindy, Kitch and Marianna are here giving you a few tips to staying healthy with exercise and relaxation.

Like and Comment when you watch!



M.Y. Virtual Fitness www.midymca.org

#mYVirtualFitness #ThankfulTuesday

It is Thankful Tuesday!

Marianna is going through some stretches to increase flexibility. You can perform these everyday and are a great addition after a workout!

Like and Comment when you try it out!



M.Y. Virtual Fitness www.midymca.org

OUTREACH PHONE CALLS TO ISOLATED SENIORS of the Y Community



Made
843 OUTREACH
Phone Calls
to isolated seniors
in the community
Northern Middlesex YMCA 2020



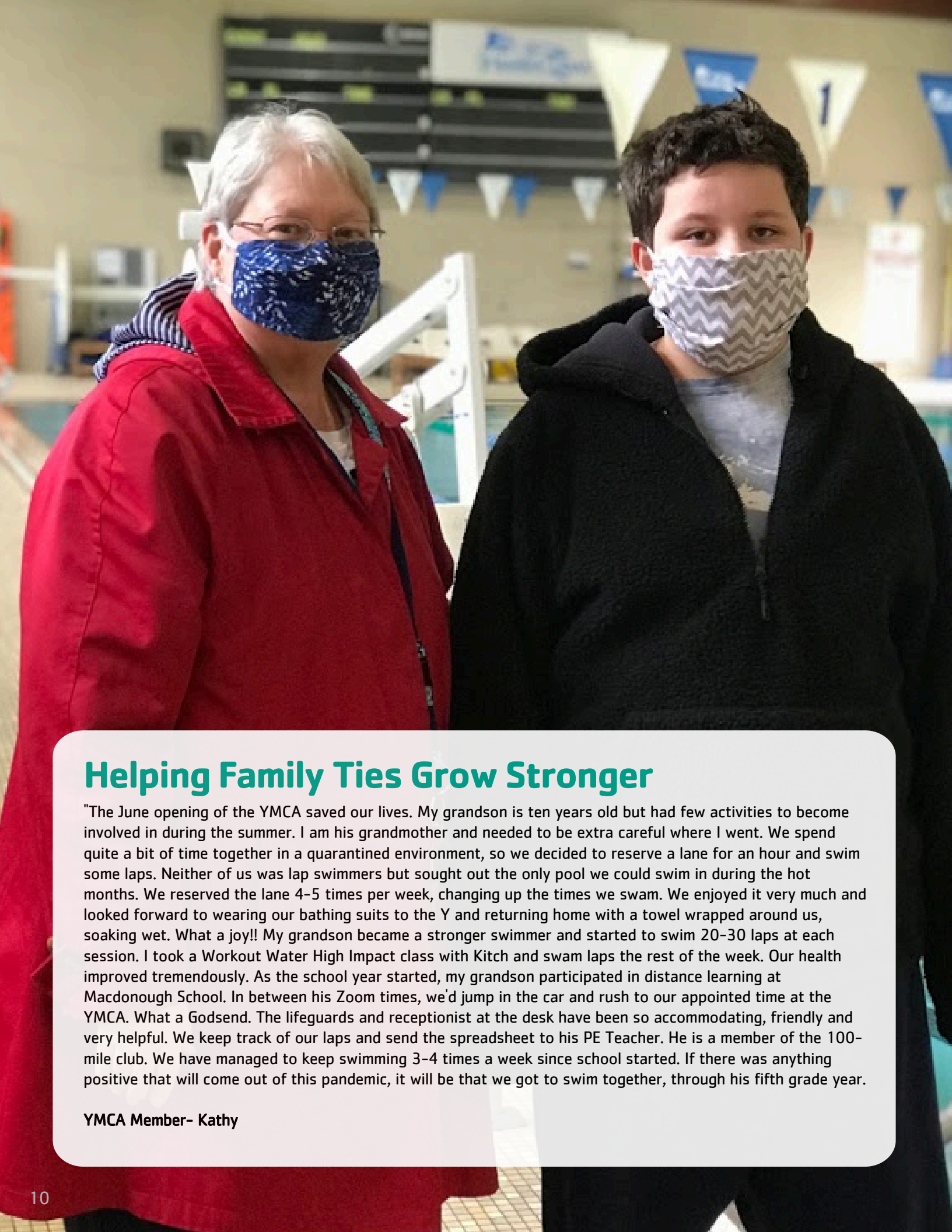
**FOREVER
CONNECTING**

Reaching out to our isolated senior members was a priority during the COVID shutdown. Y staff made more than 843 outreach calls to seniors within the Y Community. YMCA member Joyce enjoyed her calls and that the Y was checking in with her every once in awhile.

"It was nice to speak with Kelly and Dawn. They were lovely and enjoyed hearing about my cooking and baking projects. When it was warmer weather, I was able to connect with the other members of the senior housing community where I live, but once it got colder, we were all kind of stuck inside."

Joyce has been coming to the Y for the past 10 years; she enjoyed the twice weekly water exercise classes held in the warm water therapeutic pool, as well as the sense of community. Just before the COVID SHUTDOWN, Joyce had knee surgery.

Members of the water exercise community kept in touch while she was recovering. **"The Y is a wonderful community! I'm looking forward to returning for classes starting May 26th and getting stronger, and a better sense of balance. I've missed the Y."**
YMCA Member – Joyce



Helping Family Ties Grow Stronger

"The June opening of the YMCA saved our lives. My grandson is ten years old but had few activities to become involved in during the summer. I am his grandmother and needed to be extra careful where I went. We spend quite a bit of time together in a quarantined environment, so we decided to reserve a lane for an hour and swim some laps. Neither of us was lap swimmers but sought out the only pool we could swim in during the hot months. We reserved the lane 4-5 times per week, changing up the times we swam. We enjoyed it very much and looked forward to wearing our bathing suits to the Y and returning home with a towel wrapped around us, soaking wet. What a joy!! My grandson became a stronger swimmer and started to swim 20-30 laps at each session. I took a Workout Water High Impact class with Kitch and swam laps the rest of the week. Our health improved tremendously. As the school year started, my grandson participated in distance learning at Macdonough School. In between his Zoom times, we'd jump in the car and rush to our appointed time at the YMCA. What a Godsend. The lifeguards and receptionist at the desk have been so accommodating, friendly and very helpful. We keep track of our laps and send the spreadsheet to his PE Teacher. He is a member of the 100-mile club. We have managed to keep swimming 3-4 times a week since school started. If there was anything positive that will come out of this pandemic, it will be that we got to swim together, through his fifth grade year.

YMCA Member- Kathy

GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

At the Y, we believe that we move individuals, families and communities forward when we work together. For the past 13 years, our Y has responded to society's most pressing needs by developing innovative, community-based solutions and uniting people from all walks of life to participate in and work for positive social change. Whether advocating for healthy food options for the men who reside at the Y or giving people a place to connect with new friends, the Y is committed to empowering people with the resources and support needed to live healthy, connected, and secure lives.

Helping Fight Food Insecurity: First Church and Ngo Chu

MIDDLETOWN PRESS Article 2020 — Just days before the pandemic closed down the state of Connecticut, First Church of Christ in Middletown approved a new outreach plan focusing in part on community food insecurity.

As people moved into life under quarantine, First Church senior pastor, the Rev. Dr. Julia Burkey, said, in a prepared statement: "We realized that COVID-19 was amplifying the existing disparities in society and disproportionately impacting the people who were already marginalized.

"We saw an emerging new need for food support, particularly on Sundays when the soup kitchen was unable to be open, and we also saw that our neighborhood restaurants were also suffering," she added. "We wondered if our outreach funds and some volunteer organizational work could help connect restaurants with the people most at risk."

Community leaders were excited by the idea and came forward to help, the release added. Bryan Swan, president of the St. Vincent de Paul Middletown Board of Directors, connected the church with the residents of two local shelters, the Eddy Shelter and Middlesex YMCA.

Chu Ngo, owner of Lan Chi Vietnamese restaurant, reached out to eateries on Main Street, asking if each would be able to make meals for one Sunday, Burkey said. The response was overwhelmingly positive. Each Sunday, a local restaurant prepares 80 grab-and-go lunches, and delivers them to the two shelters. First Church of Middletown is providing the funding. In addition, church and business community members agreed to support the restaurant of the week with their patronage. Many have signed on to the effort through Aug. 9, and the church expects to continue to schedule lunches for as long as needed, it said.



Church members reached out to local restaurant owner Ngo Chu for help after hearing about her work to provide summer meals for students. Chu saw the food program as an opportunity to collaborate with restaurants that were losing business during the pandemic.

"She's fantastic! I don't even know her, I haven't even met her," said Pamela Hartz-Miller, a program coordinator at First Church. "She's not a member of our church and her restaurant was not even open when we started this. She has been unbelievable; we could not have done this without her."

Chu immediately connected the program with 12 restaurants, including her own, and now there are 23 businesses in the rotation. Chu coordinates the restaurant order and helps with delivery to the YMCA and Eddy Shelter each week.



Resident Director Message of Appreciation

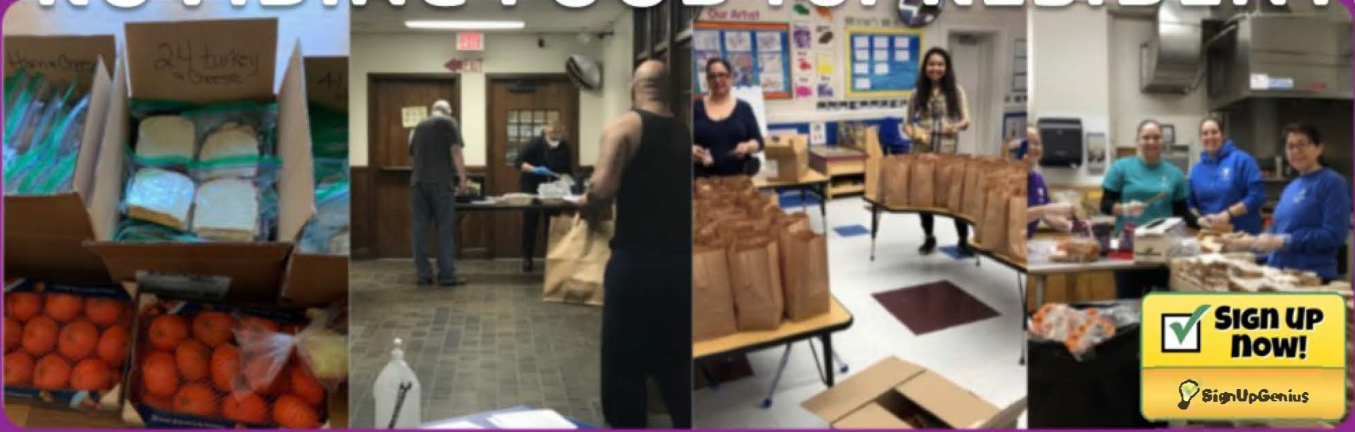
As we are all aware, this past year was very difficult for everyone but I believe it was exceptionally hard for folks like the men who live here at the Y. Most men housed here live at or below the poverty line and work in the service industry with no financial support to fall back on. COVID made it very difficult for a number of them to continue to earn a living. Many men faced the risks of losing their housing during this crisis. Many men had their mental health put to the limit due to the numerous stressors of having no income to pay for food and housing. On top of all that, they had to live in a close-quartered congregate setting – only exacerbating all the other issues they were experiencing.

The generous philanthropy from the community helped in so many ways to improve their health both physically and mentally throughout this ordeal. We were able to serve many weekly hot meals to the men. This served multiple purposes for them. It improved their physical health, so much, in fact, that staff would comment on how good they looked when interacting with them in the Y. It built a sense of community amongst the men for added support and allowed staff time to communicate important details about the program and in dealing with COVID. Knowing that they had a hot meal coming gave them something to look forward to as well. That may sound silly but I cannot tell you how many times they would complement the meals and ask when the next would be arriving. A simple act of providing a meal is the most basic form of human decency and it cannot be understated how much of an impact it was for the guys. Lastly, an added bonus was we were able to help local restaurants/small businesses remain open and earning an income. A great thing for the community as a whole.

Many of the men also became very in debt due to the loss of income by the collapse of the service industry for most of the year. Many were not eligible for government assistance. Obviously, they do not have a financial safety net and therefore fell very far behind on their bills. So much in fact, it would be insurmountable for them to recover even after things began to improve. We used the funding to assist men with their arrearages in an effort to alleviate some of the financial burdens. This again helped 2-fold. Most importantly, it helped them to remain securely housed during this unimaginable year. Secondly, it helped their mental health and allowed them to focus on other expenses such as medical bills, medication, and other important expenses. Together both of these courses of action and spending made a tremendous difference in their lives. In times like these, it really shines a light on the simple things in life, the basic needs of us all. The importance of housing and access to healthy food cannot be understated. Without the support we received, the men would have been far healthier, experiencing dramatic negative mental health issues, and for many homelessness.

James Goodin – Residence Director.

PROVIDING FOOD for RESIDENTS



First Church
Middletown



UNITED CHURCH
OF CHRIST



The flowers today are dedicated to the Food Justice team for organizing the Sunday Lunch program to feed people at the YMCA and Eddy Shelter during the Pandemic.



middlesexymca
Middlesex YMCA



COMMUNITY
FOUNDATION
of Middlesex County

Philanthropy • Leadership • Legacy



Why The Y Matters:

Every day the Y's impact is felt when an individual makes a healthy choice, when a staff member inspires a child and when a community comes together for the common good. As a 501(c)(3) led by a volunteer board of directors, our organization's intent is to foster social connectedness, strengthen support networks, and encourage investment in our communities which in turn serves to strengthen the foundations of our community. This is all done at no cost to the neighboring cities and towns, thereby lessening the burdens of government.

Our member dues and program fees support everyday operations. However, the Northern Middlesex YMCA looks to individuals, businesses, and grant funders to support our annual fundraising campaigns and events. This is necessary to sustain all the financial assistance, charitable services and access to all income levels. \$409,200 in Financial Assistance, free emergency childcare and distance learning programs, and housing/meal support was provided in 2020.

The Y's activities have significantly enhanced public access to fitness, health, educational enrichment, childcare, teen leadership, and numerous other services; especially among children, and the needs associated with an aging community and other at-risk populations. The Y is and always will be dedicated to building healthy, confident, connected and secure children, adults, families, and communities.

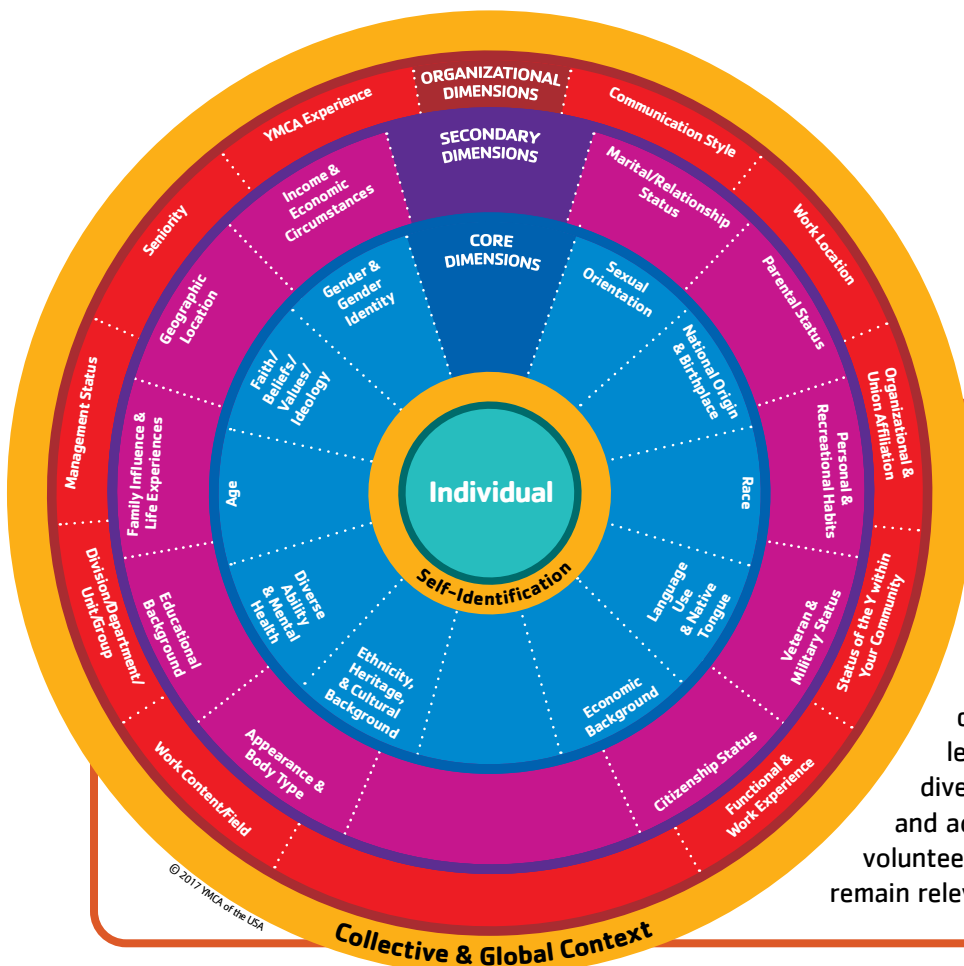
\$409,200 awarded in Open Doors Financial Assistance Scholarships to enable children, adults and seniors with limited financial means to participate in any Y program or service. Significant aid is for childcare, afterschool care and summer camp, allowing parents who are low-wage earners to work or return to school and afford quality childcare.

\$409,200

in community benefits and services to those in need in our community

OUR COMMITMENT TO INCLUSION

The Northern Middlesex YMCA is committed to equity and inclusion by ensuring that all members of our community have the opportunity to learn, grow and thrive. We celebrate diversity and effectively engage, connect and advocate for our staff, members, and volunteers that will position us to respond and remain relevant to issues affecting our communities.



OUR IMPACT AT A GLANCE

The Y is the One Place that people of all ages, color, educational level, income levels, orientations, identities, abilities, and religions go to because they want to – not because they have to.

THE MIDDLESEX YMCA'S IMPACT IN THE COMMUNITY DURING COVID:

Financial Assistance



Provided
\$283,374
in financial assistance to
make Y programs accessible



Community Engagement



Reached
52,464 Viewers
with 36,537 minutes of
social media virtual content



Summer Camp, Youth Sports & Childcare



Served
2,775 Children
in summer camp, youth
sports & childcare programs



School Readiness



Provided
81 Preschoolers
with school readiness
preschool experience



Outreach to Isolated Seniors



Made
843
outreach calls to isolated
seniors in community



Feeding the Men who Reside at the YMCA



Served
8,720 Meals
to 60+ men residing in the
YMCA Men's Residence



Emergency Child Care



Provided
5,274 Hours
of emergency child care for
essential workers



MIDDLESEX YMCA * 99 UNION ST * MDTN, CT * WWW.MIDYMCA.ORG

2020 FINANCIAL REPORT

REVENUE

Membership Dues & Program Income	\$ 665,866
Childcare	\$1,016,937
Government Funding	\$1,215,388
Camp	\$ 742,368
Residence	\$ 331,389
Public Support	\$ 488,301
Other Income	\$ 40,348
United Way	\$ 60,998
Rental Income	\$ 79,596
Investment Income	\$ 70,817
Net assets released from restrictions	—

TOTAL PUBLIC SUPPORT AND REVENUE **\$4,712,008**

EXPENSES

Youth & Family Services	\$2,280,107
Membership Services	\$1,620,145
General & Administrative	\$ 767,228
Fundraising	\$ 146,551

TOTAL EXPENSES **\$4,814,031**

Change in unrestricted net assets from Operations	\$ (102,023)
Total Other Income	\$ 175,096
Change in temporary restricted net assets	

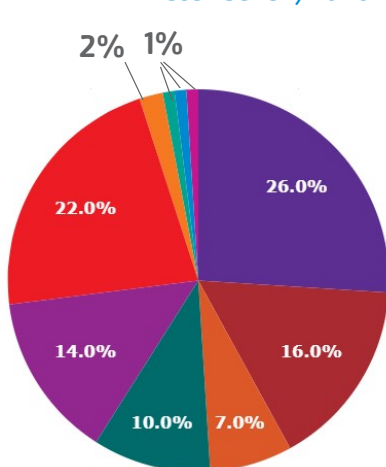
CHANGE IN NET ASSETS **\$ 73,073**

Net Assets – December 31, 2019	\$11,044,509
Change in Net Assets	\$ 73,073

NET ASSETS – December 31, 2020 **\$11,117,582**

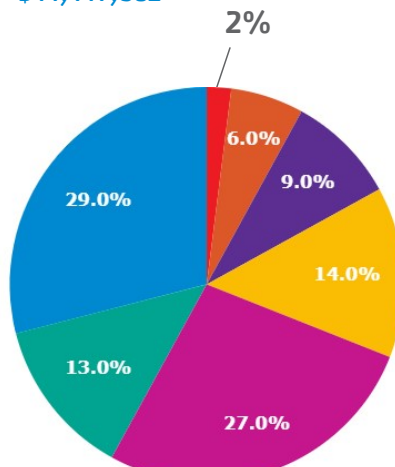
YMCA IMPACT

The Y is a cause driven non-profit organization dedicated to improving lives and strengthening community through youth development, healthy living and social responsibility. We believe that strong communities are possible when we invest in our children, our health, and our neighbors. The Y's Open Doors and Philanthropic Programs allow us to live our mission by addressing critical community needs through programs and services open to all children, individuals, and families regardless of economic status. We are grateful to our community partners and the individuals, organizations and businesses that supported our cause in 2020.



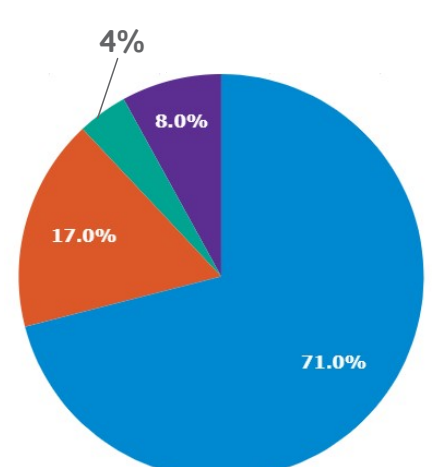
2020 SOURCES OF REVENUE

- Government Funding
- Camp
- Residence
- Public Support
- Membership
- Childcare
- Rental Income
- Investment Income
- United Way
- Other Income



2020 MEMBERSHIP CONSTITUENCE

- Preschool (1–5)
- Elementary (6–11)
- Jr./Sr. HS (12–17)
- Young Adult (18–29)
- Adult (30–54)
- Adult (55–64)
- Senior Adult (65+)



2020 OPEN DOORS ASSISTANCE AWARDS

- Kids' Korner B/A School
- Camp Ingersoll
- Membership/Programs
- Aquatics
- Residence

2020 INDIVIDUAL DONORS

Youth Development - \$5,000+

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Healthy Living - \$2,500+

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The Middlesex YMCA is grateful for all contributions. If your name has been omitted or displayed incorrectly, or if you wish to make a change please call the Development Office at 860-343-6232.

WE THANK YOU!

We appreciate our community's support and acknowledgment of our community impact.



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The Northern Middlesex YMCA Board of Directors lend guidance, determine policy, and raise funds to help support long and short term goals.

The visionary leadership of these volunteers helps our Y association provide extraordinary experiences for individuals and families throughout Northern Middlesex County and beyond.



NORTHERN MIDDLESEX YMCA

Middlesex YMCA
99 Union Street
Middletown, CT 06457

www.midymca.org

