




YMCA of  
Niagara


ANNUAL  
REPORT  
TO THE  
COMMUNITY  
2016/2017




# KEY STATISTICS


## Children and youth


 **3,730** children found friendship, support, and physical activity at YMCA child care programs

 **5,171** Youth Action participants accessed our Community Initiatives at their local Y, at their school, or in their neighbourhood


 **3,012** children participated in YMCA Day Camp programs aimed at encouraging independence, skill development and physical activity


## Employment and Immigrant Services


 More than **1,474** newcomers and their families were connected with a wide range of vital community resources as they find their path in Canada

 Over **90%** success rate of those who participated in YMCA Employment Programs, in securing employment or obtaining education/training to advance their employment


## Health, fitness and aquatics

 **55%** of YMCA members are linked as a family


 **16,012** children and youth members participated at the Y; swimming, playing and keeping active.


 **40,398** members participated at the YMCA to improve their health and wellbeing

## Philanthropy and giving back

 **3,281** donors impacted the lives of others through charitable gifts to the YMCA

 **\$472,515** received in Strong Kids Campaign donations ensuring children and youth benefited from Y programs and services

 **\$1.2** million awarded in YMCA financial assistance to make our programs accessible to **13,094** individuals across Niagara

 **697** volunteers gave of their time and talents to help our community

# A message from Chair, Board of Directors

## Change Starts Here...

Remaining relevant, sustainable and responsive to the community we serve requires a commitment to continuous evolution and change. This year, we embarked on a number of changes designed to enhance our programs and services across Niagara.

From the opening of new YMCA Employment & Immigrant Service Centres in Thorold and Niagara Falls to the introduction of new specialty health and fitness programs for children and adults, we're positioned to welcome more Niagarans to YMCAs across our region.

You'll read more about the impact of new programs like YMCA Kick Start and YMCA Kid Fit and the positive changes they've influenced in the lives of YMCA participants like Mary-Lou, Dhan and Kyul through this Report to Community. We are grateful for the community partners, government funders and generous donors who make these new initiatives possible for people from all backgrounds and abilities across Niagara.



Front row: (Left to right) Ajay Bhardwaj; Leanne Standryk, Past Chair; Jay Hamilton.  
Back row: (Left to right) Ian Brown, Vice Chair; Mike Watt, Vice Chair; Civita Gauley; Kyle Barber, CEO; Jim Parke; Terry Suess, Chair; Suzanne Johnston; Glen King; David Oakes; Shannon Peters.  
Absent: Georgie Groat.

We are looking ahead with a continued commitment to service and a renewed perspective.

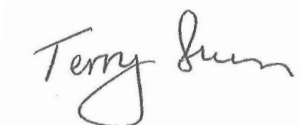
After a long and respected career with the Canadian YMCA movement, we wished YMCA of Niagara CEO, Janet St. Amand well on her retirement. Throughout her career, Janet contributed significantly to the growth and development of our YMCA.

Along with new programs and services, we're committed to exploring new models of leadership and service to community.

As we look to the future, we're pleased to welcome our new Chief Executive Officer [CEO], Kyle Barber. As Shared CEO, YMCA of Niagara & YMCA of Oakville, Kyle brings extensive experience from

YMCAs across Canada. This leadership direction creates new opportunities to enhance our service, innovate our program delivery and strengthen our overall impact on the health and wellness of the Niagara Region

Changes, both big and small, are important motivators for those who come to the YMCA. We're committed to continued renewal to meet those needs now and in the future.



Terry Suess,  
Chair, Board of Directors



## Mary-Lou Slobodian

Mary-Lou Slobodian makes the most of every day. After dedicating her time as a stay home Mom to three children, she launched a new career and at the height of her success, is busier than ever. Given the time and energy devoted to building this success, Mary-Lou recognized she'd neglected her personal health.

With her husband and kids active in the YMCA, she understood firsthand, the importance of exercise and healthy eating, but finding the time and motivation to get started was a challenge. The desire was there, but life and work kept getting in the way. Then her husband told her about YMCA Kick Start. It proved to be a perfect match for her health and fitness needs. The combination of fitness strategies and recipes for healthy nutrition along with the elements of goal setting and accountability got her started and helped her see immediate results.

**Supported through the Ontario Trillium Foundation, and offered in partnership with Niagara Region Public Health, YMCA Kick Start is a 12-week program offered at all six YMCA of Niagara branches focusing on physical activity, healthy nutrition, goal setting, mentoring and achievement for adult participants.**

"There were many reasons, many excuses for not being physically active," Mary-Lou explains, "The reality was the longer I put off exercising, the more I became afraid to start."

Mary-Lou and her YMCA coach set three realistic goals based on achieving a healthy weight, building her confidence to participate in fitness activities and making time to add exercise into her day.

"The changes were holistic. I lost weight and through the increased activity and healthy eating I had more energy and more confidence. But most importantly, I was happier."

The results were virtually immediate. "My confidence escalated as Brandon, our YMCA coach, accompanied us to our first group power class that I'd previously been too nervous to attend. After completing the first one, I was hooked," says Mary-Lou. "Now I think nothing of completing a workout on my own or in a class setting. My eating habits changed, I've lost weight and despite a hectic schedule, I make fitness a priority. YMCA Kick Start is exactly what I needed to get started on a path to better health."

Mary-Lou's experience through YMCA Kick Start is consistent with other YMCA participants.

"Positive eating habits, regular physical activity, particularly with others, are evidence-based habits of healthy, active living," says CathyAnn White, Vice President, Health, Fitness & Aquatics, YMCA of Niagara. "Supported with a knowledgeable trainer, manageable goals and accountability, YMCA Kick Start provides the perfect foundation for permanent lifestyle changes to support healthy, active living."

The YMCA Kick Start program welcomed 395 participants in its first year. The program continues to welcome new participants at all YMCA branches across the Niagara Region.

### YMCA Kick Start Feedback

Surveys of YMCA Kickstart participants reveal important outcomes:

- 96% of participants were able to be active at least one other day each week during the 12-week program
- 89% of participants feel they are eating better since beginning the 12-week program
- 100% of participants said the program provided them with tools and strategies that will help them work on both their physical activity and their healthy eating goals in the future
- The program is available to YMCA members at YMCAs across the Niagara Region.



## Okuwa Family

### Expanding Reach, Deepening Impact:

An additional 1,500 job seekers and recent immigrants to Canada will find support at the YMCA as part of the opening of new YMCA Employment & Immigrant Services programs in Niagara Falls and Thorold. Supported by funding from the Ministry of Citizenship and Immigration and the Ministry of Advanced Education and Skills Development, these additional sites will offer individualized employment counselling, and employment workshops as well as specialty programs such as Youth Job Link for teens aged 15 to 29 and Youth Job Connection for people aged 15 through 29 with multiple and/or complex barriers to employment.

Yemi and Bunmi Okuwa and their two children Larry and Lola settled in Niagara in August 2015 from Nigeria. The move to a new country and new culture came after years of research and preparation to ensure their children could live in a society free of oppression and economic and political instability.

The difficult decision to leave everything behind, including their professional careers, came with a mixture of fear and hope. Fortunately, much of their fear was alleviated with the help they received from YMCA Employment and Immigrant Services in St. Catharines, which played a key role in helping them find work, get their children settled in school and find connection in their new community.

Yemi and Bunmi were matched with YMCA employment coaches who updated their resumes and cover letters to align with Canadian standards.

"YMCA staff helped us with our job search and prepped us for interviews. My wife and I both secured jobs within 2 months of our arrival providing us

with much needed income and the Canadian work experience we need to find work in our professions," said Yemi. "We were also referred to a mentorship program with professionals in our areas of expertise to help with networking and further development."

Through the mentorship program, Yemi was able to secure a job in his professional field as a systems analyst at Brock University. Bunmi has also secured a job in her profession.

"Bunmi and I are overwhelmed with gratitude for the help and support we received from the YMCA," says Yemi. "We are settled in our home, have secure jobs, the children are happy in school and we feel like we are a part of the community. We were very determined to make our life changing move to Canada successful and the support from the staff and opportunities provided through the Y have played a key role in that success."





## Dhan & Kyul

Nine year old Dhan and his six year old sister Kyul are active and healthy kids. They are part of a family who believes that good health and happiness are the two most important elements of a rewarding life.

It is for that reason that along with swimming, hockey and tae kwon do, their parents enrolled them in YMCA Kid Fit, a program focused on fundamental movement skills through yoga and cardio activities.

Erin Graybiel, General Manager of Youth Outreach for the YMCA of Niagara explains the concept behind the Kid Fit program.

“Kid Fit promotes children’s physical literacy skills; the confidence and competence related to fundamental movement skills such as running, jumping and skipping. Evidence shows that children with positive physical literacy skills early in life are more confident in organized sports and recreation activities and more likely to stay active throughout their lifetime.”

Launched in 2016, the YMCA Kid Fit pilot welcomed 750 children ages 3-12 across Niagara. Children took part in activities that promoted coordination, endurance, flexibility, and fun. 100 per cent of participants experienced increased fitness levels and physical literacy.

“It is important for us to ensure our children have every opportunity to develop the skills they need to lead active and healthy lives,” says Soo Riew, Dhan and Kyul’s father.

“YMCA Kid Fit has helped both our children with their coordination and cardio, two of the main tools they need for any activity or sport they decide to pursue.”



### What is YMCA Kid Fit?

YMCA Kid Fit, a youth fitness program for children ages 3 to 12 helps children develop fundamental movement skills through play based activity focusing on flexibility, strength and muscle memory. Available in YMCAs across the region, YMCA Kid Fit involves 8-week yoga (balance, flexibility) and cardio (endurance, strength) providing activities geared to 3 age groups – 3 to 5, 6 to 8, 9 to 12 years of age. While developing fundamental movement skills children are setting the foundation for a lifetime of active living.

# YMCA of Niagara Financial Highlights

Year Ended August 31, 2017

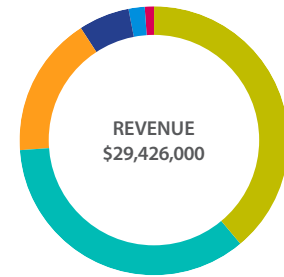
STATEMENT OF FINANCIAL POSITION	2017 (000's) \$	2016 (000's) \$
<b>ASSETS</b>		
Current assets	4,728	5,057
Cash-internally restricted fund (Note 1)	857	564
	<u>5,585</u>	<u>5,621</u>
Investments	1,534	1,525
Capital campaign pledges receivable	252	313
Capital assets	31,846	33,742
	<u><b>39,217</b></u>	<u><b>41,201</b></u>
<b>LIABILITIES</b>		
Current liabilities	4,044	3,693
Current portion of long-term debt	347	347
	<u>4,391</u>	<u>4,040</u>
Long-term debt	1,679	2,026
Deferred capital contributions	18,781	19,632
	<u><b>24,851</b></u>	<u><b>25,698</b></u>
<b>FUND BALANCES</b>		
Endowment fund	2,974	2,931
Internally Restricted fund (Note 1)	857	564
General fund and other	10,535	12,008
	<u>14,366</u>	<u>15,503</u>
	<u><b>39,217</b></u>	<u><b>41,201</b></u>

Notes:

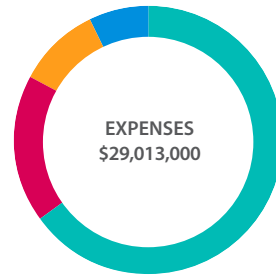
- The Child Care Fund was established by the Board of Directors for the purpose of reserving cash to enhance child care stability and quality assurance initiatives over the next two fiscal years. The current year's balance is \$857,000.
- In keeping with the charitable purpose of the YMCA, the Board 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.

STATEMENT OF OPERATIONS	2017 (000's) \$	2016 (000's) \$
<b>REVENUE</b>		
Programs & services	20,703	21,247
Grant revenue	9,175	7,699
Donations - Strong Kids	440	399
Other	366	375
	<u>30,684</u>	<u>29,720</u>
Financial assistance	(1,258)	(1,361)
	<u><b>29,426</b></u>	<u><b>28,359</b></u>
<b>EXPENSES</b>		
Wages and benefits	18,856	18,196
Occupancy and facility maintenance	5,331	5,010
Program and support costs	2,905	2,895
Participant wage subsidies and training supports	1,921	1,528
	<u>29,013</u>	<u>27,629</u>
Excess of revenue over expenses before net amortization (Note 2)	<b>413</b>	<b>730</b>
Amortization of deferred capital contributions	1,375	1,378
Amortization of capital assets	(2,968)	(2,983)
Excess of expenses over revenue	<u><b>(1,180)</b></u>	<u><b>(875)</b></u>



- 39% Health, Fitness & Aquatics
- 35% Children's Services
- 17% Employment & Immigrant Services
- 6% Day Camp & Community Outreach
- 2% Donations-Strong Kids
- 1% Other



- 65% Wages and benefits
- 18% Occupancy & facility maintenance
- 10% Program & support costs
- 7% Participant wage subsidies and training supports

# Investing In Your Community

Thank you the local organizations and government bodies with whom we have partnerships, alliances and working relationships, for helping us provide valuable community services.

Alzheimer's Society of Niagara	Fort Erie Multicultural Centre	Ministry of Tourism, Culture and Sport	Regional Municipality of Niagara
Association for Community Living Fort Erie	Hamilton Health Sciences	Niagara Catholic District School Board	Responsible Gaming Resource Centre
Brock University	Hamilton Niagara Haldimand Brant Local Health Integration Network	Niagara Children's Planning Council	Speech Services Niagara
Canadian Mental Health Association	Healthy Kids Community Challenge	Niagara College Canada	Strive Niagara
City of Niagara Falls	Healthy Living Niagara	Niagara Community Foundation	Town of Fort Erie
City of Port Colborne	Heart Niagara Inc.	Niagara Connects	Town of Grimsby
City of St. Catharines	Human Resources and Skills Development Canada	Niagara Falls Community Health Centre	Town of Pelham
City of Welland	Immigration, Refugee and Citizenship Canada	Niagara Folk Arts Multicultural Centre	Township of West Lincoln
Community Addiction Services of Niagara	John Howard Society	Niagara Health	United Way of St. Catharines & District
Community Care of St. Catharines and Thorold	Learning Disabilities Association of Niagara	Niagara Poverty Reduction Network	Welland Heritage Council
Contact North, Distance Learning	Local Immigration Partnership - Niagara	Niagara Region Children's Services	World Alliance of YMCA's
Credit Counselling of Niagara	McMaster University	Niagara Region Literacy Council	YMCA Canada
District School Board of Niagara	Ministry of Advanced Education and Skills Development	Niagara Region Public Health	YMCA Ontario
Early Childhood Community Development Centre	Ministry of Citizenship and Immigration	Niagara Region Social Assistance and Employment Opportunities	YMCA of Greater Toronto
Employment Help Centre West Niagara	Ministry of Education	Niagara Support Services	YMCA of Hamilton/Burlington/Brantford
Family and Children Services Niagara	Ministry of Health and Long-Term Care	Niagara Women's Enterprise Centre	YMCA of Oakville
		Ontario Trillium Foundation	YMCA South Africa
		Port Cares	YWCA Niagara Region

We would also like to thank the many donors who contributed through a variety of YMCA special events across the Association including:

Children's Services special events	Move for Kids	Leader Corps special events	Send a Kid to Camp / Fill the Bus
Camp special events	Frank's Friends Swim	Niagara Centre YMCA Pickle Ball Tournament	Strong Kids Doggie Dip

# 2016-2017 Strong Kids Donor List



## CHAIR'S ROUND TABLE PLATINUM >\$5000

Ann-Louise Branscombe Fund at  
Niagara Community Foundation  
Beatties  
The Branscombe Family Foundation  
Canadian Tire Jumpstart Charities  
City of Niagara Falls - Sleep Cheap  
Dr. T. Toney & Tisha Taylor Ilenchuk  
Investing in St. Catharines Youth  
Fund at the Niagara Community  
Foundation  
Loblaws Companies Limited  
TD Bank Group  
Town of Fort Erie  
United Way of St. Catharines and  
District

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

The 2016 Welland Mayor's Charity  
Event  
Anonymous  
Linda and John Beyer  
Ian, Tina, Corrigan & Julia Brown  
Commercial Cleaning Services  
Dan Nel Coach Lines Co. Ltd.  
Jody L. Kyle  
Niagara Centre Aquafit Ladies  
The Ontario Paper Thorold  
Foundation  
Ontario Power Generation  
Peter Partridge & Poppy Gilliam  
Family Fund at Niagara  
Community Foundation  
Rotary Club of Niagara Falls  
Janet St. Amand & Doug Herod

Terry & Carol Suess  
Summer Camp Fund at Niagara  
Community Foundation

## CHAIR'S ROUND TABLE SILVER \$1000-\$1999

100 Women Who Care St. Catharines  
Wally & Betty Bamford  
Kim Bentley-MacDonald  
The Bhardwaj Family  
City of Port Colborne  
Enbridge Gas Distribution Inc.  
Mario Ferrara & Annabel Kennedy  
Flexo Products Limited  
James & Ruth Fraser  
Erin & Mike Graybiel  
Glen King  
Kiwanis Club of St. Catharines Inc. -  
Project  
Kyla & Kiran Kumar & Family  
John & Harriet Lehnen  
Kristy McKittrick, Steve Hudson &  
Family  
Dr. S. Andrea Miller & Associates  
Naylor Building Partnerships  
Valerie & Jim Parke  
Greg and Kati Polegato  
Port Colborne Community Fund at the  
Niagara Community Foundation  
Professional Carpet Systems  
Jim Ridgley  
Robert A. Lavelle Memorial Fund at  
the Niagara Community Foundation  
Patrick & Kelly Robson  
The Rotary Club of St. Catharines  
Sally Jane Southern-Grice  
Leanne Standryk  
Mike Watt

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

Anonymous (4)  
Boles Family  
Lauri & Brian Brady  
Krista Cienik  
Brendan & Cassandra Clark  
Brad & Grace Clements  
Larry Coplen  
John & Kathy Currey  
David, Carol & Alison Dec  
Lisa & Mike DeGasperi  
D'Elia Family  
Fred Giessler Electrical Ltd.  
Jay Hamilton & Family  
Barclay & Lilli Holbrook  
Nora Jenter  
Jackie & Ian Kerry  
Lewis Family  
The Lunch Lady  
Marty & Vanessa Mako  
Rick Mauro  
Ben McDermott  
Gayle & James Moore  
In memory of Amy Mulder  
Niagara Star Painters  
David Oakes  
Shannon Peters  
Donna, Archie & Regan Reynolds  
Robyn Scheubel  
Sharon & Robert Schilz  
Chris, Pam, Galaxy & Piper Seabrook  
Samantha Slofstra  
Adam & Marla Smith  
In Honour of Janet St. Amand's  
Retirement

Sullivan Mahoney Endowment Fund  
at Niagara Community Foundation

Pearl Sweeting  
Tiffany Turner & Chris Nowicki  
Jamie & Kelli Wales  
Steve Wideman  
Judy & Lance Wiebe  
Dave, Linda, Shaun and Alanna  
Wyllie  
Chris Young

## YMCA STAFF DREAM TEAM GOLD \$350 - \$499

Anonymous  
Mary Jane & Bryan Ferrell  
Galajda Family  
Mariesa Johns  
Mastroianni Family  
The Meiers  
Kathleen Scott

## YMCA STAFF DREAM TEAM SILVER \$250 - \$349

Sharon & Rick Alakas  
Anonymous (4)  
Angela Barney  
Lucy Belchior  
Dale & Nancy Brown  
Kayla Butcher  
Cameron Copping  
Kelly Decloux & Family  
Andre Deschamps  
Danielle & Brett Dickinson  
Mary-Anne & Paolo DiPompeo  
Yvonne Doodeman  
Ray & Frieda Grant  
Rita Lampman  
Kelly Lennox  
Connie Mack & Bradley Winslade

Josh Qua  
Heather Scott  
Kim Sweet  
Paula Vandenbosch  
VanOord Family

## YMCA STAFF DREAM TEAM BRONZE \$150 - \$249

Akhtar Abdulkader  
Joanne Akiyama  
Anderson Family  
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Baillie Family  
Malik Bardi  
Kym Bentum  
Colette Bodogh  
Bowyer Family  
Carly Brenton  
Jane Brushett  
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Megan Calcott  
Leanne Clarkson  
Richard Cole  
Tracey Cosco  
Tara Costiff  
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Lana Davidson  
Norm Dent  
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Dionisio Escultor  
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Mike Guttin  
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Laura Hopkins  
Melissa Jones  
Amanda Kane

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Cohen L.  
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Lancione  
Christine Landry  
Laura MacLeod  
Cheryl Mauro  
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Allen McCreath & Jenn Rozell  
Debby Moorlag  
Marija Pavlicic  
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Ally Phillips  
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Angel Robitaille  
Krystine Simpson  
Sandra & Sarah-Lyn St. Angelo  
Paulina & Brian Suchorab  
Dennis Talbot  
Elizabeth Taylor  
Allison Van Slageren  
Ro-z Wilkison  
Sandra, Aaron, Andrew & Steven  
Winterhalter  
Kait Wurster  
Pat & Barb Wynne

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Barb Babin  
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Karla Barker  
Lucinda Barrett  
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Sarah & Maddie Bull  
Skyler Burke  
Lindsey Burzese  
Cassidy Cain  
Martine Caraguel-O'Brien  
Julie Carruthers  
Mike Cassidy  
Liliana Castellanos  
Lino Celestini  
Central Public School  
Jonathan Charron  
Steffan Chartrand  
Mia Cheeseman  
Vanessa & Tim Cheropita  
Michael Cherwonogrodzky  
In Honour of Mrs. Chilcott  
Caroline Chin Yet  
Cheryl Choi  
John Chotka

Myrna Cleator  
Giorgio Cole  
Brittney Collard  
Joyce Collings  
Avrie Coney  
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Veronica Constant  
John Convey  
Amy Cook  
Sarah Coombs  
Andie & Lucas Coppard  
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Deborah Cunningham  
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Danielle D'Andrea  
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Lavinia & Rayne Davies  
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Cynthia Dawson  
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Emma Dellalialian  
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Bernice Denning-Triepel  
Chelsey Deroos  
Cheryl Desjardins  
Paul Desjardins  
Nate Devos  
Rachel Dickinson  
Robert DiCorrado  
Noah Diegidio  
Dipper's Towing

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Hazel Dixon  
Aaron Dobbs  
Dodds Family  
Doerksen  
Allison Doucet  
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Patti Dueckman  
Samuel & Harry Duffin  
Susan Dunlop  
George & Joan Dunn  
Lillian Dunn  
John Duquette  
Erin Dwyne  
Colette & Alex Easton  
Tasha Eden  
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Ivan Elliott  
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Civita Gauley  
Kevin Gennings  
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Gibson Family  
Ron Gibson  
Jenn Godin  
Jill Goulet  
Krystal Graham  
Sarah Graham  
Kristi Grant  
Grapeview Public School  
Samantha Graves  
In honour of Everyone at Graves and  
Richard  
Graybar Canada - Niagara Falls  
Branch  
Lester Gregorasz  
Lori-Lynn Gribben  
Nicole Griffin  
Georgie Groat  
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Huisman Family  
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Barbara Jones  
Eric Jung  
Andrea Katwaroo  
Kaupp Electric Ltd.  
Brittani Kempe  
Janet & Barry Kendrick  
Kinsmen Club of Grimsby  
Patti Kirby

# 2016-2017 Strong Kids Donor List



Carol Kitchen	Deanna MacAulay	Margaret Moffatt	Andrew Page-Foster	Hunter Richardson	Snips Landscaping	Hope Townson & Evan Acs	Kirsti Woodbridge	Lorraine Gray 1993	Harvey Haid 1999	Greg & Jill Shupe 2007	KPMG
Klassen Family	Lauren MacCulloch	Stephanie Mokrzynski	Irene Palumbo	Chelsea Ripley	Jeffrey Snoukphonh	Sean Tracy	Woods Family	Kim & Ron Hansell 1993	Jim & Randie Inman 1999	Jacob & Patricia Toews 2007	Marr's Thorold Foodland
In Honour of Andrew Kobe	Ken MacDonald	Bryan Mooney	Suzanne Parnell	Ritchie Family	Annissa So	Blake Tripkovic	Barbara Worman-Purnell	Bruno & Jeannie lafrate 1993	Rick Mauro 1999	Linda Blair & David Wyllie 2008	Niagara Foot Care Clinic and Orthotic Centre
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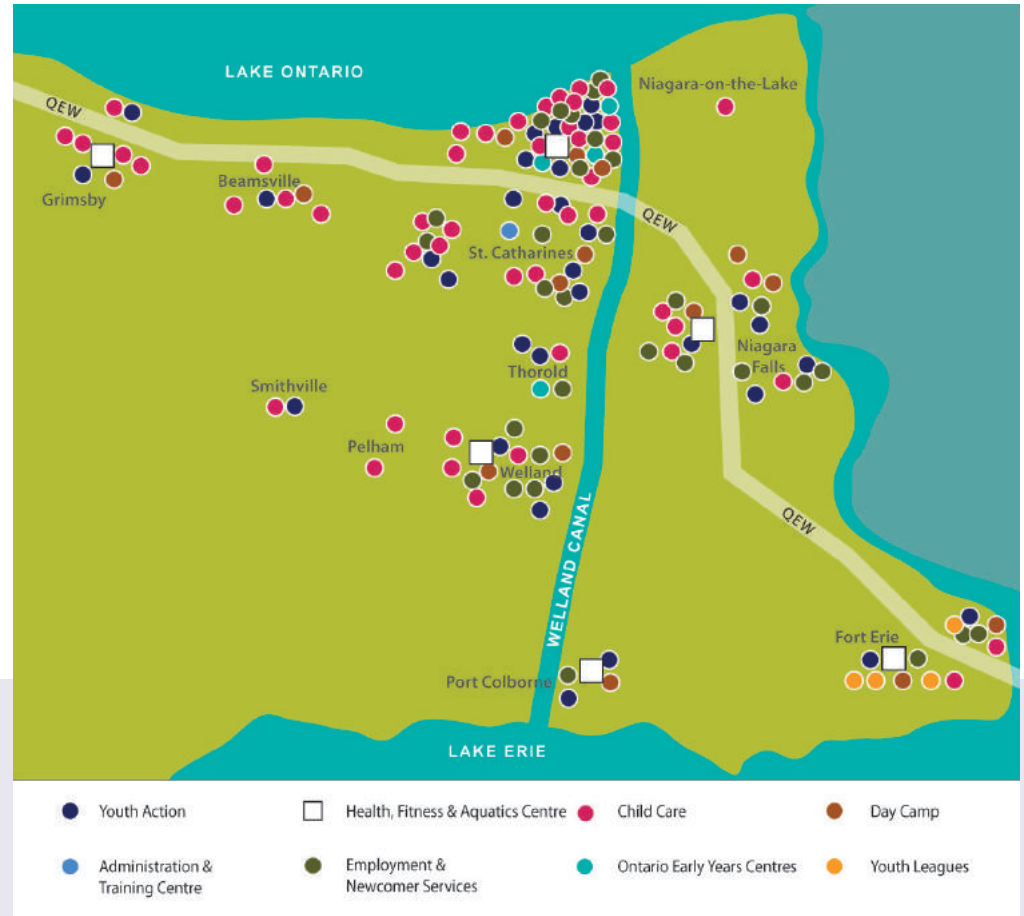
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# A Strong Niagara Starts Here

We provide vital services such as health, fitness and aquatics; child care; camping; immigrant services; employment; education; leadership development and volunteerism at 103 sites across Niagara.



## Vision

Inspiring health, wellness and community - for life.

## 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.

YMCA of Niagara | 310 Woodlawn Road | Welland, ON L3C 7N4 | 905-735-6959 [ymcaofniagara.org](http://ymcaofniagara.org)

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