

ANNUAL REPORT 2022



LAND ACKNOWLEDGEMENT

YMCA Northumberland is situated on land that is the treaty and traditional territory of the Mississauga and Chippewa Nations of the Anishinabek, known collectively as the Williams Treaties First Nations.

YMCA Northumberland is grateful for our relationship with the First Nations of this territory, for their teachings about the land, the water and all our connections. We continue our journey to strengthen our understanding of our Treaty relationship and of how to move forward in a positive way.

We acknowledge the contributions and accomplishments of all Indigenous people across this territory, current and throughout history.

A MESSAGE FROM THE CHAIR, BOARD OF DIRECTORS + CEO

Dear Members of our Community,

YMCA Northumberland provides vital community services that have positive impacts on some of Northumberland's most pressing social issues including chronic disease, unemployment, social isolation, poverty, and inequality.

Central to our success are the people who unite behind our mission and contribute their array of talents to our work.

In 2022, our Children's Services continued to grow and improve, benefiting parents, caregivers, children, and youth across 23 licensed sites, 5 EarlyON Centres and mobile outreach programs, and 3 Day Camp locations. We also entered into an agreement to deliver the Canada-Wide Early Learning and Child Care system that offers quality, accessible, affordable, and inclusive child care.

Thanks to the Ontario Trillium Foundation, \$360,000 was invested in capital expenditures to ensure that our programs, facilities, and services keep meeting our community's needs.

We also maintained our commitment to global initiatives in 2022, with our 22nd year partnership with ACJ YMCA Nicaragua. We celebrated the 34th annual YMCA Peace Medal in Northumberland County and marked the 19th year of operation at our Brighton YMCA satellite location.

Our partnership with Cobourg and Port Hope Police Services led to the successful return of the Operation Red Nose Campaign, which increased road safety and reduced impaired driving infractions during the holiday season.

Additionally, we continued to partner with all municipalities and Alderville First Nation in delivering quality programs and services. Our collaboration with Trent Hills continued with the development of the new Campbellford Recreation and Wellness Centre; a multi-use recreational facility that will feature an ice-pad, dual tank pool, fitness centre, and studio space; with a planned opening date of Winter 2024.

As we look back at the successes of 2022, we are excited to continue collaborating with our volunteers, staff, partners, and donors to build on our achievements, as we believe a strong community is one where every individual has a chance to succeed, and no one is left behind.



**Elizabeth
Vosburgh**

CHAIR, BOARD OF DIRECTORS



**Eunice
Kirkpatrick**

CEO



2022 IMPACT



817

children were registered in licensed child care throughout Northumberland County where they grew and developed through our play-based learning curriculum



175

mothers from Northumberland County, participated in the Mothers of Newborns Program gaining a support network for their growing family



504

YMCA staff and volunteers worked together to extend the YMCA's reach



501

children and youth developed leadership and problem-solving skills at our 3 summer Day Camp locations



1,470

adults over 55 years of age engaged in membership in Cobourg and Brighton, many of these were retirees on fixed incomes



1,065

children participated in YMCA swim lessons and 275 grade three students participated in the Swim to Survive®, Lifesaving Society program



3,291

kilometers driven by 95 volunteers during 8 nights of Operation Red Nose to provide 105 safe rides home

321

YMCA volunteers gave 3,673 hours to help us build strong communities



81

youth were employed by YMCA Northumberland, providing opportunities to gain valuable employment skills and experience



5,883

people from across the County participated in YMCA programs and services where they improved their health and wellness through inclusive, effective programming

ADRIAN'S STORY

Adrian Greenwood has been a long-time member of our Association. He and his family joined as members when they moved to the area in 1990. Adrian used the pool and the gym, his 2 children learned to swim in our pool and participated in children's programs. He has volunteered at the Strong Kids Duathlon, cheering on the youngsters as they swam in Centennial Pool and ran through Victoria Park.

It was a hot and sunny day in July of 2021 when Adrian went out for an evening bike ride with his cycling club. He has always been a very active person, participating in triathlons and other sports throughout his life. He loved the feeling of pushing his body to the limit and the endorphins that came with it. But that day, something went wrong.

As he cycled alongside his club mates, Adrian suddenly veered off, falling into the brush on the side of the road. He struggled to get up and then asked for medical assistance. Luckily, he was with his cycling club who reacted quickly and got him medical attention right away.

Adrian Greenwood

YMCA NORTHUMBERLAND MEMBER



Adrian had suffered a hemorrhagic stroke which affected his mobility, balance, and his speech. After emergency surgery and a 10-day stay in the ICU, he started to regain his memory and his sense of humour.

After several months of rehabilitation, Adrian was finally cleared to return to the gym. He was equal parts nervous and excited at first, unsure if he would be able to do any of the exercises he used to love. He was welcomed back by staff and the other members, who had missed his energy and enthusiasm.

Adrian started slowly, coming to try Chair Yoga, a gentle yoga class that is practiced while seated. It was a great first step back to activity as the chair provides stability and support offering a sense of security while allowing an opportunity to move the body through a wide range of motions. Slowly but surely, he started to see progress. His strength and endurance improved, and he was able to do more and more each day.

But it wasn't just the physical benefits that Adrian was experiencing. The YMCA had become a source of support and motivation for him. He has always been a very social person, so the Y was a perfect place to come and be with others to reduce feelings of isolation. He connected with the other class participants, sharing stories and conversations with them before and after classes.



Adrian's mental health has also improved as he regained his strength. He had some struggles after his stroke, but now, he has a new goal: to get back to his fitness practice and prove to himself that he could still live an active life. Meditation has also become a part of Adrian's self-care practice.

Adrian continues to work out at the Y, he feels stronger each time he visits. He has seen an increase in his cycling endurance thanks to the CycleFit classes he attends, has been swimming regularly in our pool, and uses the treadmill.

Adrian sees the YMCA not only as a gym and swim, but as a place that offers support, connection, and community.



The YMCA has been a big factor in helping with the isolation that I felt after my stroke. Every class has enabled me to meet new people who have all contributed to my recovery. It's a great destination for working out and having fun.

FINANCIAL STATEMENTS

Statement of Financial Position as at December 31, 2022

ASSETS	2022	2021
Current Assets		
Cash	2,777,447	1,392,230
Investments	474,920	423,347
Accounts Receivable	524,972	448,713
Prepaid Expenses	41,854	108,289
	3,819,193	2,372,579
Capital Assets (net book value)	4,213,623	4,241,214
	8,032,816	6,613,792
LIABILITIES	2022	2021
Current Liabilities		
Accounts Payable	327,949	287,419
Unearned Revenue	1,316,716	745,340
Current Portion of Capital Leases	22,412	44,777
	1,667,077	1,077,536
Long-Term Debt		
Capital Lease Obligation		20,615
Deferred contributions- land	312,000	312,000
Deferred capital contributions	1,945,294	1,519,090
	2,257,294	1,851,705
Total Liabilities	3,924,371	2,929,241
NET ASSETS	2022	2021
Surplus and Reserves		
Fund balance beginning of year	3,684,553	2,841,501
Restricted Capital Contribution		
Excess revenues over expenses	423,892	843,051
	4,108,445	3,684,552
	8,032,816	6,613,793

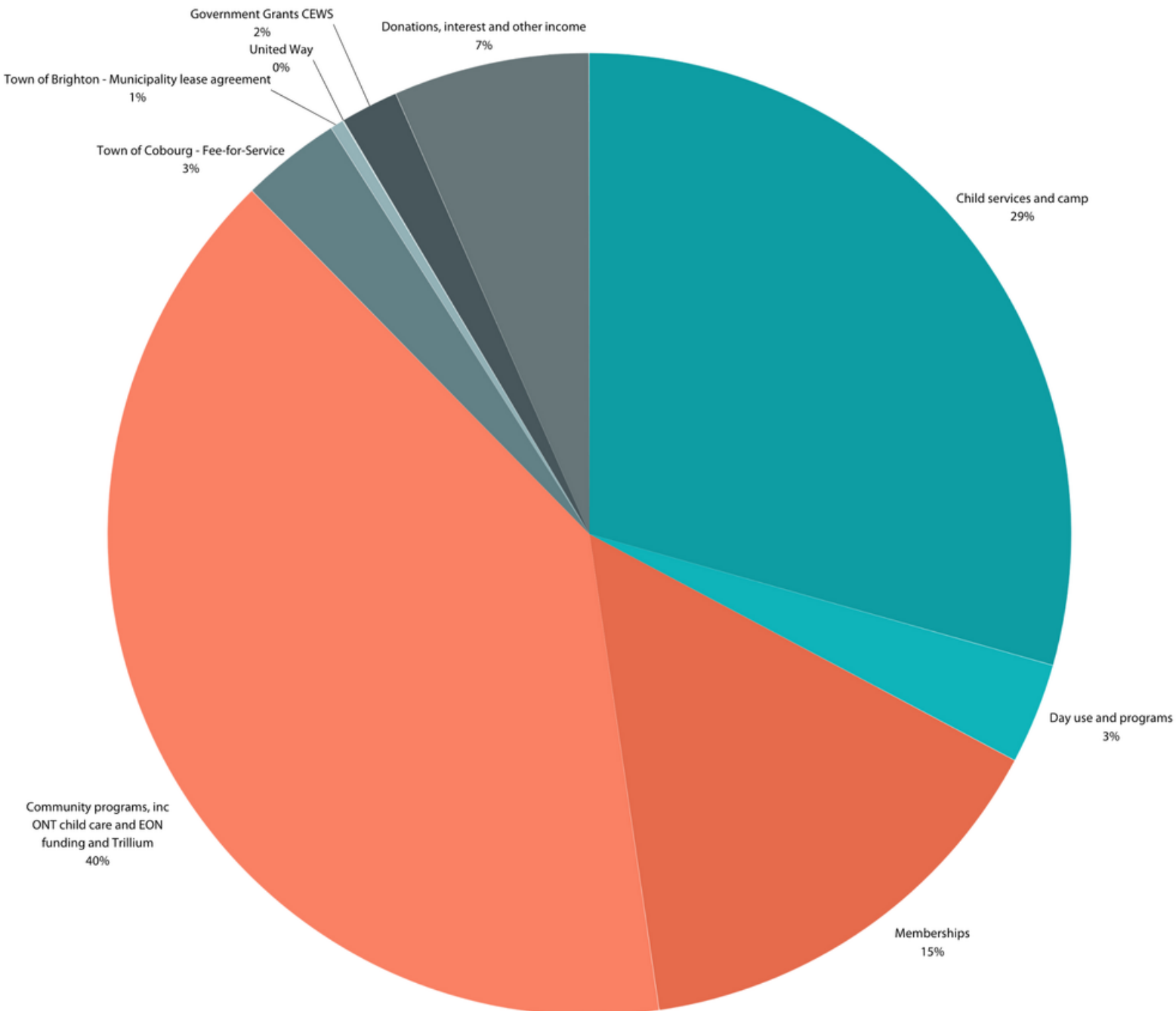
FINANCIAL STATEMENTS

Statement of Operations for the year ended December 31, 2022

REVENUES	2022	2021
Child services and camp	2,019,225	1,543,232
Day use and programs	232,348	144,515
Memberships	1,022,021	528,292
Community programs	2,743,528	2,260,240
Town of Cobourg - Fee-for-Service	229,588	88,069
Town of Brighton - Municipality lease agreement	30,000	30,000
Government Grants	133,351	1,324,830
United Way	2,500	7,500
Donations, interest and other income	451,763	456,161
	6,864,324	6,382,939
EXPENSES	2022	2021
Wages and benefits	4,630,477	3,923,907
Plant and facilities	398,214	432,036
General administration	586,771	465,486
Supplies	282,027	219,659
Advertising and promotion	33,265	25,924
Association dues and fees	121,764	77,698
Total expenditures before amortization	6,052,518	5,144,710
Gross Contribution before amortization expenses	811,806	1,238,129
Amortization of capital assets	387,914	395,078
Net Contribution	\$423,892	\$843,051

This financial information has been taken from the audited statements reported on by BDO Canada LLP. Complete financial statements are available at ymcanrt.org

SOURCES OF REVENUE



BOARD OF DIRECTORS + LEADERSHIP TEAM

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Chief Executive Officer

Cathy Tedford
Director, Operations

Lynne Caffin
Manager, Administration + Human Resources

Tim Strong
Manager, Financial Systems

Raff Melito
Manager, Marketing + Communications

Cindy King
Manager, Staffing Children's Services

Danielle Roberts
Manager, Program Integrity Children's Services

Parth Patel
Manager, Facilities and Maintenance

Leanne Clarke
Manager, Health Fitness + Aquatics

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Building healthy communities



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