



YMCA of Cumberland 2017-2018 Annual Report



Here for Good

A Message from the Board Chair and Chief Executive Officer

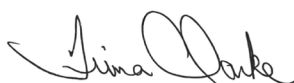
Here for Good

It has been 10 years since the fateful members meeting where it was announced that the YMCA would be closing in a month. This time for good. Fast forward 10 years and the YMCA is still here... for good.

For the good of its members. For the good of the community. For the good of spirit, mind and body.

Throughout this Annual Report, our 10th since that announcement, you will see examples of the good that is happening at our YMCA. You will see stories of our new outreach program that supports members of our community that are or may be at risk of becoming homeless, the joy and benefits of bringing our young and young at heart communities together and an example of just one of the ways we are developing our youth through engaging activities.

This year we celebrate 10 years of good, and often great!



Trina Clarke



Charles Seymour



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Charles Seymour

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Heather Gallant

Manager of Membership & Administration

Laura Ashley Farrow

Manager of Health, Fitness & Aquatics

Mark McIntyre

Manager of Facility

Jeff MacNeil

Manager of Development

Here for Community

Community Support Program

In the summer of 2017, the YMCA was presented with a unique opportunity from the Affordable Housing Association of Nova Scotia. A housing program for Cumberland County. This opportunity to increase the capacity of the YMCA of Cumberland was undertaken, requiring a new staff member to implement the programming. Alison Lair was hired in September 2017, with the program launching in October 2017. Within weeks, the program was filling a need in Cumberland County.

In the 2017 - 2018 year, the Homelessness Prevention and Outreach Program (HPOP) has served 33 people in need of various support measures such as eviction prevention, housing search and set-up. Through this position, Alison has also brought direction to existing programs. These programs assist those in need of temporary housing or transportation to other cities that offer shelter services.

In January 2018, a weekly drop-in meal service was launched. The Community Kitchen is offered every Wednesday and gives a warm meal to an average of 30 people per week. The success of this program allows for the interaction of a variety of demographics from our community. For some, nourishing them socially as well. Stop by sometime!

HPOP is currently spearheading a committee for the creation of an Emergency Shelter within Cumberland County. Leaders from different organizations in the county have come together to work on establishing the shelter as a charitable organization and a local business has offered to lease the shelter group one of their buildings for a very reasonable amount.



Here for Growth

The unique thing about YMCA Child Care programs is that the children are able to explore different areas of the YMCA such as the gymnasium and swimming pool. The morning kindergarten class swims every two weeks and one of my favourite parts of being an educator at the YMCA is watching these children make leaps and bounds in the pool. I have a little boy in my morning kindergarten class that absolutely refused to even put a toe in the water when we began swimming back in October. Every Friday since then, we were able to get him one step closer to the pool, first a toe, then he sat on the steps, then went in to his waist, then would swim with someone holding his hands. One day it just clicked for him and he realized he wasn't going to sink with his water wings on. Here it is June and he swims like a fish! The YMCA gives children all the tools they need to reach their full potential and successfully develop in spirit, mind and body.

Nellie Dormiedy

YMCA of Cumberland Child Care Educator



New Program: After the Bell

After the Bell is an after school program offered by the YMCA of Cumberland this past year to six schools throughout Cumberland County for grades 7-9. Program activities ranged from soccer baseball to walking the program coordinator's three dogs. Being physically active and getting the students outdoors and trailblazing more was the overall goal. Registration was very successful - the program averaged 10 youth per school, which was a good number for breaking off into teams to play games. There w healthy snacks provided at the beginning of each program day and all participants received program branded T-shirts. The program wrapped up by inviting participants from all schools to TreeGo in Moncton. It was a great team building trip and a lot of the students mentioned making new friends from a different school that day!

This program provided an opportunity for the students who are not athletes to have something to do and feel a part of. All of the participants asked for this program to be offered in the future and some even asked if the age limit could go up higher so that they can come back when they're in grade 10. Cumberland County's After the Bell program was extremely successful, to say the least!



Here for Impact



“Pound® the Pavement” had community members moving during the Blueberry Harvest Festival.



Full of Life Paint Nights, a free program in our Youth Centre were a hit for youth ages 6-13.



Seniors from the Centennial Villa stop by monthly for reading time and other fun intergenerational activities.



Members and friends of the Y swam from New Brunswick to Nova Scotia (6km) to raise awareness for our Strong Kids Campaign.



Childcare kids are having snow much fun! Outdoor play is a critical part of gross motor development.

Here for You!



The group fitness volunteer team attended Y's in Motion at the YMCA of Greater Moncton to enhance their education.



Family Picnic:
The parents of the children in child care were invited in for a lunchtime picnic!

Community Garden

In the Spring of 2017, the YMCA of Cumberland Youth Community Garden was planted through the Full of Life Program. The project started as a way for youth to gain some hands-on education about agricultural sustainability.



Flowers from the garden were delivered to friends at Gables Lodge!



YMCA of Cumberland Fast Facts

This Past Year:

122 People were employed by the YMCA of Cumberland (68 percent of them were youth between the ages of 15-30).

136 People participated in an event related to International Development (43% were youth involved in international programs).

\$89,364 was provided in financial assistance to community residents (\$32,693 of this was for participants under 18 years of age).

566 individuals were assisted through our financial program (396 were under the age of 13).

501 children received quality care.

129 volunteers assisted our YMCA in programs, governance, committees and special events.

In total, **3,621** volunteer hours were spent at the YMCA of Cumberland in the past year. **Thank you!**

Thank you...

Each year, multiple individuals and organizations donate to the YMCA of Cumberland.

These donations go toward the Strong Kids Campaign or to our capital fund. The support from donors is what makes it possible for the YMCA to support the community. Last year 566 individuals were supported through our financial program.

As a charity, donations and fundraising help the YMCA of Cumberland to grow and to move forward with our mission. Through these supported programs, lives are changed.

Thank you again for your generous support in our efforts.

2017 Peace Medallion Recipients



Veronica Richards and Bill Schurman



Dr. Karen Ewing

Mission

The YMCA of Cumberland is a charitable organization responsible for the development of our local and global communities in spirit, mind and body.

Vision

As a respected charity, we are a recognized leader and essential partner in the development of strong and vibrant communities.

Values

Respect, Responsibility, Caring, Honesty and Inclusiveness.

www.ymcaofcumberland.com
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Registered Charity Number:
119307007RR0001