



YMCA of Cumberland Annual Report: 2018-2019

Building healthy communities



Everyone Belongs

A Message from the Board Chair and Chief Executive Officer

Who belongs at the YMCA?

As you read through the rest of our 2018-19 Annual Report you will see that the answer is EVERYONE.

Everyone belongs. From the very youngest of us to the oldest, from the newest members of our community to those that have called it home their entire lives. The YMCA is a place for you.

Since its inception 175 years ago the YMCA has always been about providing a place for people to belong. In a world where terms such as 'social isolation' and 'screen time effects' have been linked to rising rates of depression, obesity and loss of community connections; the YMCA's role has become more important than ever.

The YMCA is a place where people can make friends, improve their health, access quality childcare, build skills, try something new and give back to their community as a volunteer.

Belonging is at the heart of building a stronger and more vibrant community. Without YOU, our volunteers, partners, staff, donors and advocates the YMCA would not be what it is, the builder of a strong and vibrant community.



Trina Clarke

Charles Seymour

Board of Directors

Executive

Charles Seymour-Board Chair
Dale Fawthrop-Past/Vice Chair
Pam Chenhall-Secretary
Henry Knol -Treasurer

Directors

Loralee Landry
Kent Leslie
Joe Potter
Sheila Christie
Elizabeth Conrad
Gerald Read
Terry Farrell
Dan Rector

Management Team

Trina Clarke
Chief Executive Officer
Renee Lusby
Manager of Childcare

Heather Gallant
Manager of Membership & Administration
Laura Ashley Farrow
Manager of Health, Fitness & Aquatics
Mark McIntyre
Manager of Facility
Jeff MacNeil
Manager of Development

Children Belong



412 children received quality care throughout Cumberland County.

Youth Belong



Youth on the Move - program participants



After the Bell program participants visited Victoria Park.



Elisha Yorke (second from left), a Child Care staff member, participating in the Young Ambassador Program - a leadership development program through YMCA Canada.

149 People participated in an event related to International Development (48% were youth involved in international programs).

Adults Belong

637 individuals were assisted through our financial program (439 were under the age of 17).



Group Fitness Participants



Pickleball



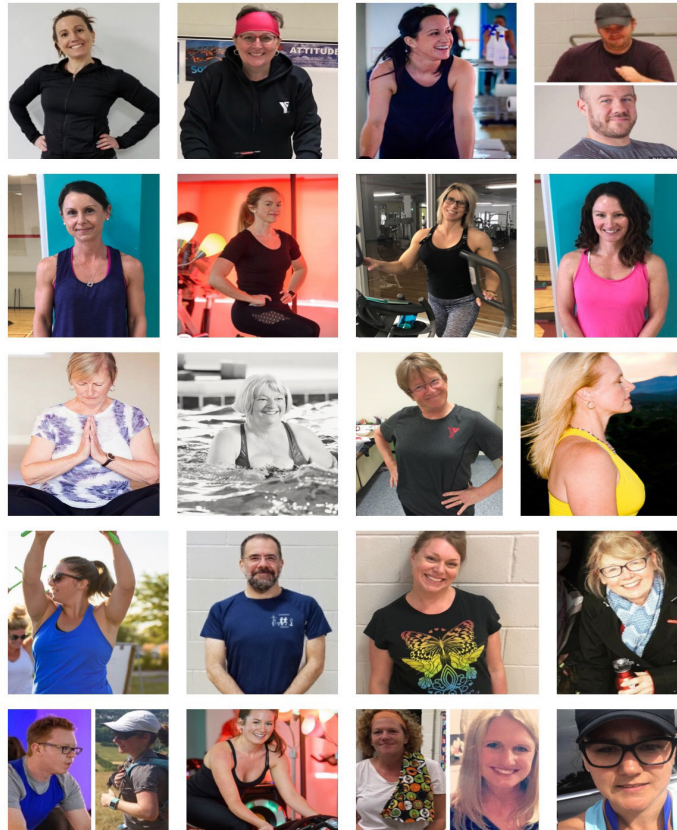
Trider's Trail Run



HarbourFest Salt Dash

\$79,220 was provided in financial assistance to community residents (\$32,565 of this was for participants under 17 years of age).

Volunteers Belong



Health, Fitness and Aquatics Volunteers



YMCA of Cumberland Board of Directors

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

Volunteers Belong

The Cumberland Y Service Club does so much for our community, all with a group of dedicated volunteers. Shown below are some members being recognized for their efforts: At the recent Maritime Y's Men Convention, three local club members were recognized. Kent Leslie has been awarded Maritime Ys Men of the year, Kevin Cummings received a communications award and Garth Rayner was recognized for his work as a Y Service Club member with the Henry D. Grimes Memorial Award. In addition, we are proud to recognize Carmen & Sharon Merrill, who have organized 50 food drives in our local community over the past 25 years.



Kevin Cummings & Kent Leslie

Sharon & Carmen Merrill



Garth Rayner



Club members presenting their annual donation to the YMCA.

In total, **4,071** volunteer hours were spent at the YMCA of Cumberland in the past year. **Thank you!**

Staff Belong

99 People were employed by the YMCA of Cumberland (55 percent of them were youth between the ages of 15-30).



Child Care Staff Team



Aquatics Staff Team



Fitness, Membership, Facility and Development Teams



Community Belongs

1,310 individuals were served through community initiatives.

Coldest Night of the Year was held on February 22, 2019. Our community came together to raise more than \$15,000 for the Homelessness Prevention and Outreach Program.



In July 2018, two staff members; Trina Clarke and Jeff MacNeil, attended the YMCA World Council in Chiang Mai, Thailand. 60 other Canadian delegates attended the conference.

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 637 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.



Andrew Wallis and Paul Cormier,
2019 Peace Medallion Recipients

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:
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