



METROWEST YMCA
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2022 ANNUAL REPORT



“

The greatness of a community is most accurately measured by the compassionate actions of its members.”

– Coretta Scott King





Dear Y Community,

As we look back on 2022, it was a year of reconnecting, rebuilding, and responding to the emerging needs of our community. Our annual report highlights our work fighting food insecurity, supporting teen resiliency and skills development, teaching water safety, and reducing social isolation.

While the last couple of years has been unprecedented, we are incredibly proud of our Y's response and how our volunteers and staff stepped up and stepped in. Our traditional programs have rebounded by focusing on reconnecting with children, youth, families, and seniors. At the same time, we have worked to help our community recover from the pandemic's toll. Thanks to our dedicated volunteers, staff, donors, and partners, we continue to be there when and where our community needs us most. An example is the dramatic growth in the number of teens we serve. Throughout 2022, teen membership has grown by 300%, as we work to create a new generation of changemakers serving our community.

The Y is where people can achieve goals, build relationships and feel a sense of belonging. We have been working to increase opportunities for members to connect. We see our results reflected in the number of individuals we see each day as we work to break down walls of isolation and demographic silos in our community.

We are grateful for all you do and appreciate your being a special part of our Y family. Together, we continue to build relationships that strengthen our community. Together, we are achieving great things and making a difference every day.

Sincerely,

A handwritten signature in black ink that reads "John P. Galvani". The signature is written in a cursive, slightly slanted style.

John Galvani
Chair, Board of Directors

Better Together

This year, thanks to the support of individuals, partners, businesses, government officials, staff and volunteers, our Y was able to create and adapt programs to continue serving the MetroWest community. The following pages share some impact highlights from the year made possible because we are better together.



Reducing Senior Social Isolation



Senior social isolation has long been a community issue that the COVID pandemic exacerbated. To address this, we sought opportunities to work in the community to connect with seniors. We worked with funders and other community-based organizations to offer programs that engaged seniors while improving physical and mental wellbeing.



Social connections are vital to health, especially for older adults. The YMCA has taken the time to listen to older adults, hear what programming they want to attend, how they want to come together and what concerns they have coming out of years of COVID restrictions. The foundation is proud to support the YMCA's work of engaging this population and community partners to create programming responsive to the needs of older adults. Their commitment to decreasing social isolation will have an impact on improving the overall health of those they serve.

-MetroWest Health Foundation



600 seniors participated in programs that allowed them to **focus on their mind, spirit and body.**



10 fitness programs were customized exclusively for meeting the needs of our senior population.



90 seniors attended a wellness fair that featured community resources and opportunities for seniors to connect with others.

Food Insecurity



In 2022 families facing food insecurity soared. In response, we continued to strengthen our infrastructure, purchasing mobile units, equipment and increasing staffing to deliver more nutritious and healthy meals and groceries to youth and adults in our community.



Thank you for responding to the community's needs and for being such an incredibly responsive, thoughtful, willing, and consistent partner to us and so many others in Framingham and beyond. Throughout the pandemic you continue to rise each day to meet the needs of the community in large and small ways. We look forward to continuing to partner with you to help improve the lives of everyone in the MetroWest region.

-Foundation for MetroWest



162,420 healthy meals were served to youth and teens.



18 locations served families and youth meals, **eliminating barriers to accessing healthy, nutritious foods.**



63,000 pounds of groceries were provided to individuals and families facing food insecurity, helping them supplement their monthly grocery budgets.

Youth & Teen Resiliency



The impact of COVID on youth mental health has been well documented. At the Y, we saw our teens struggle. In response, we launched programs to support their spirit, mind and body. We provided them with opportunities for mentorship and job training, and offered a safe space where they could try new things and explore their interests.



We are proud to support the launching of the Changemaker Program at the MetroWest YMCA. The program addresses multiple needs, including food insecurity and building resiliency long-term. We look forward to seeing the continued positive impact on our youth and community, as together we work to create a new generation of changemakers.

-Dana Neshe, President, Middlesex Savings Charitable Foundation



675 teen members worked on their physical and mental fitness at the Y, using the pool, gym, and other programs to help them develop skills for long-term resiliency



90 teens were employed throughout the Y, from aquatics, where they learn living saving skills, to the food program, where they learn how food is medicine



67 youth enrolled in our CIT/LIT programs, where they learn and develop their skills to become leaders in the Y and in their communities

What is your WHY?



The Y is committed to strengthening community by connecting all people to their potential, purpose and each other. By bringing together people from different backgrounds, perspectives and generations, we ensure that we all have access to the opportunities, relationships and resources necessary to learn, grow and thrive. We invite you to join us, and find what moves YOU. Find YOUR Y.



"When a community invests in the well-being of its residents and the potential of its youth, the positive benefits will resonate for generations to come. We (our family) have an obligation, as do many others, to create a sense of hope and opportunity for those who will follow us."

Woolsey & Bea - Donors

"Our son was having difficulty adjusting to our move to Hopkinton. As he got involved in the school system and joined the Y School's Out Program, it played a really crucial part for him to get to know some of his peers and feel comfortable. I feel like this is the core resource that is helping, along side my wife and I, to raise our kid."

Michael - School's Out Parent

"The Y is one of those rare places in a community where people from all walks of life come together in community. It's a feeling you get when you walk through the doors - everyone belongs here."

Chris - Volunteer and Donor





“It had been years since I had exercised when I was diagnosed and treated for my cancer. But after I learned of your Livestrong Program I made the commitment to join, not only for the exercise itself, but for the unique opportunity to do so amongst fellow survivors.”

LIVESTRONG participant

The Y is beyond just a gym. You have to think of it much broader than that. It's a family, it's creating an environment for everybody, from senior citizens to young kids to helping teens who might be struggling, the Y is there for them.

Usha - Volunteer and Donor

“Moving to Framingham, I wanted to find a pool close by and the MetroWest was perfect. I work in the Framingham schools and believe in supporting locally. The Framingham Y has been open and friendly ... I know the Y does many outreach projects and I believe in that. I am fortunate to be in a position to give, and this is one of my top choices.”

Julia - Y member and donor

Inspiration honorees Jack Fultz, Team Hoyt, Tatyana McFadden, Dave McGillivray and Rick Muhr, along with MetroWest YMCA marathon team members, staff, and volunteers



Y Champions in Action



Advocacy Day at the Outdoor Center with Rick MacPherson, DA Ryan, Reps. Lewis and Linsky and State Senate President Karen Spilka



Heart of the Community unveiling with Y volunteers and partners at Hopkinton Center for the Arts



Dave McGillivray with Tatyana McFadden and Jack Fultz (2022 Inspiration Honorees)



Stacey & Larry Lucchino (2022 Dream Big honorees) with emcee David O'Leary at the Dream Big Annual Gala and Auction



Hologic donation check presentation at STEM Camp



Members of the 2022 MetroWest YMCA marathon team

Impact by Numbers

Financial Statements

STATEMENT OF ACTIVITIES YEAR ENDED DECEMBER 31, 2022

SUPPORT AND REVENUE:

Contracts and Grants	\$3,471,713
Program Fees	5,478,941
Membership Dues	2,467,202
Contributions and United Way Allocations	1,043,712
Miscellaneous	106,682

Total Support and Revenue	<u>12,568,250</u>
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EXPENSES:

Youth Development	7,545,604
Healthy Living	2,714,599
Social Responsibility	171,026
General and Administrative	1,371,243
Fundraising	452,743

Total Expenses	<u>12,255,215</u>
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Changes in Net Assets from Operations	<u>313,035</u>
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NON-OPERATING ACTIVITIES:

Investment Return, net of fees	(203,631)
Capital Campaign Contributions	183,153
Capital Grant	200,000
Non Operating Expenses - Capital Campaign	<u>(2,881)</u>

Total Non-Operating Activities	<u>176,641</u>
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Change In Net Assets	489,676
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NET ASSETS, Beginning of Year	<u>18,196,554</u>
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NET ASSETS, End of Year	<u><u>\$18,686,230</u></u>
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STATEMENT OF FINANCIAL POSITION AS OF DECEMBER 31, 2022

ASSETS:

Current Assets:	
Cash	\$5,133,811
Grant and Contribution Receivable, Net of Allowance	1,032,814
Accounts Receivable, Net of Allowance	91,626
Prepaid Expenses and Other	<u>381,684</u>

Total Current Assets	6,639,935
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Grants and Contribution Receivable, Net	16,832
Investments	1,442,890
Property and Equipment, Net	<u>20,369,621</u>

Total Assets	<u><u>\$28,469,278</u></u>
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LIABILITIES:

Current Liabilities:	
Current Portion of Bond Payable	\$461,029
Accounts Payable	186,164
Accrued Expense and Other	402,090
Deferred Revenue	<u>610,637</u>

Total Current Liabilities	1,659,920
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Bond Payable, Net	<u>8,123,128</u>
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Total Liabilities	<u>9,783,048</u>
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NET ASSETS:

Without Donor Restrictions:	
Operating	5,745,498
Property and Equipment	11,785,464
Board Designated	<u>408,095</u>

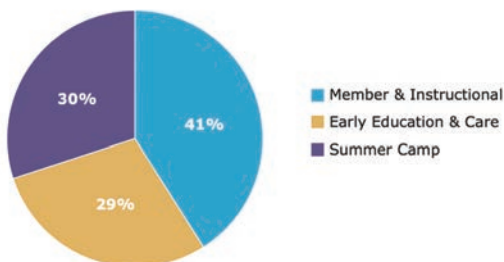
Total Without Donor Restrictions	17,939,057
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With Donor Restrictions	<u>747,173</u>
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Total Net Assets	<u>18,686,230</u>
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Total Liabilities and Net Assets	<u><u>\$28,469,278</u></u>
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2022 Financial Assistance Distribution
One out of eight people at the Y receives financial assistance.





METROWEST YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Association Office

100 Waverly Street
Ashland, MA 01721

Outdoor Center

45 East Street
Hopkinton, MA 01748

Clearbrook Family Swim Club

120 Parker Road
Framingham, MA 01702

Framingham Regional YMCA

280 Old Connecticut Path
Framingham, MA 01701

Education Branch

282 Old Connecticut Path
Framingham, MA 01701

metrowestymca.org