



# 2021 Annual Report

Building healthy  
communities

## Letter from our CEO & Board Chair

It has been a productive year for your YMCA, despite the trials and uncertainties posed by the ongoing pandemic. A phrase that would summarize 2021 for the YMCA of Eastern Ontario would be “growth and partnerships.”

In keeping with our mission of building healthy communities, your YMCA has been actively forging new partnerships and introducing or expanding programs. This work allows us to consciously adapt to meet the changing needs of our communities.

Here are a few of the programs we have implemented or grown over the past year.

- Work Hard Eat Well has been a popular new offering in the Rideau Court area; this free program, offers kids the opportunity to learn that nutrition and being physically active can be fun. They enjoy a nutritious meal too! WHEW will be offered in Brockville soon.

- The Teen Drop-in program launched in Brockville during the pandemic, giving teens a safe space to go after school – a place where some receive their first meal of the day and where they can rest or hang out with friends in a positive environment.
- Fitness classes travelled to underserved rural seniors with Mobile Y, a new program began in Sydenham and we are looking to expand.
- The Berm-out ran for the first time in summer 2021 in partnership with Gananoque police and fire services and RNJ Youth Services to provide safe and healthy activities to area teens. It was a tremendous success with police reporting fewer negative interactions with youth.
- We provided lifeguarding services to the Town of Prescott and the City of Brockville and operated summer camps for the Municipality of North Grenville.

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We were also successful in obtaining donations and grants in the amount of \$1.5 million for programs, infrastructure and for our financial assistance program. FAP supports one in five memberships and children's camperships, ensuring that cost is not a barrier to persons in accessing healthy, respectful and inclusive programs and services.

As alluded to, however, the year has not been without challenges.

We have seen the impact that the pandemic has had on well-being, and the relationship between mental health, physical activity and social connections. This is why, even during closures, your Y has offered online programs and the Walk, Run & Roll Challenge – to provide opportunities to be active and to keep us feeling connected with each other.

Our staff have so often gone above-and-beyond to keep our facilities open and in working condition, as well as to operate programs during this era of staffing shortages. We give them a huge show of gratitude. The work of the Y would have been impossible without their tenacity and "can-do" spirit.

Your YMCA continues to focus on the future, our mutual resiliency and in ensuring that we continue to provide relevant programs and services to Eastern Ontario.



Rob Adams  
CEO, YMCA of Eastern Ontario



Jay Rayner  
Board Chair

**2021-2022**

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## Teen Programs

### *Y Stories*

This is my fourth year that I have been coming to the YMCA with Pathways. I really like it because I can spend time with my friends and take care of my body. This year, I've been able to set and achieve goals at the Y that I never thought I'd be able to do.

– HAILEY

[My son] is quite shy but loves coming to the YMCA with you guys. It has brought him out of his shell and has helped develop his social/emotional skills as well. As you can see, he has not missed a session with Pathways.

– TAMMY ON BEHALF OF SON

This is my third year in Pathways and 1st year coming to the YMCA. I like that I can come with Pathways and on my own time. It's great being able to work on weightlifting plans with Kayla and using the equipment at the Y to reach my goals. I have been able to workout with other Pathways students while doing this and it helps motivate me.

– JACOB

Through numerous consultations, youth have told us that they want a safe space to gather and that is what this initiative [The Berm-out, Gananoque] provides. We are pleased that the town has recognized the voices of our teens and is playing an important role in making this a reality.

**SCOTT GEE, POLICE CHIEF,  
GANANOQUE POLICE SERVICE**





Kids at summer camp

## Summer Camps

### *Y Stories*

My daughter Brenna Alport who goes to Molly Brant Elementary School was fortunate enough to have been selected for camp. She absolutely loved the camp from the delicious lunches that I wish I had to the amazing counsellors "Bowzer and Elsa". She always had new stories to tell and would be so tired from all the walks. Thanks so much again for making my daughter's summer a super special one.

**ANDREA ALPORT**

The YMCA counsellors are incredible! They are so kind and patient - especially during challenging drop-offs. Thank you for everything you do!

**- MELANA FELSKE**

Junko and Tatsumasa really enjoy being able to spend time making new friends and having fun with the creative ideas that the camp leaders come up with! They both enjoyed each day's art project and really loved the idea of the beads and bracelets that are part of the camp. They can't wait until this week's adventure!

**- CHRIS SCHULZ**

My son enjoyed camp so much this year! It has been great for him to be back at the YMCA making new friends, enjoying new experiences and living life again!

**- AMBER**

We signed our kids (7 and 8.5) up for two weeks of daycamp this summer - Arts and Crafts and Dance Camp. Honestly, I wish I had just signed them up at this camp for the entire month of July! The kids came home the best kind of tired, with lots of fun stories of what they had learned, new games they had played, and who they had met. They made new friends and connected well with the counsellors. As a parent, the sign-up process was straightforward, communication was clear and proactive, and every person I interacted with was responsive and kind. What a tricky time to be running a camp, in the midst of the pandemic and as the province was moving through different stages of reopening - and they handled it so well. Most importantly, the kids loved it, were excited to return each morning, and have already asked to go back next summer! I can't say enough good things or recommend this camp more highly.

**- JACOBA LILIUS**



## Edward Itliong's

### Y Story

When asked if I would like to share my YMCA story, I didn't know where to start. A "YMCA story" can be about someone's unique experience at the YMCA, why they continue to come, or what the YMCA is to them. For most employees, this can be the story of how they began their career at the Y. But my account is about what the YMCA has done for me, and it all started in high school, trying to complete my volunteer hours.

I started as a volunteer at the YMCA, helping run various youth programs. I needed volunteer hours to graduate from high school, but it didn't take long for me to like what I was doing. Growing up in the Philippines, I never had a chance to play sports after school, mainly because we never had places to go. Volunteering became the highlight of my day. The more I continued volunteering, the more I learned about the YMCA and the different programs and services; it really is not just a "gym."

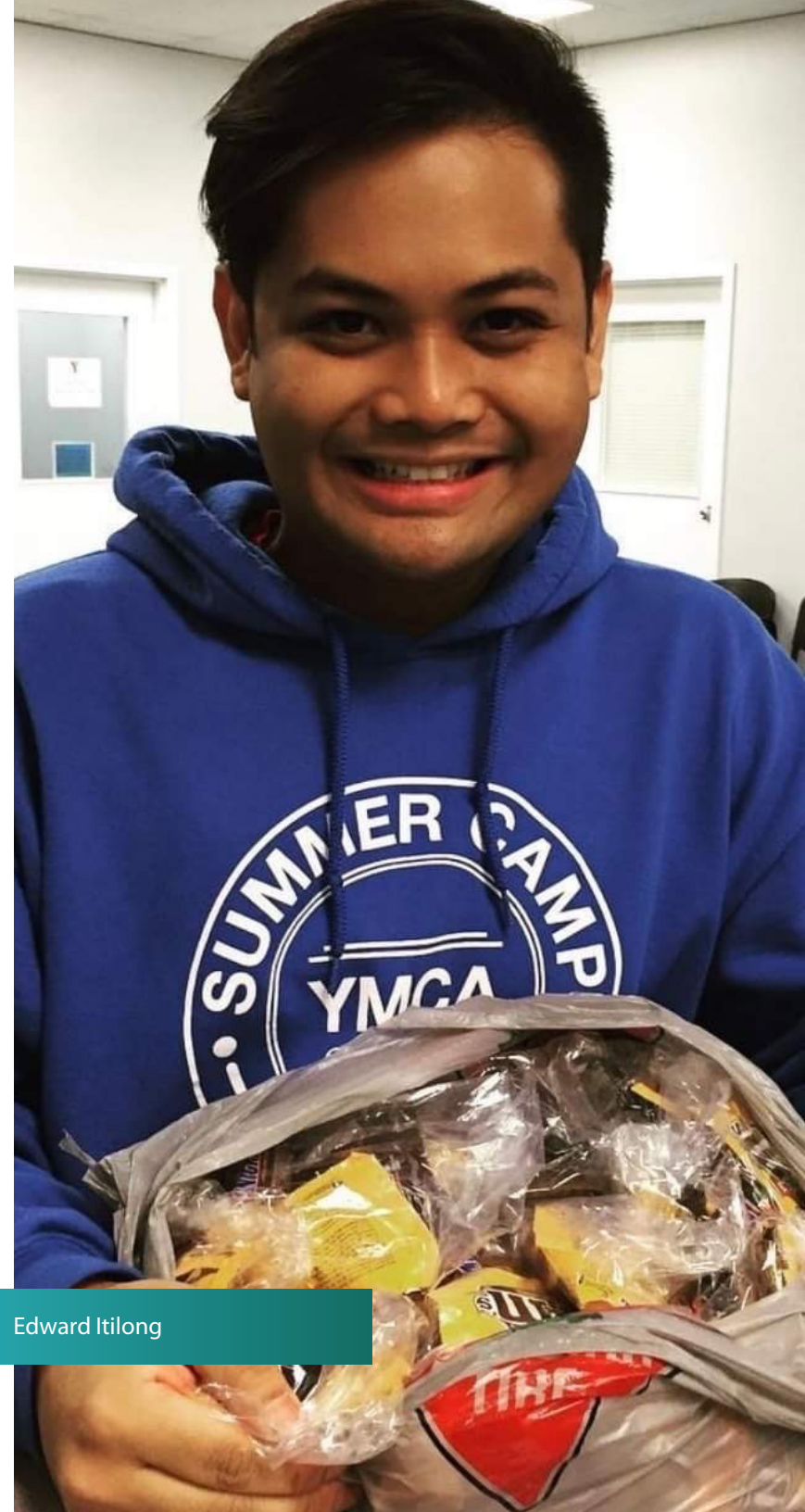
The staff is always cheerful and friendly; I got to know so many amazing people, and everyone felt like family to me. Eventually, I started working for the YMCA as a camp counsellor. I continued to work for the YMCA throughout my post-secondary education in different positions. You can say that I've probably done it all; well, except aquatics, I can never seem to stay afloat long enough to even try saving lives. I am so blessed to have worked in a place where everyone felt safe and included that I wanted to share it with the youths in my community.

I proposed outreaching programs to my manager at the time. In less than a year, I travelled all over our region including to remote places where the need is great. My supervisor, manager and CEO listened to what I wanted to do and supported me along the way. Heck, we even got Epicure to fund one of our outreach programs. The Now You're Cooking and Work Hard Eat Well programs are still running today. Local organizations in my community made it so that these programs remain sustainable for years to come. If that is not enough reason to show the YMCA's impact on the community, I don't know what is.

My career development didn't stop there; did you know that the YMCA has National and Provincial educational programs dedicated to helping youths and adults? I was fortunate to have worked in one of the YMCA's provincial programs and be a part of a fantastic team dedicated to raising awareness about youth gambling and mental health.

If I can sum up the YMCA in one word, that would be "opportunity." Without the YMCA, I would have never found my passion for teaching and love for public service. The YMCA has allowed me to grow, learn, share, and belong in a community dedicated to helping and providing for those in need.

I am proud of my local YMCA, and I am very thankful to have worked with this many community organizations and donors because, with your support, our programs are stronger. My YMCA story is not really a story but rather a demonstration of the YMCA's impact on our community.



Edward Itliong



Carter St. Pierre

## Carter's Work Hard. Eat Well.

### *Y Story*

I just wanted to say thanks for working it all out [so Carter could attend WHEW last night]. He would have been devastated. Carter has been excited all day!!

He is usually a shy guy and just starting to come out of his shell so I'm really glad he wanted to attend!!

Again, thanks so much for making it work!!

(P.S. His sister was quite happy he brought home an extra pizza sub.)

See you next Friday.

- LESLIE (AND CARTER) ST. PIERRE

*He has nothing but great things to say and says he can't wait to go back next week; he comes home covered in sweat and for a little boy who normally doesn't wanna leave his game that's amazing!*



Although the pandemic closures meant that the YMCA of Eastern Ontario remained closed for almost half of the year, we remained committed to serving our communities!



PEOPLE  
SERVED

**11,156**



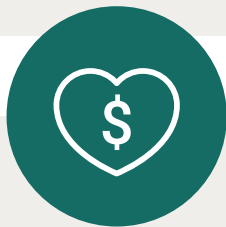
VISITS  
TO THE Y

**132,000**



TOTAL  
MEMBERSHIP

**6,875**



PARTICIPANTS  
RECEIVING  
FINANCIAL ASSISTANCE

**20%**



COMMUNITY  
PARTNERS

**46**



NUMBER OF  
PROGRAMS OFFERED

**2,785**



SOCIAL MEDIA  
REACH

**608,000**  
*approx*



NUMBER OF  
CHILDCARE  
FAMILIES

401



DAYS OF  
CHILDCARE PROVIDED

183,000



CHILDREN IN  
CHILDCARE

972



LICENSED  
HOME CHILDCARE  
PROVIDERS

12



CHILDREN IN  
SCHOOL AGE CARE

496



NUMBER OF  
SCHOOL AGE CARE  
SITES

15



PARENTS VERY SATISFIED  
OR SATISFIED WITH  
CHILDCARE EXPERIENCE

92%



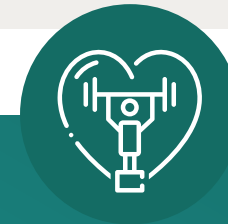
BROCKVILLE TEEN DROP-IN  
& BERM-OUT VISITS

2,700+



DAYS OF  
CAMP ATTENDED

835



NUMBER OF KIDS LEARNING TO  
WORK HARD. EAT WELL.

1,450

## Mobile Y Testimonials

"I loved the mobile Y Fitness class and Tracy was a great teacher. It is so great that mobile fitness came to the rural setting because I would not go to the city for fitness. We truly do need fitness for our age group. I would participate two times per week."

**D.H.**

"The Y program provided a very energetic and versatile workout for a limited number of people in our rural setting. This type of program on an ongoing basis would be of benefit to interested area seniors to aid in maintaining our balance and strengthening so we can continue to be active at home and in the community. I found the classes were very well presented by the Y instructor, Tracy and would definitely be prepared to be involved in this program if once again offered."

**L.O.**

"We are so fortunate to have dedicated instructors to help us seniors keep fit. When we first moved to Sydenham from Kingston 20 or so years ago, we were looking for some fitness classes, none were available so into Kingston we went. We are so very fortunate to have the Grace Centre provide these."

**P.H.**

"I took part in the Mobile fitness class with Tracy from the Y. I thought it was a brilliant idea that the Y would seek to expand classes to rural areas. I really enjoyed the classes with Tracy and respected that she also did classes outside during the Covid restrictions. It was wonderful that we could exercise with a class instead of participating online. We so miss the interaction and fun that comes with a real class and an instructor like Tracy who has a great sense of fun. I hope that the programme will continue."

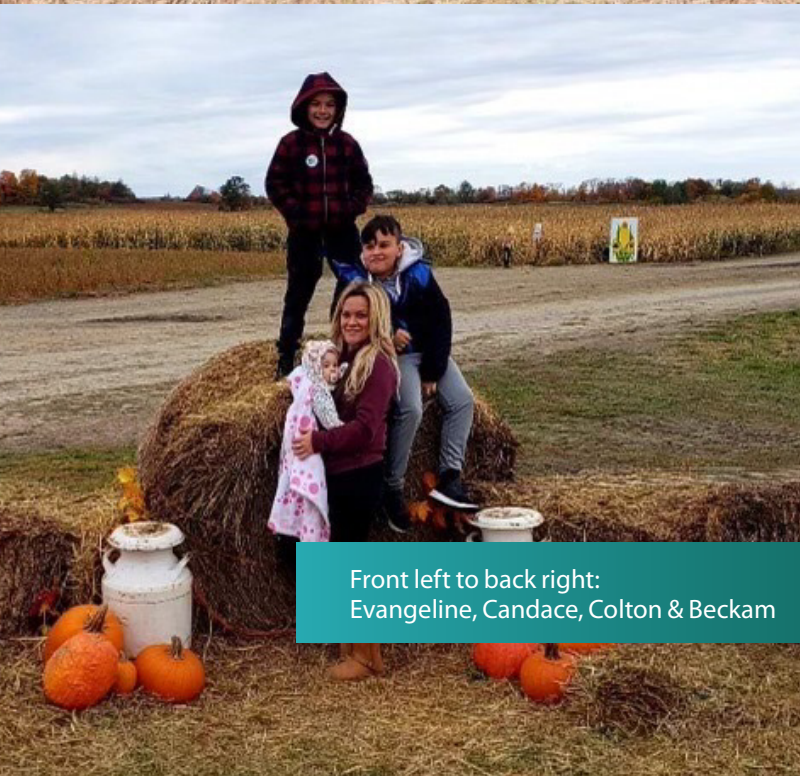
**H.H.**







Colton, Evangeline & Beckham



Front left to back right:  
Evangeline, Candace, Colton & Beckham

## Child Care

### *13 years, 3 kids, 1 Y family*

"We absolutely love it!"

The Bognar children have been with YMCA childcare for 13 years, starting with Colton who came to the Y at one-and-a-half years of age.

He was followed by his brother Beckham, who is now 12, and Evangeline who is three-and-a-half and still at the Y.

"The staff were just wonderful," said Candace Bognar, mom to the three kids. "Colton has autism and the staff were so willing to learn and to adapt programming for him. Community Living came in and worked with the childcare staff who gave him more structure and helped him prepare for integrating into kindergarten when that time came."

Colton attended Arbour Heights and Candace said that low staff turnover was important for him to be comfortable with his carers. He loved snack and play time and the sensory activities that he was provided. Field trips to a farm across the street were pretty special too.

"But the most wonderful part of it and why I was drawn to the Y was because of the centre's integration with seniors," Candace explained. "The kids did crafts with the seniors and seniors read stories to the kids. There was even an 'animal floor'

where some of the residents had pets that the kids could visit. It was amazing."

When it came to choosing childcare for Beckham and Eva, the Y was the first choice.

Candace likes the structure and increased confidence she has with centre-based care. Y childcare staff become second parents to the kids. "Terra potty-trained Beckham! He and Eva just love her."

She added: "Eva is always talking about Terra and Dustin. She loves playing outdoors and sometimes comes home with sparkles on her face or paint on her hands. She's tired at the end of the day so I know she has had a great time."

One of the newer initiatives at Y childcare is the addition of the Weemarkable app. Candace likes how staff upload pictures, which parents and guardians can then download. She appreciates the real-time feedback that staff provide through the app.

Eva will soon be heading off to school, signally the end of an era, but she, like her brothers will leave with a strong foundation of care to set them on their way.



A group of people, mostly young adults, are participating in a team-building exercise in a gymnasium. They are standing in a circle, holding onto a thick black rope. Some are pulling on the rope, while others are clapping or cheering. They are all wearing face masks. In the background, there is a white brick wall with a "ZUMBA fitness" sign and a basketball hoop. The floor is made of light-colored wood.

# Thank you!

Thank you to all our donors and grantors. Your gift provides support to kids, youth, families, adults and seniors in our communities so they can access healthy programs, safe spaces and positive social connections. And in this extraordinary year, your donations to the Y allowed us to re-open in a stronger position than would have been possible without you.

Great care was taken to ensure accuracy of donors who gave in 2021. We apologize for any errors or omissions and ask that you let us know.

*Thank you to our corporate donors!*

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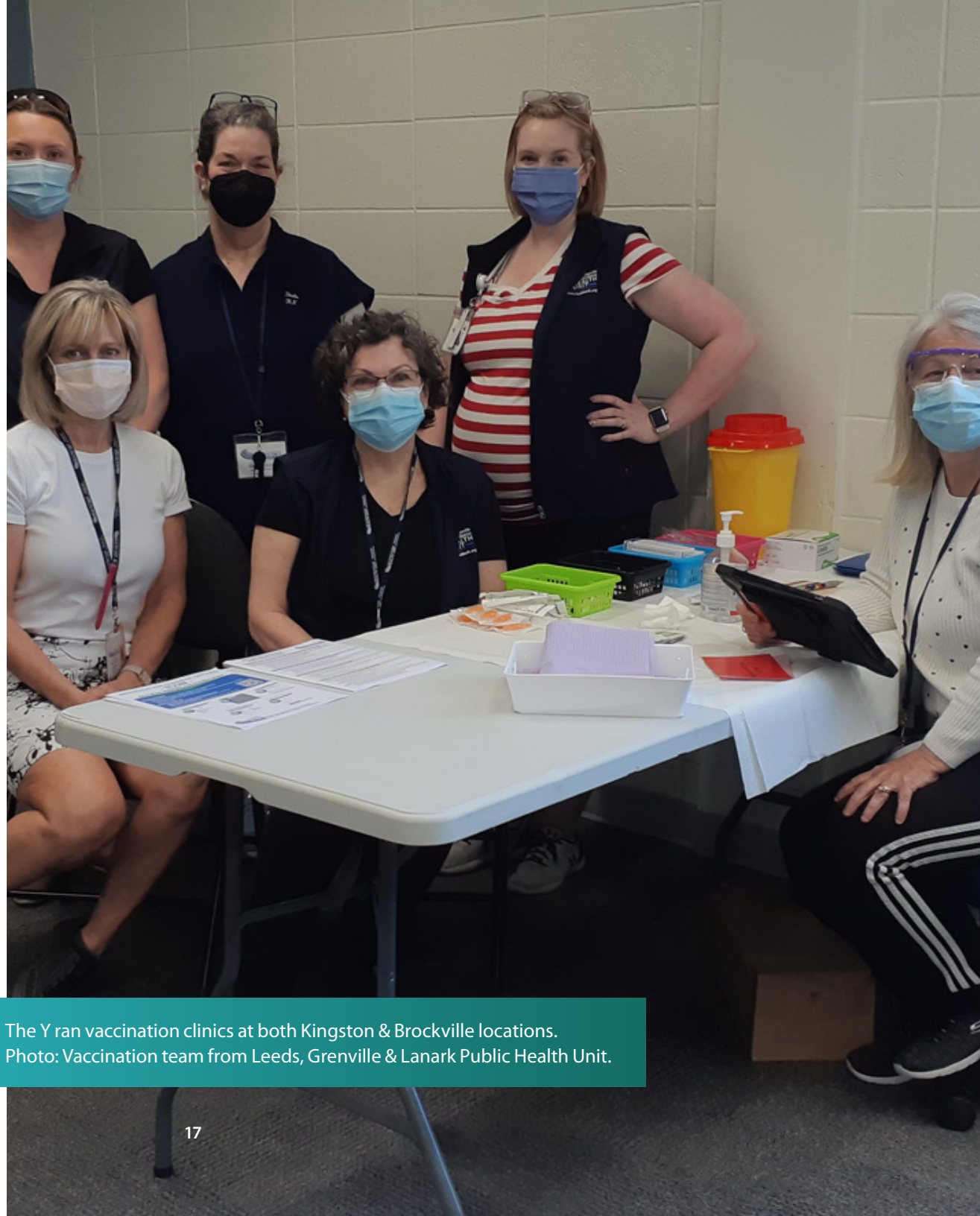
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The Y ran vaccination clinics at both Kingston & Brockville locations.  
Photo: Vaccination team from Leeds, Grenville & Lanark Public Health Unit.

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Maggie O'Connor  
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Brigitte Robinson	Ian Sidders				
	Joan Simpson				



# Financial Statements

## YMCA of Eastern Ontario Statement of Financial Position

December 31	2021	2020
<b>Assets</b>		
<b>Current</b>		
Cash	\$ 441,645	\$ 565,546
Accounts receivable (Note 2)	637,326	402,857
Prepaid expenses	39,139	41,739
	<u>1,118,110</u>	<u>1,010,142</u>
<b>Tangible Capital Assets (Note 3)</b>	<u>6,227,842</u>	<u>6,753,853</u>
	<u>\$ 7,345,952</u>	<u>\$ 7,763,995</u>
<b>Liabilities and Net Assets</b>		
<b>Current</b>		
Bank indebtedness (Note 4)	\$ 225,000	\$ 20,000
Accounts payable and accrued liabilities	543,625	891,364
Amount payable to the City of Kingston	135,260	53,218
Amount payable to United Counties of Leeds and Grenville	56,275	34,386
Deferred contributions (Note 5)	126,248	379,901
Unearned membership and program fees	18,447	22,115
Deferred revenue from St. Lawrence College of Applied Arts & Technology	-	32,515
Current portion of long-term debt (Note 6)	256,644	229,690
	<u>1,361,499</u>	<u>1,663,189</u>
<b>Long-term debt (Note 6)</b>	<u>466,597</u>	<u>652,418</u>
<b>Deferred contributions for tangible capital assets (Note 7)</b>	<u>2,266,431</u>	<u>2,571,169</u>
	<u>4,094,527</u>	<u>4,886,776</u>
<b>Net Assets</b>		
Invested in tangible capital assets	3,238,170	3,300,576
Unrestricted (deficiency)	13,255	(423,357)
	<u>3,251,425</u>	<u>2,877,219</u>
	<u>\$ 7,345,952</u>	<u>\$ 7,763,995</u>

## YMCA of Eastern Ontario Statement of Operations

For the year ended December 31	2021	2020
<b>Revenue</b>		
Licensed child care fees	\$ 1,563,790	\$ 1,029,178
City of Kingston subsidy	1,322,551	742,197
Canada Emergency Wage Subsidy (CEWS)	1,122,705	947,681
United Counties of Leeds and Grenville subsidy	904,469	764,846
Donations and fundraising	688,527	1,012,560
Other grants and sponsorships	678,100	416,796
Memberships	606,914	1,215,281
Amortization of deferred capital contributions	414,695	373,958
Program fees	212,799	209,629
Camp fees	164,098	(504)
St. Lawrence College of Applied Arts & Technology (Schedule 1)	152,464	127,156
Administration fees	67,987	107,993
Interest Income	1,384	6,223
	<u>7,900,483</u>	<u>6,952,994</u>
<b>Expenses</b>		
Advertising and promotion	21,580	36,141
Amortization of tangible capital assets	678,049	661,258
Bad debt expense	5,326	3,093
Insurance	89,843	76,257
Interest and bank charges	59,557	67,254
Interest on long-term debt	36,153	41,361
Management and administrative fees	33,838	52,947
Memberships and licences	121,502	64,776
Office expenses	376,191	227,137
Professional fees	61,602	75,007
Program and childcare supplies	391,556	268,876
Rental	41,396	43,572
Repairs and maintenance	376,637	325,278
Sub-contracts	196,869	119,158
Training and education	9,153	4,421
Travel expenses	33,448	28,142
Utilities	294,253	389,138
Wages and benefits	4,699,324	4,292,680
	<u>7,526,277</u>	<u>6,776,496</u>
<b>Excess of revenues over expenses</b>	<u>\$ 374,206</u>	<u>\$ 176,498</u>



George E. Smith Memorial Fire Truck Pull has become a community favourite with teams raising money for the Y and competing for bragging rights, year-after-year.

YMCA of Eastern Ontario's  
GEORGE E. SMITH MEMORIAL  
**FIRE TRUCK PULL**

in partnership with  
Burnbrae Farms







The YMCA and Providence Care announce their partnership that will usher in a new era of senior living and childcare programs with an agreement to open a Y childcare centre in the new Providence Manor, tentatively opening in summer 2024.





**Above:**

The Y Team at the Kingston Pride Parade.

**To the right:**

This fundraiser organized by supporters of the YMCA of Eastern Ontario in Brockville, raised money for the Y's financial assistance program. Supporters purchased a three-course, chef-created dinner to be delivered directly to their doors.







Jane Hess (Brockville) receives her Peace Medal from Rob Adams for her years of service in health care and with local youth.



Krista Casnig (Kingston) receives her Peace Medal from Rob Adams for 20 years of volunteerism in building peace, inclusion, fairness and cooperation among people from all walks of life.



The Walk, Run & Roll Challenge held in August was another fun event, started to bring people together virtually during the pandemic.





*Thank you!*

To our tremendous staff who have rallied and pivoted over the course of the pandemic to help the YMCA of Eastern Ontario continue to serve our communities. Despite labour shortages and uncertainty, they have showed up and met the challenge. We couldn't have the impact we do without you.