



2024

Shine On

YMCA of Eastern Ontario

# Annual Report

# STATEMENT OF TRUTH & RECONCILIATION

---

*We acknowledge that the work of the YMCA of Eastern Ontario takes place on the lands and waters of the Anishinaabe (Ah-nish-in-ah-bay), Haudenosaunee (Ho-den-o-show-nee), Algonquin and Huron-Wendat people. We are grateful to be able to live, learn and play on these lands.*

*To acknowledge this traditional territory is to acknowledge its significance for the Indigenous Peoples who live and gather here, and whose practices and spiritualities are tied to these lands and waters.*

*Let us also acknowledge the longer history of this territory – a history that predates the establishment of the earliest European colonies. And one that – since colonialism – has been imbued with systemic displacement and harms to First Nation, Metis, and Inuit Peoples. These atrocities caused continual intergenerational trauma that cannot be ignored.*

*We invite you to reflect on this acknowledgement and what you can do – in your own lives, and in the work you do with the YMCA to advance the promise of Truth and Reconciliation.*

# Table of **Contents**

- 01** Letter from our CEO & Board Chair
- 07** Board of Directors & Leadership Team
- 08** Y Stories
- 09** Our Impact
- 16** Donors & Grantors
- 22** Financials



Leading with Vision,

# Igniting Potential

Dear Friends of the  
YMCA of Eastern Ontario,

Reflecting on 2024, we look back on a year of exciting progress for the YMCA of Eastern Ontario. This progress took place in the face of extraordinary change, much of which is beyond our borders, but hits the heart of our communities – the people. Through this, the YMCA of Eastern Ontario remains steadfast in responding to continuing and emerging needs for people in our region with purpose, compassion, and a deep commitment to our mission. In 2024, the team made meaningful strides, guided by the values that define us: inclusiveness, caring, respect, responsibility, and honesty. These principles shape every decision we make and every program we deliver.

This year, we strived to ignite the potential in people and communities across our region. Our Bridge Strategy continues to guide this journey. We Create a Community for Everyone by embedding equity, diversity, and inclusion into our practices, leadership and community engagement. We Forge Purposeful Partnerships with like-minded people, organizations and groups to extend our reach and amplify our collective impact. And by Striving for Excellence, we continue to enhance our operations by investing in our people and fostering a culture of continuous improvement to expand services and deepen our impact across Eastern Ontario.

# LETTER FROM OUR CEO & BOARD CHAIR

## Creating a Community for Everyone

In 2024 our youth programming grew remarkably through the launch of a new program and the expansion of another. The Student Impact Program transitioned to the YMCA in February 2024 through strong partnerships with the Limestone District School Board and the Algonquin and Lakeshore Catholic District School Board. This vital program supports students who benefit from alternative programming during academic suspension. It helps students develop academic and life skills that they need to successfully reintegrate into school and engage with the world around them.

The Alternative Suspension Program continues to grow. It now serves all schools in the Limestone District School Board. Designed for students facing short-term suspensions, the program helps participants build resilience, develop autonomy, and stay engaged with their education. It encourages students to persevere, expand their social networks, and reduce problematic behaviours with the goal of supporting stronger academic and personal outcomes.

During the 2024 holiday season, the YMCA embraced the spirit of generosity. We partnered with Brockville Hyundai to support local families. The Toys for Joy campaign delivered gifts to children who might not receive one, and the Shed Some Joy fundraiser raised vital funds for YMCA programs that promote physical and mental well-being. With the support of local businesses and a generous anonymous donor who matched all contributions, these initiatives demonstrated how our communities benefit when we work together and put compassion first.



The YMCA of Eastern Ontario and Brockville Hyundai are proud to partner for



## LETTER FROM OUR CEO & BOARD CHAIR

---

### Forging Purposeful Partnerships



In the spring of 2024, we proudly launched the YMCA Hearthstone Housing Program, a pilot initiative addressing the critical need for affordable housing in Kingston. Initially in partnership with CaraCo Development Corporation, the City of Kingston, and Tipi Moza, Hearthstone provides transitional housing and culturally sensitive wrap-around supports to individuals working toward stability. Residents not only receive safe and affordable housing, but also access to YMCA programs, life skills workshops, and essential community services. Hearthstone reflects our enduring commitment to supporting vulnerable populations and highlights the power of partnership in tackling urgent social challenges. Since its inception the Hearthstone program has grown to include Lily's Place and Ryandale.

We are equally as proud of our new partnership with the municipality of South Dundas and the launch of Mobile Y fitness classes for seniors in Iroquois and Brinston. Mobile Y brings wellness programming directly to older adults in these rural areas, helping to reduce barriers to physical activity while promoting connection, mobility, and overall well-being. It's a shining example of how thoughtful collaboration can meet people where they are and provide equitable access to healthy living opportunities across Eastern Ontario.

Rob Adams,  
CEO, YMCA of Eastern Ontario

Kristin Smith, Chair, YMCA of Eastern Ontario  
Board of Directors

## Leadership Team

**Rob Adams**  
Chief Executive Officer

**Colleen Gareau**  
Director, Marketing and  
Communications

**Maribeth Graham**  
Director, Finance and IT

**Jill MacDonald**  
Senior Director, Association and Child  
Care Services

**Nelson Perieria**  
Director, Facilities

**Brittiney Poffley**  
Senior Director, Programs and  
Community Impact

**Judy Sakell**  
Director, People Development and  
Employee Wellness

**Emily Wimpenny**  
Director, Regional Operations and  
Programs

## Board of Directors

**Kristin Smith**  
Chair

**Roger Romero**  
Vice Chair

**Mike Gaylord**  
Treasurer

**Elaine Armstrong**  
Secretary

**Charlotte Patterson**  
Past Chair

William Beattie  
Deanna Bennett  
Scott Gee  
Patricia Kerth  
Don Lewis  
Ariel Wambaugh-LaRocque

**Retired in 2024**  
Priti Luhadia  
Susan McAllister, Secretary



TO : ? RE : Housing Experience

Well, I don't know where to start, so I will give you a little self background.

I have always struggled with depression and addiction issues, and those issues have also—as you can imagine—led to being homeless and lonely.

But I finally found a place that I could start my recovery and learn how to live and be happy again. When staff there told me about this opportunity to start this program with the YMCA and CARCACO Homes and the City of Kingston, I really didn't think that it was possible for me (small, unimportant me) lol.

So when I met my new workers (Becky & Brittney) and the rest of the program staff—I was so nervous. But they made me feel like I was a somebody again, and that there are a few people left in this hard-life world who have a big heart and care about people like me.

I didn't think that was possible anymore.

I moved into a brand new and fully furnished apartment (a fridge full of food too!!!). I just about fell over and thought, "I am so lucky," and I am finally going to be able to start a new life again.

Thank God for programs like this one and all the people who have devoted their time and money to create opportunities like this one.

It's just what I've always dreamed of.  
Thanks for everything & gratitude.

- Stuart, Housing Participant

## Success Story: A Grade 12 Student's Journey with YSIP

Over the past year, Kelsi, a Grade 12 student, has shown incredible perseverance and resilience. Since February 2024, Kelsi has been part of the YMCA Student Impact Program (YSIP), demonstrating her determination to succeed.

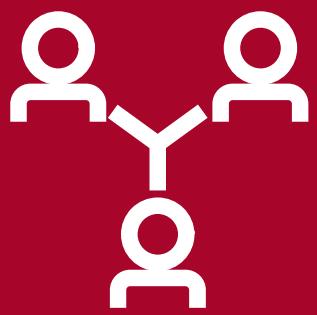
With support from the Limestone District School board and the YMCA of Eastern Ontario, Kelsi has focused on continuing to earn her high school credits while overcoming personal and trauma-based challenges. Kelsi will be the first in her family to earn her high school diploma and apply for post-secondary education. Kelsi has chosen to apply to three Ontario colleges for the Personal Support Worker program. In which, she has been accepted into all three colleges of her choice.

Beyond academics, Kelsi has worked as a Camp Counsellor with the YMCA's Neighbourhood Parks and Recreation Program over the summer of 2024. Through this role Kelsi built strong relationships with the youth who attended the camp, showcasing her natural leadership and inclusivity skills through arts and crafts, physical activity, and group games. This experience developed her professional skills and deepened her connection to the community.

YSIP provided more than just educational support for Kelsi—it became a source of belonging and empowerment. Throughout the year, we've watched Kelsi mature personally and professionally. As she prepares to enter college, we are excited to continue supporting her on her journey and proud of all she has accomplished. Kelsi's story is a true testament to the power of resilience, hard work, and community support.

*"You don't always need a plan. Sometimes you just need to breathe, trust, let go and see what happens"*

*- Mandy Hale, Author*



## **When People Shine, Communities Thrive**

These numbers tell the story of the YMCA's impact in 2024 — moments of care, growth, and connection made possible by community support.



### Early Years & Child Care

*Building strong starts for children and families across Eastern Ontario*

**700**

Families supported with trusted YMCA child care

**900+**

Children received care through YMCA programs

**126,400+**

School-age care days delivered

**300**

Young learners participated in early years development programs

**13**

Licensed home child care providers across our region

**78,000**

Days of child care provided

**94%**

of parents say YMCA child care staff are welcoming and knowledgeable

**91%**

of parents praise school-age care staff for positive relationships





### Youth Engagement & Support

*Creating safe, supportive spaces for youth to connect, grow, and thrive*



**25**

High school credits earned through YMCA Student Impact Program

**3,700**

Teen Night visits

**3,800+**

After School Drop-In visits

**300**

Summer program experiences at the Bermout

**100+**

Students supported through the Alternate Suspension Program

**1,200+**

Youth engaged through the Student Impact Program





### Health, Fitness & Aquatics

*Promoting wellness, confidence, and inclusion for all ages and abilities*

**19,000**

YMCA members

**37,500+**

Swim lesson days delivered

**400+**

Aquatic leadership certifications earned — developing future lifeguards and role models

**528,000+**

Visits to YMCA facilities

**31,800**

Total Summer Camp days delivered

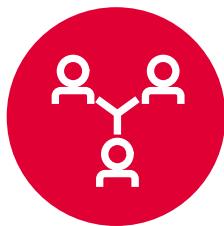


1 in 4 members received financial assistance to access programs



1 in 3 campers received financial assistance to access programs





# Community & Social Impact

*Fostering belonging and resilience across our communities*

Days of safe housing provided

**2,000+**

Wellness classes delivered for rural seniors

**300**

Local community partners working with us to spark change

**70**

Communities connected through YMCA services

**10**



**30,000+**

Meals served to kids and teens



## OUR IMPACT



## Sparking Belonging

*Connecting Communities*

The YMCA of Eastern Ontario is proud to serve and support the vibrant communities we call home. Whether through child care, employment programs, health, fitness & aquatics, or community outreach, we help individuals and families shine – because when one of us shines, we all do.



# 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.

Great care was taken to ensure accuracy of donors who gave in 2024. We apologize for any errors or omissions and ask that you let us know.

## DONORS & GRANTORS

---

Palladium

**\$50,000+**

**Beatty Family Charitable Foundation Inc.**

**Foundation of the YMCA of Eastern Ontario**

**Kinsmen Club of Kingston Dream Home Lottery**

**Brockville Hyundai**

**Platinum**

**\$10,000+**

up to \$49,999

Anonymous - 1

Bell Media, Move 104.9 Bounce 103.7

Britton Smith Foundation

Canarm Ltd.

May Court Club of Brockville

McDonald's RKJL Foods Ltd.

The Estate of Larry G. Gibson

**Gold**

**\$5,000+**

up to \$9,999

Burnbrae Farms Limited

City of Kingston

Northern Cables Inc.

Orogenic Inc.

## DONORS & GRANTORS

---

### Silver

# \$1,000+

up to \$4,999

Apex Logistics Inc.  
BGC Funding Innovation Inc.  
Benevity Online Giving Foundation  
Bird Richard  
Burnbrae Farms Foundation  
Carefree Pools  
Chromatographic Specialities Inc.  
DCE Media Productions  
Eurofins/ EnvironeX  
Fondation Suzanne et Jean-Robert LeClerc  
G.Tackaberry and Sons Construction Company Ltd.  
Gill Ratcliffe Foundation  
JCA Electric (2844256 Ontario Limited)  
Kingston Frontenace Rotary Club  
Kriska Holdings Limited  
McDougall Insurance Brokers Ltd.  
McKinley Hatchery (St. Mary's) Limited  
MicroAge Kingston  
Neighbourhood Sharing Centre  
Norbec Architectural Inc.  
Pricedex Software Inc.  
R & M Mechanical (2498090 Ontario Limited)  
RBC Foundation  
Sani Marc Inc  
St. Lawrence Pools (1995) Limited  
Steinbach Feeds  
Stonehenge Industries Inc.  
Strategic Charitable Giving Foundation  
- Mcphee Family Fund  
Taylortech HVAC Limited  
The Hudson Burnbrae Foundation  
The KPMG Foundation  
Vencomatic Group

### Bronze

# \$1+

up to \$999

Archer's Poultry Farm Limited  
Axens Canada  
Brown's Fine Foods Services Inc.  
Charities Aid Foundation Canada  
Clark AG Systems Ltd.  
Clark's Poultry Inc.  
Couvoir Ovo Inc. Boire & Freres  
Crossroads United Church  
Curtainsider Inc.  
DCL Nutrition & Sante Animale Inc.  
Dr. Dilpreet Sidhu Dentistry  
Eastern Ontario Karate Association  
European Roofing & Sheet Metal  
Fotenn Consultants  
Fuel Transport Inc.  
Glass-Pac  
Greenshield Pest Control  
Guelph Poultry Veterinary Services  
Professional Corporation  
Hendry Warren LLP  
King's Town Trekkers Volkssport Club  
Kinsmen Club of Brockville  
Layer 8 Solutions  
Lovers at Work Office Furniture  
MacEwen Agricentre Inc.  
Masterfeeds LP  
Mazurek Financial Services Ltd.  
Miracle Maids (Brockville) Inc.  
National Public Relations  
Newterra Ltd.  
Parish of the St. Lawrence Anglican  
Church Women  
Pastime Trucking Ltd.  
Princess St. United Church Benevolent Fund  
Riverview Prescott Landscape Limited  
Supplement King, Brockville  
T.A. Andre & Sons (Ontario) Ltd  
TD Wealth Private Giving Fund Talbot  
- Allan Family Fund  
Taste Media  
Trouw Nutrition Canada Inc.  
United Way East Ontario  
United Way of Kingston, Frontenac  
Lennox & Addington

*Thank you!*

# Grants

Community Foundation  
of Kingston and Area  
Government of Canada  
Healthy Eating Better Living  
NHL Grant  
Ontario Trillium Foundation Grant  
Red Cross Community Services  
Recovery Fund  
The Davies Charitable Foundation Inc.  
The Sandbox Project  
United Way of Leeds & Grenville  
United Way of Kingston, Frontenac,  
Lennox & Addington

## Donations in Honour of

Eric Bogstad  
Nalani, Josiah & Hannah Ebinu  
Joy McNevin  
Ron McPhee  
Ed Rock

## Donations in Memory of

Carl Chwalek  
Paul F. Fournier  
Catharine Adams Gates  
June Carol Gilbert  
Jack Grenville  
Isobel Macdonell  
Lucas Martin  
George E. Smith  
Rene Tyo

*Thank you!*

# Individual Donors

Anonymous - 9	Ada Chambers	Linda Fitzgerald	Mark Kelley
Rob Adams	Danielle Charbonneau	Crystal Fitzpatrick	Matthew Kelsey
Doris Adams	Jenna Charman	Adam Fitzsimmons	Marian Kendrick
Ahmed Alsayed	Valerie Cherrey	Audrey Fournier	Terry Kennedy
Gary Allan	Margaret Childerhose	William & Brenda Fraser	Patricia Kerth
Christine Antler	Edward Chown	Michael Gaylord	Peter Kingston
Patricia Appleyard	Margrit Choy	Scott Gee	Barbara Kirouac
Elaine Armstrong	Cornelie Chu	James Gilbert	Brian Kloosterman
Michelle Arsenault & Jim MacDonald	Maggie Clark-Lamarche	Andrew Gladstone	Mary Kloosterman
Lorraine Arthur	Maria Clarke-Wimpenny	Lianne Glendinning	Jaden Knelsen
Farshad Babadi	David Cohen	Wayne & Nancy Gollogly	Melody Knott
Beverley Barr	Eloise Coleman	Phillip Gooch	Amanda Labuckas
Willa Baynard	Francis Condron	Kim & Brian Grady	Francois Lafond
William (Bill) Beattie	John Cull	Donald Graves	Laura Lake
David & Anne Beatty	Pamela Cullen-Anderson	John Grenville	Marie Lamont
John Beddows	Christopher Dang	Anya Hageman	Rhys Larry
Mary Begg	Robert Davis	Lee Hanes	David Latour
Ron Bell	Diana Deakin-Thomas	Jan Hartgerink	Margaret Lauridsen
Deanna Bennett	Gerry Deanike	Carroll Hartry	Evelyne Laurin
Brian Berghuis	Len DeRyke	Pam Havery	Angela Leeder
Derek Berghuis	Mario Desforges	Brenda Haystead	Rene Lemieux
Francesca Bergschneider	Sandra Devaney	Cynthia Helsby	Philippe Lepage
Taj Bevan	Jessica Dixie	Judy Henry	Don Lewis
Darla Bodnarchuk	Eileen Doner	Sandra Herman	Michael Lewis
Eric Bogstad	Claire Dougall	Elizabeth Hill	Eva Loewen-Samuels
David Bolger	Linda Dougall	Judy Hoang	Larry Lunman
Andrea Bolton	Donna Doyle	Roger Hodgkinson	Anne Lusby
Jim Bracken	Leslie Drynan	Kathryn Hodgson-Gupta	Cindy Lusick
Maureen Bradley	Maeghan Dubois	Spencer Horton	Jill MacDonald
Roxanne Broer	Lynn Ducharme	Cheryl & Gordon Hough	Judith MacDonald
Anne Brunner	Dwayne & Jo Anne Dudgeon	Anna & Henry Hudson	Kathy MacDonald
Bernie Burns	Lesley Dunning	Helen Anne Hudson	Giselle MacNeil
Brant Burrow	Sandra Durant	Margaret Hudson	Kelly Manning
Winhara Burrow	Evan Eastwood	Lola Hulton	Mary & Colman Mansworth
Cameron Butler	Benard Ebinu	Craig Hunter	Francois Marceau
Christopher Butler	Kari Elliott	David Hunter	Barbara Mason
Sarah Calleia	Margaret Elliott	Kathy Innes	Tom
Barry Campbell	Moustafa Elshamy	Susan Irving	Mastrodimitopoulos
Carlos Cancino	Christine Escoffery	Sameena Iqbal	George Mather
Angela Carley	James Fairfield	Pierrette Janzen	Peter Mattson
Anita Carley	Todd Fecteau	Joyce and Dave Jarvis	Bailey McBride
Karen (Michele) Carragher	Stephanie Feltmate	Sandra Jarzylo	Debbie McDonald
Stanley Robert (Bob) Castle	Kim Ferguson	Anne Jay	Reid McDougall
Angie Catano	Carole Ferris	Dusty Johnston	Ian & Mary Jean McFall
	Joan Findlay	Josh Jonker	William McFall
	Mark Firth	Katherine Jubenville	
		Candace Kaine	

*Thank you!*

# Individual Donors

Neil McFeely	Adam Pye	Kathleen U'ren-Taylor
Stephen McGlade	Dave Riddell	Nancy Van Ulden
Gerald McGrath	Cynthia Rigby	Jane Vander Baaren
Brent & Miriam McIntyre	Kudzai Riva	Richard VanLaren
Janet McKelvey	Courtney Rock	Marc Varin
Katie McKinnon	Roger Romero	Lan Vu
Christine McLaughlin	Jim & Norma Sabourin	John Waddington
Erica McMaster	Gloria Saccon	Paula Walsh
Nigel McMillan	Judy Sakell	Ariel Wambaugh
Neil & Karin McVean	Paul Sargeant	-LaRocque
Dayna Meredith	Yvon Schinck	Gary Washburn
Susan Miklas	Matthew Schokking	Steve Watt
Dominique Monet	Kia Schollar	John White
Fiona Montgomery	Dennis Scott	Rebecca Wiens
Doug Moore	Marjorie Seaman	William & Kelley
Elsbeth Morgan	Jennifer & Steve Sechi	Williams
Shelley J. Morley	Gauri Shankar	Aaltje Wilson
Linda Morris	Donald Sheppard	Cory Wilson
H. Doreen Morrison	Sonal Shewaramani	Emily Wimpenny
Andrew Morton	Peter Shragine	Reilly Wimpenny
Melissa Murray	Campbell Ian Sidders	Matt Wren
Richard Myers	Denis Simard	Sarah Wright
Jenn Nadolny	Samantha Sirois	
Cameron Nevay	Al and Debbie Smith	
David Nichols	David & Betty Smith	
Brian Normandin	Dianne Smith	
Mark & Barbara Norton	Jean Smith	
Derek O'Brien	Kristin Smith	
Ken Parr	Michael Smith	
John Pattemore	Reginald Smith	
Karen Pattemore	Robert Smith	
Charlotte Patterson	Marko Stakic	
Emily Patterson	Margaret Storrier	
Harold and Judy Pearson	Tania Stover	
Nancy Peckford	Shar Subasantha	
Nelson Pereira	Karen & Ronley	
Robert Pereira	Sutherland	
Luc Philippe	Jake Johnson Sy	
Helen Phillips	Ruby Syropiatko	
Jennifer Pickman	Shawna Tackaberry	
Brandon Pilch	-Carleton	
Nancy Pilote	Diana Tallman	
Tony Piovesan	The Estate of Marion	
Brittiney Poffley	Norine Summerby	
Linda Popple	Sylvie Thibert	
David & Judy Publow	Carrie Thompson	

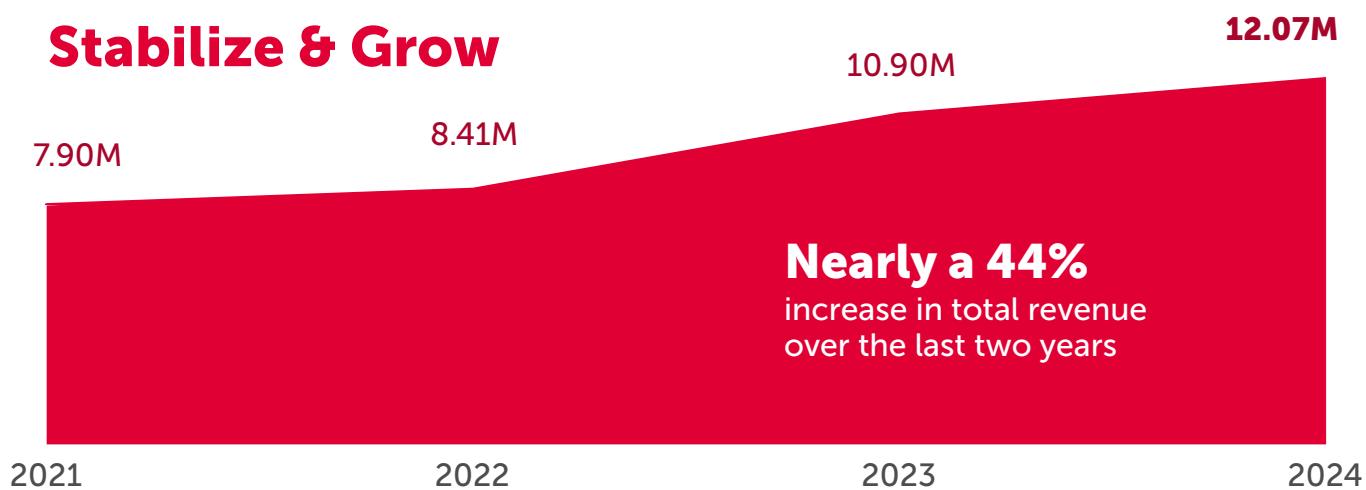


## Strength in Numbers

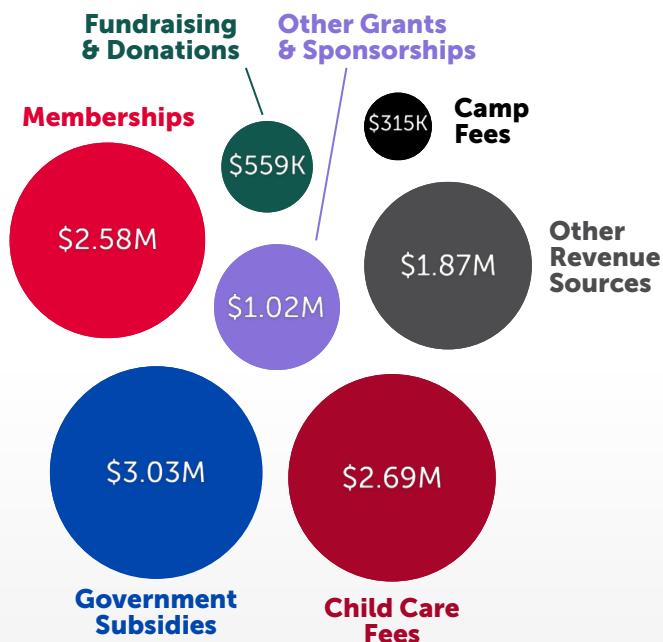
Tracking your dollars at  
work in our communities.

## OUR FINANCIALS

### Stabilize & Grow

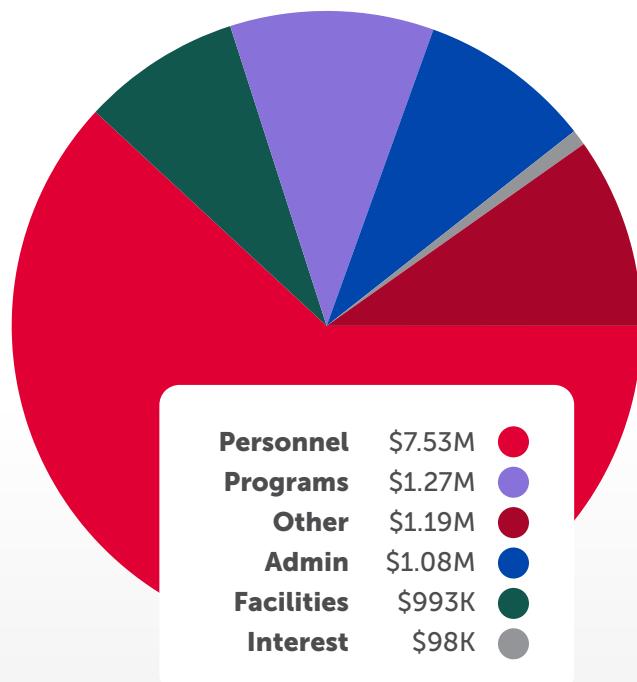


### Where Support Comes From Revenue by Source



**Total Revenue** \$12.07M

### Where Your Money Goes Expenses



**Total Expenses** \$12.17M

**Brockville**

345 Park Street, Brockville

613-342-7961

brk.membership@eo.ymca.ca

**Kingston**

100 Wright Crescent, Kingston

613-546-2647

kng.membership@eo.ymca.ca

**St. Lawrence College**

100 Portsmouth Avenue, Kingston

613-545-3939

**Kingston East Community Centre**

779 Highway 15

613-546-4291 ext 1907



Charitable Registration No.: 10822-5418-RR0001