STRONG COMMUNITIES HAVE GREAT Y’S.

2018 ANNUAL REPORT

- 4,235 Y Members
- 489 Volunteers including 41 youth
- 900 Active Older Adults Enjoyed Our Programs
- 75 Youth Served in Childcare
- 332 Summer Day Campers
- 16,000 Participants joined in 40 Weekly Fitness and Aquatic Classes
- 275 1st Graders Learned Swim Safety
- 60 Community Collaborations & Partnerships

16,000 participants joined in 40 weekly fitness and aquatic classes.
Hello Friends!

We’re excited to share Waldo County YMCA’s 2018 Annual Report and tell you more about what we accomplished in 2018. The Board of Directors is committed to our core values of Caring, Honesty, Respect and Responsibility and believe this is evidenced through the programs and services we provide to the community.

Highlights of 2018: We are proud to have over 480 volunteers and 4,200 active members! We provided programs tailored to the school year including Pre-School, Bus Stop Care, Teen Access, Water Safety for 1st Grade Students, in addition to sports programs and summer day camp that served almost 350 campers!

We completed and dedicated the Dale Cross “Y Without Walls Pavilion” (without debt!) and established a Dale Cross Summer Camp Scholarship Fund to commemorate the retirement of Dale Cross in August. In September, we hired Stephanie Feist as the new CEO for the Waldo County YMCA and turned our attention to developing and maintaining strong community collaborations.

Shortly after becoming part of the Waldo County Y staff in September it quickly became apparent that there is ALWAYS a lot going on at our Y to serve the entire community. Our year round programming includes thriving active adult activities, trips and luncheons serving 100 seniors from our community every month. We also have a wide variety of fitness classes and adult sports leagues.

Our Y is full of opportunities for people to connect establishing friendships new or rekindled. Family is a big part of our Y and it’s always fun to recognize the connections from one generation to the next. Many adults grew up throughout the evolution of our Y from community based programming through two phases of completing our facility. They are now bringing their children in to be part of all the Waldo County Y has to offer.

Our Y seeks to be a community where all can explore and reach their full potential. As we look towards the future, we are building on our strong foundation by expanding and strengthening our current collaborative efforts as well as seeking new connections to serve those who call Waldo County home.

Julie Morse, CVO

Stephanie Feist, CEO
Emma and Anna’s Story
Age 5

Anna and Emma joined our Little Learners Preschool five weeks into the school year. They had recently been removed from a tumultuous home life and were now living with their father and step-mother. As a new family they needed an affordable, nurturing, quality program. Attending our preschool allowed the parents to work as they adjusted to their new lives together. These children needed structure, support and love to help them overcome their recent past.

They faced very real and challenging struggles having come from a life with little contact with others. Emotional and disruptive outbursts from being overly stimulated were common. Our preschool staff, with the support of our entire staff, worked daily to help quickly transform Anna & Emma into happy, playful and engaged children. A few weeks after they came to us everyone began noticing positive signs. Each morning when they came through the front doors they would call out “good morning, we’re here!” Laughing and smiling they were excited about each new day. They wanted to share their joy with everyone including our morning members in the lobby. This experience has touched the hearts of so many who witnessed the twins when they first arrived.

In fall of 2019 the family will be moving and beginning school in a new community. Our staff, although sad to see them go, have the great satisfaction of knowing that our Y community has given them a solid foundation on which to build the rest of their lives.

Myrna, Mary, Carmen and Barbara’s Story

The Y I brings people together to discover programs and activities that do more than promote better health - they strengthen the bonds of community. Just like this group of friends who meet up several times each week in our Lifetime Fitness and have taken their friendship outside the Y. No doubt they will do this for years to come!

I have met up with so many friends at our class that I never had before. The number has grown so much that we’re having less elbow room when we meet up for what we jokingly refer to as our “happy hour”. HAHAHA! Lifetime Fitness with Tamera is the best!

– Barbara (pictured right)
Wyatt and Richard began working together in March of 2018. They are very active hiking, beach combing and volunteering at Meals on Wheels, the Knox County Soup Kitchen and sorting the recycling at the Belfast Library. Wyatt also enjoys swimming, so three days each week he and Richard swim for more than two hours at our Tom & Sally Savage Pool Complex.

On Wyatt’s very first visit he swam an impressive 24 lengths. He has progressed to an average of 120 lengths, which equals 1.8 miles of swimming, on each visit. They celebrate each completed length with a high five and by slapping the side of the pool. Wyatt’s personal best is 130 lengths in one day. To date this year, Wyatt has officially logged more than 123 miles, far surpassing the distance required to be recognized as part of our 100 Mile Swim Club. Richard, his case manager Sheila from Coast Opportunities, and Wyatt decided that his goal for this year will be 200 miles. We all fully expect him to reach his goal by the end of the year.

According to Richard, since working together, Wyatt has become more patient and his communication skills continue to improve daily. His face lights up as he enters the pool and he smiles the whole time that he swims. Our Y members and staff welcome and support his progress.

Angelica’s Story
Age 43

I decided to become stay at home mom in August of 2013 after having my first child. March of 2016, I was feeling like my world revolved around being a Mom. I wanted to have some adult/me time and had heard how much people liked doing Zumba® so I decided to try the Friday night class at the Y.

At my first class everyone was very welcoming and encouraged me through my frustrations. I decided to come back and try it again and by the third week I felt it was something I could definitely do. I attended a true “Zumba event” with a group from the Y and saw first hand that clearly Zumba is for every shape, age and gender.

As my daughter began attending school, I added Cardio Step, Cardio Fusion, another Zumba class and most recently Dynamic Definition to my schedule. Taking these classes made me want to pay forward the encouragement others had given me when I started. I learned about Zumba Kids and decided to become an instructor. Having a child who, like me, did not enjoy regular fitness, I thought she and others might enjoy the dance/game structure of Zumba Kids.

Without any local trainings it was challenging. I attended a basic B1 Zumba training where the instructor put me in touch with the local kids instructor. I found a course in Connecticut and after the first training was cancelled I was finally a certified in the fall of 2018. With Tamera’s encouragement and the support of the Y staff, (especially Jen and Faith) I started teaching the preschoolers and Bus Stop After Care kids in January of 2019.

It has been a fun experience which has led me to explore more things. The newest thing is getting my Aqua Zumba license so that a new group can experience the joy of Zumba this coming fall. The wonderful staff and members at the Y have helped me become a much happier, healthier (and a bit thinner) person. This Y definitely knows how to make people feel welcome.
39th Annual St. George River Race had 170 paddlers in 108 boats.
45th Annual Passy River Race had 140 paddlers in 88 boats.

Healthy Kids Day® was filled with children’s games and activities to inspire creativity & being unplugged during the summer to over 250 individuals.

We celebrated Dale Cross’s 34 years of service to this Y community with a dedication of the Dale Cross “Y without Walls Pavilion”.

Special Olympics had more than 100 swimmers from Waldo & Knox Counties with more than 50 volunteers from local Law Enforcement & Schools.

Nearly 300 first grader’s learned valuable Safety Around Water skills with the Bert G. & Coral B. Clifford 1st Grade Swim Safety Program. 2,200 have completed the program since it began in 2010.

The Pancake Triple Stack 1 mile Family Fun Run had more than 50 children and almost 30 were from our Bus Stop After Care Running Club.

16th Annual Golf Fore Kids raised $6,500 for our Financial Assistance Program.
Summer Camp was the Best Summer Ever for nearly 350 campers. In collaboration with RSU 71 we served 2,169 bagged lunches.

2017/2018 Bluefish Splash-A-Thon raised $9,100 by more than 60 swimmers swimming 102 miles.

We joined over 400 community volunteers for the 1st Keeping Belfast Beautiful Roadside Clean Up removing 4.5 tons of trash.

Collected & distributed Back to School Supplies throughout Waldo County in collaboration with WCGH & Belfast Rotary.

Little Learners Preschool was full with 25 active students.

Halloween at the Y saw more than 500 people at our Big Top Circus party.
More than 100 supporters, Board of Directors & Staff celebrated another amazing year at our Annual Holiday Social.

2017/2018 Bluefish sent nearly 90 Swimmers to the State Swim Meet in Orono, seven went on to the New England Swim Meet & one qualified for the National Meet in Washington D.C.

The Pancake Triple Stack Road Race had 63 runners compete in the 5K and 10K with more than 50 volunteers.

The Pancake Triple Stack Road Race had 63 runners compete in the 5K and 10K with more than 50 volunteers.

32 teams traveled from around the state to compete in our Lion’s Den Youth Basketball Classic Tournament over the course of two weekends.

12 Monthly Luncheons serving nearly 1,200 Active Older Adults.

Nearly 550 Active Older Adults participated in 18 trips and 19 creative activities.
**Revenue**

- Membership: $1,021,525
- Programs: $523,486
- Contributions: $156,897
- Grants: $56,400
- Other Income: $57,735

Total Revenue: $1,816,025

**Expense**

- Salaries & Benefits: $1,075,601
- Depreciation: $302,899
- Occupancy: $172,651
- Programs & Supplies: $165,576
- Facilities & Contract Services: $162,092
- Grants (Financial Assistance): $113,092
- Other: $50,795

Total Expense: $2,042,706

**Members by Age 2018**

- Total: 4,235
- 65 & Up: 1,152 (27%)
- 55 - 64: 489 (11%)
- 30 - 54: 1,146 (27%)
- 18 - 29: 514 (12%)
- 12 - 17: 429 (10%)
- 6 - 11: 429 (10%)
- 0 - 5: 172 (4%)

Total Members: 3,174 Adults, 1,058 Youth
2018 - 2019 BOARD of DIRECTORS
Julie Morse, Chief Volunteer Officer, Swanville
Chris Coleman, Vice Chief Volunteer Officer, Belfast
Joyce Sirota, Secretary, Searsmont
Jayne Crosby-Giles, Treasurer, Belfast

Dorothy Alling, Searsport
Alex Allmayer-Beck, Belfast
Brian Beaulieu, Northport
John Carrick, Belfast
Lisa Chase, Searsmont
Kevin Coombs, Belfast
Paul Doody, Northport
Greg Dutch, Belfast
David Flanagan, Appleton, Honorary
Don Hoenig, Belfast
Dan Horton, Swanville
Edith Konesni, Belfast
Marcia Ladd Spears, Belfast
Denise Lindahl, Northport
Richard Marsden, Swanville
Thomas Maycock, Belfast
Michelle Morrow, Belfast
Ryan Otis, Belfast
Krista Ottman, Morrill
Jim Peary, Jackson
Jeff Rauch, Belfast
Alex Turner, Belfast
Bob Winslow, Belfast

THANK YOU TO ALL OF OUR GENEROUS DONORS & COMMUNITY SPONSORS.
BECAUSE OF YOU, WE RAISED MORE THAN $105,000 FOR OUR FINANCIAL ASSISTANCE PROGRAM HELPING MORE THAN 500 INDIVIDUALS & FAMILIES.

PROFESSIONAL STAFF
Stephanie Feist, CEO
Karen Varney, Senior Program Director
Bruce Osgood, Membership Director
Sue Lapham, Administrative Asst./AOA Coordinator
Tamera Blades, Fitness Director
Faith Boynton, Childcare Coordinator
Amanda Cunningham, Community Coordinator
Jen Johnson, Preschool Teacher
Jan McIntyre, Membership Services
Tyler Miles, Youth Sports & Teens
Sophie Pfander, Adult Sports & Fitness Assistant
Michael Scott, Finance Manager
Dennis Remillard, Facility Maintenance Manager
Sandi Roman, Teens & Babysitting
Carolyn Steeves, Aquatics Director
Eryn Thostenson, Assistant Aquatics Director
Kristen Van de Geer, Adult Sports & Teens

Waldo County YMCA
157 Lincolnville Avenue, Belfast, Maine 04915
207.338.4598 www.waldocountyymca.org