BOARD OF TRUSTEES

The Boothbay Region YMCA is governed by a volunteer Board of Trustees who are charged with making sure the Y is always in a position to help the people in our community by providing programs that support our goals of youth development, healthy living, and social responsibility.

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MISSION STATEMENT:
To strengthen individuals, families, and the community, guided by Christian principles including the universal values of Caring, Honesty, Respect, and Responsibility through programs that will build a healthy spirit, mind, and body for all.

A MESSAGE FROM OUR LEADERSHIP

Dear Friends,

We are proud to share the Boothbay Region YMCA’s 2019 Community Impact Report with you, and what a year it has been! The year 2019 brought both accomplishments and adventure as we worked with you to respond to the ever-changing needs of our region. Through it all, your support has helped us ensure that, together, we can make a long-lasting impact in our community.

*The Y Feeds Kids* meal program launched with the goal of reducing food insecurity on the peninsula. The Y partnered with AOS98 and Healthy Lincoln County to provide nutritious, healthy meals to anyone under age 18 on weekends and during school vacations. Supplementing meals when kids aren’t able to access their school feeding program is filling a community need that would otherwise go unaddressed. In the midst of COVID-19, the importance of keeping families fed is even clearer, and the Y believes that no child should go hungry, no matter the circumstances.

The development of an arts and early literacy program has been an important addition to our Harbor Montessori & Child Enrichment Center. This program aims to incorporate Maine’s Kindergarten Readiness Standards into an interactive world of art exploration. Children at the center work on vocabulary, phonics, letter recognition, and the development of fine motor and social skills, all while expressing themselves creatively!

Camp Knickerbocker’s new waterfront pavilion will significantly increase our capacity to deliver quality camp services to the young people of our region. New camp director, Erin Gray, has updated the curriculum and programming to best reflect the needs and interests of campers. Children will be empowered to create their daily schedule and attain ascending levels of mastery in the areas of their choosing.

Integrating Rock Steady Boxing and Pedaling for Parkinson’s programs have helped us reach an underserved population that needs the Y’s support. Healthy Living signature programs like LIVESTRONG® at the YMCA and our Diabetes Prevention Program are a few examples of how the Y supports the wellness goals of our community.

As we move forward into 2020, the Y will continue to collaborate with area stakeholders to further our mission of healthy living, social responsibility, and youth development. The need for togetherness is more vital than ever, and we’re so grateful for your ongoing support.

Boothbay Region YMCA Executive Director

Andy Hamblett

Jonathan Tindal
BRYMCA Board Chair

First National Bank

Dead River Company

J. Edward Knight

Knickerbocker Group

BOOTHBAY REGION YMCA
LITERACY DEVELOPMENT AND SUMMER READING

Literacy development begins early in life, and reading and language skills are foundational to all other learning. Literacy includes listening, speaking, reading, and writing. In 2019, support from two foundations enabled the Y’s Harbor Montessori School and Child Enrichment Center to add new programs to develop literacy skills in young children.

The summer reading program, funded by a grant from the Dollar General Literacy Foundation, ran for 10 weeks and focused on developing literacy skills in pre-schoolers. The grant provided funds to purchase books for the classroom as well as materials to help teachers engage young children in building vocabulary, letter sounds, sequencing, and retelling skills. Each week, a family literacy kit went home that included a book and an activity based on the theme of the week, helping children build their personal library and engaging families in supporting the development of literacy at home.

In the fall, the center kicked off an arts-based literacy program, funded by a two-year grant from the Chester and Muriel Dawes Charitable Foundation. This innovative program integrates the arts into the classroom to teach key early literacy skills. Using drama, music, movement, and art to engage young minds, children receive daily literacy instruction to build proficiency in reading and writing. Throughout the year, we measure the growth of each child as they progress toward mastering the state’s Kindergarten Readiness Standards.

Quality early childhood education programs like these instill a love of learning and support the intellectual, physical, social, and emotional development of young children. The Y is grateful to partner with these two foundations to cultivate growth in these learners!

PARTNERSHIPS TO SERVE YOUTH

In 2019, the Y partnered with the Boothbay Harbor Rotary Club to add a gardening component to the Fit Kids afterschool program. With a goal of reducing food insecurity on the peninsula, the Rotary Club and Rotary International provided funds to support youth gardening initiatives including building raised beds and planting blueberry bushes in the outdoor amphitheater. Throughout the fall, local Rotarians volunteered on Tuesday afternoons to work with the Fit Kids group. As spring planting time arrives, work on the garden, raised beds, and blueberry planting will resume. This project is teaching these Kindergarten through 5th grade students how to grow and harvest their own healthy food. More importantly, it’s teaching them the power of partnership as our Rotarians invest their time and energy into this project.

In 2016, a generous donor funded the Y’s high school initiative – a program that ensures that every high school student on the peninsula has a Y membership. Through this initiative, the Y provides a safe place for teens after school and on weekends, holidays, and during school vacations. The initiative also allows the high school to utilize our facilities with their athletes and physical education students during the school day. In inclement weather, you’ll find the cross-country team training on the indoor track or runners practicing hurdles on the edge of the field house floor. What began as the desire of one donor to give back to our community and to remove barriers for area youth, has become a model program that allows the Y to leverage our facilities to the benefit of our region.

A committed group of parents of middle school youth approached the Y in the fall of 2019 about partnering to offer programming for 6-8 grade students. While no funding exists for this program at this time, the parents have worked with the Y to offer a series of organized activities on Wednesday afternoons as well as regular teen nights at the Y that are organized and supervised by parents. This is a great example of working together to create new programs and services when resources are lean. On average, 25-35 youth attend the evening events, providing a safe place for entertainment and fun at an age where socialization is critically important.
EVIDENCE BASED HEALTH INITIATIVES AND CYCLING

Every year, the Boothbay Region YMCA uses member feedback and community health data to identify the healthy living needs of our region. As battling chronic disease is always high on the list, the Y now offers nine Evidence-Based Health Initiatives (EBHIs). These include programs that support those recovering from cancer, battling Parkinson’s disease, managing arthritis, preventing diabetes, and reducing the risk of heart disease. Each program is run differently, but all are designed to show how far you’ve come on your journey to health with the Y. Not only can you see physical changes, but these programs are also proven to help with social engagement, nutrition, and an overall sense of well-being. The YMCA of the USA provides grant funding to launch many of these programs. We also have several donors whose generosity brings new EBHIs to our community and sustains our work.

In 2019, two significant gifts propelled our cycling studio to the next level. First, the Boothbay Harbor Country Club donated six top-of-the-line LifeFitness bikes to the Y. Second, the Manuel Gordon Foundation provided funding for the Y to purchase eight additional bikes. This equipment has elevated our cycling program and is helping us add several additional classes and programs including Pedaling for Parkinson’s and Triathlon Training.

Late in the year, we received word that the Snider Foundation would be providing a significant gift to the Y in honor of the late Myrna Snider. Myrna was a cycling enthusiast who helped raise support to purchase the previous bikes in the studio. We are thrilled to have her memory honored in this way as a new generation of cyclists are inspired.
THE BRYMCA’S ROLE IN ADDRESSING REGIONAL FOOD INSECURITY

There are an estimated 4,850 people in Lincoln County living below the poverty line. In the Boothbay Region, the rate of school-age children eligible for free and reduced lunch sits at over 50% of students. Research suggests that food insecurity is linked to poor academic performance, underdeveloped social skills, and life-long health effects including developmental and physical delays, poor mental health, and obesity. Families buying food on a tight budget often purchase foods that are higher in calories, fats, and sugars, rather than healthier, more expensive options.

In a community with as much capacity and generosity as ours, it’s vital that we ensure that families have access to adequate healthy food. That’s why the Boothbay Region YMCA has teamed up with the area’s most dedicated organizations with the goal of eliminating food insecurity on the peninsula. The BRYMCA and Camp Knickerbocker have been long-standing sites for Healthy Lincoln County’s summer meals program. This program provides nutritious meals to kids who might otherwise go hungry during the summer months. Additional partnerships with the Boothbay Region Community Resource Council, Boothbay Region Food Pantry, Veggies to Table, Twin Village Farms, area churches, and more are making a lasting impact in ensuring that area families are fed.

In 2019, the Y received $27,500 in grant funding to expand our feeding capacity and introduce a supplemental weekend and school vacation meals program. The Y Feeds Kids meal program launched in October in collaboration with the Boothbay Region Elementary School cafeteria. Meals are delivered every Friday and served to anyone under age 18, member or non-member, every weekend—no questions asked. Moreover, meals are served daily during regularly scheduled school breaks in another attempt to reach kids in need.

THE Y DIVES DEEP TO PROVIDE SWIM OPPORTUNITIES FOR ALL

On any given afternoon, the sounds of water splashing and feet kicking can be heard coming from the Y’s Bosarge Aquatics Center. The Y has been a long-time provider of water safety and swim lessons for the Boothbay Region and in 2019, it received grant funding from Y-USA and The Redwoods Group to support the aquatics program in the delivery of youth water safety and swimming lessons. These funds went directly towards scholarships for the very successful Second Grade Swim Program, which is further supported by the Annual Penguin Plunge held on January 1 each year. With the help of chairs Betty and Ted Repa, the 2019 Penguin Plunge raised an additional $2,000+, significantly extending the reach of this valuable program.

Lessons for second graders typically consist of 45-minute blocks, held twice weekly for four weeks. During this time, students focus on water safety skills and gaining confidence in their swimming abilities. Establishing fundamental skills like floating, treading water, and the mastery of basic swim strokes are the primary indicators of program success. Students start the year with an orange or green band, denoting overall swim ability. Graduating to a green band is a badge of honor for second grade participants, serving as a tangible reminder of their growth and burgeoning independence in the program.

Under the supervision of Aquatics & Camp Director, Erin Gray, the BRYMCA’s Aquatics program has become a testament to the Y’s mission of youth development and social responsibility. While most people living in the Boothbay Region know that the Y is the lead provider of swim lessons on the peninsula, many remain unaware of just how far-reaching the program is thanks to grants and fundraising efforts. A total of 528 lessons were provided in 2019 made up of second grade swimmers, private lessons, group lessons, and ongoing partnerships with area schools. Ensuring that all youth on the peninsula have the opportunity to learn how to swim is a responsibility that the Y is uniquely equipped to provide and remains as one of its pinnacle programs in the community.
BROADENING THE IMPACT OF CAMP

Do you have a favorite camp memory? Whether it's swimming, boating, sports, tug of war, singing by the campfire, arts and crafts, or friendships formed, we know that camp matters. It mattered to many of us, and camp continues to matter in the lives of the young people we serve every year. Summer camp provides children and youth with the opportunity to develop new friendships and important life skills including strong character, curiosity, independence, courage, creativity, team work, and leadership in addition to fostering an affinity for nature and an appreciation for physical activity and the outdoors.

Investing in the future means maximizing and protecting resources like Camp Knickerbocker. Located on 65 acres of woodland and trails, Camp K provides ten weeks of summer camp for children and youth and offers both fresh water and salt water access. In 2019, the Elizabeth Ann Leach Charitable Trust committed a significant investment to the Y to construct a new waterfront pavilion at Camp K that adds restrooms and changing stalls, increases our camper capacity, and will allow us to open the waterfront to families for swimming and boating when camp is not in session.

We take seriously our responsibility to protect and conserve the watershed, as Knickerbocker Lake is one of only two drinking water sources for our community. We closely collaborate with the Boothbay Region Water District and the Boothbay Region Land Trust on stewarding these 65 acres. The Water District approved our request to build an environmentally friendly waterfront pavilion, and construction will be complete in time for the 2020 camp season.

The benefits of this investment are numerous and include increasing swimming, water safety, and boating skills; fostering a love of nature and the outdoors; encouraging families to spend quality time together; and providing opportunities for the community to come together for special events.

INVESTING IN THE FUTURE

A healthy endowment makes it possible to provide opportunities for all regardless of their financial situation, to remain responsive to the needs of the region and to maintain and care for the Y’s facilities. It allows the Y to invest more deeply in programs and services that battle chronic disease, champion senior adults in maintaining health and independence, nurture children and youth, support families, and create strategic partnerships to tackle some of the most pressing issues facing our community like food insecurity, addiction, and childhood obesity.

Paul and Sharma Schacknow have been long time partners in the Y’s work around building a healthier community. In 2019, the Schacknows committed a leadership gift to create a healthy living endowment. Earnings from this fund will support evidence-based health initiatives to battle chronic disease. Others have joined the Schacknows in transforming the health of our region through gifts to the healthy living fund.

Donors to the endowment are recognized in perpetuity as members of the Heritage Association. Formed in 1995, the Heritage Association is a legacy giving program whose members are ensuring the financial sustainability of the Y in the future by generously naming the Y as a beneficiary in their respective estate plans, wills, or life insurance. Others have made meaningful gifts of cash, stock, bonds, or IRA distributions specifically to the Y’s investment portfolio during their lifetime in order to ensure that the Y remains a thriving community resource.
**OPERATING REVENUE**

- **$1,730,838 Salaries & Benefits**
- **$197,662 Contract Services**
- **$369,503 Facilities**
- **$143,654 Program Supplies**
- **$167,453 Investment Income**
- **$208,246 Other Income**
- **$729,068 Membership Fees**
- **$617,644 Contributions & Grants**
- **$87,772 Other Income**
- **$194,512 Shared Service Income**

**OPERATING EXPENSES**

- **$1,730,838 Salaries & Benefits**
- **$369,503 Facilities**
- **$197,662 Contract Services**
- **$167,453 Program Supplies**
- **$143,654 Other Expenses**

*Note: The image provides a visual representation of the operating revenue and expenses divided into various categories.*
EVERY GIFT EMPOWERS OUR COMMUNITY.

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IN HONOR OF
Bea King
Oustanding Staff
Linda & Tom Patrick
Tim Rice
Phil Roberts
Myrna Snider

IN MEMORY OF
Ellen Baldwin
Susan Beach
Ginny Conn
Joy Collins
Ruth Constant
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Mildred H. McEvoy Foundation
Schacknow Family Foundation
The Redwoods Group
Snider Foundation
YMCA of the USA

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EVERY DOLLAR HAS A LASTING IMPACT.

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