



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2019 IMPACT REPORT

YMCA OF GREATER NASHUA



At the Y it all begins with one.
One person seeking a better future.
One person standing up for another.
One organization bringing them together.
ONE Y. ONE GOAL. ONE COMMUNITY.

A LETTER FROM THE CVO AND CEO

Dear Friends,

The YMCA of Greater Nashua is here to strengthen the foundation of our community. We do this every day in so many ways. With more than 35,000 members and participants engaged with the Y, there is no one making a bigger impact on youth development, healthy living, and social responsibility than your Y.

2019 was a monumental year in the history of our YMCA. We opened a new facility, the Westwood Park YMCA, allowing us to better serve our members, as well as welcome more residents in the towns north and west of Nashua. Our community needs assessment survey and primary market analysis told us we had a gap in services to those in Amherst, Milford, and Mont Vernon, and this opportunity came at a great time.

As we celebrate our 133rd year, we will continue to strive to strengthen our community by being there

for all and bringing people together. Thanks to you, our members, dedicated volunteers, generous donors, committed staff and enthusiastic partners, the Y is a positive force in southern New Hampshire and northern Massachusetts. Thanks to the generosity of our community, we accomplished the most successful annual campaign in our Association's history. Together, we take on the challenges that face our community and provide helpful solutions. Every day, the Y provides a place to learn, play, be healthy and give back. We invite you to review this year's exciting accomplishments toward building a better, stronger community, one person and one family at a time.

Sincerely,

Steve Lynn
Chief Volunteer Officer

Mike LaChance
President/CEO

CHILD CARE

We believe that all children deserve the opportunity to learn, grow and thrive. Our YMCA Early Education Center offers working parents the peace of mind of knowing their children are surrounded by teachers who nurture the cognitive, physical and social development of children. At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. On a daily basis, we care for 432 children in our program.



EDUCATION

Our 5-week summer program, Power Scholars Academy (PSA), served 373 children this summer. Kids enrolled in this program collectively engaged in 63,350 hours of learning at our three Nashua school sites. National research has shown that low-income students lose 2.5 to 3 months of learning EACH summer and this is cumulative over their school career. PSA makes a difference, and we are proud to partner with the Nashua Public School system and BellXcel to offer learning experiences that support highest-need students in making measurable academic progress. This summer we



expanded our Power Scholars Academy summer programming collaboration with the Nashua School District to include rising 9th graders. We partnered with the CTE (Career Technical Centers) at Nashua High North and South to provide the incoming 9th grade students with the opportunity to explore career programming within the centers as part of the afternoon enrichment activities of PSA and students actually earned a high school credit to kick start their transition to high school. Our 9th grade PSA students had the highest attendance rates of all students grades 1-9 and the collaboration with the CTE programming had a lot to do with that.

This past year we also partnered with YMCA of the USA to implement the YUSA CDLI (Character Development Learning Institute) in partnership with Hudson School District. YMCA of Greater Nashua staff and CDLI specialists provided professional development for teachers and staff in the middle school using the CDLI framework to help teachers model the behaviors of Responsibility, Personal Development, Relationship Building, Empathy and Emotion Management. The consistent modeling of positive behaviors by adults helps build these resources in students. Outside assessments were performed to identify improvement in the areas covered over the school year, strengths and areas in need of improvement. A grant received from YUSA covered staff time to do this work in FY19 and we received a phase 2 grant in FY20 to expand the CDLI training to our afterschool program staff across our association.

SWIM LESSONS AND WATER SAFETY

Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA's Safety Around Water teachers children and adults essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely. This year we provided swim lessons to 3,325 youth and adults.



SUMMER CAMP

This summer we celebrated five years of operating YMCA Camp Spaulding in partnership with Waypoint (formerly Child & Family Services) and the Concord Family YMCA. This joint venture among three organizations allows kids to have a traditional camp experience on the shores of the Contoocook River. The resident camp experience is rooted in helping campers grow into confident, independent, civically minded members. Campers learn to become leaders for the causes they believe in, to live sustainably, to care for our shared environment, and



to live cooperatively in a culturally diverse community. This summer we hosted staff and campers from: France, Poland, Nepal, Somalia, Vietnam, China, and the US Virgin Islands! Over the past 5 years our international staff and campers have come also from: England, New Zealand, Ireland, Spain, Colombia, Ghana, and Nicaragua.

Many memories were made at day Camp Sargent this summer. In total, 1,248 boys and girls enjoyed the great outdoors and the joy of learning and exploration while having fun and being surrounded by caring role models. On average each week at Camp Sargent, 353 children enjoy the camp experience. There's no such thing as 'summer learning loss' at YMCA Camp Sargent, where igniting curious young minds happens every day! Few environments are as special as camp, where kids become a community as they learn both how to be more independent and how to contribute to a group as they engage in physical, social and educational activities.

Kids explored their creative side in the many Camp Create specialty camps at the Merrimack Branch. Budding artists, actors and dancers enjoyed Acting 101, Broadway Kids, Camp Crafts, Painting, Ballet, Printmaking, Photography, Pottery, Theatre, Tumbling, and lots more! And we again had the youngest campers at the Nashua YMCA, enjoying Little Investigators camps, over 10 weeks.

With our new Westwood Park YMCA, we were able to expand our offerings for summer sports camps. We offered soccer, basketball, flag football, volleyball, futsal, and many specialty camps for kids in first through eighth grade. Y Sports Camps focus on individual skill development, as well as the team ideals of sportsmanship and camaraderie.

CHRONIC DISEASE PREVENTION EFFORTS

New this year, the YMCA of Greater Nashua received a grant from YUSA to launch the Blood Pressure Self-Monitoring program. Several Y staff have been trained as Healthy Heart Ambassadors and we have started offering weekly blood pressure checks and consultations for individuals with or at risk of high blood pressure. The program also involves monthly nutrition workshops and regular outreach from Y staff to these individuals to help them stay in track. YMCA's Blood Pressure Self-Monitoring program was developed in response to a critical health need and offers personalized support as participants develop the habit of monitoring their blood pressure. Research shows that the process of recording blood pressure at least twice a month over a period of four months can lower blood pressure in many people with high blood pressure.



WELLNESS

Healthy lifestyles are achieved through nurturing mind, body and spirit. The YMCA provides education to promote healthier decisions, and we offer a variety of programs that support physical, intellectual and spiritual strength. A well-rounded exercise program has four components: aerobic activity, strength training, flexibility training, and balance exercises. Each benefits your body in a different way. We offer hundreds of options for our members to make good decisions. Our three facility branches complement each other with various offerings available to all of our members.



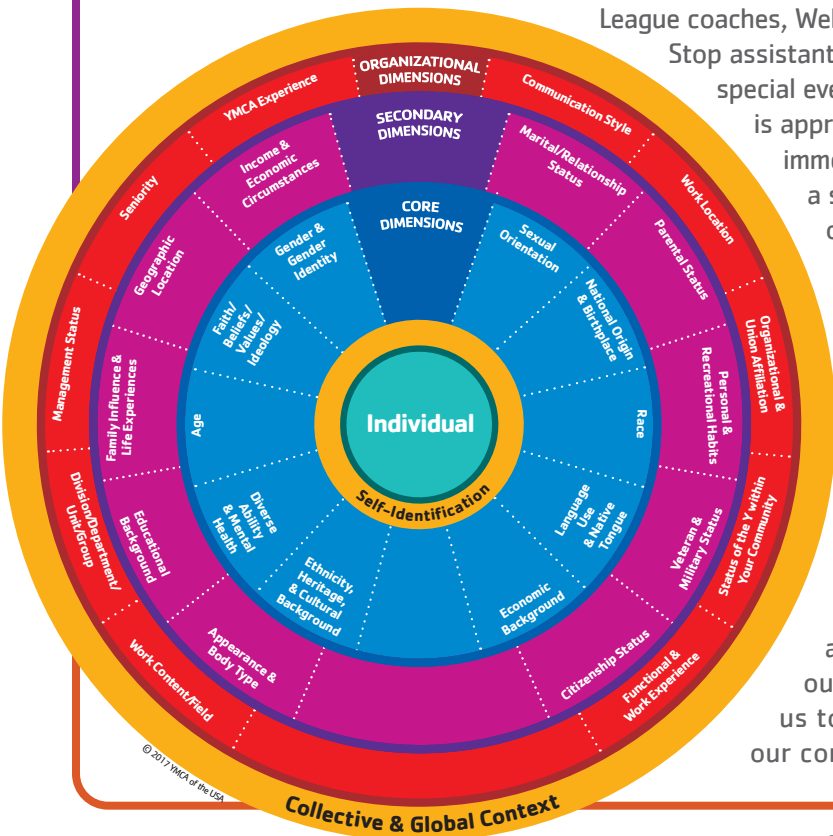
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VOLUNTEERS

We enjoy the support of nearly 50 policy volunteers (our Board of Directors and Board of Trustee members). Additionally, nearly 1,000 program volunteers assist in such areas of Youth Basketball League coaches, Welcome Center representatives, Kid Stop assistants, group exercise instructors and



special events. The monetary value of our volunteers' service is approximately \$400,000, but the value to our YMCA is immeasurable. Our Togetherhood volunteers coordinated a successful drive to gather over 350 diapers and other essentials for new parents as part of the United Way of Greater Nashua's Community Baby Shower. They also volunteered in October at the Downtown Nashua cleanup day, helping to beautify our city.



OUR COMMITMENT TO INCLUSION

The YMCA of Greater Nashua is committed to equity and inclusion by ensuring that all members of our community have the opportunity to learn, grow and thrive. We celebrate diversity and effectively engage, connect and advocate for our staff, members, and volunteers that will position us to respond and remain relevant to issues affecting our communities.

Those who served the Y in the 2018–2019 fiscal year

YMCA BOARD OF DIRECTORS

OFFICERS:

Steve Lynn	<i>Chief Volunteer Officer</i>
Maggie Morris	<i>Vice President</i>
Joseph Thomas	<i>Treasurer</i>
Andy Whigham	<i>Secretary</i>
Lydia Foley	<i>Immediate Past President</i>

BOARD MEMBERS:

Matt D'Arcy	Deane Navaroli
Briana Dos Santos	Helen Principio
Jill Gage	Kyle Schneck
Rich Hillman	Gloria Selvitella
Cory Hussey	Simon Thomson
Mark Levesque	Wilberto Torres
Doreen Manetta	Dr. Ken Weintraub
Margaret Morris	

YMCA PROFESSIONAL STAFF

Michael LaChance	<i>Chief Executive Officer</i>
Mahesh Bhatia	<i>Chief Financial Officer</i>
Joe Manzoli	<i>Chief Operating Officer</i>
Elizabeth Covino	<i>Director of Community Relations</i>
June Zoia	<i>Director of Human Relations</i>
Jason Mayeu	<i>Director of Marketing</i>
Heidi Roy	<i>Director of Development</i>

YMCA BOARD OF TRUSTEES

OFFICERS:

Jay Maiona	<i>Chairman</i>
Marsha Bottino	<i>Vice-Chair</i>
John Mokas	<i>Secretary</i>

TRUSTEE MEMBERS:

Andrea Riley Arnesen	Peggy Gilmour	Earl Prolman
Caryn Blake	Frank Grossman	Ben Robinson
John Callahan	Charlie Hall	Steve Rogers
Patty Creedon	Morgan Hollis	Steve Russell
Denis Dancoes	Donna Karowski	Michael Rubino
Greg Derderian	Jim Kimberly	Bob Shepard
Nelson Disco	Jim Leary	Melissa Skarupa
Peter Dolloff	Tom Long	Tony Trembley
Dr. Robert Dorf	David Mahoney	Timothy Vadney
Paul Edmunds	Tony Mandravelis	Brian Webb
Nicole Ennis	Anna O'Herren	

The YMCA of Greater Nashua Board of Directors provides governance, policy, direction and fundraising support for our Association.

The visionary leadership of these volunteers helps our Y association provide extraordinary experiences for individuals and families throughout southern New Hampshire and beyond.

A vibrant outdoor scene where a large group of children and adults are celebrating. They are throwing colorful confetti and powder into the air, creating a festive atmosphere. The background features a line of tall pine trees and a clear blue sky. The overall mood is joyful and energetic.

THE Y: A VITAL COMMUNITY ASSET

With the help of many, we continue to invest in the people, programs and service which strengthen the Greater Nashua community and help us fulfill our vital mission:

To instill values and provide opportunities for lifelong personal growth and the development of a healthy spirit, mind and body for all.

The Y Matters: We are A Positive Force for Change

Every day the Y's impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for a common good. As a 501(c)(3) volunteer-founded, volunteer-led organization the intent is to foster social connectedness, strengthen support networks, and encourage investment in our communities which in turn serves to strengthen the foundations of our community. This is all done at no cost to the neighboring cities and towns, thereby lessening the burdens of government.

Our member dues and program fees support everyday operations. However, the YMCA of Greater Nashua looks to individuals, businesses, and grant funders to support our annual fundraising campaigns and events. This is necessary

to sustain all the financial assistance, charitable services and provide access to people of all income levels. In 2019, we provided \$1,371,000 in essential services and financial assistance initiatives focused on youth development, healthy living and social responsibility, aligned to the unique and diverse needs of our community. The Y's activities have significantly enhanced public access to fitness, health, educational enrichment, childcare, teen leadership and numerous other services; especially among children, the disabled and the needs associated with an aging community and other at-risk populations. The Y is and always will be dedicated to building healthy, confident, connected and secure children, adults, families and communities.

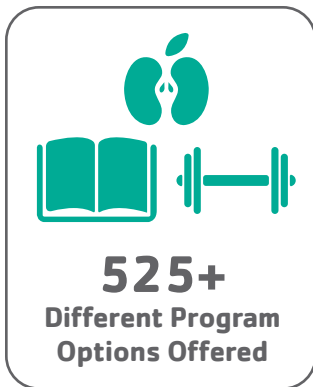
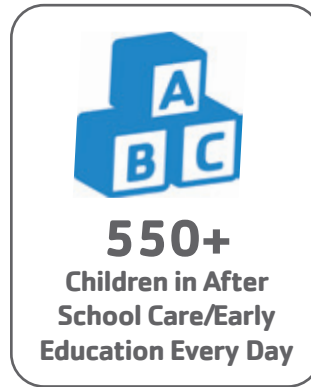
\$1,371,000 in community benefits and services to those in need in our community

\$760,000 awarded in Y Cares Financial Assistance Scholarships to enable children, adults and seniors with limited financial means to participate in any Y program or service. Significant aid is for childcare, afterschool care and summer camp, allowing parents who are low-wage earners to work or return to school and afford quality childcare.

\$611,000 was invested by the Y and our funding partners toward community-based initiatives. We provide several evidence-based programs at no cost including: YMCA Power Scholars Academy, LiveSTRONG at the YMCA, Prescribe the Y, YMCA Achievement Center and Superhero Training Academy. Additionally we demonstrate social responsibility by allowing many non-profits free use of our facilities to plan and carryout their work and Y staff play an active role in many community-wide initiatives related to closing the achievement gap and public health.

OUR IMPACT AT A GLANCE

The Y is the One Place that people of all ages, color, educational level, income levels, orientations, identities, abilities, and religions go to because they want to – not because they have to.



  **13,000+** Social Media Followers Engaged with the YMCA **188,000+** Times This Year  



71% of the World is Water; Children Are 100% Curious

Through learning how to perform a sequenced set of skills over eight lessons, the risk of drowning is reduced, giving your child confidence in and around water.

A typical session includes:

- Exercises to help kids adjust to being in water
- Instruction in "Jump, Push, Turn, Grab" and "Swim, Float, Swim," two skill sets kids can use if they unexpectedly find themselves in the water
- Specific safety topics, like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

At the Y, we believe that all kids have amazing potential. Values and skills learned early are vital building blocks for life. Young people deserve an opportunity to discover who they are and what they can achieve. From the youngest in our child care programs to the teens in our leadership development initiatives, the Y gives kids and teens a safe place to belong, build confidence and learn positive behaviors grounded in our core values of caring, honesty, respect, and responsibility.

A Heartfelt Tradition: Camp Spaulding's Candlelight Ceremony



Campers and staff end each session at Camp Spaulding with a Candlelight Ceremony, where campers have the opportunity to reflect on their session at camp and what they have learned. A highlight of the night is recognition of campers' and staff for exceptional accomplishments during the session and the sharing of thoughts on why camp is important to their lives back home.

Candlelight Ceremony Excerpts Summer 2019

When asked if anyone would like to stand and share what they've learned over the past few weeks:

I learned...

"All we have is now"

"Being complete is not something you are given, it's a conscious choice every day"

"No matter the situation, love is always a choice"

"Getting out of my comfort zone and making friends rather than being alone is a great feeling"

"It's okay to ask for help"

"I'm learning that it's important to be kind and I'm learning to be kinder to other people"

"Live your life with purpose in all that you do"

When speaking on the core value of Responsibility:

"I don't have a good life at home. I learned responsibility early. I would always make my bed and take out the trash and sweep the floors because I knew that if I didn't, no one else would. My family was either not home or sleeping so I had to do it. When I came to Spaulding, having to make my bed and sweep the cabin each day wasn't a big deal because I was used to having that responsibility."

Superheroes Training Academy Wins Award

The YMCA of Greater Nashua received an Outstanding Achievement Award from the Governor's Council on Physical Activity & Health at the New Hampshire State House on Friday, May 31. The Governor's Council on Physical Activity & Health is comprised of representatives from state agencies, health care, the business community, education, older adult organizations and numerous organizations and individuals with an interest in promoting healthy active lifestyles. The Outstanding Achievement Awards are given annually by the Council to individuals and organizations who have accomplished outstanding achievements in promoting healthy lifestyles through increasing opportunities for physical activity, nutrition, and overall health for New Hampshire residents and employees. We were honored for our Superheroes Training Academy program, which serves children in kindergarten through 4th grade in Nashua and Hudson public schools to tackle issues such as low attendance, school anxiety, low self-esteem, and bullying through programming grounded in the Y's core values of caring, honesty, respect, and responsibility.



IMPROVING OUR COMMUNITIES' HEALTH AND WELL-BEING

At the Y, we believe that being healthy means more than simply being physically active. It is about maintaining a balanced spirit, mind and body. The Y is a leading voice on health and wellbeing issues, a leader in fighting chronic disease, and committed to empowering people to lead fuller lives. We bring families closer together, promote healthy living, and foster connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families receive the support, guidance and resources they need to become and stay healthy.

The 10th Annual Greater Nashua Sprint Triathlon



On June 9, we held the 10th Annual Greater Nashua Sprint Triathlon at Camp Sargent. This event has been put on by a committed group of volunteers who plan all year for this event that welcomes those new to triathlons, as well as seasoned triathletes. The race includes a 0.3 miles swim in Lake Naticook, a 9.6 miles bike ride and a 3.1 mile run through Merrimack. We offer a heartfelt thanks to the Center for Physical Therapy and Exercise (CPTe), whose staff are instrumental in this event's decade-long success.





Collaborations Help Further Our Impact

We further the work of 50 local non-profits by providing free or low cost space for their special needs clients to exercise, swim and socialize. The Y supports every day health and well-being by providing a supportive community to further an individual's wellness goals and reduce future healthcare costs. Each week over 125 group exercise classes are offered for free as part of Y membership. Swimming, weight trainings, cardio equipment, yoga, dance, spinning, and sports leagues are among the way that children, adults and seniors can be active at the Y.

GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

At the Y, we believe that when we work together, we move individuals, families and communities forward. Since 1858, our Y has responded to society's most pressing needs by developing innovative, community-based solutions and uniting people from all walks of life to participate in and work for positive social change. Whether advocating for healthy food options for underserved communities, or giving people a place to connect with new friends, the Y is committed to empowering people with the resources and support needed to live healthy, connected and secure lives.

A Place For Rebuilding and Community

The YMCA has been a big part of 6-year-old twins Elijah and Xavier McCarron. "It's always been a special time when we come to the Y to run the track, shoot hoops and use the pool," said their father, Robert (Bobby) McCarron, a single dad raising his children alone. "The Y has been a great part of the kid's social life."

In the fall of 2015, the McCarron family's life was turned upside down. Bobby and his sons (*pictured left*) moved to Nashua from Africa three years ago when Bobby's wife passed away in a tragic accident when she was swept into the Zambezi River in Livingstone, Zambia. Robert, a Lowell native, brought the boys back to the United States, where he would have support from his family while raising his sons. Robert and his wife Maria lived in Livingstone, a city in Southern Province of Zambia, where he worked in the hospitality industry. In many ways Robert and the boys are building their life from scratch in Nashua. He left his home in Africa and a job he loved. When Bobby first moved to Nashua, he did not have a car, so he and the boys walked two miles to the YMCA. Slowly but surely, they are getting on their feet financially. But, the struggle has been difficult.

With help from the Y's financial assistance program, Robert has been able to afford childcare so he can work and his sons can be in a safe, caring, and nurturing environment. "The Merrimack Y teachers are amazing. This summer the boys have become very close with the counselors at the sports camp at the new Westwood Park YMCA. I drop them at the Nashua YMCA in the morning, they take the Y bus over

to sports camp, then I pick them up back here at the Nashua Y after work. It's been so helpful. We loved participating in International Night, when you served food from different countries. We came in African attire. I want to honor our ties to Africa," he said. Bobby founded and runs the Coach in Zambia Foundation, a nonprofit organization that focuses on using sports as a catalyst to mentor youths. Additionally, he was a FIBA (The International Basketball Federation) certified basketball coach and Assistant Men's National Basketball Coach for Zambia. Bobby loves that his boys are active in Y sports. It's a great part of their family life.

Bobby sent this note to the Y:

"I just wanted to thank you both and the YMCA in general for the fun the boys have been having this summer, especially the Bruins event yesterday. The boys came home so excited with lots of smiles stories and happiness that filled the house. Seeing them that happy is what I live for. A real Bruins camp is something I definitely can't afford on my own and the fact that the boys got to experience something like that has deep meaning to me. The depth of my appreciation can't be expressed properly. Just know that their smiles this summer mean a lot to me and both of you and the YMCA have a major part in that. Thank you."

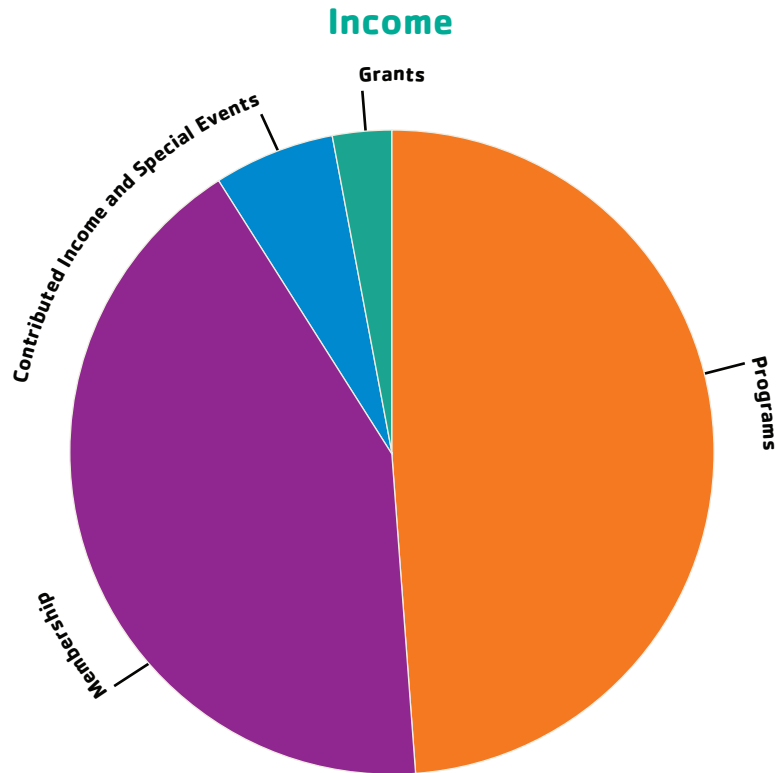
Robert, thank you and Elijah and Xavier for being a part of our Y family.

UNAUDITED FINANCIAL STATEMENT

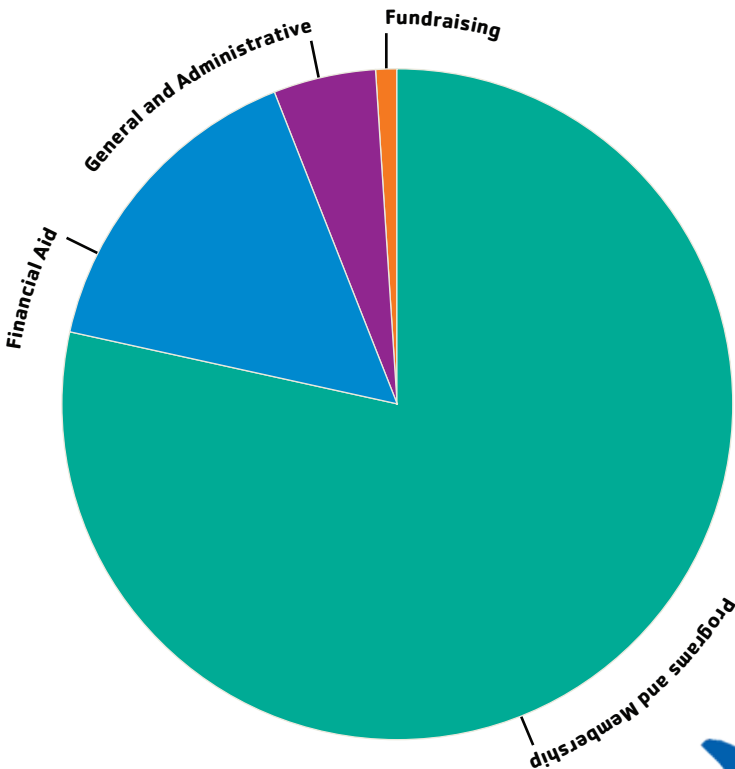
Year Ending August 31, 2019

INCOME

Programs	\$6,630,000
Membership	\$5,494,000
Contributed Income and Special Events	\$875,000
Grants	\$471,000
Total Income	\$13,470,00



Expenses



EXPENSES

Programs & Membership	\$10,530,000
General & Administrative*	\$1,979,000
Financial Aid	\$760,000
Fundraising	\$202,000

Total Expenses \$13,470,000

*Includes salaries & wages, IT services, insurance, advertising, interest expenses, etc.

\$6,389,000

invested in the acquisition of a new facility, the Westwood Park branch, as well as facility improvements, new program initiatives and financial assistance in the Nashua branch, Merrimack branch, Camp Sargent, and Camp Spaulding.



YMCA HERITAGE CLUB

Supporting the Y for generations to come.

The YMCA's Heritage Club was established to recognize a special group of men and women who believe in the mission and traditions of the YMCA. These individuals want to ensure that the Y's valuable life-changing programs and services will be continued for generations to come.

Membership in the Heritage Club is offered to those who endow the YMCA of Greater Nashua as the result of thoughtful estate planning through bequests, annuities or charitable remainder trusts, pooled income funds and life insurance, or through lifetime gifts including cash, appreciated securities and real estate.

There are a number of different ways in which you can provide for the YMCA of Greater Nashua's future while, in some cases, providing a lifetime income for you and your spouse.

If you have included the YMCA of Greater Nashua in your estate planning, you are eligible for membership in the Heritage Club. For more information, please contact Elizabeth Covino, Director of Community Relations, at 603.598.1533.



Heritage Club Members:

Mary E. Alley*
Helen M. Balcom*
Eliza A. Baldwin*
Elizabeth Bennett*
John & Carole Callahan
Sarah H. Chandler*
Mabel Chandler*
Ralph & Elizabeth Covino
Dorothy Thurber Cox* & William Cox*
Fred & Ira Cross*
Denis Dancoes
David & Barbara Dougherty
Raymond Sr. & Peggy Ennis
E.O. Fifield*
John A. Fisher*
W. J. Flather*
J. M. Fletcher*
Rich & Beth Francis
Edwin S. Gage*
Arthur Giotas*
Abby D. Greene*
Jerry J. Haggerty*
Mary E. Hall*
Philip L.* & Betty Hall*
Charles F. Holman*
Harriett N. Hutchinson*
Elmira Jaquith*

Sarah W. Kendall*
Michael & Sharon LaChance
Edward & Priscilla Lehoullier
Tom & Zofia Long
Gail A. Lucey
Sy & Janet Mahfuz
David Mahoney
Jay & Gretchen Maiona
Joseph W. Manzoli, Jr.
Ethel O. Millen*
James Moore*
Charles C. Morgan*
Carrie E. Norris*
Mary P. Nutt*
M. S. F. Ober*
Daniel & Lori Ohlson
Richard* & Florelle Olson
Seward M. Patterson*
Endicott "Chub"* & Toni* Peabody
Amy Petrie
Michael* & Joan Powers
James F. Pritchard*
Earl & Marilyn* Prolman
George A. Rollins*
Mrs. Eaton D. Sargent*
Fannie W. Sawyer*
Mary Scripture*

Frederic* & Muriel Shaw*
Albert Shedd*
William A.* & Anna E. Shedd*
Max Silber*
Clarence I. Spalding*
Fred* & Dorothy Stickney*
Nancy J. Swallow*
Thomas & Diane Tessier
Stephen P. Tracy*
Roger J. Tuttle
Fernand & Linda Vachon
Tim & Karen Vadney
General Elbert Wheeler*
Eliza M. White*
S. A. Williams*
Agnes M. Wood*

*Deceased

Updated 11/1/19

**\$760,000 in
financial assistance
was provided to ensure
the Y is accessible to all**



Annual Campaign Contributors

Thank you to the 2018 annual campaign donors who contributed funds to benefit the Y CARES Financial Assistance Program, providing scholarships to local children and families in need, so they can experience the Y programs and services.

THE THURBER SOCIETY

\$10,000+

James & Ann Conway
The Gary Wingate Family

THE SHAW SOCIETY

\$5,000-\$9,999

The Barker Foundation
Cirtronics Corporation
Demoulas Foundation
Eaton & Berube Insurance, Inc.
Hussey Family Fund
J. Lawrence Hall Co.
Donna & Ted Karwoski
KMFG Fund
Mike & Sharon LaChance
Mainstay Technologies, LLC
Earl Prolman
Ben & Joan Robinson

THE SARGENT SOCIETY

\$2,500-\$4,999

The Bowler/Shepard Family
Peter Caulo
Lydia Foley
Ellen & Robert Gaimari
Harvey Construction Corporation
Jacobs Management
Peter & Sheryl LaQuerre
Pepsi-Cola Co.
Patricia & Steve Piper
Joseph & Bernice Thomas
Dr. Kenneth Weintraub & Amanda Spiro

THE LAROCQUE SOCIETY

\$1,000-\$2,499

AIG
Allied Wire and Cable
Chuck & Cindy Barker
Centorr Vacuum Industries, Inc.
Mark Chiavelli
Patricia Clancey
Elizabeth Covino
Gregory Czuba

Denis Dancoes

Charles Hall
InMotion Performance Group
Jim & Beth Kimberly
Kronos
The Lenny Dobens Agency, LLC
The Long Group
The Manzoli Family
The Mayeu Family
Merrimack County Savings Bank
Mint Printworks
The Nash Foundation, Inc.
Northpoint Construction
Management Company
Anna O'Herren
Oracle Corporation
The Parker Family
Titus Plomaritis
Michael Reardon
The Rubino Family
Saint-Gobain Corporation
Kyle & Amanda Schneck
Joshua Schupack
STORM YMCA Swim Team
TD Bank
Peter Thomson
Thunder & Lightning Productions, LLC
Timothy Vadney
Alan Voulgaris
Walgreens
Winn Microwave Sales, Inc.
The Zoia Family

PATRON

\$250-\$999

Kimberly Adie
John & Anjie Adie
Peri Adler
Margaret Adolt
AHEPA Nashua Foundation
Mike & Stephanie Ballentine
Allan Barker
William Barry
Nancy Barry

Mahesh Bhatia

Caryn Blake
Debbie Blanchard
Marsha Bottino
Cyndy Bradstreet
Thomas Breslawski
Robert Cahill Jr.
John Callahan
Stacy Cardinale
The Coad Family
David & Doreen Colburn
Lynnette Curran
Philip & Nancy Currier
Lorraine Dagostino
Heather Del Vicario
Charles Dobens
Dr. Robert Dorf
Delicia Douglas
Paul & Jane Edmunds
Rick & Barbara Follender
Gate City Striders, Inc.
Al Goodrich
Susan Green
Valerie Greene
Harbor Group, Inc.
Richard Hillman
Morgan Hollis
Tiffany Joslin
Cheryl Kisiday
William Klein
The Kobisky Family
Marjorie Kuhn
Mark Levesque
Doreen Manetta
Richard Mayo
Judith & Robert Menken
Randall Menken
Merrimack Building Supply
Laura Miller
Maureen & Bruce Moore
Mark & Maggie Morris
NH Cibor Cares
The Nichols Trust
Northwoods Software

Leslie & Eliot Paisner
 The Patel Family
 Cheryl Peltak
 Pennichuck Water
 Works, Inc.
 Sarah Pesek
 Planet Aid, Inc.
 Jeanne Potelle
 Helen & Tracy Principio
 Radiation Center of
 Greater Nashua
 Reeds Ferry Lumber
 The Roy Family
 Adelaide Saunders
 Lisa Schultz
 Gloria Selvitella
 John Shaw
 Chris Simard
 South Shore Gunite
 Pool & Spa, Inc.
 Southern NH
 Badminton Club
 Patricia Srite
 Stibler Associates
 Susan and John
 Turben Foundation
 Simon & Elizabeth
 Thomson
 Roger Tuttle
 Vertex Pharmaceuticals
 We Share a Common
 Thread Foundation, Inc.
 Andy & Kristen Whigham
 Robert Whiting
 Don & Maureen Winn

CENTURY CLUB
\$100-\$249

Ace Carpet &
 Upholstery Cleaning
 Joel & Martha Ackerman
 Joanne & Scott Adamson
 Albee Budnitz &
 Vivian Rowe
 Earl Aldrich
 Michael Andolina
 Nancy Annis
 Craig & Rachel Ballard
 Dan Bantham
 William Barbrick
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OUR MISSION

To instill values and provide opportunities for lifelong personal growth and the development of a healthy spirit, mind, and body for all.

OUR CAUSE

We know that lasting personal social change comes about when we all work together. That's why at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR FOCUS

- Youth Development – Nurturing the potential of every child and teen.
- Healthy Living – Improving the nation's health and well-being.
- Social Responsibility – Giving back and providing support to our neighbors

OUR IMPACT

At the Y, we change lives. We provide a greater sense of achievement, belonging, meaning and inspiration in the more than 35,000 individuals we serve. Our impact is felt when a child learns a new skill, when a teen is inspired to greater heights, when a family spends more quality time together, when a cancer survivor feels stronger, and when a senior feels connected. More than that, the impact on those 30,000 individuals ripples throughout the community, making our community stronger.

The YMCA of Greater Nashua strives for accuracy in our donor list. If you are aware of an error or omission, please let us know by calling the Development Office at 603.598.1533. Please note that some categories include anonymous donors. Thank you.

In 2019, 913 volunteers gave more than 14,080 hours of their time to support the efforts of the YMCA and our members. A total of \$382,810 in value.



2019 Golf Tournament

Thank you to the players, sponsors and volunteers who participated in our 22nd Annual "Sending Kids to Camp" Golf Tournament at the Nashua Country Club in Nashua, NH on Monday, June 10, 2019.

EAGLE SPONSORS

Jay Jacobs, Simple Operating System

AWARDS RECEPTION, CART, SNACK CART AND HOLE-IN-ONE SPONSORS

B & S Locksmith
Eaton & Berube Insurance
Southern NH Health
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New England Golf Guide
Joseph O'Connor
Moe Scoville
Mike Travaglini
Brian Webb
Dr. Kenneth Weintraub

2019 Champions of Change Gala

Thank you to the sponsors, donors and volunteers who participated in our 2019 Champions of Change Gala at LaBelle Winery in Amherst, NH, on March 29, 2019.

INNOVATORS

Bar Harbor Bank & Trust

VIP COCKTAIL RECEPTION SPONSOR

Farley White Management Co., LLC

PATRONS

Southern New Hampshire Health

COCKTAIL HOUR SPONSOR

Merrimack County Savings Bank

CHAIR'S CIRCLE

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Dartmouth-Hitchcock
Enterprise Bank
Landmark Benefits
Stanley Elevator Co., Inc.
U.S. Trust, Bank of America Private Wealth Management
Walgreens

SUPPORTERS

Cross Insurance Agency
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Lynch's Landscaping
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Doreen Manetta
Joseph Manzoli
Lara Moody
Joe Murray

Proceeds raised through these events benefit our Annual Campaign, which provides financial assistance to hundreds of local children, adults and families, who otherwise would not be able to experience the Y due to the inability to pay.

DONORS (continued)

Deane Navaroli
Ella Navaroli
Pearl Marketing & Design
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Mario R Pena
Helen Principio
Jill Queenan

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Judi Stevens
Joseph Thomas
Christa Tsechrintzis
Valerie Tukey
Mike Turcotte

Andy Vailas
Brad Westgate
Kristen & Andy Whigham

2019 Grant Funders

Thank you to the following organizations who granted funds in fiscal year 2019 to specific Y programs to enhance the work we do across youth development, healthy living and social responsibility.

The support of these funders enabled the YMCA of Greater Nashua to partner with Nashua's Title 1 Schools to provide high-quality programs to help prevent summer learning loss, provide preschoolers with free Safety Around Water swim lessons, work with struggling youth to develop their strengths and become more engaged in school, give youth and adults the tools to combat and prevent chronic disease and provides hundreds of low-income youth with a Y summer camp experience where they can learn and grow in a safe, caring environment.

YOUTH DEVELOPMENT GRANT SUPPORTERS:

Bangor Savings Bank Foundation
City of Nashua Citizen Advisory Committee
Conway Arena
DCU for Kids
Fidelity Investments
Getz Charitable Trust, Citizens Bank, N.A. Trustee
Irving Foundation
Merrimack County Savings Bank Foundation
Nashua Rotary Club
New Hampshire Charitable Foundation
New York Life
Oleonda Jameson Trust
People's United Community Foundation
Proto Labs Company Gift Fund of the Minneapolis Foundation
Rotary Club of Nashua West
Souhegan Valley Rotary Club
YMCA of the USA Strategic Initiatives Fund

HEALTHY LIVING GRANT SUPPORTERS:

Hannaford Supermarkets
New Hampshire Comprehensive Cancer Collaborative
YMCA of the USA Strategic Initiatives Fund

SOCIAL RESPONSIBILITY/Y CARES FINANCIAL ASSISTANCE GRANT SUPPORTERS:

Conway Arena
American Camp Association
Merrimack Rotary Club
Speedway Children's Charities
YMCA of the USA Strategic Initiatives Fund

2019 Collaborations

The YMCA of Greater Nashua is proud to partner with the following local organizations to strengthen our community:

AARP	High Hopes Foundation	New Hampshire
Academy for Science and Design	Hollis Elementary PTA	Institute of Art
American Red Cross	Hollis/Brookline School District	New Hampshire State Alliance of YMCAs
Autism Resource Center	Hudson School District	One Greater Nashua
BAE	Hudson Memorial School	Opportunity Networks
Big Brothers Big Sisters	Humane Society for Nashua	Oracle
Bishop Guertin High School	Infant Jesus School	Parker Hannafin
Boy Scouts	ISN	Partnerships for Successful Living
Boys & Girls Club	Keystone Hall	Pelham High School
Brookline Parent Teacher Organization	Knights of Columbus	Planet Aid
Caring Bridge	Lamprey Health	Plus Company
CASA	Leadership Greater Nashua	Police Athletic League (PAL)
Children's Literacy Fund	Leadership New Hampshire	Pratt Homes
City of Nashua	Litchfield School District	Recycle That, LLC
Community Council	MA State Alliance of YMCAs	Rivier University
Concord YMCA	March of Dimes	Rotary Club Merrimack
Convenient MD	Marguerite's Place	Rotary Club Nashua
CPTC	Merrimack Chamber of Commerce	Rotary Club Nashua West
Cynthia Day Program	Merrimack High School	Salvation Army
Dartmouth Hitchcock	Merrimack Police Department	Senior Activity Center
Debra Washington Fundraiser	Merrimack Public Library	Southern New Hampshire Health Systems
Department of Defense	Merrimack School District	Souhegan School District
Dr. Norman W Crisp School	Merrimack Smiles	Souhegan Valley Chamber of Commerce
Easter Seals	Merrimack Valley YMCA	Special Olympics
Elbit	MicroSociety Academy Charter School	St. Christopher School
Faith Hope Love Foundation	My Social Sports	St. Joseph's Hospital
Fidelity Investments	Nashua Cadets	The Cultural Connections Committee
Front Door Agency	Nashua Catholic Region	The Front Door Agency
Gate City Charter Schools for the Arts	Nashua Jr. High School	Town of Merrimack
Gateways	Nashua Children's Home	Trader Joe's
Girl Scouts	Nashua Community Music School	United Way of Greater Nashua
Girls at Work	Nashua Police Department	United Way of Mass Bay and Merrimack Valley
Girls Inc.	Nashua School District	Varnum Brook Elementary School PTO
Granite State Clowns	Nashua Senior Center	Veteran's Administration
Granite United Way	Nashua Soup Kitchen	Veterans of Foreign War Auxiliary #8641
Granite YMCA	Nashua Youth Council	Walgreens
Greater Nashua Chamber of Commerce	New Hampshire Cancer Collaborative	Waypoint
Greater Nashua Mental Health	New Hampshire Charitable Foundation	Welcome Wagon
Grow Nashua		Whole Foods
Hannaford		
Harbor Homes		
HEAL New Hampshire		

CONTINUING TO EXPAND OUR IMPACT!

1887: The first Nashua YMCA was founded by 8 church leaders in rented space on Main Street.



Temple Street, Nashua
1902



YMCA Camp Sargent, Merrimack
1924



Prospect Street, Nashua
1964



YMCA Camp Spaulding, Penacook
2015



Stadium Drive, Nashua
2011



Henry Clay Drive, Merrimack
1992

2019: WESTWOOD PARK YMCA OPENS

A major highlight this year was the opening of our third branch, the Westwood Park YMCA. The new branch allows us to further strengthen our community by helping to bring programs and services that positively impact the lives of more children, families and adults in this part of Nashua, as well as the towns of Amherst, Milford, Brookline, Hollis and west Merrimack.

For more information on our newest branch, visit:
www.nmymca.org/wpexpansion.



YMCA OF GREATER NASHUA

Nashua YMCA 24 Stadium Drive Nashua	Merrimack YMCA 6 Henry Clay Drive Merrimack	Westwood Park YMCA 90 Northwest Boulevard Nashua	YMCA Camp Sargent 141 Camp Sargent Road Merrimack	YMCA Camp Spaulding 210 Bog Road Concord
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www.nmymca.org



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