the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2020 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 has seen its share of challenges over the past 134 years of service, but nothing like challenges that the global pandemic brought. Our facilities were forced to shutdown, in-person programs stopped and fundraising events were canceled, all daunting challenges for our organization, one that prides itself on bringing people together.

But when faced with adversity, we're proud to say that the YMCA of Greater Nashua did not shy away. Rather, we stepped up to the challenge in real time and, along with many partners, provided substantial support for the community:

- caring for children of essential workers
- developing the YMCA Educational Academy to assist school districts and families through the hybrid and remote learning plans present in our region's educational plan
- feeding families and seniors dealing with food insecurity
- connecting people through technology by offering hundreds of online classes free of charge, including wellness, sports, and enrichment options
- opening our space to the American Red Cross to assist with the severe blood shortage
- checking in via phone with our senior members, helping them from feeling isolated

We have never only been about being a facility with gyms and swimming pools. We respond to what our community needs, and this pandemic allowed many in our community to view us with a different lens. There were many new needs and we were quick to respond and make a difference.

Through adversity comes strength. Our YMCA raised over $1 million this fiscal year. Our annual campaign brought in $444,000, the highest amount ever and grant support totaled $441,000. An allocation of 4% of the interest earned on our endowment account contributed $120,000. Our partners and supporters responded to our plan and vision. We had 100% of our event sponsors redirect their funds to our work during COVID relief, supporting such programs as the YMCA Educational Academy.

We heard so many heartfelt stories of seniors connecting with our staff during the hundreds of calls made to check on our seniors' well-being. Our seniors have always engaged in a variety of health and wellness programs that focus on movement, nutritious food choices, and, most

importantly, friendship. This in-person connection was cut short when we were mandated to close for weeks. Our outreach by phone helped with feelings of isolation.

Our over 500 diverse program offerings have allowed families to participate in healthy activities in a safe and supportive environment. Again, this changed when we were closed. Our wellness and program teams quickly moved to virtual classes, a move that has been well received by our members. Between March and September, we made hundreds of videos available, from yoga, to Strength & Stretch, to pilates, to science experiments, to craft projects, to family fitness. We even hosted dozens of Facebook live workouts.

In the process of responding, our path forward has been made clear. We know that our mission is to lift up the most vulnerable among us, to nurture the healthy minds and bodies of everyone in our community, and to connect people to each other, so that they can feel like the Y is one place they truly belong.

We are excited to share an overview of our commitment to cause and community through this Annual Impact Report. In the following pages you will find statistics and stories that affirm the breadth and depth of our Y's impact on the Greater Nashua community. This document reflects the outgrowth of your generosity, friendship, and involvement. Our mission to strengthen community through healthy living, youth development, and social responsibility is not three distinct pillars, but rather a synergistic support system to serve the needs of our neighbors.

Sincerely,

Steve Lynn
Chief Volunteer Officer

Mike LaChance
Chief Executive Officer

A MONUMENTAL YEAR FOR THE YMCA OF GREATER NASHUA AND OUR VOLUNTEERS!

Volunteer NH selected the YMCA to receive the **2020 Spirit of NH Outstanding Volunteer Champion Award** to recognize our volunteers and staff who go above and beyond the call to serve the Greater Nashua area.

The Mayor's Volunteer Recognition Committee bestowed the **2020 Gate City Light Award** to the YMCA to recognize our organization and volunteers for giving their time in the spirit of community and caring, and for making significant contributions to the people of Nashua.

Our Program and Policy Volunteers started the year strong with nearly 400 individuals contributing 6,100 hours of volunteer service before the COVID-19 statewide shutdown in March caused us to pause our volunteer opportunities. As the YMCA opens more programs and activities at our branches, our volunteers are returning to share their time and talents with our community. At the start of our year the YMCA offered over 50 different volunteer opportunities.

- Volunteer Fitness Instructors lead exercise, cycling, yoga and dance classes.
- Volunteer Coaches provide lessons and encouragement to children and teens.
- Jr. NBA Basketball coaches volunteered Saturday mornings January through March which allowed over 150 young players to participate.
- Early Childhood Education Volunteers help in classrooms with activities, read to the children, and help prepare and coordinate the impressive annual Children's Art Show.
- Leaders Club is the YMCA National Leadership Development Program for ages 11-18 years old. Club members work together on leadership, volunteer service, and community building. Our teen volunteers contribute thousands of hours of volunteer service annually.
- Homework Helper Volunteers help children with their homework in the YMCA Schools Out program.
- YMCA Togetherhood Volunteers connect people from all backgrounds to plan and carry out projects that address a real need in the community. In the past year Togetherhood volunteers collected care package items for the United Way distribution to low-income seniors; organized a Nashua Heritage Rail Trail Clean-up Day, collected items for the United Way Community Baby Shower, and held a food drive for the Hudson Feed Our Kids Program.

The YMCA of Greater Nashua offered a very special volunteer opportunity this year related to COVID-19 relief. We partnered with the United Way of Greater Nashua to provide volunteer drivers for the COVID Relief Food and Produce Distribution Program. The YMCA provided volunteers Monday through Thursday to pick up food and produce at the Nashua Soup Kitchen and deliver it to eight different pop-up pantries around Nashua. The YMCA volunteer drivers delivered food and produce to 6,675 clients.

The YMCA of Greater Nashua values our senior members and has a robust program of monthly activities for senior citizens entirely run by volunteers. Activities include monthly luncheons with interesting guest speakers, book fairs, and weekly knitting and mahjong groups.

Another proud accomplishment is the contribution our Annual Campaign Volunteers make to help raise money for the Y Cares program to provide scholarships to local children and families in need so they can experience Y programs and services such as child care, day camp, dance & arts, sports, swimming and much more.

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.

Why 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 2020, we provided $851,000 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.

$851,000 **in community benefits and services to those in need in our community**

$456,000 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.

$395,000 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.

25,500+
YMCA Members Served in the Greater Nashua Community

37,600+
Individuals Served Through Programs, Classes and School Programs

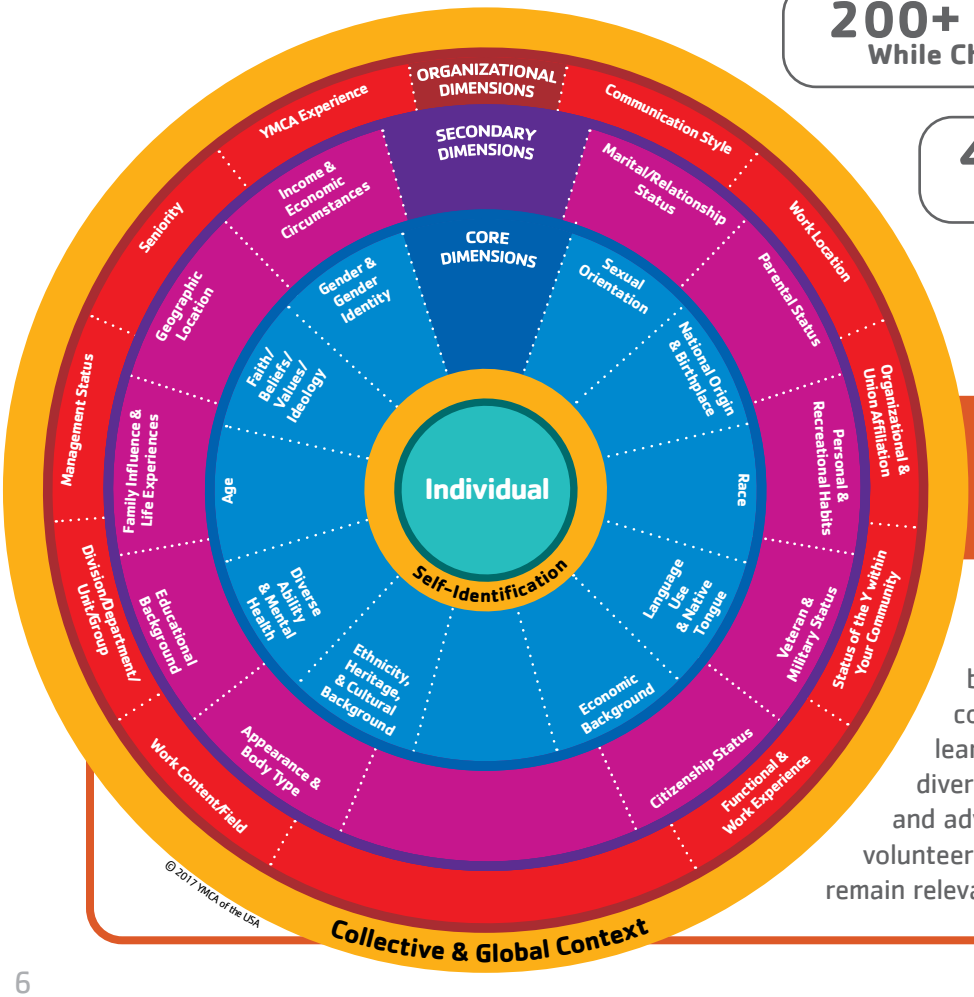
14,000+
Youth Under Age 18 Served

13+
Communities Served in the Greater Nashua Area

200+ Phone Calls in "Operation REACH" While Checking on Our Senior Members

400+ Online Videos Offered by Our Fitness and Wellness Staff

20+ Wellness Classes Streamed Online Each Week



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.

$400,000+ Estimated Return on Investment over 5 Years from a Recent LED Lighting Conversion in all 3 of the YMCA of Greater Nashua Branches

150+
Collaborative Partners

400+
Volunteers Serving Our YMCA

6,100+
Volunteer Hours

16,000+
Swim Lessons Taught to 2,900+ Children and Adults

1,070+
Dancers Gained Confidence During Dance Programs

700+
Youth Made Memories at Summer Camp

110+
Children Served in Our Essential Worker Child Care Center

110+
Youth Learned Perseverance and Teamwork on the Storm Swim Team

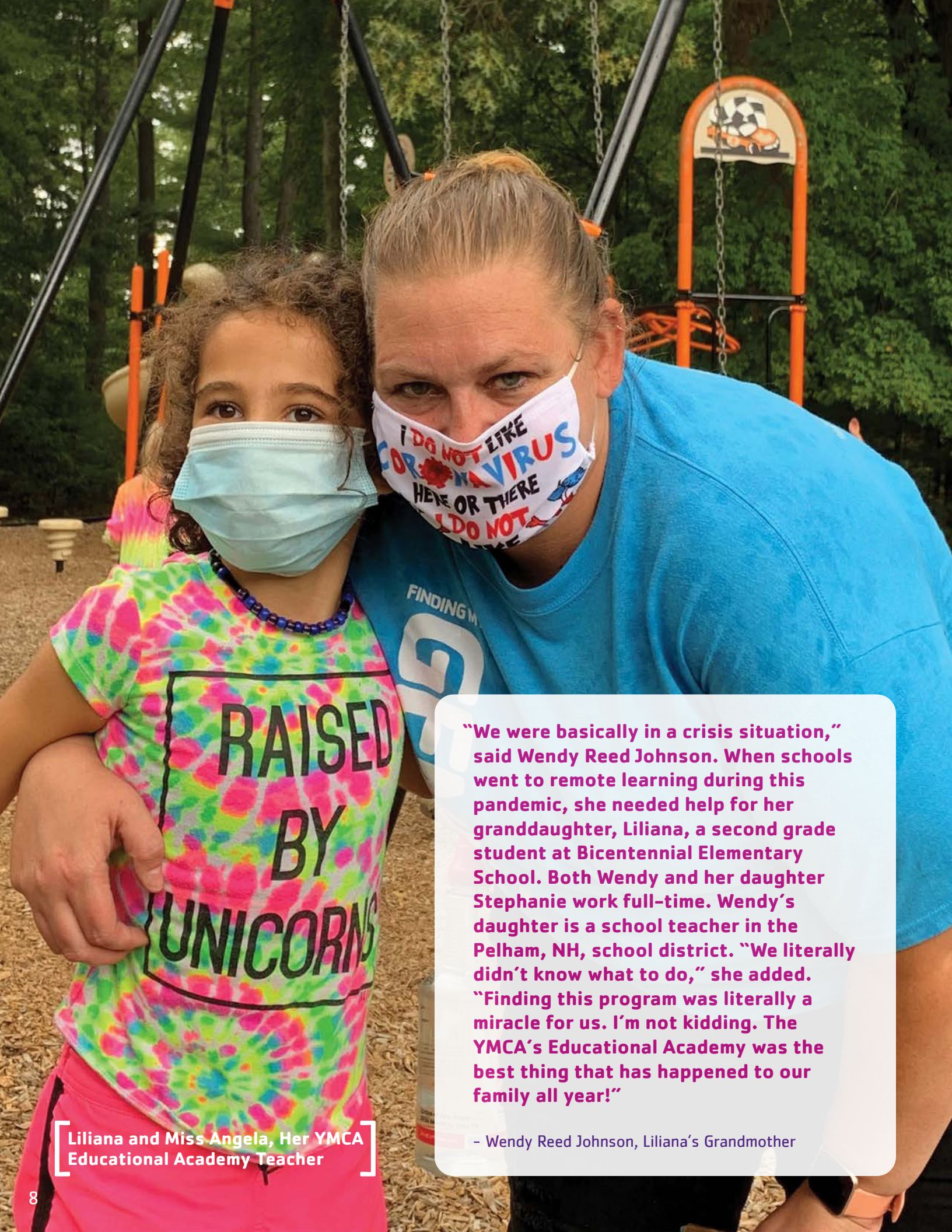
10,000+
Hours of Engaging Summer Learning Delivered at Power Scholars Academy

55+
Cancer Survivors Reclaimed Their Health this Year in LiveSTRONG at the Y

50+
Families Participated in Prescribe the Y, a Youth Anti-Obesity Initiative at the Y

2,500+
Youth Served Through Title 1 Preschool, Power Scholars Academy and the Y Achievement Center

14,300+ Social Media Followers Engaged with the YMCA **160,000+** Times This Year



"We were basically in a crisis situation," said Wendy Reed Johnson. When schools went to remote learning during this pandemic, she needed help for her granddaughter, Liliana, a second grade student at Bicentennial Elementary School. Both Wendy and her daughter Stephanie work full-time. Wendy's daughter is a school teacher in the Pelham, NH, school district. "We literally didn't know what to do," she added. "Finding this program was literally a miracle for us. I'm not kidding. The YMCA's Educational Academy was the best thing that has happened to our family all year!"

– Wendy Reed Johnson, Liliana's Grandmother

Liliana and Miss Angela, Her YMCA Educational Academy Teacher

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.

Remote Learning, In Person Success with YMCA Educational Academy

As it became clear this summer that school districts in our area were probably going to be doing remote learning, the YMCA committed early on to providing families with safe and enriching child care while ensuring that students have support in any remote learning they are doing with their schools. The YMCA provided child care and summer camp programs to children since the middle of March in a safe, caring and responsible way and our staff team was excited about expanding upon that work by equipping children with the tools they need to succeed academically and socially in this new environment.

The new YMCA Educational Academy, based at Westwood Park Y, Merrimack Y and Camp Sargent, offers students designated time to engage in remote learning with their schools. Quiet spaces are provided for students to meet with their teachers, complete assignments and further their studies. Staff and volunteers are available to help students with their remote work.

To enhance what the schools are offering, the YMCA has partnered with BellXcel to provide in-person curriculum using LitArt. Each day during the Brain Power Hour, YMCA staff and volunteers led students in fun, project based, grade appropriate educational activities in math, literacy and writing. This work will help students stay ahead throughout the school year.

Asher Thomas Wins Coveted Buddy Cup at Northeast YMCA Leaders' School

Congratulations to YMCA Teen Leader Asher Thomas who was awarded the prestigious Buddy Cup at the Northeast YMCA Leaders' School, held for the first time ever as a virtual event. This annual teen leadership event is normally held at Springfield College and attracts teens from all of New England and New York.

The Buddy Cup award is the highest honor a teen leader can receive at Leaders' School, and although it was not an in-person event this year, it was Asher's active participation in the virtual school as well as his outstanding character that made him stand out. This is only the fourth time the Buddy Cup has been granted to a recipient from New Hampshire since the trophy's inception in 1961, and the third time it was presented to a member of the YMCA of Greater Nashua.

Asher has been very active in the YMCA Leaders Program, the Quest Day Camp and Guides Program (LIT Program of today) and has worked with the YMCA of Greater Nashua as a lifeguard at both Branches and Camp Spaulding, as well as working the Merrimack YMCA Welcome Center. This Fall, Asher is taking a gap year to travel the country before attending College at Lewis and Clark College in Portland, Oregon, in the Fall of 2021.

YMCA Partners with Hannaford Supermarkets to Encourage Healthy Eating

Katy Magoon-Fredette, RDN, LD, is a Registered Dietitian from Hannaford Supermarkets in Nashua, who has worked closely with our Prescribe the Y program for the past three years. "I love the PTY program. With today's fast-paced world family meals have unfortunately become a thing of the past. In my role at Hannaford, I like to help families learn how to add a nutritional boost to their meals without forcing them to reinvent the wheel or spend copious amounts of time in the kitchen. I also try to remind parents and their children that healthy eating falls on a continuum and truly is a journey. I like families to start talking about what constitutes a healthy meal and making time to sit as a family. Teaching kids how to plate their foods and adding a variety of food groups is important. Encouraging families to add color, shape, and texture to their plate keeps it interesting too. I chat with families about what we can add to our plate to make sure it's balanced without taking away from the foods they already know and love. Structure is actually a very important thing for family meal time. It's also a great time for kids to share highlights of their day," she said.

The program was run a bit differently during the pandemic. Families are given a "Nutrition Lesson in a Bag" which includes healthy recipes to prepare at home, healthy eating handouts and product samples that tie directly in with the theme of the week. Prior to the pandemic, PTY was able to purchase healthy food offerings each week for the children to try during their classes through a grant provided by Hannaford. Prior to the virtual teachings, PTY families toured the store with Katy. "The families could take everything they learned over the first 8 weeks of the program and do a visual in-store tour with me. We would have between 15 to 40 people in our group and would spend 90 minutes doing a tour of the store. We make it fun with a Guiding Stars scavenger hunt and the tastings. Guiding Stars is Hannaford's nutrition navigation system that allows people of all ages to identify good, better, and best food options at point of sale. We would spend time in each department discussing healthy food offerings, options to include or new things to try, and then top it off with samples of items to tie it all together. The best part is that the kids, their parents, and their siblings get exposure to food items they've possibly never tasted before. They leave the store with a lot of new ideas and coupons to make healthy food accessible. It's a great partnership between Hannaford and the Y," Katy said.

YMCA staffer Eirikur Holt has been working with PTY families in her role as a Healthy Living Coordinator. She loves the program and shares, "PTY is definitely the program that is nearest and dearest to my heart here at the Y! Kids, and even some parents, walk in on that first night expecting a class on nutrition and exercise to be boring and the topics unrealistic to implement into their daily lives. However, they quickly realize how simple and fun it can all be. The nutrition lessons are delivered through a hands on approach that encourages active participation from both children and parents alike. It's simply amazing watching the changes families make in their approach to eating as the program progresses."

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.

Lung Transplant Recipient Finds Comfort and Strength in Recovery at the YMCA

You may know Bob Heyer as a regular lap swimmer at the Nashua Y. Or you may know Bob Heyer as the official photographer for the town of Hollis. Many of Robert Heyer's family and friends know him as a healthy, very active sportsman. Much of that changed in April of 2012 when, in his words, "a chronic cough took me down in three years." His pulmonologist diagnosed him with Idiopathic Pulmonary Fibrosis (IPF), a type of lung disease that results in scarring (fibrosis) of the lung. Everyday tasks like going to the store were difficult. To continue to breathe, he required ten liters of oxygen. The severity of his condition worsened and warranted a lung transplant and Bob was put on the transplant list after 3.5 years of receiving his lung disease diagnosis.

In 2016, Bob had a successful lung transplant at Brigham and Women's Hospital in Boston. After his surgery, he slowly regained his strength and he knew getting back to a regular workout regimen would be the key to returning to a healthy life. He had been an avid biker, swimmer, and golfer. He visited the Nashua Y and he and his wife Joann joined in 2018. He took up swimming again six months after his operation with the goal of keeping his lungs as healthy as possible. Bob swims laps several days a week and walks the Y's indoor track with Joann. Bob and Joann enjoy the Y because it's convenient for them and the staff and members are friendly. Bob workouts in his home gym to round out his wellness routine.

Almost five years later, Bob's lungs are doing well – so well, in fact that a nurse at one of his post-op appointments asked him what he had been doing to get such staggering numbers on his charts. His answer: swimming. This spring he was looking forward to competing in the 2020 Transplant Games of America, which was scheduled for July in New Jersey at the Meadowlands. He competed in the Transplant Games in 2018 in Salt Lake City, and was eager to compete again this year, but due to the pandemic, these games were canceled. Bob's looking forward to July 2021 when he will compete in the Transplant Games of America at to be held in the The Meadowlands. This 71-year-old athlete will surely bring home medals, as he did in the 2018 games!

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 training, 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 1887, 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.

Helping Fight Food Insecurity

Since April 17, the Y partnered with the United Way and the Nashua Soup Kitchen and Shelter for seven months to deliver fresh and nutritious food to families in need. In total the Nashua COVID Relief Distribution Committee's efforts helped to deliver fresh produce and food items to clients at eight locations. Overall, they helped deliver thousands of pounds of food to our most vulnerable neighbors.

"Since April 7, the YMCA has been supporting food access by helping the Nashua Soup Kitchen and Shelter and the United Way to distribute fresh produce in low income neighborhoods. Volunteers from the YMCA have picked up the produce in vans at the Soup Kitchen and brought it to the locations in our community where United Way volunteers handed it out. Through this great collaboration, over 1,500 families have received fresh produce. It's been a great partnership."

Michael Apfelberg, *President*
United Way of Greater Nashua

"The YMCA has been vital in helping to ensure that families in our community have access to healthy, nutritious and fresh produce in this very difficult time. We are grateful for their assistance and partnership going forward."

Michael Reinke, *Executive Director*
Nashua Soup Kitchen & Shelter

YMCA Improves Carbon Footprint by Upgrading its Facilities to Full LED Lighting

This year, our Y took a large step in improving our carbon footprint by upgrading and converting the Y's three facility branches to full LED lighting. With a $50,000 grant from a donor through the New Hampshire Charitable Foundation, the Y was able to make upgrades to the Nashua YMCA, the Merrimack YMCA and the new Westwood Park YMCA. The project cost to the YMCA after rebates and incentives was $190,000 ($140,000 after the grant). This gift allowed the Y include the new Westwood Park YMCA in this capital project. In 24 months, this project will pay for itself in cost savings.

The light-emitting diode (LED) is one of today's most energy-efficient and rapidly developing lighting technologies. Quality LED light bulbs last longer, are more durable, and offer comparable or better light quality than other types of lighting.

The New LED Lights Have Also Really Helped to Brighten All of Our Branches.

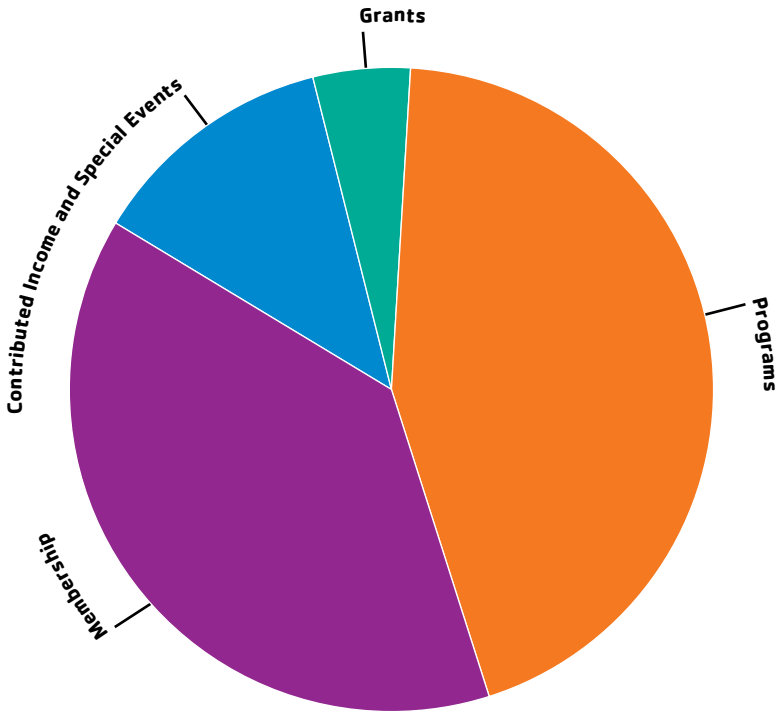
UNAUDITED FINANCIAL STATEMENT

Year Ending August 31, 2020

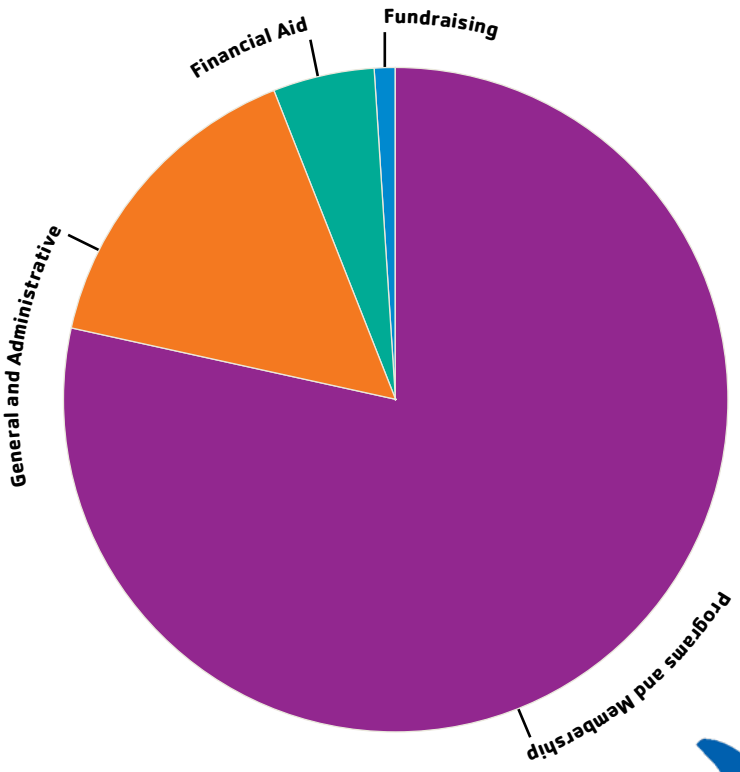
INCOME

Programs	$4,829,000
Membership	$4,820,000
Contributed Income and Special Events	$1,102,000
Grants	$839,000
Total Income	**$11,590,000**

Income



Expenses



EXPENSES

Programs & Membership	$10,594,000
General & Administrative*	$1,868,000
Financial Aid	$456,000
Fundraising	$119,000
Total Expenses	**$13,037,000**

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

$597,500

invested in new classrooms, fencing at the Merrimack branch's playground, Wellness Center equipment upgrades, new Kid Stop at the Merrimack Branch, and an LED conversation at all three facility branches.

THE Y: HERE FOR GOOD

We know that lasting personal and 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.

$456,000 in financial assistance was provided to ensure the Y is accessible to all.

Annual Campaign Contributors

Thank you to the 2020 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 Ys programs and services.

THE THURBER SOCIETY
$10,000+

Anonymous
Bear Foundation
KMFG Fund
Haffenreffer Family Fund
J. Lawrence Hall Co.
Hussey Family Fund
Michael and Sharon LaChance
New Hampshire Charitable Foundation
Stonyfield
The Gary Wingate Family

THE SHAW SOCIETY
$5,000–$9,999

Bar Harbor Bank & Trust
Barker Foundation Inc.
John and Carole Callahan
Jacobs Management
David Mahoney
Patricia and Stephen Piper Charitable Fund
Pepsi-Cola Co.
Earl and Marilyn Prolman Family Fund
Purple Finch Properties
RH Laboratories
Ben and Joan Robinson
The Shepard/Bowler Family
Southern NH Health
YMCA of the USA

THE SARGENT SOCIETY
$2,500–$4,999

Peter J. Caulo
Eaton & Berube Insurance Inc.
Paul and Jane Edmunds
Eversource Foundation
Farley White Interests
Ellen and Robert Gaimari
Peter and Sheryl LaQuerre
St. Mary's Bank

THE LAROCQUE SOCIETY
$1,000–$2,499

Dr. Daniel Abbis
Allied Wire and Cable
Ameriprise Financial Services, Inc.
Anheuser-Busch Cos., Inc.
Bhargavi Annapareddi
Andrea Riley Arnesen
Bank of America
Leon Barry
Mahesh and Bindiya Bhatia
Bigelow & Company CPA
Caryn Blake
Albee Budnitz and Vivian Rowe
Teresa and Chad Carlton
Centorr Vacuum Industries, Inc.
Patricia Clancey
Brian Coneeny
Elizabeth and Ralph Covino
Lynnette Curran
Matt D'Arcy
Dartmouth-Hitchcock
Julius DeNitto, Sr.
Nelson Disco
Briana Dos Santos
Shayne Durant
Eastern Bank
Enterprise Bank
Fidelity Investments Matching Gift Program
David and Patricia Gregg
Charles A Hall
Dan and Lynn Harris
Kristin Kane and Peter Fernandez
Lori and Gary Lambert
Landmark Benefits
Long Group
Lumina Portraits
Jay Maiona
Doreen A Manetta
Grace Mann
The Manzoli Family
The Mayeu Family
The Nash Group
Nashua Absolute Soccer Teams
Oracle Corporation
The Parker Family
Helen and Tracy Principio
Siva Ravada
Alan Retter
Pam and Harvey Richardson
Michael Rubino
The Simendinger Family
State Farm
Joseph and Bernice Thomas
Thunder & Lightning Productions, LLC
United Way of Massachusetts Bay & Merrimack Valley
Rita Voulgaris
Walgreens
William & Reeves, LLC
Winer and Bennett, LLP
June and Greg Zoia

PATRON
$250–$999

Kimberly Adie
Michael and Stephanie Ballentine
Barry & Honorow, PLLC
Nancy Barry
Tim Bates
Blue Snap
Marsha Bottino
Paul Cahill
Susan Caswell
Dorothy L Charest
Philip Coad
The Colangelo Family
David Colburn
Lorraine Dagostino
Michael Decristofaro
The Derderian Family
Ellen Dionne
Dr. Robert Dorf
Eastern Bank Charitable Foundation
Carol Eyman
Ivory Farren
Fidelity Investments
Richard Follender
Bank of America Charitable Foundation
Francis Provencher Insurance Agency, Inc.
Franklin Savings Bank
Freedom Logistics, LLC
Jill Gage
Janis Galloway
Gate City Striders, Inc.
Allen Goodrich
Derek Helmer
I.T. Insiders
Tiffany Joslin
Zia Khadaroo
Arthur E King
Helena Koay
The Kobisky Family
Andrew B Kowalik
Jack R Law
Mark Levesque
Virginia Lunt
Richard Mayo
Nichols Trust
Sharon Noel
Shawn Nolin
Anna H O'Herren
Trusha Patel
Cheryl Peltak
Vertex Pharmaceuticals
William Pockl
Joan Powers
Prudential Financial
Dawn Reeby
Reeds Ferry Lumber
Bridget Rines
Tim Sagear
Salesforce Matching Gift Program

Gloria Selvitella
John R Shaw
Christopher J Simard
Kevin Slattery
Susan and John Turben Foundation
Simon Thomson
Daniel Tracy
Lori G Wallace
We Share a Common Thread Foundation, Inc.
Spencer Whiting
Michael Wrenn

CENTURY CLUB
$100-$249

Anonymous
Beacon Technical Sales, Inc.
JoAnn Barrett
Cathy Borsini
Alyshia Branchi
Malinda Brandon
Jay Campbell
Marianne Cariddi
Tabatha Chapman
Mary Ciarametaro
Elizabeth Cote
Margaret Dellacona
Mark Detering
Gail Dexter
Belinda Dillaby
Shirley Donovan
Margaret Dore
Walter Earnshaw
Gary Edes
Far East Support Services, LLC
Joe Foley
Noel Friedman
Maria Gagnon
Amber Gallant
Peggy Gilmour
Beth Goldberg
Ajay Gupta
Sarah Hammond
Chris Hartnett
Hewlett Packard Enterprise
Kim K Hickman
Hirsch & Company, LLC
Oliver Holt
Susan Holt
Charles and Francine Howe
Elizabeth Kaas
Maryann Kabarsky
Ben Kershaw
Barbara and Calvin Knickerbocker
Carol Kreick
Peter Labombarde
Bruce Lewis
Robert Liscio
Christine Lyna
Arlene Magoon
Nicholas and Susan Mandravelis
Judith Martin
Matrix Sales Inc.
Charles E McCaffery
Kathy McGhee
Lynn Mcgowan
Cathleen L Mook
Susan Nawn
Northwoods Software
Mark Page
Pam Patterson
Paul Jarry Plumbing
Catherine Pepler
Brenda Perry
Heather Phan
Kaila Philbrook
Jeanne Potelle
Dorothy Powers
Sheryl Rich-Kern
Rick Ruo
Eileen Santerre
Adelaide Saunders
Elizabeth Scarchilli
Peter Schuler
Charles Schwab
Dean Sheffield
John P. Stabile II Family Foundation
Daniel Stennett
Phyllis Stibler
Paul Storey
Rosamond Stott
Sarah Sutherland
Linda Temperino
Rachel Traub
Gayle Troiani
Roger Tuttle
Nancy Williams
Dave Yeaton
David Young
Jeffrey Zall
Zachary Zoia

2020 Grant Funders

Thank you to the following organizations who granted funds in fiscal year 2020 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 address the emergency needs of our community during the pandemic, 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:

Fidelity Investments
New Hampshire Charitable Foundation - Nashua Region
YMCA of the USA Strategic Initiatives Fund
Ann De Nicola Trust, Citizens Bank, N.A. Trustee
DCU for Kids
Newman's Own Foundation
Oleonda Jameson Trust
Protolabs Company Gift Fund of the Minneapolis Foundation
City of Nashua Citizens Advisory Commission
Million Dollar Roundtable Foundation
New York Life
Merrimack County Savings Bank
Spark NH and DHHS for Smart Start Coalition
Nordson Corporation Foundation
Ella F. Anderson Trust, BNY Mellon, N.A., Trustee
James & Fernande Kelly Charitable Trust, Administered by TD Wealth for TD Bank, N.A., Trustee
Dollar General Literacy Foundation
Redwoods Group Foundation
Speedway Children's Charities
Children's Literacy Foundation

HEALTHY LIVING GRANT SUPPORTERS:

Hannaford Supermarkets
Harvard Pilgrim Health Care Foundation
Earl Prolman
Mark Roy
YMCA of the USA Blood Pressure Linkage Grant

SOCIAL RESPONSIBILITY & COVID-19 RELIEF GRANTS:

NH CARES Child Care Recovery and Stabilization Program
YMCA of the USA Emergency COVID-19 funding
State of NH DHHS Hazard Pay for Childcare Workers
NH CARES Governor's Office for Emergency Relief and Recovery
KMFG Fund
New Hampshire Charitable Foundation Community Crisis Action Fund and New Hampshire Charitable Foundation New Hampshire Tomorrow Early Education Development Fund
Protolabs Company Gift Fund of the Minneapolis Foundation
People's United Charitable Foundaiton
Stabile Family Foundation
Greater Nashua COVID-19 Response Fund
Eastern Bank Charitable Foundation

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 2020, more than 400 volunteers gave more than 6,100 hours of their time to support the efforts of the YMCA and our members. A total of $166,770 in value.

2020 Collaborations

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

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

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 Julianne Simendinger, Chief Development Officer, at 603.598.1533.

Heritage Club Members:

Mary E. Alley*
Andrea Riley-Arnesen and Bob Arnesen
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.
Jen and Per Melker
Ethel O. Millen*
James Moore*
Charles C. Morgan*
Carrie E. Norris*
Mary P. Nutt*
M. S. F. Ober*
Daniel & Lori Ohlson
Seward M. Patterson*
Endicott "Chub"* & Toni* Peabody
Amy Petrie
James F. Pritchard*
Earl & Marilyn* Prolman
George A. Rollins*
Mrs. Eaton D. Sargent*
Fannie W. Sawyer*
Mary Scripture*
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 11/1/20

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.

WE HEARD YOU! WE THANK YOU!

We appreciate our community's support and acknowledgment of our community impact.

- Best of Greater Nashua (Nashua Telegraph's reader awards) Award for the Best Child Care and Best Fitness studio categories
- Parenting NH (statewide magazine) Best Family Friendly Fitness
- Hippo Press named the YMCA Camp Sargent as a Best of Winner in the category of Nashua Summer Day Camp
- Arts Nashua – YMCA of Greater Nashua's Arts Program was honored during Arts Week
- Spirit of NH Award (a celebration of volunteerism)
- Gate City Light Award for 2020 (Mayor Donchess' Volunteer Recognition Committee honors an organization during National Volunteer Week)
- Nashua Chamber of Commerce – CEO Mike LaChance was nominated for "Citizen of the Year"
- Nashua Chamber of Commerce – YMCA of Greater Nashua was finalist for "Eminence Awards" in the nonprofit category
- YMCA Northeast Leaders' School YMCA Buddy Cup awarded to YMCA Teen Leader, Asher Thomas

Those who served the Y in the 2019–2020 fiscal year

YMCA BOARD OF DIRECTORS

OFFICERS:

Steve Lynn	*Chief Volunteer Officer*
Joseph Thomas	*Treasurer*
Andy Whigham	*Secretary*
Lydia Foley	*Immediate Past Chief Volunteer Officer*

BOARD MEMBERS:

Matt D'Arcy	Peter LaQuerre	Kyle Schneck
Michael DeCristofaro	Mark Levesque	Gloria Selvitella
Briana Dos Santos	Doreen Manetta	Simon Thomson
Jill Gage	Laura Miller	Dr. Ken Weintraub
Cory Hussey	Deane Navaroli	Kelli Wholey
Nate Jensen	James Poirier	
	Helen Principio	

YMCA BOARD OF TRUSTEES

OFFICERS:

Jay Maiona	*Chairman*
Marsha Bottino	*Vice-Chair*
John Mokas	*Secretary*

TRUSTEE MEMBERS:

Andrea Riley Arnesen	Dr. Robert Dorf	Jim Kimberly	Ben Robinson
Caryn Blake	Paul Edmunds	Jim Leary	Steve Rogers
John Callahan	Nicole Ennis	Tom Long	Michael Rubino
Patty Creedon	Peggy Gilmour	David Mahoney	Steve Russell
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Greg Derderian	Charlie Hall	Deane Navaroli	Melissa Skarupa
Nelson Disco	Morgan Hollis	Anna O'Herren	Tony Trembley
	Donna Karowski	Earl Prolman	TJ Vadney

YMCA LEADERSHIP STAFF

Michael LaChance	*Chief Executive Officer*
Mahesh Bhatia	*Chief Financial Officer*
Joe Manzoli	*Chief Operating Officer*
Elizabeth Covino	*Chief Community Relations Officer*
June Zoia	*Chief Human Relations Officer*
Julianne Simendinger	*Chief Development Officer*
Jason Mayeu	*Director of Marketing*
Shawn Nolin	*Facilities Director*

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.

YMCA OF GREATER NASHUA

Nashua YMCA
24 Stadium Drive
Nashua, NH 03062

Merrimack YMCA
6 Henry Clay Drive
Merrimack, NH 03054

Westwood Park YMCA
90 Northwest Boulevard
Nashua, NH 03063

YMCA Camp Sargent
141 Camp Sargent Road
Merrimack, NH 03054

www.nmymca.org

/YMCAofGreaterNashua **@NMYMCA** **@NMYMCA**