



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRINGING OUR COMMUNITY TOGETHER FOR GOOD

We Strengthen Communities, Educate and Nurture Children and Promote Healthy Living



2021 IMPACT REPORT
YMCA OF GREATER NASHUA



Those who served the Y in the 2020–2021 fiscal year.....

YMCA BOARD OF DIRECTORS

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Joseph Thomas	<i>Treasurer</i>
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Cory Hussey	Helen Principio	

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 entire YMCA association provide extraordinary experiences for individuals and families throughout southern New Hampshire and beyond.

YMCA BOARD OF TRUSTEES

OFFICERS:

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Nicole Ennis	Deane Navaroli	
Lydia Foley	Anna O’Herren	
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Dan Joyal	<i>Properties Director</i>



A LETTER FROM THE CVO AND CEO

Dear Friends,

At the heart of the Y lies the power to transform— both change for individuals and changing the world around us. From our wide range of wellness, personal training, sports and aquatics programs, to our group social activities, as well as fun family and community events, we offer an array of options focused on strengthening spirit, mind and body. This has served us well during these trying times. During the pandemic, individuals have had more time for self-reflection and many have made decisions to be more intentional in self-care. Additionally, our community has had to transform in many ways. It has not been business as usual and our Y has risen to the occasion and responded to be an agent of change.

This Annual Impact Report will give you some highlights from the past year. Each of our three areas of impact will be highlighted: Youth Development, Healthy Living, and Social Responsibility. We are excited to share an overview of our commitment to cause and community. 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.

The Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. We are a powerful association of men, women and children from all walks of life joined together by a shared passion to strengthen the foundations of community with a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Though the world may be unpredictable, one thing remains certain – the Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families, and communities.

Sincerely,

Steve Lynn
Chief Volunteer Officer

Mike LaChance
Chief Executive Officer



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 YMCA is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities.

The Y is committed to improving the physical health, mental health and general well-being of people in our community. When you are with the Y, it gives you access to much more than the gym, it connects you to a health movement that looks to create a profound impact on fitness, disease prevention, and adherence to a healthy lifestyle, all to better the overall health of our region.

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 2021, we provided \$1,080,000 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 wellness, health, educational enrichment, childcare, arts & humanities, 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.

\$1,080,000 in community benefits and services to those in need in our community

\$618,000 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.

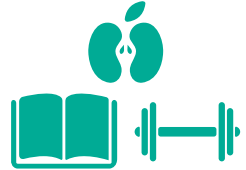
\$462,000 was invested by the Y and our funding partners toward community-based initiatives. We provide several evidence-based programs at no cost including: YMCA Power Scholars Academy, LiveSTRONG at the YMCA, Prescribe the Y, YMCA Achievement Center and Superhero Training Academy. Additionally we demonstrate 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 levels, income levels, orientations, identities, abilities, and religions go to because they want to – not because they have to.



23,500+
YMCA Members
Served in the Greater
Nashua Community




32,100+
Individuals Served
Through Programs,
Classes and School
Programs



6800+
Youth Under Age
18 Served




13+
Communities Served
in the Greater
Nashua Area




280+
Dancers Gained
Confidence During
Dance Programs



1,600+
Youth Made
Memories at
Summer Camp




325+
Children Served in
Our Early Education
Child Care Center




105+
Youth Learned
Perseverance and
Teamwork on the
Storm Swim Team



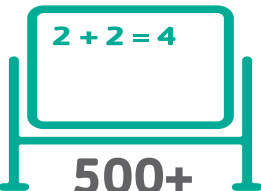
50+
Teens
Learned
Leadership
Skills at
Summer Camps
and the Northeast
Leaders School



35+
Cancer Survivors
Reclaimed Their
Health this Year in
LiveSTRONG at the Y



20+ Parkinson's
Patients Increased
Their Energy Levels and
Mobility in Cycling for
Parkinson's



500+
Youth Served Through
the YMCA Educational
Academy and YMCA
Achievement Center

  **15,350+** Social Media Followers Engaged with the YMCA **163,400+** Times This Year  




100+
Collaborative Partners



215+
Volunteers Serving Our YMCA



4,310+
Volunteer Hours



5,100+
Swim Lessons Taught to 1,625+ Children and Adults

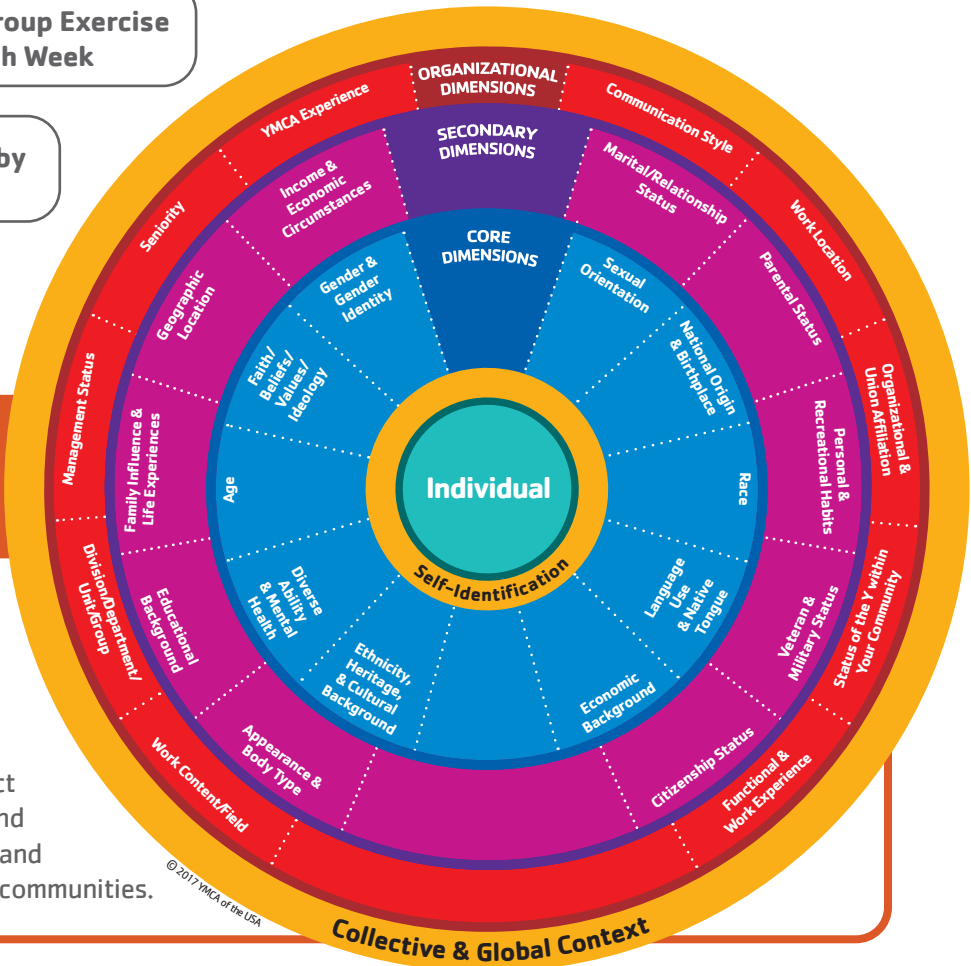
125+ Different Wellness and Group Exercise Classes Offered In-Branch Each Week

750+ Online Videos Offered by Our Fitness and Wellness Staff

15+ 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 position us to respond and remain relevant to issues affecting our communities.



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Coming Full Circle – Camper to Counselor

Meet Rebecca Manning, one of our newer staff members, and self-professed Y kid that grew up through Y programs. One of the first programs she attended was “Mommy and Me” classes at the former Y site on Prospect Street. “I was always doing something at the Y – sports, dance and art classes,” she shared. Her current position at the Y is Welcome Center Staff Representative at the Westwood Park Y.

Rebecca and her brother Matthew, who is two years older than her, have great memories of being campers at Camp Sargent. “For me, this was my favorite Y program. My brother and I both loved archery. At first we barely hit the target, but got increasingly better and hit bullseyes! We made strong connections at camp and loved our counselors so much.”

This year marks 10 years since she started at Camp Sargent. Rebecca’s camp experience has come full circle. She started counselor training on June 8, to prepare for a great summer working with kids. She was assigned to the Fort Building and Survivor specialty camps. “When I was a camper at Camp Sargent I did theater group there. I’m now addicted to theater. Tiffany (Camp Director Tiffany Joslin) was my counselor and now she’s my boss!,” Rebecca said. “I’m looking forward to the training, seeing old friends from Leaders Club and meeting new friends.”

This fall Rebecca started in-person studies at Lasell College in Boston. She started her college career at Grand Canyon University in Arizona. “Being far away from home wasn’t for me. When I came home from Arizona in December, I looked at Lasell College again. It was rough between COVID-19 and being a lot younger than many students. I wouldn’t change my experience of being away for college, but it was rough times, it showed me what I’m capable of and also what’s important to me.”



Rebecca Manning with her father, Shawn.

OUR PREMISE IS THAT ALL KIDS HAVE AMAZING POTENTIAL

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. Values and skills learned early are vital building blocks for life. 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.

Our Family is So Grateful for the YMCA



Our childcare and camp staff make an impact daily. The personal reward and satisfaction that it brings for many include getting to teach student and camper lessons that they'll carry for life. They get to help children explore and succeed, and witness incredible achievement daily. What also fuels this is when parents and guardians share their experience from their perspective. Here is an awesome email that Childcare Director Elizabeth Witmer and COO Joe Manzoli received:

I'm Kate McWeeney, a family member of the YMCA of Greater Nashua/Merrimack for 5+ years, as well as a mom of two girls that have attended the Y for summer camp seasons. Our youngest just completed kindergarten here as well.

I wanted to share our gratitude for the incredible kindergarten and summer programs we've

experienced at the Y in Merrimack over the last couple of years- specifically in the Wallis Sands classroom with teachers Mrs. Sarah Simoneau and Ms. Nadine Potvin.

While we generally are always pleased with the Y- Merrimack programs and staff members, these two individuals have shown compassion and a mentorship our youngest girl really needed and thrived on in their classroom. As a result we believe their efforts have helped our girl transition through important growth stages more successfully than she had been doing in the past.

Their consistent guidance and patience I've personally seen upon pickups and drops-offs are impressive! I don't know how they consistently do it, but I'm certainly grateful for it. Every time I wanted to discuss our youngest child's day or current concerns, these two ladies have given me their full attention and feedback. I never once felt rushed or dismissed, but rather listened to and heard. Even after hours- if I had a question and I sent one via Bright Wheel- I could always count on them to respond timely and compassionately.

Both of our daughters will be moving on to grade school together this fall. We feel confident that our youngest is ready for her first year- with much of that confidence gained under the guidance of Mrs. Simoneau and Ms. Potvin.

We will miss them fiercely! But will certainly be by to say hello and see them again during future summer & swim programs.

Thank you McWeeney family for sharing your story!



A Major Milestone: Swimming Over 5,500 Miles in the Merrimack Y's Pool

YMCA member Martha O'Neill knew she was close to a milestone, one that many of us would be in awe of! As an avid lap swimmer, Martha has been using this form of exercise since her college days to unwind, decompress, and stay healthy. In May of 1987 she started swimming at the now Merrimack YMCA when it was The Club, a private health club, which our YMCA association acquired in 1992. Recently, Martha thought she was close to hitting the 5,000 mile mark, but after some recalculations, she was further along than expected.

She's been recording her lap swimming for decades. "I did more miles than I thought! I keep a weekly calendar and that's where I write miles down as I swim. I initially thought I was 50 miles short of 5,000. I went back 15 years in my calendar and re-calculated. I'm 540 miles ahead of what I expected," she said.

Martha has logged nearly 5,500 miles of lap swimming at the Merrimack YMCA indoor pool. This does not include miles logged at the Nashua Y or other pools!

"I joined The Club when it opened. Before that I swam at the Sheraton Tara (in Nashua). I came back to this area in 1982 to practice law with my father and uncle. At that time, the Nashua Y had limited hours for lap swimming. I was anxious for a pool to open in Merrimack. It's closer to home for me and I've belonged ever since."

When chatting about the Merrimack Y, she says: "I live about a half mile from there. It's convenient for me. The hours are good. The staff at the desk and the pool are all really nice and friendly. I like the large locker room. I pretty much just swim. That's why it has worked for me. It's a nice pool."

During these pandemic times, she has been thankful that the Merrimack Y has been open. She shared that her condo has a pool, so she swims outdoors in the summer, also. "Last summer the Y was open and our condo pool did not open. I was thrilled that the Y opened the pool when they did. I assumed it wouldn't be open. I've had absolutely no concerns of swimming at the Y since it reopened. The Y has done a great job with the reservation system for lap swimming. The facility is clean. Other situations have made me uncomfortable (certain restaurants and other facilities), but I'm very comfortable at the Y. Last summer would have been miserable without the pool being open. This summer has not been great for outdoor pool swimming, so I have been swimming indoors at the Merrimack Y most of the time this summer, too."

Staying healthy is a priority for Martha. She has been running or swimming year round to stay in shape. "I do one or the other most days, but now more swimming than running. I got into swimming year round when I was in law school. There was so much studying to do, but I could justify taking time to run or swim."

BALANCED LIVES NEED A FOCUS ON SPIRIT, MIND AND BODY

The Y is a leading voice on health and well-being, a leader in fighting chronic disease, and we're committed to empowering people to lead fuller lives. We bring families closer together, encourage good health and foster connections through fitness, sports, fun and shared interests. We believe that being healthy means more than simply being physically active. It is about maintaining a balanced spirit, mind and body. 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.

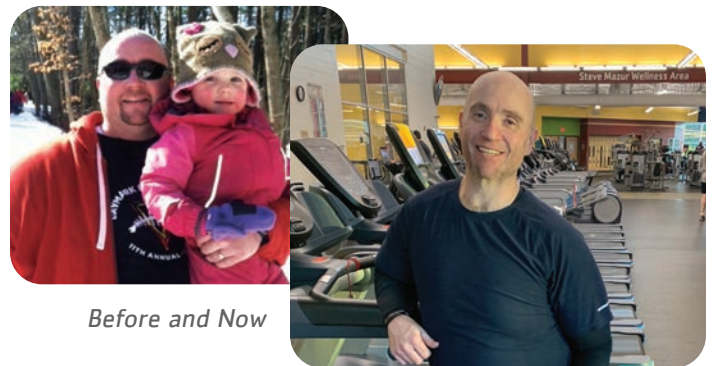
Facing Serious Health Challenges Matthew Brady Began a Y Journey that Changed His Entire Family's Health and Well-Being

When Matthew Brady relocated to Southern New Hampshire for his job, little did he know this would be part of a wellness journey that impacted his entire family.

In January of 2013, the Brady family moved from Oklahoma to New Hampshire. Over the course of many years, Matthew's weight crept up to 450 pounds. He was not in a place where he believed that he could lose weight on his own. He wanted to consult with his doctor and consider having bariatric surgery. He believed that he would be facing serious health problems, if he did not get his weight under control.

To be approved for this surgery, his surgeon required that he lose 60 pounds. His first thought was, "if I could lose 60 pounds on my own, I wouldn't need surgery!" With the guidance from a nutritionist, he cut down his calorie intake and food portions. He knew he needed to start exercising. "The only way to get active in our winter tundra was to exercise indoors. I joined the Y. I walked the track in Nashua. I was committed. I started my days at the Y multiple days a week."

Matthew started losing weight. He was increasing his time walking on the track. He began to add in jogging on the track: partly walking, partly jogging. He was regularly doing 60-minute sessions.



Before and Now

Matthew lost the 60 pounds and was approved for weight loss surgery in May of 2013. That's only part of his story. Exercising at the Y is his focus now. "The Y is an integral part of my life. It's the place I go to be active. I actually run marathons now."

Being healthy at the Y is part of the Brady family's lifestyle. Matthew's wife Leslie was also on a weight loss journey. Leslie started by taking Zumba classes at the Y. For Leslie, finding a way to challenge herself socially and emotionally helps keep the weight off. She now teaches several classes at the Y each week including Aqua Zumba, Zumba, Cardio Dance, and Pound.

"Between the two of us, we have lost over 300 pounds. I now have the energy to not only workout, but also work around the house without just being winded is a great thing. I feel healthier, and it helps me know that I can be here for my family for the long run. Throughout all of this, I lost half of my size. I couldn't have done it without the Y," he said. "I connect with the same members and staff each visit. It's been helpful."



Collaborations Help Further Our Impact

We further the work of many 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 ways that children, adults and seniors can be active at the Y. During the pandemic, many of these programs were offered free to everyone in our community.

THE YMCA BELIEVES OUR COMMUNITIES ARE STRONGEST WHEN EVERYONE IS INCLUDED

Across the country, the Y helps people give back and assist their neighbors by offering everyone opportunities to volunteer, advocate and support programs that strengthen community. Groups of individuals, through their involvement in the Y and collaborations with policymakers, are able to address many of the most critical social issues facing our communities. This means giving back and providing support to our neighbors.

YMCA Childcare Gives Me 'Peace of Mind' While I Work



When Talita Silva's daughter Alicia was having difficulty with remote learning, her first thought was the YMCA. Talita's two daughters have flourished in Y childcare and afterschool care. Talita works full-time as a Licensed Nursing Assistant at

Greenbriar Healthcare, a job she loves! When public schools moved to this new model, Alicia (age 7) was struggling and Talita was having trouble helping her with schoolwork at home. Once she enrolled Alicia in the Educational Academy, Alicia was back to doing great with school work. This option took the pressure off Talita, a single mother.

The family's Y story begins two years ago when the Early Education Center teachers welcomed Valentina (age 3) to the Toddler One group. According to Child Care Director Elizabeth Witmer, "Valentina charmed everyone who met her." The family moved from Brazil shortly before Valentina was born. Talita faced a lot of challenges as a single Mom. As hard as she tried to survive emotionally, she was ready to give up and was subsequently hospitalized. During this time, she had the support of her mother and Talita heard from several families in the Brazilian community how much they love the Merrimack Y's Early Education Center.

When she was released from the hospital, Talita felt a renewed determination to provide the best for her daughters. She found a job that offered training and called the Y to learn about opportunities for her children. Y Cares has helped the family with child care expenses.

Talita says she will forever be grateful for how the Y has changed the course of her family's life and she will never forget the kindness of the teachers and other parents.

YMCA Awarded \$100,000 in CDC Funds to Increase COVID-19 and Flu Vaccination Rates



The YMCA of Greater Nashua has been awarded \$100,000 to fund outreach and education efforts focused specifically on building vaccine confidence among communities in the City of Nashua that have yet to be

vaccinated for COVID-19 and have not consistently received annual flu vaccines.

Made possible with funding from the Centers for Disease Control and Prevention and in partnership with Community Catalyst, the project aims to increase understanding of and trust about COVID-19 and influenza vaccines among adults at highest risk of infection and death from these illnesses.

"The Y has pivoted many times to meet community needs since the COVID-19 pandemic started in March of 2020," says Mike LaChance, CEO of the YMCA of Greater Nashua. "We provided emergency childcare for healthcare workers when many centers shut down in Spring 2020, we launched virtual wellness and chronic disease prevention programming to support healthy living opportunities for people while at home and created the YMCA Education Academy where over 200 school-aged kids completed their remote learning."

Through this grant, the YMCA is partnering with Harbor Care to have two part-time community health workers provide vaccine education at various community events in Nashua over the next year, as well as deploying vaccine ambassadors in underserved neighborhoods.

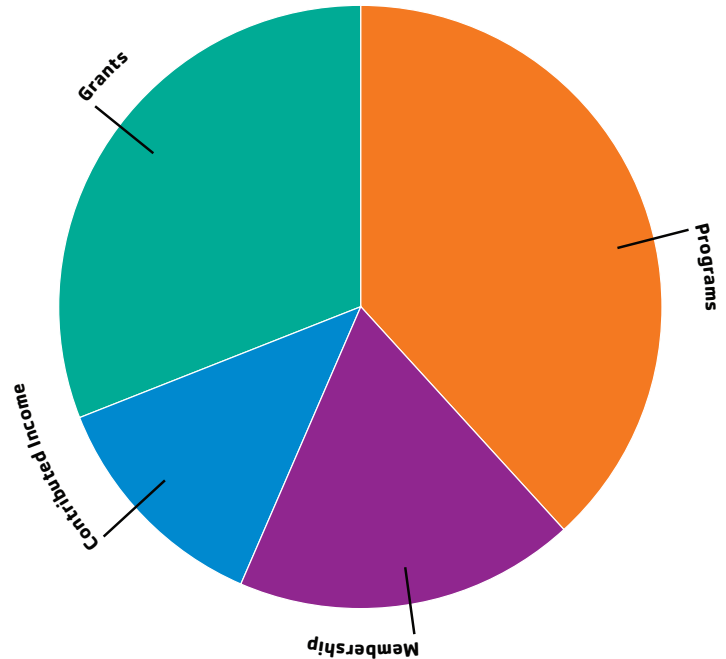
UNAUDITED FINANCIAL STATEMENT

Year Ending August 31, 2021

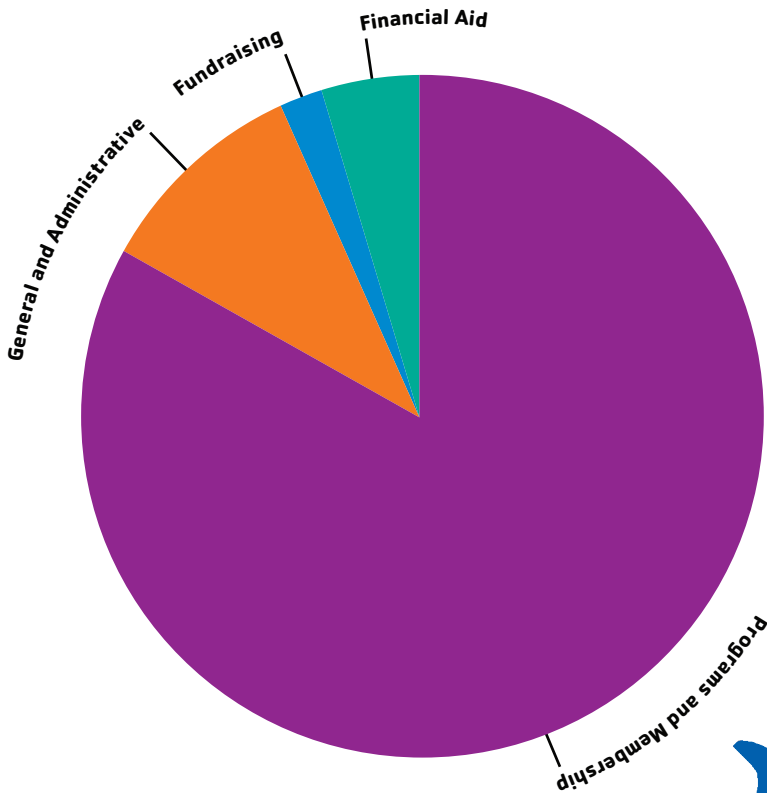
INCOME

Programs	\$6,232,000
Membership	\$2,998,000
Contributed Income	\$2,043,000
Grants	\$5,066,000
Total Income	\$16,339,000

Income



Expenses



EXPENSES

Programs & Membership	\$10,890,000
General & Administrative*	\$1,309,000
Financial Aid	\$618,000
Fundraising	\$263,000

Total Expenses \$13,080,000

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

\$137,000

invested in renovating Nashua YMCA siding and security upgrades, a new pool heater and pavement improvements at the Merrimack YMCA, while also adding a new driveway and updating the basketball court at Camp Sargent.





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.

.....

\$618,000 in financial assistance was provided to ensure the Y is accessible to all.



Annual Campaign Contributors

Thank you to the 2021 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+

Bear Foundation
Ben and Joan Robinson
Boston Billiard Club
James and Ann Conway
Eastern Bank Charitable Foundation
Fidelity Investments
Haffenreffer Family Fund
Hussey Family Fund
Network for Good
Phi Gamma Delta of MIT Fund

THE SHAW SOCIETY \$5,000-\$9,999

Barker Foundation Inc.
Bank of America Charitable Foundation
Bar Harbor Bank & Trust
David A Gregg, III
Harvard Pilgrim Health Care
How Did We Get Here Fund
J. Lawrence Hall Co.
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Purple Finch Properties
RH Laboratories, Inc.
The Shepard/Bowler Family
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The Gary Wingate Family

THE SARGENT SOCIETY \$2,500-\$4,999

Anonymous
Atrium Innovations
Boston Red Sox Foundation
Peter J. Caulo
The Conservancy Foundation Inc.
The Devins Family
Eaton & Berube Insurance Inc.
Jacobs Management
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The Manzoli Family
Nash Group
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Pepsi-Cola Co.
Earl Prolman
Rick and Stephanie Smith

St. Mary's Bank
Joseph and Bernice Thomas

THE LAROCQUE SOCIETY \$1,000-\$2,499

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Allied Wire and Cable
Anonymous
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Caryn A Blake
Centorr Vacuum Industries, Inc.
Patricia Clancey
Club National, Inc.
Brian Coneeny
Noel Cook
The Cosier Family
Elizabeth and Ralph Covino
Lynnette Curran
Julius DeNitto, Sr.
Delta Dental Plan of New Hampshire, Inc.
Ellen Dionne
Nelson Disco
Dr. Robert Dorf
Paul and Jane Edmunds
Enterprise Bank
Donna and Eric Frank
Frasca Family Fund
Gargas Enterprises, LLC
Charles A Hall
Harbor Group, Inc.
Elizabeth and Hollis E. Harrington Sr. Family Fund
Dan and Lynn Harris
Danny and Larissa Harris
Computer Hut d/b/a I.T. Insiders
Nathaniel Jensen
Gary and Lori Lambert
Landmark Benefits
Lenny Dobens Agency
Long Group
Jay and Gretchen Maiona
Doreen A Manetta
David and Grace Mann
The Mayeu Family
McDonald's Restaurant
Patrick and Cindy McNickle
Melanson Heath & Company
Oracle Corporation
The Parker Family
Ivor and Patricia Pattison
Planet Aid Inc.

Helen and Tracy Principio
Mark D Prolman
The Pruniers
Siva Ravada
Michael Reardon
Reeds Ferry Lumber
Alan Retter
Andrea Riley-Arnesen
Rotary Club of Nashua
The Rubino Family
The Schneck Family
Scire Realty
The Simendinger Family
Spencer Whiting
Thunder & Lightning Productions, LLC
United Way of Greater Nashua
Timothy and Karen Vadney
Walmart
The Weintraub/Spiro Family
Wendi's Cleaning Service
The Whigham Family
William & Reeves, LLC
Winer and Bennett, LLP
June and Greg Zoia

PATRON \$250-\$999

Kimberly Adie
Margaret and A. Robert Adolt
Affinity Program
Allegro Microsystems
Amazon Smiles Foundation
Ameriprise Financial Services, Inc.
Anonymous
Audrey Augun
Michael and Stephanie Ballentine
The Barb Family
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Paul Cahill
Carr Management Inc.
Susan and Taylor Caswell
Charles Schwab
Manchester NH Office
Colonial Instruments
Libby Comeau

ConvenientMD LLC
Lorraine Dagostino
Lauren and Mike DeCristofaro
William Donegan
Briana Dos Santos
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The Establishment Restaurant
Ryan Farris
Sarah and Colin Fischer
Focused Eye Care
Richard C Follender
Franklin Savings Bank
Diana and David Frothingham
The Gallant Family
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Jackie Hancock
Megan Hartmann
Harvey Construction Corporation
Hewlett Packard Enterprise
Kim K Hickman
Morgan Hollis
Eirikur Holt
Oliver Holt
Tiffany Joslin
Arthur E King
Helena Koay
The Kobisky Family
The Lager Family
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Pennichuck Water Works, Inc.
James Poirier
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2021 Grant Funders

With the support of these businesses, foundations, individuals and government grants toward specific initiatives, the YMCA of Greater Nashua was able to provide a wide variety of free evidence-based programming to meet community needs, cover extra COVID-19 related expenses to improve safety and make capital improvements to our facilities. Thank you to these generous donors for entrusting the Y with your dollars to invest in making good happen!

YOUTH DEVELOPMENT GRANT SUPPORTERS:

Bank of America Foundation
The Barker Foundation Inc.
Bear Foundation
Charles Dobens
Children's Literacy Foundation
City of Nashua Citizens Advisory Commission
David and Carole Barker
DCU for Kids
Dollar General Literacy Foundation
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Rotary Club of Nashua West
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Verizon Foundation
The Madelaine G. von Weber Trust
Walmart Foundation
YMCA of the USA Strategic Initiatives Fund.

HEALTHY LIVING GRANT SUPPORTERS:

2021 Equitable Vaccine Education and
Access Project through CDC and
YMCA of the USA
Anonymous Donor
Centers for Disease Control and Prevention
in partnership with Community Catalyst
Hannaford Supermarkets
Hewlett Packard Matching Grants
Nashua Rotary Club

New Hampshire Charitable Foundation -
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Nutt Hospital Trustees
People's United Charitable Foundation
Walgreens
YMCA of the USA Blood Pressure
Linkage Grant

SOCIAL RESPONSIBILITY & COVID-19 RELIEF GRANTS:

Ann De Nicola Trust, Citizens Bank,
N.A. Trustee
Child Care Recovery and Stabilization
Program
Coronavirus Response and Relief
Supplemental Appropriations Act
COVID-19 Child Care Assistance Supplement
Demoulas Foundation
NH CARES Youth Empowerment Grants
NH CARES Governor's Office for Emergency
Relief and Recovery
Stabile Family Foundation
Stonyfield

In 2021, more than 200 volunteers gave more than 4,300 hours of their time to support the efforts of the YMCA and our members. A total of \$158,310 in value.



2021 Collaborations

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

AARP	Greater Merrimack Souhegan Valley Chamber of Commerce	Nashua Youth Council
Academy for Science and Design	Greater Nashua Chamber of Commerce	New Hampshire Cancer Collaborative
American Red Cross	Greater Nashua Mental Health	New Hampshire Charitable Foundation
Autism Resource Center	Hannaford Supermarket	New Hampshire Institute of Art
Big Brothers Big Sisters	Harbor Care	New Hampshire State Alliance of YMCAs
Bishop Guertin High School	HEAL New Hampshire	One Greater Nashua
Boy Scouts	Hollis/Brookline School District	Opportunity Networks
Boys & Girls Club of Greater Nashua	Hudson School District	Oracle
BrasilFest	Humane Society for Nashua	Parker Hannafin
Bridges by EPOCH	Hunt Community	Partnerships for Successful Living
Brookline Parent Teacher Organization	Infant Jesus School	Pelham High School
Caring Bridge	Keystone Hall	Planet Aid
CASA	Kierans Kovers	PLUS Company
Children's Literacy Foundation	Knights of Columbus	Police Athletic League (PAL)
City of Nashua	Lamprey Health	Recycle That, LLC
Community Council	Laurel Place	Rivier University
Courville Nursing Home	Leadership Greater Nashua	Rotary Club Merrimack
CPTA	Leadership New Hampshire	Rotary Club of Nashua
Cynthia Day Program	Litchfield School District	Rotary Club of Nashua West
Dartmouth-Hitchcock	MA State Alliance of YMCAs	Salvation Army
DCYF- Southern NH District	March of Dimes	Senior Activity Center
Department of Defense	Marguerite's Place	Southern New Hampshire Health Systems
Easter Seals	Merrimack Police Department	Southern New Hampshire Weight Management
End 68 Hours of Hunger	Merrimack Public Library	Souhegan School District
Exeter Area YMCA	Merrimack School District	Special Olympics
Fairview Nursing Home	Merrimack Valley YMCA	Stonyfield
Faith Hope Love Foundation	MicroSociety Academy Charter School	St. Christopher School
Fidelity Investments	My Social Sports	St. Joseph Hospital
First Robotics	Nashua Cadets	The Cultural Connections Committee
Foundation Medical Partners	Nashua Catholic Region Jr. High School	Town of Merrimack
Front Door Agency	Nashua Children's Home	Trader Joe's
Gate City Charter Schools for the Arts	Nashua Community Music School	United Way of Greater Nashua
Gatehouse Treatment	Nashua Fire Department	United Way of Mass Bay and Merrimack Valley
Gateways	Nashua Police Department	Veteran's Administration
GH Recovery	Nashua Prevention Coalition	Veterans of Foreign War Auxiliary #8641
Girl Scouts	Nashua School District	Walgreens
Girls, Inc.	Nashua Senior Center	
Granite United Way	Nashua Soup Kitchen & Shelter	
Granite YMCA		
Greater Lowell YMCA		

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.

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 603.689.2406.

Heritage Club Members:

Anonymous	Mary E. Hall*	Phi Gamma Delta of MIT Fund
Mary E. Alley*	Philip L.* & Betty Hall*	James F. Pritchard*
Andrea Riley-Arnesen & Bob Arnesen	Charles F. Holman*	Earl & Marilyn* Prolman
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Jerry J. Haggerty*	Endicott "Chub"* & Toni* Peabody	

*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 32,000 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 ARE THE CHAMPIONS

Our YMCA Storm Swim Team and In Motion Dance Team Thrived with Successful Years.



Our Y In Motion competitive dance program was awarded the 'Turn It Up Studio' Award, an award that goes to one studio per region that encompasses the values of the 'Turn It Up' Dance Challenge which are quality, punctuality and professionalism, team work, and respect. Our dancers also have quite a presence in the community. They visit local nursing homes to show their talents and delight the audiences. They have grown up through our progressive dance program which offers such classes as: ballet, lyrical, jazz/tap, hip hop, Irish dance, musical theater and acro dance. Classes start for children as young as age 4 and run through age 18. There's something for everyone!



Our Storm competitive swim team currently boasts its largest team in at least 5 years with 160 swimmers. Last year, we had over 20 of our swimmers make New England Swimming's Virtual Leaderboard including many who were Top 3 in their respective events. During the summer, we had a great representation at the long course swimmer take home 1st place at New England Age Group Championships. Most importantly, we grew our team's culture through virtual and in-person hosted swim meets and also aided New England Swimming by hosting NE Swimming's Diversity Committee Swim Clinic at the Nashua YMCA.



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

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