the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER WE ARE WORKING FOR A GREATER PURPOSE

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

2022 IMPACT REPORT

YMCA OF GREATER NASHUA

Those who served the Y in the 2021–2022 fiscal year

YMCA BOARD OF DIRECTORS

OFFICERS:

Andy Whigham	*Chief Volunteer Officer*
Kyle Schneck	*Vice-Chair*
Joseph Thomas	*Treasurer*
Kelli Wholey	*Secretary*
Steve Lynn	*Immediate Past Chief Volunteer Officer*

BOARD MEMBERS:

Sudip Adhikari	Nathan Jensen	James Poirier
Anne Cushing	Peter LaQuerre	Helen Principio
Matt D'Arcy	Doreen Manetta	Simon Thomson
Michael DeCristofaro	Kyle Morse	Amir Toosi
Joy Devins	Deborah Novotny	Rosemery Torres
Charles Dobens	John (Jack) Olson	Susan Whittemore
Cory Hussey	Camille Pattison	

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:

John Mokas	*Chairman*
Charlie Hall	*Vice-Chair*
Marsha Bottino	*Secretary*

TRUSTEE MEMBERS:

Andrea Riley-Arnesen	Peggy Gilmour	Jennifer Melker
Caryn Blake	Frank Grossman	Deane Navaroli
John Callahan	Morgan Hollis	Anna O'Herren
Denis Dancoes	Donna Karwoski	Earl Prolman
Greg Derderian	Jim Kimberly	Ben Robinson
Nelson Disco	Jim Leary	Michael Rubino
Dr. Robert Dorf	Tom Long	Bob Shepard
Paul Edmunds	David Mahoney	Tony Tremblay
Nicole Ennis	Jay Maiona	Timothy Vadney
Lydia Foley	Tony Mandravelis	Dr. Ken Weintraub

YMCA LEADERSHIP STAFF

Michael LaChance	*Chief Executive Officer*
Cindy McNickle	*Chief Financial Officer*
Joe Manzoli	*Chief Operating Officer*
Elizabeth Covino	*Chief Community Relations Officer*
Jennifer Colangelo	*Director of Human Resources*
Julianne Simendinger	*Chief Development Officer*
Jason Mayeu	*Director of Marketing*
Katie Parker	*Executive Director of Member Experience*
Lynne Boyer	*Executive Director of Youth Development*
Dan Joyal	*Properties Director*

A LETTER FROM THE CVO AND CEO

Founded in 1887, the YMCA of Greater Nashua has always been a place where all people can find hope, fellowship and healing.

For 135 years our Y has focused on empowering young people, improving health and well-being, and inspiring action in and across communities. At the Y strengthening community is our cause. We know that a strong community can only be achieved when we invest in our kids, our health and our neighbors. By bringing together people from different backgrounds, perspectives and generations, we ensure that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

At the Y, we take immense pride in our work to help all of us be our best selves. We provide a place to play, to learn, to be healthy, and to give back. We believe that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender identity, ideology, income, national origin, race or sexual orientation has the opportunity to reach their full potential. Everything the Y does is in service of making sure people and communities thrive.

When you are part of the Y you become part of a community and an organization that is actively and visibly improving outcomes for all. Today, we are transforming to better address issues like educational gaps, social isolation, food insecurity, health disparities, inequities, and more.

We are committed to ensuring that our members, program participants, donors, volunteers and team members feel genuinely welcome, encouraged and supported. The YMCA of Greater Nashua is committed to advancing diversity, equity, and inclusion. As with everything we do, we are guided by our core values of caring, honesty, respect, responsibility and faith—values that compel us to recognize the value of every person and to be a multicultural and inclusive organization.

The YMCA of Greater Nashua strengthens community through youth development, healthy living, and social responsibility. The Y is unlike any other organization in its ability to deliver comprehensive support to all ages at all points of life. From early childhood, through school years, into early employment, throughout adulthood and beyond, the Y ensures that everyone has the opportunity to reach their fullest potential and thrive with dignity.

2022 was a year like no other in our Y history, our community and our Y. Yet, you, our Y community – staff, volunteers, donors, community collaborators, members and participants – rallied around our YMCA's cause like never before.

We invite you to read our 2022 Annual Impact Report. In the context of a difficult worldwide pandemic, this is a story about compassion, creativity, resilience and an intense focus on what matters most - keeping our mission strong.

As we head into a hopeful new year, our Y is strong. The support provided by the community as we faced the challenges of post-pandemic was extraordinary. We couldn't have done it without you.

This Annual Report is important as it allows us to tell the Y's story in 2022 with much more than numbers and charts alone. The story is our journey through an unprecedented year of navigating change, demonstrating resilience, meeting new needs, and being grateful for the outpouring of support from our members and community.

We hope this annual report shines a light on everything we accomplished together

Sincerely,

Andy Whigham
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 fiscal year 2021-22, we provided $1,295,000 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.

$1,295,000 in community benefits and services to those in need in our community

$706,000 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.

$589,000 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, Y Academy After School Programs 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.

MEMBERSHIP

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

35,000+
Individuals Served Through Programs, Classes and School Programs

9000+
Youth Under Age 18 Served

13+
Communities Served in the Greater Nashua Area

PARTNERSHIPS AND VOLUNTEERS

6,015+
Volunteer Hours

180+
Volunteers Serving Our YMCA

120+
Collaborative Partners

$209,400+
Market Value of Volunteer Hours

SUMMER CAMP

1,970+
Youth Made Memories at Summer Camp

Past 5 Years
Voted "Best Kids Summer Day Camp" by Hippo Magazine Readers

700+
Youth Enjoyed Learning New Skills at Sports Camp

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

PROGRAMS

275+
Dancers Gained Confidence During Dance Programs

200+
Participants have Become Y Ninjas on the New Obstacle Course

3,500+
Children and Adult Swim Lesson Participants

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

25+
Dancers Achieved Competition Awards on the National Level

40+
Lifeguards Trained or Recertified in YMCA Pools

70+
Youth Learned Discipline and Focus in Our Martial Arts Programs

9+
Storm Swim Team Members Recognized as New England Top 10 Swimmers

COMMUNITY PROGRAMS

30+
Cancer Survivors Reclaimed Their Health this Year in LiveSTRONG at the Y

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

55%
Amount of increase in hours of exercise for Prescribe the Y Participants

320+
Youth Served Across Our 6 Superhero Academy Sites

56,700+
Hours of Engaged Youth Through the YMCA Power Scholars Academy

Early Education Center

Ninety percent of a child's brain development happens before the age of 5. Child care at the Early Education Center at the YMCA of Greater Nashua provides numerous benefits — benefits that the individual child that they will carry throughout their lifetime and benefits that extend beyond that child. Affordable early education childcare enables parents of all backgrounds to participate in the workforce, something that is key given pandemic induced labor shortages.

For the 400 full and part-time children ages 0-6 in the Y's Early Education program, not only is their day filled with guided self-discovery and experiential learning, the Y's Early Education program teachers focus on providing experiences to facilitate each child's cognitive, social, physical, and emotional growth all while giving parents or caregivers the peace of mind that their child is in a safe, caring environment.

Closing the Achievement Gap

56,700: The number of hours engaged in summer learning by 324 scholars who took part of the Y's Power Scholars Academy operated by the Y in three of Nashua's schools. This successful program is operated by the Y in partnership with the Nashua School District to help under-resourced youth grades 1-9 who are behind grade level catch up rather than fall further behind due to summer learning loss. Our Superhero Academy expanded into 6 schools across the Nashua School District, transforming 324 students into superheroes of their own during the school year.

Olivia Lyman with a student at the Early Education Center.

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.

Lifeguard to Child Care; Her Passion for Educating Continues to Grow

Olivia Lyman has worked for the Y since high school when she was certified as a lifeguard. As a swimmer for Alvirne High School for four years, she was well prepared to earn her lifeguard certification in a course offered at the YMCA. "I think because I was so involved in the swimming world, it was very easy for me to love lifeguarding. Allie (Allie Thomas, YMCA Aquatic Director at the Merrimack Branch) was a huge, huge impact on me – someone guiding me and leading me. She was the best role model and teacher and kept me engaged in lifeguarding for all those years. She's so great at what she does!" Olivia shared.

Olivia continued to lifeguard at the Y when she started her college career at Southern New Hampshire University (SNHU). She did leave the Y in 2018 because the commute from the SNHU campus to the Y was too much when coupled with her studies.

Olivia earned a Bachelor of Science degree in Child Psychology from SNHU in May of 2021 and joined the Y's child care team at the Early Education Center January of 2022.

"I have always known that I wanted to go into psychology in general. After teaching swimming lessons and babysitting for several years, I found an interest in child psychology. I found that aspired to work with kids in one aspect or another. In college I found a super strong interest in child and family psychology through the multiple psychology courses, I took during my time at SNHU. I plan to go back to school at some point to get my master's degree in Child Psychology or Clinical Mental Health. Eventually, I want to be a child life specialist, practicing in a hospital setting," She shared that the position she aspires to is akin to a family therapist for children in a hospital setting, treating children through play, focusing on the psychological aspect of a child's hospital experience. "I want to be there for kids and their families during that difficult time. Parents and their children have to endure tough experiences while in situations like this and it's important for someone to be there guiding and helping the child and family along the way," she said.

"I am working with 2-year-olds right now and look forward to working with this age group in the fall, as well. When I first started in child care, Elizabeth (Elizabeth Witmer, Child Care Director) and Kristie (Kristie Perreault, Assistant Child Care Director) asked which age children I would like to work with. I had experience working with older kids and babies. I thought it would be great to get experience working with children in the 2-year-old stage. I fell in love with working with this age group. It is such a rewarding experience watching my kiddos grow, explore, and learn during their time in our classroom. I started in January and they have all grown so much since then. When I started, we were still wearing masks so it was difficult for the children to learn to talk and accentuate their words when they couldn't see our faces and how our mouths moved! None of them were talking when I started, and now they are starting to learn to speak and use more words." Olivia was hired as a lead teacher in the Karner Blue Classroom.

I would recommend working for the Y .You have to have love and passion for kids, teaching and growth. The Y is a great place to grow and it's a great opportunity to learn. I have found that there is such an opportunity for growth. The Y is a fun place to work," she said.

The Real Impact of Our Programs

Ninety **Prescribe the Y** youth anti-obesity initiative participants: 55 participants increased their weekly hours of exercise by 55% compared to before participating in Prescribe the Y and are watching 45% less hours of TV!

What Prescribe the Y Participants are saying:

> "It is a really good program. We really got more aware of exercise, eating healthy food, drinking water and more. We really enjoyed these 10 weeks. Every time we learn something new about a healthy lifestyle. Ms. Eirikur was awesome!"

> "We think the program was an amazing experience. Wish it did not end. It helped motivate my child into physical activities as well as encouraged better eating and more awareness of "bad" ingredients."

31 Cancer survivors reclaimed their health this year in the **LiveSTRONG at the Y**, a small-group cancer survivorship program for those who are living with, through or beyond cancer.

16 participants, many who participate multiple times a week year round, made friends and felt supported in **Cycling for Parkinson's**. This support program safely pushes class members to new limits, increases energy levels and balance, while providing support to those dealing with a Parkinson's diagnosis.

28 individuals engaged in a **pre- or post-bariatric weight loss surgery pilot program** at the Nashua Branch. In collaboration with the Y, Southern New Hampshire Weight Management at Southern New Hampshire Health is now in its third session of a new eight-week weight loss course that features both lectures and exercise instruction.

David Crotzer Preparing for a Workout at the Westwood Park YMCA.

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.

David Crotzer was on a Quest to Get Healthy for Transplants and Surgeries

Meet Y member and inventor David Crotzer. When David retired from his career as a medical devices engineer in April of 2019, it gave him more time to explore his passion: inventing. One project alone garnered him 14 patents. He invented a microprocessor socket for computers used for ATMs at banks.

Shortly after retirement, David faced some medical challenges. Last January he had open-heart surgery at Catholic Medical Center in Manchester. "After three days in the hospital I came home. Part of my recovery program was to start an exercise regimen under the direction of my cardiologist at Southern New Hampshire Hospital. I met with Kim Adie (YMCA Healthy Living Director) and discussed my goals. I joined walking program at the Y, called Walking with Ease. We started with a 15-minute warmup inside, walking the track, followed by a half hour walk outside, and another 15 minutes back inside cooling down on the track. I also participated in Enhanced Fitness (now called BOOST), an aerobic program held at the Westwood Park Y.

Kim Adie said, "BOOST is a small group training program perfect for individuals looking to get back to fitness. We see all kinds of participants from people who have never exercised before to those who used to be avid gym-goers recovering after surgery or health issues. Classes focus on weights and cardio that can help build strength, increase flexibility and improve balance. Certified instructors keep the group small so each participant can get the attention they need." (Dave was one of 23 people who participated in BOOST this year.)

Through his Y participation, David has met his goals with great success. He initially struggled to walk the track for long periods of time. He now can jog around the track.

"I first met Dave when he joined Boost to help him prepare for a Kidney Transplant. From the very first class, you could tell Dave was on a mission to improve his physical health. He comes into every class with a positive attitude, a fun personality, and a willingness to do whatever it takes to become stronger," said Eirikur Holt,

His success is important as he faces another surgery soon. "I am currently on Dartmouth-Hitchcock Medical Center (DHMC) in Lebanon, NH, kidney waiting list for surgery. I have a kidney donor under evaluation and looking for a backup."

"I've taken my health journey seriously and appreciate my time at the Y. I started last March with two days of walking at the YMCA in Nashua and two days of aerobics and weight lifting at the YMCA at the Westwood Park facility, he shared."

"David's progress at the Y has been brilliant. He's an amazing example of what taking that first step towards healthy changes can do. It has been an honor to be a part of his health journey and help him achieve his goals," Kim Adie shared

Volunteer Highlights

- Our Community Service Volunteers continued to support End 68 Hours of Hunger by delivering food bags to children at the YMCA Early Education Center, delivering fresh produce and groceries supplied by Nashua Soup Kitchen & Shelter to pop-up pantries around Nashua, and offering activities for senior citizens at the Nashua YMCA for a total of 525 hours.
- Westwood Park YMCA had three local college students complete Sports Internships for a total of 288 hours.
- Using grant funds our Y secured through the Centers for Disease Control and Prevention (CDC) in partnership with Community Catalyst and YMCA of the USA, we partnered with Harbor Care in Nashua to provide extensive COVID-19 and Influenza vaccine education and outreach at 47 different Nashua events over the past year. Harbor Care hosted 31 vaccine clinics where more than 1,000 individuals were vaccinated for COVID-19.

Mike Helps Control his Diabetes Through Exercise at the YMCA.

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.

Collaborations Help Further Our Impact and the Success of Their Participants

Coming to the Y twice a week for the 'Walk with Ease' program is a highlight of Mike's week. Mike comes to the Y through our partnership with the PLUS Company, a Nashua non-profit that offers job development and career assessment for disabled adults.

Recently, he was featured on the PLUS Company's social media accounts as their Client of the Week.

Mike joined The PLUS Company community in 2006 after graduating from Nashua High North. He first received services from the ICR department. When his mom was ill Shawna helped him with laundry, cleaning, haircuts, and grocery shopping. When his mom had to go to an assisted living facility the Residential department helped him with a place to live. Peggy and staff provide a home to him. The Vocational department provided employment to Mike. Ellen got him employed with AirControl LLC. He also attends Adult Education classes throughout the week. He lost 25 pounds doing the Walk with Ease program with the YMCA. He loves Friday night Movie Nights. We thank you Mike for the wonderful person you are!

When Mike recently chatted with Elizabeth Covino, the Y's chief community relations officer, he shared that he's been working hard to eat better and exercise. He said he's a type 2 diabetic and going to the Y is a big part of his social time and his planned exercise time. "I go on Mondays and Wednesdays. We leave the PLUS Company about 10:45am and when we get to the Y we walk for about an hour. I love going with my friends and staff. I'm eating good meals. I'm type 2 diabetic and I'm am not supposed to eat a lot of sugar and need to eat in moderation. Kim and Eirikur are very nice and very, very helpful. They keep track of the laps we walk (around the indoor track)," he said. Kim Adie is the Y's Healthy Living Director and Eirikur Holt is the Y's Healthy Living Coordinator.

Last week Mike shared with Eirikur that he saw one of his teachers from grade school last week at the Y. They recognized each other immediately. "They got to chatting and looked forward to seeing each other every week. And they even have an appointment for her to take him to lunch! She shared with me that Michael was her inspiration for going back to school and getting her teaching degree." She added, "When asked if there were any other things he wanted to say about the Walking Club, he smiled, and in a very proud voice, he told me that he has lost a lot of weight thanks to all his walking at the Y."

"Michael is an amazing individual! He is always smiling and eager to get started at each class. He has shown great improvement over the past couple of months. When he first started, he was only able to do one lap at a time before needing to take a long break and was only able to do 2 laps total in the 40 minutes. He is now up to walking a full mile (9 laps), with only a 5 minute break in the middle," said Eirikur.

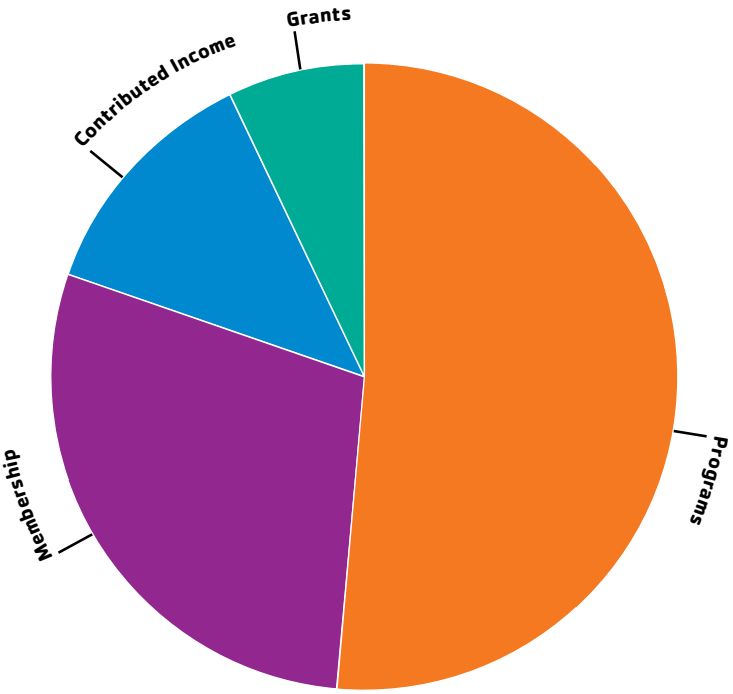
UNAUDITED FINANCIAL STATEMENT

Year Ending August 31, 2022

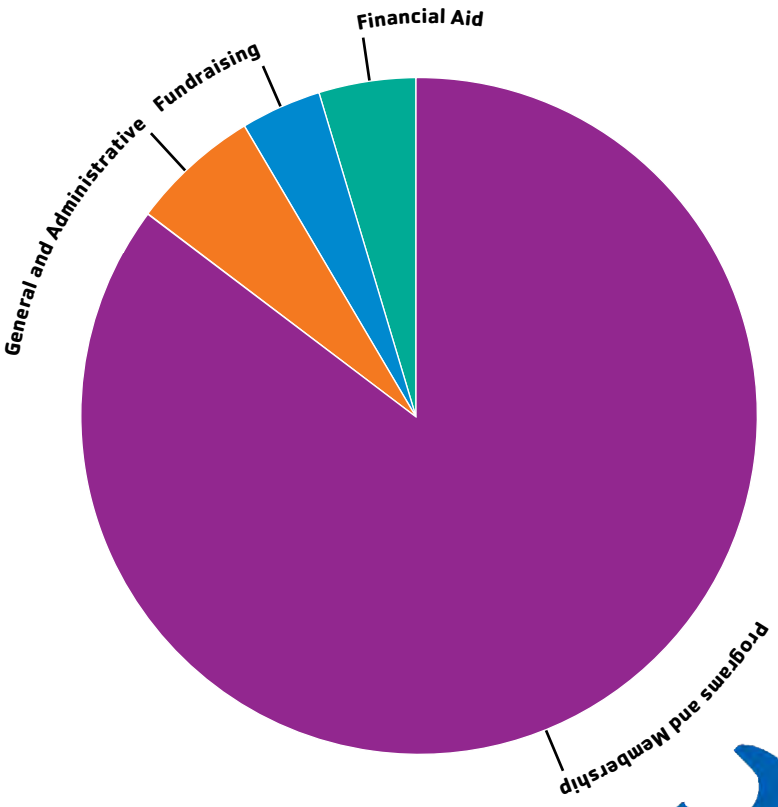
INCOME

Programs	$7,291,000
Membership	$4,114,000
Contributed Income	$1,782,000
Grants	$991,000
Total Income	**$14,178,000**

Income



Expenses



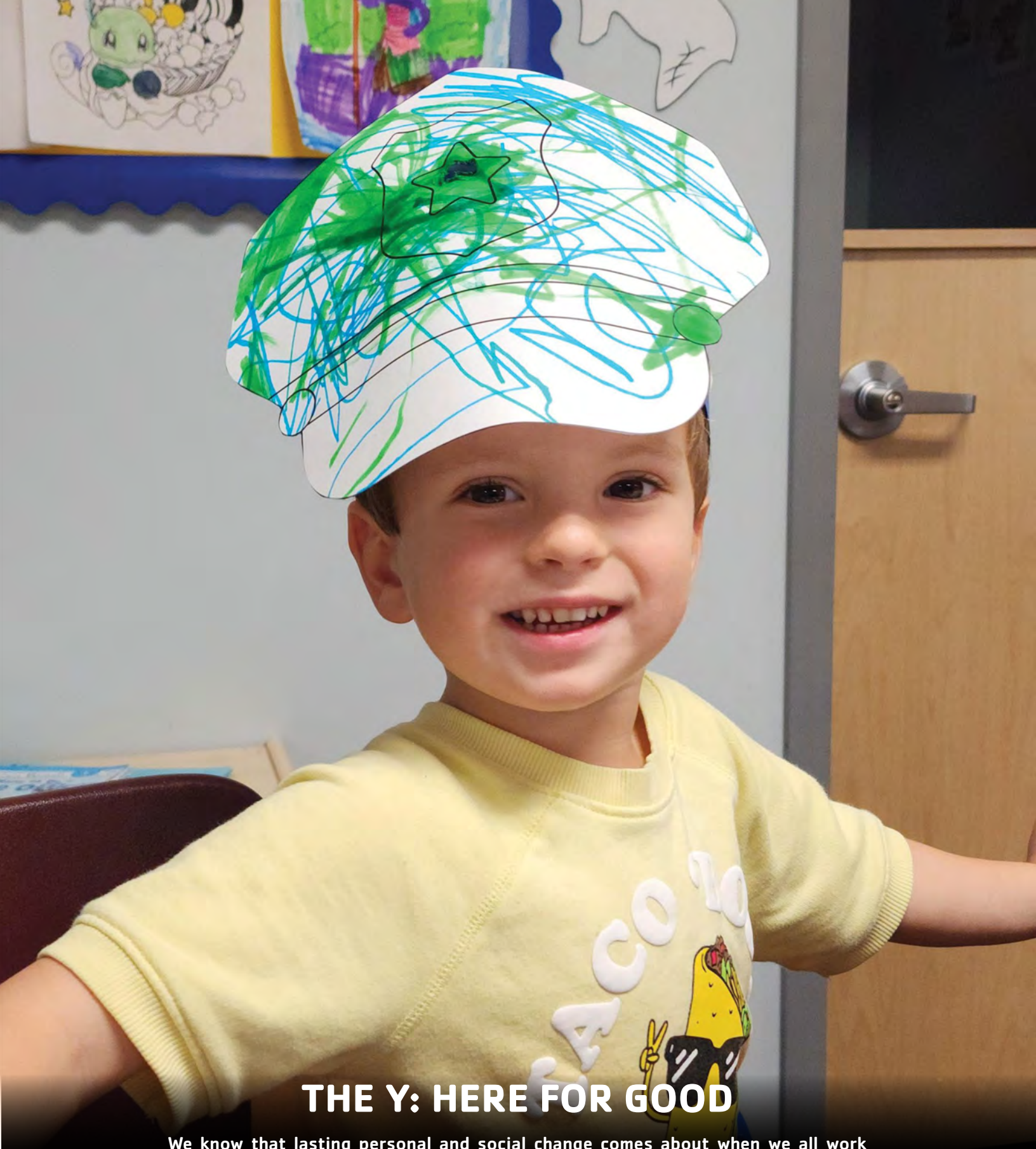
EXPENSES

Programs & Membership	$12,091,000
General & Administrative*	$876,000
Financial Aid	$706,000
Fundraising	$521,000
Total Expenses	**$14,194,000**

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

$332,000

invested in phase one of a Wellbeing Center at the Nashua YMCA, adding a ninja obstacle course to the Westwood Park YMCA, making technology upgrades to the spin and group exercise studios and upgrading to new cardio equipment at all 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.

$706,000 in financial assistance was provided to ensure the Y is accessible to all.

Annual Campaign Contributors

Thank you to the fiscal year 2021-22 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+

The Barker Foundation Inc.
Boston Billiards
James & Ann Conway
Charles Dobens
Eastern Bank Foundation
Fidelity Foundation
Haffenreffer Family Fund
Hussey Family Fund
NewPower Worldwide, LLC
Phi Gamma Delta of MIT Fund
Earl Prolman
The Gary Wingate Family

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

Bank of America Charitable Foundation
Bar Harbor Bank & Trust
David Gregg
Demoulas Foundation
Denron Hall Plumbing & HVAC
Joan & Ben Robinson
John & Carole Callahan
Michael & Sharon LaChance
Camille Pattison & Travis Dunn
Patricia & Stephen Piper Charitable Fund
Purple Finch Properties
The Shepard/Bowler Family
Southern New Hampshire Health
Valicenti Pasta Farm

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

Anonymous
Joy & Mark Devins
Dr. Robert Dorf
Eaton & Berube Insurance Inc.
Farley White Management
Jacobs Management
Peter & Sheryl LaQuerre
David Mahoney
The Manzoli Family
Patrick & Cindy McNickle
Nash Foundation Inc.
Deborah & Gary Novotny
Jack & Ellen Olson
Pepsi-Cola Co.
Planet Aid
Mike & Kim Reardon
Rick & Stephanie Smith
St. Mary's Bank
Joseph & Bernice Thomas
The Weintraub/Spiro Family
William & Reeves, LLC

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

Allied Wire & Cable
Ameriprise Financial Services Inc.
Anheuser-Busch Cos. Inc.
Anonymous
Charles & Cynthia Barker
Caryn Blake
Albee Budnitz & Vivian Rowe
Carr Management Inc.
Susan & Taylor Caswell
The Caulo Family Fund
Patricia Clancey
Club National, Inc.
Computer Hut d/b/a IT Insiders
Ralph & Elizabeth Covino
Lynnette Curran
Christopher & Martha Daigle
Delta Dental Plan of New Hampshire
Paul & Jane Edmunds
Elizabeth & Hollis E. Harrington Sr. Family Fund
Enterprise Bank
Etchstone Properties Inc.
Eversource
The Frank Family
Charles A. Hall
Harbor Group Inc.
Dan & Lynn Harris
In Memory of Julie Harris
Robert & JoAnn Heyer
Charles & Francine Howe
John P. Stabile II Family Foundation
Brian Keavey
Gary & Lori Lambert
Lenny Dobens Agency
The Long Group
The Maiona Family
The Mayeu Family
Terri McGrew
Melanson Heath & Company
Jen & Per Melker
Millyard Bank
Maureen & Bruce Moore
Network for Good
Anna & Bill O'Herren
Oracle Corporation
The Parker Family
Ivor Pattison
Helen & Tracy Principio
The Quick Sisters
Siva Ravada
Reeds Ferry Lumber
Andrea Riley-Arnesen
The Rubino Family
The Schneck Family
Schroeder Construction Management
Robert & Theresa Sculley
In Memory of Captain E.M. Shaw, Frederic Shaw & Muriel Shaw
Chris & Ann Marie Shumway
The Simendinger Family
Stryker Corporation Matching Program
Thunder & Lightning Productions LLC
In Memory of Rita Voulgaris
The Whigham Family
Spencer Whiting & Snowden McFall
Susan B Whittemore
Winer & Bennet, LLP

PATRON
$250-$999

Sudip Adhikari
Kimberly Adie
Margaret Adolt
Affinity Program
Anonymous
Mike & Stephanie Ballentine
Bank of America
Barry & Honorow, PLLC
Bigelow & Company CPA
Richard Boie
John & Marsha Bottino
Clark Insurance
Jennifer Colangelo
David & Doreen Colburn
Melissa Collins
Noel Cook
Anne Cushing
Lorraine Dagostino
The Derderian Family
Nelson Disco
The Earnshaw Family
Eastern Bank
Embrace Home Loans Inc.
The Establishment Restaurant
Colin Fischer
Barbara & Rick Follender
The Gallant Family
Gate City Striders Inc.
Valerie Greene
Hisham Hafez
Jackie Hancock
Robert Hayden
Heaven Sent Home Care
Hewlett Packard Enterprise
Morgan & Tracy Hollis
Eirikur Holt
Susan & Oliver Holt
Tiffany Joslin
Elizabeth Kaas
Drs. Kalil & Kress
Bob & Hillary Keating
Arthur King
Helena Koay
The Kobisky Family
Marjorie Kuhn
Lisa Lapierre
Levesque Dentistry, PLLC
Don & Heidi Levi
Anthony Mandravelis
Doreen Manetta
Richard Mayo
In Memory of Dot McCafferty
Kristin McCool
Merchants Fleet
Kyle Morse
Peter Nash
Shirley Nelson
Nichols Trust
Martha O'Neill
Suzanne Paquin
Pennichuck Water Works Inc.
AIS Platzman
James Poirier
Rob Prunier
Robert Pyle
Raytheon Technologies
Alan Retter
Neil & Lori Rogers
Tim Sagear
Christopher Simard
Tiffany Smith
Marc & Jennifer Squires

The Steiner Augun Family
Phyllis Stibler
Stibler Associates
Sunnyside Acura
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Grant Funders

Thank you to these generous donors for entrusting the Y with your dollars to invest in making good happen. With the support of these businesses, foundations, individuals and government grants toward specific initiatives, the YMCA of Greater Nashua was able to:

- Fund eight year-round free or low-cost evidence-based chronic disease related programs to meet community needs for those with Parkinson's Disease, cancer, arthritis, pre-diabetes, mental health, and nutrition and wellness support for children and adults struggling with weight issues.
- Operate Power Scholars Academy to help 300+ Nashua students who are behind grade level catch up over the summer rather than fall further behind through a 5-week academic and enrichment program in partnership with the Nashua School District.
- Partner with Harbor Care to underwrite the costs of extensive COVID-19 and influenza vaccine outreach.
- Provide wage increases and bonuses to help recruit and retain the 100+ child care staff at the Merrimack Y's Early Education Center, Nashua Y Creation Station Preschool and four Y Academy after school childcare sites who are the workforce behind the workforce.
- Support more than 150 local lower-income families with Y CARES Financial Assistance Scholarships to make YMCA childcare, afterschool and summer camp programs financially accessible to them.

YOUTH DEVELOPMENT GRANT SUPPORTERS:

American Rescue Plan Act for Child Care Recovery
Autism Speaks
Bank of America Foundation
Children's Literacy Foundation
City of Nashua Citizens Advisory Commission
DCU for Kids
Earl Prolman
Eastern Bank Foundation
Lihsi Ho Chen
Merrimack County Savings Bank Foundation
Million Dollar Roundtable Foundation
New Hampshire Charitable Foundation - Nashua Region
New Hampshire Women's Foundation
New Hampshire Youth Empowerment Grants
New York Life
Nordson Corporation Foundation
Oleonda Jameson Trust
Protolabs Foundation
Rotary Club of Nashua West
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HEALTHY LIVING GRANT SUPPORTERS:

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Centers for Disease Control and Prevention in partnership with New Hampshire YMCA's
Ella F. Anderson Trust, BNY Mellon, N.A., Trustee
Equitable Vaccine Education and Access Project through CDC and YMCA of the USA
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Parkinson's Foundation
People's United Charitable Foundation
University of New Hampshire Disability Institute
Walgreens
YMCA of the USA Strategic Initiatives Fund

In fiscal year 2021–22, more than 182 volunteers gave more than 6015 hours of their time to support the efforts of the YMCA and our members. A total of $209,407 in value.

Collaborations

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

21st Century Extended Day Program
AARP
Academy for Science and Design
American Red Cross
Amherst Middle School
Autism Resource Center
Big Brothers Big Sisters
Bishop Guertin High School
Boy Scouts
Boys & Girls Club of Greater Nashua
BrasilFest
Bridges by EPOCH
Brookline Parent Teacher Organization
Caring Bridge
CASA
Children's Literacy Foundation
City of Nashua
Clark-Wilkins Elementary School
Community Council
Community Partners for Change
Courville Nursing Home
Cynthia Day Program
Dartmouth-Hitchcock
DCYF Southern District
Department of Defense
Easter Seals
End 68 Hours of Hunger
Exeter Area YMCA
Fairview Nursing Home
Faith Hope Love Foundation
Fidelity Investments
First Robotics
Foundation Medical Partners
Front Door Agency
Gate City Charter Schools for the Arts
Gatehouse Treatment
Gateways Community Services
GH Recovery
Girl Scouts
Girls, Inc.
Granite United Way
Granite YMCA
Greater Lowell YMCA
Greater Merrimack-Souhegan Valley Chamber of Commerce
Greater Nashua Chamber of Commerce
Greater Nashua Mental Health
Habitat for Humanity
Hannaford Supermarket
Harbor Care
HEAL New Hampshire
Hollis/Brookline School District
Hudson School District
Humane Society for Greater Nashua
Hunt Community
Infant Jesus School
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
Merrimack Valley YMCA
MicroSociety Academy Charter School
Mont Vernon Village Elementary School
My Social Sports
Nashua Cadets
Nashua Catholic Region Jr. High School
Nashua Children's Home
Nashua Community Music School
Nashua Fire Department
Nashua Multicultural Festival
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
One Greater Nashua
Opportunity Networks
Oracle
Parker Hannafin
Parkinson's Foundation
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
Southern New Hampshire Weight Management
Souhegan School District
Special Olympics
Stepping Stones
Stonyfield
St. Christopher School
St. Joseph Hospital
The Cultural Connections Committee
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
YMCA Alliance of Northern New England

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:

Mary E. Alley*
Anonymous
Bob Arnesen & Andrea Riley-Arnesen
Helen M. Balcom*
Eliza A. Baldwin*
Elizabeth Bennett*
John & Carole Callahan
Mabel Chandler*
Sarah H. Chandler*
Ralph & Elizabeth Covino
Dorothy Thurber Cox* & (Frederick) William Cox*
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Eliza M. White*
S. A. Williams*
Agnes M. Wood*

*Deceased

Updated 11/1/22

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.

the 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

www.nmymca.org

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