



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# TRANSFORMING LIVES TOGETHER

2018 YMCA of Delaware  
**Impact Report**

Dear Friends,

As we look back at 2018, we have many reasons to celebrate. The Y delivered on the promise to strengthen the foundations of our communities and we played a vital role in inspiring hopeful and transformational experiences for those we serve.

Together, with the support of our volunteers, donors and partners, we continue to lead the way to brighter futures. Each year, more than 100,000 people of all ages and from all walks of life turn to us for programs and services that have life-changing impact. As a nonprofit, community-building charity, we strive to make our programs widely affordable and accessible to all, regardless of ability to pay, and are proud to say that in 2018 more than \$5.7 million in financial assistance was provided to children, teens, families and adults throughout Delaware.

At the Y, we focus on the diverse needs of our changing communities and are dedicated to creating a welcoming and safe place for all. No matter your ability, age, race, ethnicity, religion, socio-economic status, gender, gender identity or sexual orientation- everyone is a part of the Y family.

We never underestimate the power of building relationships. Whether it's a nervous first time camper who meets their new best friend, a cancer survivor who finds much needed support and a voice of encouragement, a lost teen in search of someone to talk to or a recently relocated family looking for a place to belong – we are all stronger and thrive when we are together at the Y.

Throughout this report, you will see a snapshot of many accomplishments and impactful stories from the last year. Our ability to transform lives each and every day would not be possible without you. For that, we are so appreciative and thank you for your commitment, participation, and support.

As we look ahead, we will continue our work with children and teens, providing programs that encourage them to excel in every aspect of their lives- physically, emotionally, socially and academically. We will be the trusted resource for adults, helping them to meet their potential and enhance their health and wellbeing. Finally, we will be the place to support and build strong families. Here's to another great year ahead!

Yours in service,



Deborah Bagatta-Bowles,  
Chief Executive Officer



Jack Beeson,  
Board Chairman





# OUR MISSION

The YMCA of Delaware is an association of people of all ages, ethnic groups and religious affiliations that strives to cultivate the human potential, self-esteem, and dignity of all people. Our organization exists to develop and practice the Christian principles of love, caring, inclusiveness, justice and peace... and to enrich the emotional, physical and social life of all individuals, families and our community.



# Our Y.

Every person who walks through the doors of a Delaware YMCA has a story to tell. Whether it's a mom who is able to sign her child up for swim lessons thanks to our financial assistance program; a middle-aged adult taking control of his health through our Diabetes Prevention Program; a teenager who is gaining confidence through leadership programs; or a child who is able to attend overnight summer camp for the first time; we are constantly inspired by the people we meet here.

Many of these stories are made possible through community support. When you give to the Y, 100% of your gift goes to programs and financial assistance for children, families, and individuals in need. Together, we can close the achievement gap, promote healthy lifestyles, and provide life-changing experiences to families.

For more information about donating to the Y, visit [www.ymcade.org/donate](http://www.ymcade.org/donate).





## TRAVIS

Travis Nock was buying ice cream when a stranger asked if he played Wheelchair Basketball. He thought the man was joking. Travis contracted Polio when he was an infant and began using a wheelchair as a child. "You should play," the stranger urged. Though Travis wanted to be active, opportunities were scarce for someone with mobility challenges. Motivated by the man's question and burdened by weight gain over the years (the ice cream!), Travis did some research. The Sussex Family YMCA was one of the few facilities with adaptive cardio and strength equipment that could help him get his upper body into physical shape to play ball. The 35-minute drive to Rehoboth was a surmountable obstacle, given the benefits, but Travis couldn't afford a membership. He talked to staff members who helped him secure an Open Doors Scholarship. Now Travis drives to the Y several times a week and he gets in shape to participate in basketball tournaments. "It's so beneficial... a blessing that the Y was able to fulfill what I needed."

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## TALLEY

Talley Ridgeway's smile is the measure of confidence you expect from a high school senior accepted to American University, but as an 8th grader, Talley struggled with insecurity. "I did not have the resources, confidence, and mindset needed to find myself in the big world that we live in," she admits. After-school habits, including TV and junk food, aggravated the situation, adding to Talley's isolation. Research shows that girls' confidence plummets in adolescence. This blow has life-long consequences.

Talley craved connection. One conversation led her to the Girls in Fitness Together program (GIFT) at the Dover YMCA. Free to high school girls, GIFT offers group exercise and guidance on nutrition, goal setting and teen relationships. Girls are provided the opportunity to talk and bond over healthy snacks. Mentors, peers, safe space, and healthy activities helped Talley overcome her insecurities. Without GIFT at the Dover YMCA, Talley surmises, "I would be half the person I am today. I would never have had the courage to find my voice."

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## CHRIS

Cancer had diminished Chris Friday's spirit. After numerous surgeries, chemotherapy and radiation, Chris was physically and emotionally drained. She lived by herself, but she couldn't do her laundry, climb stairs or look after her dogs. Then, Chris attended an event where representatives from YMCA of Delaware's **LIVESTRONG** program made a presentation. Their talk motivated Chris to go to the Brandywine YMCA where she secured the last spot in their newly launched **LIVESTRONG** program.

"Nobody would have bet on me to complete the twelve weeks because of the shape I was in," Chris said. But the group became a family and the staff became a lifeline. She trained twice a week in a group and worked towards her personal goals—mostly balance. With staggering medical bills, she couldn't have afforded to continue at the Y after the program ended. She was able to maintain her membership through the scholarships that **LIVESTRONG** participants receive. Today, Chris is a **LIVESTRONG** mentor. She walks 10,000 steps a day, climbs stairs, gardens, and yes...does her laundry.



# 2018 YEAR IN REVIEW



## BRANDYWINE EXPANSION

The Brandywine expansion project was completed in 2018 which allows us to better serve all ages and families while meeting the changing needs of the community. Members are now able to enjoy 19,000 square feet of brand new space which includes a new fitness center, a cycling studio, two new movement studios, a youth fitness center, a babysitting room and a teen leadership center.

## PROVIDING OPPORTUNITY

### › Teen Workforce Development

**82 teens** from the Walnut Street YMCA participated in the Workforce Development Program. Each teen received ten hours of training and participated in a 100 hour paid internship. Sixty-eight percent of the teens remained employed upon the completion of the internship.



Teens from the Walnut Street YMCA Teen Workforce Development Program.

### › Youth In Government

Youth in Government celebrated their 50th Anniversary at a three day conference. **215 middle and high school students** participated. Special guest appearances included YIG alum Sarah McBride and Attorney General Matt Denn.



Youth Governor Felicia Flores is sworn in by Delaware Governor John Carney.

## SUPPORTING SOCIAL AND EMOTIONAL HEALTH OF YOUTH

- › Youth development staff completed training to support youth who have had adverse childhood experiences.
- › Camp Tockwogh hired a full-time psychologist to support youth while attending summer camp.
- › All YMCA summer camps participated in Camp Kindness week.

Kindness bracelets created by campers at Camp Quoowant.



## SUPPORTING FOSTER FAMILIES

› In 2018, **23 children in Foster Care** from the State of Delaware were provided with a scholarship to attend a session at Camp Tockwogh.

› **906 people** in a foster care family received scholarships for a membership to the YMCA of Delaware.



## FIGHTING FOOD INSECURITY

› **205,212 meals** were served to children in YMCA child care and camp programs in 2018.



## SAFETY AROUND WATER

Did you know that drowning is the second leading cause of accidental death in children?

In 2018, the Sussex Family YMCA hosted its 14th Annual Water Safety week which focuses on drowning prevention. Across the state, the YMCA provided **1,685 youth with free swim lessons.**



## CREATING HEALTHIER COMMUNITIES

› **Diabetes Prevention**  
The YMCA of Delaware became one of the first organizations in the country certified to offer the Diabetes Prevention Program as a covered benefit for eligible Medicare recipients.

› **LIVESTRONG at the YMCA**  
**396 cancer survivors** have been able to develop supportive relationships and improve their quality of life through the LIVESTRONG at the YMCA Program.



Camp Tockwogh Alumni

# Membership

As of December 2018

Bear-Glasgow: 22,706

Brandywine: 18,936

Central: 7,836

Dover: 10,892

Middletown:  
2,913

Sussex: 3,115

Western: 16,884

## CELEBRATING IMPACT

› **YMCA Camp Tockwogh Celebrated 80 years** of overnight summer camping. Since 1938, more than 70,000 children have attended Camp Tockwogh where they have learned to sail and ski, and made lifelong memories. During the 80th Anniversary Celebration, more than 200 people come together for a weekend of reconnecting, sharing stories about camp and revisiting childhood memories.

› **The Bear-Glasgow Family YMCA celebrated their 10 year anniversary.** Since opening their doors in 2008, they have provided financial assistance to an average of 1,000 individuals and families each year.

## PARTNERING FOR CHANGE

› The YMCA of Delaware became one of 11 YMCA's nationwide to **participate in the LGBTQ inclusion and equity project** through a partnership with YMCA of the USA and the Biden Foundation.

› Y of Delaware partnered with Charter school of New Castle to **provide summer camp opportunities to 150 children** at the Bear and Western YMCA's.

## CREATING LIFELONG MEMORIES



Campers at Camp Voyager (Dover YMCA) enjoying story time.

› **4,919 Children** stayed safe and made lasting memories and friendships at Summer Camp.

› **1,998 Children** were able to attend After School Care and Summer Camp thanks to financial assistance.



# 100,000

community members  
served in 2018

## \$5.7 MILLION

in financial assistance was provided to children, teens, families and seniors to help them participate in Y programs.

## 3,430

 individuals and 

## 337

 organizations donated to the YMCA.

All YMCA locations were outfitted with new fitness equipment which included multiple pieces designed for individuals with diverse abilities.



The Central YMCA opened a brand new Performance Studio.

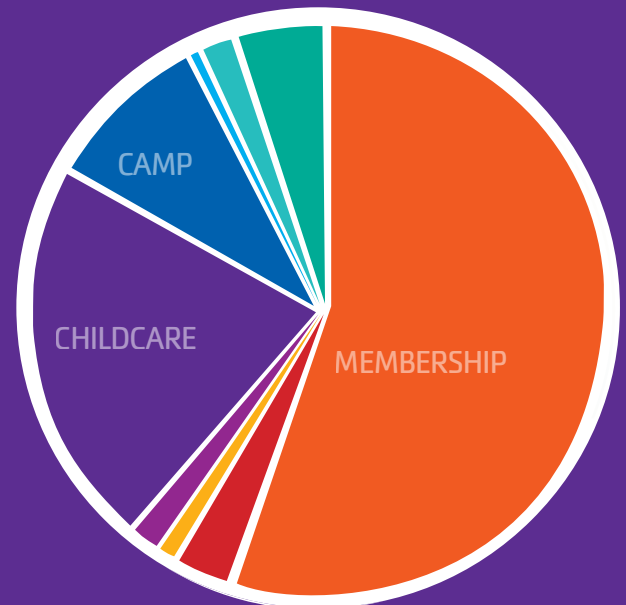


All YMCA of Delaware locations offered free summer memberships to local teens.

## 2018 SCHOLARSHIPS

### \$5,707,897 AWARDED

Membership.....	\$2,897,819
Fitness.....	\$10,883
Aquatics.....	\$67,918
Youth Sports .....	\$20,620
Summer Day Camp .....	\$659,686
Child Care .....	\$1,664,164
Tockwogh Overnight Camp ...	\$216,673
Water Wise.....	\$82,487
Housing.....	\$87,647



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# 2018 – 2020 STRATEGIC PLAN

## YOUTH DEVELOPMENT

**Increase opportunities** for youth and teens to learn and cultivate the values, skills and relationships which lead to positive behaviors, better health and educational achievement.

Strengthen our commitment to **school success**.

Ensure that our young people are **safe around the water**.

Actively seek community outreach, partnerships and programs which **enhance the lives of young people**.

## HEALTHY LIVING

Lead the state in **improving the health and fitness** of Delawareans.

Be a trusted resource for members, staff and volunteers to **improve their physical, mental and spiritual health**.

**Guide and support** individuals and families coping with health issues.

## SOCIAL RESPONSIBILITY

Advance our cause by **increasing the awareness of the Y's mission** through communication, advocacy and community connections; proactively listen and respond to our state's critical social needs, with a focus on Delaware's most vulnerable citizens.

Increase fundraising to **support growing needs** for our state.

**Foster an organizational culture of employee trust and engagement** that positions the Y as an employer of choice, attracting and retaining the best and brightest talent.

Involve influential leaders in our communities to **build highly impactful volunteer boards**.



# THANK YOU TO OUR GENEROUS DONORS

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 Kris Graves  
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 Mary Ellen Gray  
 Vonda Green  
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 Tamisha and Damon Hopkins  
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 Java Jukebox  
 Tricia Jefferson  
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 Alex Jones  
 Mr. and Mrs. Lynn C. Jones

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 Gary Karp  
 Peg Kates  
 Michelle K. Kelly  
 Katie Kelly  
 Kennett Middle School PTO  
 Stacey Koff  
 Donna S. Kudner  
 Charles Labin & Wendy Caba-Labin  
 Beverly Lacy  
 Susan Lake  
 Brandon Lee-Johnson  
 Kelly Leibolt  
 Carol C. Leister  
 Annabel Lewis  
 Jim & Peggy Long  
 Lotus Chiropractic  
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 Mr. and Mrs. Jeff Markovitz  
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 Lynne McClain  
 Gayle McCormick  
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 Tracey Miller  
 Sheri Minear  
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 Morris James LLP  
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 Steven R. Nierenberg  
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**\$250 – \$499**

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 Barbara Crowl  
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 Mr. & Mrs. Peter C. Drake  
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 Cali A. Engelsiepen  
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# PRESERVING THE YMCA FOR FUTURE GENERATIONS

Membership in the Heritage Society simply requires a commitment of a gift, now or in the future, ensuring the YMCA of Delaware is strong for future generations. With your support, the YMCA can help safeguard youth development, healthy living and social responsibility in our communities.

## ► HERITAGE SOCIETY

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Charles D Broll  
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Kristina Woznicki





**EACH ONE OF US CAN  
MAKE A DIFFERENCE.  
TOGETHER, WE CAN  
MAKE CHANGE.**

**Consolidated Statement of Activities** (dollars in thousands)

	2018	2017
<b>REVENUE</b>		
Contributions	2,451	2,537
Government Contracts	4,773	4,355
Membership	19,733	19,735
Programs	12,904	12,425
Investments	-660	1,797
Other Revenue	561	164
<b>Total Revenue</b>	<b>\$39,762</b>	<b>\$41,013</b>
<b>EXPENSES</b>		
Program Services	36,400	35,225
Supporting Services	4,884	4,565
<b>Total Expenses</b>	<b>\$41,284</b>	<b>\$39,790</b>
Change in Net Assets from Operations	(1,522)	1,223
Nonoperating Activity	113	172
<b>Change in Net Assets</b>	<b>(1,409)</b>	<b>1,395</b>

**Consolidated Statement of Financial Position** (dollars in thousands)

	2018	2017
<b>ASSETS</b>		
Cash and Equivalents	6,907	10,182
Receivables, net	953	743
Prepayments and Other Assets	486	472
Investments	6,131	6,860
Restricted Assets	916	867
Beneficial Interest in Perpetual Trusts	4,332	4,908
Property and Equipment, net	56,249	52,249
Other	278	193
<b>Total Assets</b>	<b>\$76,252</b>	<b>\$76,474</b>
<b>LIABILITIES AND NET ASSETS</b>		
Accounts Payable and Accrued Expenses	1,471	1,993
Deferred Revenue	584	637
Other Liabilities	578	565
Notes Payable	5,308	5,245
Capital Lease Payable	2,009	0
Bond Payable	16,794	17,390
<b>Total Liabilities</b>	<b>\$26,744</b>	<b>\$25,830</b>
<b>Total Net Assets</b>	<b>\$49,508</b>	<b>\$50,644</b>
<b>Total Liabilities and Net Assets</b>	<b>\$76,252</b>	<b>\$76,474</b>





# YMCA OF DELAWARE LOCATIONS

## **BEAR-GLASGOW FAMILY YMCA**

351 George Williams Way  
Newark, DE 19702  
(302) 836-9622

## **BRANDYWINE YMCA**

3 Mount Lebanon Road  
Wilmington, DE 19803  
(302) 478-9622

## **CENTRAL YMCA**

501 West Eleventh Street  
Wilmington, DE 19801  
(302) 254-9622

## **DOVER YMCA**

1137 South State Street  
Dover, DE 19901  
(302) 346-9622

## **MIDDLETOWN FAMILY YMCA**

404 N. Cass Street  
Middletown, DE 19709  
(302) 616-9622

## **SUSSEX FAMILY YMCA**

20080 Church Street  
Rehoboth Beach, DE 19971  
(302) 296-9622

## **WESTERN FAMILY YMCA**

2600 Kirkwood Highway  
Newark, DE 19711  
(302) 709-9622

## **WALNUT STREET YMCA**

1000 North Walnut Street  
Wilmington, DE 19801  
(302) 472-9622

## **YMCA CAMP TOCKWOGH**

24370 Still Pond Neck Road  
Worton, MD 21678  
(410) 348-6000

## **ASSOCIATION OFFICE**

100 W. 10th Street,  
Suite 1100  
Wilmington, DE 19801  
(302) 571-6908

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