



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONGER TOGETHER

2019 YMCA of Delaware **Impact Report** >

Dear Friends,

As we look back at the last year, we are truly proud of the many ways we have worked to carry out the YMCA of Delaware mission to empower youth, foster healthy living, and promote strong communities.

Our work goes much further than most people realize. In 2019, our Y provided a place to play, to learn, to be healthy, to eat well, and to give back. We gave newcomers belonging, cancer survivors hope, seniors a way to connect, teens empowerment and children life-changing experiences. We touched the lives of more than 100,000 people of all ages and from all walks of life, launched brand-new mission and vision statements, and provided \$6.1 million in financial assistance to children, teens, families and adults throughout Delaware.

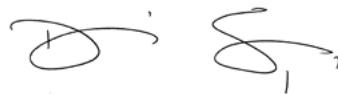
We're a community fueled by the steadfast belief that everyone deserves the resources and chance for a healthy, thriving life to reach their full potential. In an unsettled world full of isolation and social injustice, there is much work still to be done and the Y is needed more than ever. As an organization focused on the most critical needs of our community and dedicated to advancing diversity, equity and inclusion for all, the Y is addressing how to undo racism at an individual, organizational, and societal level.

We are so thankful for our Y staff, members, volunteers, donors, partners and community. Together, we are making a meaningful difference and will continue to work hard to ensure that everyone has access to the opportunities, relationships and resources necessary to learn, grow and thrive. We will stand strong and know that if we continue to work together, we can be a positive force for change.

Yours in service,



Deborah Bagatta-Bowles,  
Chief Executive Officer



David Shepherd,  
Board Chairman





**VISION:**

A healthy, inclusive community where all people reach their full potential.

**MISSION:**

To empower youth, foster healthy living, and promote strong communities.

# 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, an older 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).





## AYANAH (AJ)

When AJ joined the donor-funded Teen Workforce Development Program at the Y she was a quiet, shy young lady who struggled with anxiety. After completing her Workforce Development training and an internship at the front desk of the Walnut Street YMCA, directors were so impressed with her work that they offered her a position on their team.

The Howard High School Junior, who was once full of anxiety, now bubbles with enthusiasm for her job. "Workforce Development broke me out of my comfort zone. I learned how to write a resume and interview for a job. It was a real confidence booster." For AJ, this is just the beginning of her journey. She hopes to capitalize on her experiences working with the public to one day become a 911 dispatcher.



## JAYCE

After battling breast cancer and a rough pregnancy while her husband was deployed, Jayce was craving some normalcy for her and her 13-year old daughter, Illanis. Jayce knew that her daughter needed an escape and a safe place to be a kid. Thanks to donor support, she was able to enroll her in the after school program at the Western YMCA. The after school program became a lifeline for Illanis and gave her a safe place to open up to peers and program mentors about her family changes.

"Having that outlet made all the difference for our family. Thanks to the staff at the Western Y, Illanis has been opening up more and has found her confidence. She feels safe and knows she can count on her Y family as an additional support team. We would be lost without this program."



## AUDREY

When Audrey Smith-Bey found out she had uterine cancer in 2016 she was shaken by the diagnosis. A few months after her surgery, she found the LIVESTRONG at the YMCA Program. This free 12-week exercise program creates a welcoming community in which cancer survivors can improve their quality of life through physical activity and emotional support.

Audrey signed up for the program but was apprehensive about starting a physical regimen at her age. Her fears were soon put to rest as facilitators encouraged and believed in her. "I was getting stronger, and I could speak freely with other people who understood what I was going through."

Even after completing the program, Audrey has continued to exercise and challenge herself physically. Most days she can be found at the Middletown Family Y where she regularly wears her yellow LIVESTRONG shirt in support of current participants.

# THE Y IS WHERE ALL ARE WELCOME

We are dedicated to creating spaces for all people to reach their full potential. We welcome everyone regardless of ability, age, background, ethnicity/race, faith, gender, gender identity or sexual orientation. We stand against all forms of racism, discrimination and hatred, and pledge to be an ally in the fight for equality. Together, we can be a positive force for change in every community we serve. We must unite. We must be heard, and we must do better.

## **BUILDING GLOBAL PARTNERSHIPS**

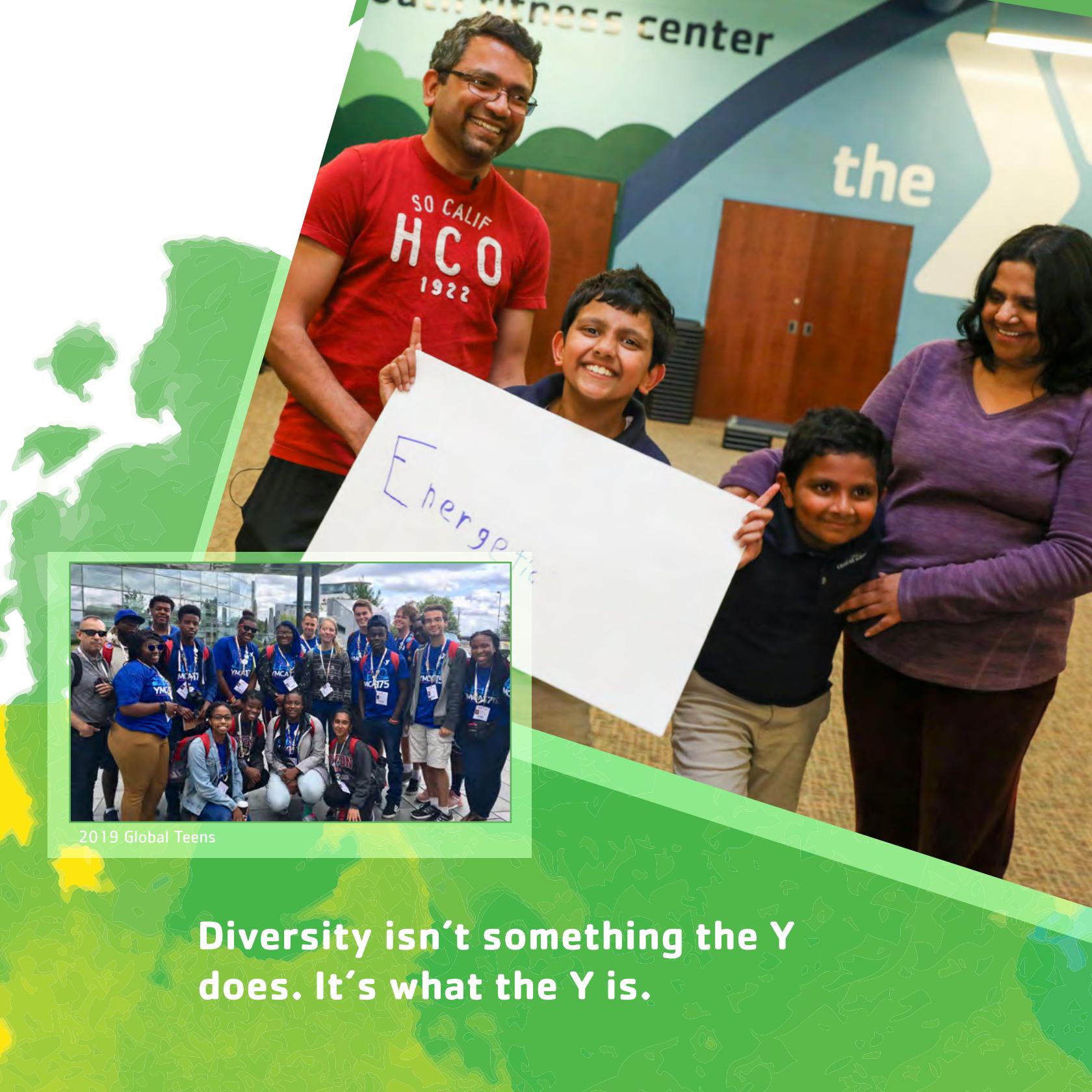
In early August 2019, the YMCA of Delaware's first cohort of Global Teens traveled to London to celebrate the 175th anniversary of the Y. Sixteen young people from Delaware YMCAs attended the YMCA 175 conference held in the city where the world-wide movement was founded. The Delaware contingent joined 600 young adults from across the United States, where a total of 3,200 YMCA members from 120 countries, representing six continents were in attendance. During the conference, our Global Teens learned about global challenges such as climate change, civic engagement, workforce development, public health and education.

## **CREATING WELCOMING SPACES**

At the YMCA of Delaware, we know that we are stronger when everyone feels welcome and we can all work together for the common good. We strive to create a welcoming, safe space for all and celebrate the cultures of our members, staff and communities. Each September, the YMCA of Delaware joins hundreds of YMCAs nationwide in hosting activities to celebrate immigrants' contributions to communities and bring together all residents in a spirit of unity.

## **THE Y FOR ALL**

In 2019, we announced a new partnership with Autism Delaware, offering a water safety program to children and adults with autism spectrum disorder (ASD). Through this collaboration, Autism Delaware provides training to YMCA swim instructors and, in exchange, the YMCA provides S.W.A.M. (Swimming With Autism) sessions to the community.



the



2019 Global Teens

**Diversity isn't something the Y does. It's what the Y is.**

# THE Y IS WHERE YOUTH THRIVE

At the Y, we know the best way to help young people build safe, successful, and happy lives is to provide them with resources and support to help them reach their goals. Each year, **more than 13,500 children and teens** across the state learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. In 2019, nearly **1.8 Million dollars** was provided in financial assistance to ensure **4,700 local children** had the opportunity to attend Before and After School Care and Summer Camp at the YMCA.

## **NARROWING THE ACHIEVEMENT GAP**

The YMCA of Delaware ensures all children, regardless of their ability to pay, have access to quality after school care and summer day camp programs. By hosting after school “school-based” programs and after school “center-based” programs at many of our facilities, the Y of Delaware is able to provide homework help and academic enrichment including daily literacy, math education and natural science exploration. Our Summer Camps are designed to combat summer learning loss with activities and experiences that provide campers with diverse opportunities focused on fostering creativity, social skills, and leadership skills in a collaborative and hands-on environment.

## **SUMMER CAMP – A SAFE PLACE TO LEARN, GROW AND THRIVE**

Overnight, day or specialty camps at the Y share one thing – they are about discovery. Kids have the opportunity to explore nature, find new talents, try new activities, gain independence, and make lasting friendships and memories. In 2019, our day camps continued to bustle with different activities as we **served more than 3,100 youth**. Camp Tockwogh, located on the Chesapeake Bay, served more kids than ever before with **2,100 campers**.

## **BUILDING FUTURE LEADERS**

The recipe for a bright future is simple: give young people the tools to thrive in a supportive, encouraging environment. Through various YMCA of Delaware youth programs including Black Achievers, Youth in Government, Youth Workforce Development Program, Teen Leaders Club, Back on Track, Counselors in Training, camp and summer leadership programs, over **13,500 youth were empowered to strive for greatness** in 2019. Additionally, we launched the **The Seventh Grade Initiative** which provides seventh graders with a free YMCA membership. All our YMCA youth programs are designed to provide our young people with the opportunity to make new friends while staying active and avoiding exposure to counter-productive behaviors.



Justin Chan, Youth In Government participant

**The Y is here to help all youth discover and achieve their full potential.**

# THE Y IS WHERE HEALTHY COMMUNITIES BEGIN

Healthy communities start with individual change – but it takes encouragement and communal support to empower people to make and maintain lifestyle changes. The YMCA of Delaware is the largest nonprofit provider of healthy living programs in the state, supporting families and individuals of all shapes, sizes, ages and abilities in their goals of living a healthy life. The Y will always be the place that welcomes everyone with open arms, meets people where they are, and empowers them to live their healthiest lives. We will continue to provide accessible programs for all and reduce barriers to access through financial assistance.

## DIABETES PREVENTION PROGRAM – FIGHTING CHRONIC DISEASE

Our evidence-based Diabetes Prevention Program continues to be recognized nationally as a leader in helping those at high risk adopt a healthy lifestyle while reducing their chances of developing type 2 diabetes. Since its inception in 2011, more than **2,321 community members** have participated in the program. In 2019, our Diabetes Prevention coaches hosted 35 classes and supported **402 individuals** on their journey to reduce body weight, increase physical activity and adopt healthier eating habits.

## SUPPORTING CANCER SURVIVORS

The LIVESTRONG at the YMCA program supported **229 cancer survivors** who found themselves on the journey from completing their treatment to feeling physically and emotionally strong enough to return to normal life. This free, 12-week physical activity program is designed to get survivors back on their feet while providing a welcoming community in which participants can develop supportive relationships and improve their quality of life.

In 2019 The Brandywine YMCA launched a new program called *Overcomers, Kids in Power*, for cancer survivors between 8-15 years of age. For 12-weeks, participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem.

## HEALTHY WEIGHT LOSS

Beyond fitness facilities, we provide educational programs to promote healthier decisions in a supportive community. Last year we launched a new healthy weight loss program designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors and forming sustainable, healthy habits. Led by a trained facilitator who creates a safe and supportive environment for all, participants in the program meet in a small group setting for one-hour each week for 12 weeks. Facilitators guide discussions on goal setting, balanced eating, physical activity, stress, mindfulness and more.



*Overcomers, Kids in Power. Pictured Top (left to right):  
Julia Spano, Mateo Ahumada and Katie Duncan. Bottom:  
Kara Kelly and Gavin Farenski.*

LIVESTRONG at the YMCA participant Tomorrow Monroe.

**The Y will always be a place that empowers everyone to live their healthiest life.**



# 140,000

free meals were provided to children and teens in YMCA programs in 2019.



## Membership

As of December 2019:

Bear-Glasgow: 20,537

Brandywine: 19,570

Central: 7,362

Dover: 10,324

Middletown:  
3,425

Sussex: 3,033

Western: 15,047

# 1,685

children in our community learned to swim for free through the YMCA Water Wise program.

# 13,500

youth participated in YMCA enrichment programs including Youth In Government, Black Achievers, Teen Leader Clubs, Summer Camp, Sports and more.

# 631

individuals participated in Y programs designed to prevent diabetes and support cancer survivors.

# 100,000

community members served in 2019

## \$6.1 MILLION

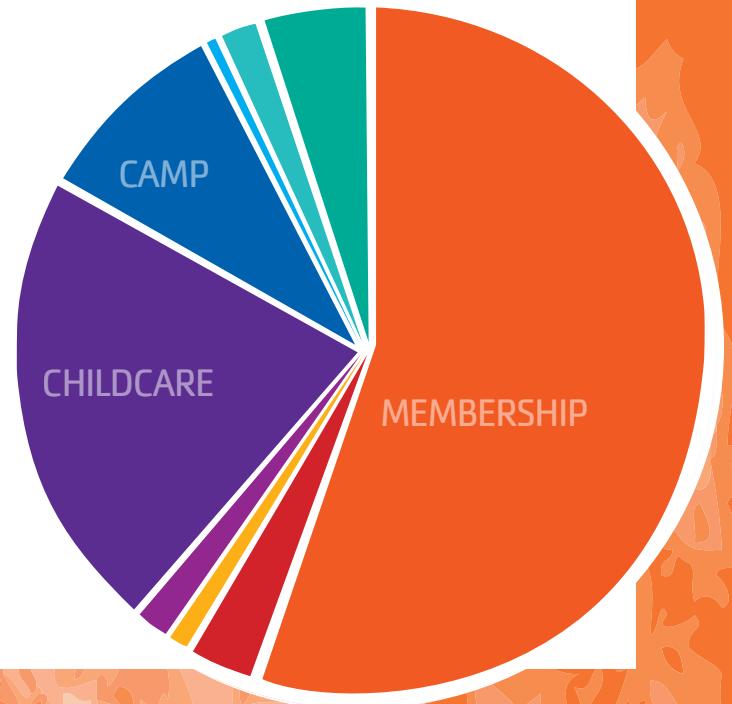
in financial assistance was provided to children, teens, families and seniors to help them participate in Y programs.

## 15,700

Donors provided 15,700 Y of Delaware members with financial assistance, ensuring that everyone has a place to belong.

### 2019 SCHOLARSHIPS

Membership.....	\$3,226,427
Fitness.....	\$1,333
Aquatics.....	\$74,091
Youth Sports.....	\$35,627
Summer Day Camp .....	\$738,483
Child Care .....	\$1,720,410
Camp Tockwogh.....	\$205,714
Water Wise.....	\$93,112
Housing.....	\$62,605



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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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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.

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



## Consolidated Statement of Activities (dollars in thousands)

	2019	2018
<b>REVENUE</b>		
Contributions	7,714	2,451
Government Contracts	5,158	4,773
Membership	19,872	19,733
Programs	13,604	12,904
Investments	2,241	-660
Other Revenue	412	561
<b>Total Revenue</b>	<b>\$49,001</b>	<b>\$39,762</b>
<b>EXPENSES</b>		
Program Services	38,680	36,400
Supporting Services	5,319	4,884
<b>Total Expenses</b>	<b>\$43,999</b>	<b>\$41,284</b>
Change in Net Assets from Operations	5,002	(1,522)
Nonoperating Activity	-322	113
<b>Change in Net Assets</b>	<b>4,680</b>	<b>(1,409)</b>

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

	2019	2018
<b>ASSETS</b>		
Cash and Equivalents	9,340	6,907
Receivables, net	1,115	953
Prepayments and Other Assets	825	486
Investments	5,666	6,131
Restricted Assets	1,001	916
Beneficial Interest in Perpetual Trusts	5,127	4,332
Property and Equipment, net	54,034	56,249
Other	2,636	278
<b>Total Assets</b>	<b>\$79,744</b>	<b>\$76,252</b>
<b>LIABILITIES AND NET ASSETS</b>		
Accounts Payable and Accrued Expenses	1,328	1,471
Deferred Revenue	692	584
Other Liabilities	486	578
Notes Payable	5,371	5,308
Capital Lease Payable	1,508	2,009
Bond Payable	16,172	16,794
<b>Total Liabilities</b>	<b>\$25,557</b>	<b>\$26,744</b>
<b>Total Net Assets</b>	<b>\$54,187</b>	<b>\$49,508</b>
<b>Total Liabilities and Net Assets</b>	<b>\$79,744</b>	<b>\$76,252</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

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