

Dear Friends,

Our YMCA defines 2022 as a year of change, courage, perseverance, and resiliency with a renewed focus on our mission and our communities that continue to recover from the pandemic.

While facing many challenges in 2022, including a mask mandate, staffing shortages, and high inflation, the YMCA continued to open its doors to more than **100,000 people**, from all walks of life, who depend on programs and services that have life-changing impact.

We focused time and resources on providing safe spaces for our most vulnerable children and teens while also providing thousands of free meals to our young people. The Y continued its work in improving the overall health and wellness of Delawareans, advancing health equity and providing over \$3.9 million dollars in financial assistance, while continuing the fight against obesity and providing programs that address Diabetes Prevention, Cancer Support, and Adaptive Fitness. In addition, our Y's expanded operating hours, increased the number of group exercise classes offered, and invested in fitness center redesigns with new cardio and functional training equipment.

We believe in building brighter futures. This year, we renovated our housing program and developed partnerships to best support our men in transitional housing, ensuring a sustainable and fulfilling future. We also broke ground on our brand new, state-of-the-art YMCA in Middletown which will serve over **15,000 Delawareans** and bring **300 new job**s to the area. Finally, and most proudly, we took care of our YMCA staff across the state, bringing the minimum wage up to \$15 per hour.

In 2022, we identified our most urgent community needs and developed the YMCA of Delaware promise which will guide our work in 2023 and deepen the Ys reach and impact in our state.

YMCA of Delaware Promise:

- Ensure every child is on a pathway to success
- Improve individual and community wellness
- Demand equity for all
- Support family and economic stability
- Build bridges to connect our community

Looking ahead we know there is still so much important work to do. This commitment will take lots of hard work, creativity, and most importantly strong partnerships. Together, with the support of our staff, volunteers, donors, and community partners, we can continue our vital work, and lead the way to positive change.

Yours in service,

Janust layster

Jarrett Royster,
President & Chief Executive Officer

Enid D. Wallace Sinns

Enid Wallace-Simms, Board Chair



















SOPHIE DOUGLAS

YMCA Youth In Government program participant and "Y-Kid"

My Y story began 13 years ago when my mother started taking me to the Kids Zone at our local YMCA. As I grew older, I became more involved with the Y through programs such as basketball, swimming, camp, participation in Teen Nights, and Youth in Government.

My mother, Janeene Douglas, joined the Y family as the Kids Zone Coordinator at the Middletown branch when I was in middle school. As a "staff kid", I was able to spend even more time at the Y. This provided me the opportunity to give back to my community through the Y and I even won Youth Volunteer of the Year in 2017.

In seventh grade, I gave a speech in front of the Mayor and potential donors to raise funding for the new Middletown branch. This sparked my interest in public speaking and politics. In ninth grade, I joined the Youth in Government program which helped me discover my true passion. I won Most Outstanding First Year Delegate and was selected to attend the Conference on National Affairs. I took an even larger role in our YIG program by serving as President of the Senate, Youth Delegation Leader, Member of the Youth Subcommittee and Governor's Cabinet, Clerk at CONA, and I was the recipient of the James C. Hardcastle Servant Leadership Award! I was able to participate in National Advocacy Days as a Youth Advocate, representing Delaware in Washington, DC. I was also a Changemakers Project Leader in 2022 and received an invitation to the White House!

Youth programs at the Y have changed my life along with the lives of millions of young people across the country. The Y gave me the opportunity

to discover my passion and learn how to become a better leader. better public speaker, and a better person as a whole. I absolutely love every single thing I do in Youth in Government and I would not have done it without the Y. If you told my ninth grade self how much this program changed her life and how she would be running for Governor one day, she simply would not believe you.



Due to the support and encouragement from my family as well as individuals at the Y, I've made amazing connections and experienced

opportunities that I will never forget. I am beyond grateful to the Y for providing me with the resources to flourish, and I highly encourage any other young person to visit your local Y and see how you can contribute! Youth are the future and the Y ensures that each young person has the opportunity to succeed.

THE Y IS WHERE YOUTH THRIVE

The YMCA of Delaware aims to ensure every child is on the pathway to success. Our programs keep kids safe, allow them space to discover their passions, and open avenues for opportunity and positive growth. Getting youth in Delaware out of their comfort zone, into social settings, with a clear-cut focus to prosper physically, mentally and emotionally paves the way for the next leaders of the first state.

THE BEST SUMMER EVER

In the digital age, it's vital to offer kids the opportunity to explore nature, find new talents, try new activities and make lasting friendships and memories. On the heels of a pandemic, it's time to reintroduce children to healthy and safe social settings and the importance of active play and physical activity through programs like YMCA Summer Camp. In 2022, the Y provided nearly \$716,000 in financial assistance to ensure campers had the "best summer ever". Out of 4,380 campers across the state, 1 in 7 received financial support last summer. Our goal is to help as many families as possible and grow this number moving forward.

CONTINUATION OF CARE

Our commitment to kids doesn't stop at adolescence, but travels through their journey to adulthood. Through various YMCA programs including Youth In Government, Black Achievers, Leaders in Training and Youth Workforce Development, more than 2,000 teens were empowered to strive for greatness in 2022. These youth initiatives are designed to help them find their interests, steer their drive in a healthy direction, and provide tools that allow them to speed towards success.

BEFORE & AFTER SCHOOL ENRICHMENT: A SAFE SPACE

In 2022, the Y's Before and After School program provided over **1,400 Delaware children** with a safe space to learn and grow throughout the state. Help with homework, mentorship and activities to exercise the mind and body create an enriching experience for the participants and advisors, and a sense of comfort for parents. Thanks to donor support, more than **\$850,000** in **financial assistance** was provided to ensure youth in Delaware can reach their full potential each day.

The Y is here to help all youth achieve their full potential and ensure every child is on a pathway to success.

SCAN THE QR CODE TO HEAR KAYDEN'S YMCA STORY!



Kayden, Sussex YMCA Teen Leadership Camp Participant

THE Y IS WHERE HEALTHY COMMUNITIES BEGIN

Improving individual and community wellness is one of the core values of the YMCA of Delaware. We focus on advancing health equity and making healthy choices accessible for all. Our research-based programs, including Diabetes Prevention, LEAN (weight loss and nutrition) and LiveSTRONG at the YMCA (cancer support), work to prevent chronic diseases. We strive to support people of all shapes, sizes, ages, genders and ability levels on their health and wellness journeys.

PREVENTING DIABETES & SUPPORTING CANCER SURVIVORS

In 2022 we saw participation growth in our Diabetes Prevention Program (DPP) and LiveSTRONG at the YMCA Cancer Support Program. More than **516 individuals** had access to these programs in 2022. DPP provides a supportive environment where participants work in small group settings to adopt healthy habits and reduce their risk for developing type 2 diabetes. The program shows that by eating healthier, increasing physical activity, and losing a small amount of weight, a person can prevent or delay the onset of type 2 diabetes by 58%. LiveSTRONG at the YMCA supports the increasing number of cancer survivors on their path back to physical and emotional wellbeing. Together, we will continue to fight chronic disease in Delaware.

LEADING WITH LEAN

The Y introduced the LEAN program (Lifelong Essentials for Activity & Nutrition) in 2022. This 12-week weight loss course helps those seeking a healthier weight develop long-lasting healthy habits with small, modest changes to their lifestyle. Specifically catered for adults 18-years or older, there's great potential for growth as participants learn new topics relevant to weight-loss and utilize new skills and strategies to reach new healthy heights.

ADAPTIVE FITNESS

We are the "Y For All"! YMCA of Delaware facilities are designed to make all members, staff, and quests feel comfortable. They offer adaptive fitness equipment not only in fitness centers across the state, but also in their pools and some fitness studio spaces. Many locations are equipped with an adjustable suspension system that allows individuals to use cardio equipment, participate in group exercise classes, or perform other exercises from a standing position. Six in ten Americans live with a chronic health condition. By providing vital health resources to all populations, we can make a positive impact on Delaware's health outcomes.

Since 2015, the YMCA has partnered with EPIC (Endless Possibilities in the Community) to provide a friendly and enabling environment for members with diverse abilities where they can improve their health through fitness. Each week, EPIC members who have physical, intellectual and developmental disabilities come to the Y to exercise, learn about healthy living options, and build social skills. They participate in customized exercise programs with a licensed physical therapist and YMCA personal trainers, and have access to adaptive equipment for people with diverse abilities.

The Y will always be a place that empowers everyone to live their healthiest life. SCAN THE OR CODE TO **CJ'S YMCA STORY!** CJ Ramirez. Dover YMCA Member Services Representative

THE Y IS WHERE ALL ARE WELCOME

The Y, an inclusive organization for all, focuses on the most critical needs of our community and remains dedicated to advancing diversity, equity and inclusion for all. Nearly \$3.9 million in financial assistance was awarded to our community last year, ensuring everyone had access to the Y. We will continue to take intentional steps to welcome all and make all feel welcome.

FIGHTING FOOD INSECURITY

According to the latest US Census, 24% of Wilmington residents are below the poverty line. To help combat hunger, the Y Mission Market launched in September 2022. In its first four months, it helped more than 230 families in the Wilmington community by providing food, frozen meats, fresh vegetables, toiletries and more. More than 20,000 pounds of food has been donated by the Wilmington community. The store is open to the community and available to anyone in need. In addition, we provided 185,000 free meals to the community and to children in our Before & After School Enrichment programs.

ACCESSIBILITY FOR ALL

Families throughout the state continue to have access to the Y and its programs thanks to financial assistance through the Open Doors program. We build bridges to connect our community, regardless of the zip code they come from. In 2022, we saw various events and programs celebrating diversity in our communities. We strive to make sure everyone has access to the Y, regardless of social status and remain confident the Y can continue to bring people together while offering support to those who need it most for years to come.

HEALTH EQUITY

Today, six in ten Americans live with a chronic health condition. Low-income communities, people of color, and historically marginalized communities are disproportionately impacted by negative social determinants of health. To address these unacceptable realities, the YMCA is working hard to expand access to child care and life-changing programs that prevent Type-2 Diabetes, support cancer survivors, and promote weight loss and healthy lifestyles. Everyone deserves equal access to comprehensive health and wellness programs. By providing vital health resources to all populations, we know that we can make a positive impact on Delaware's health outcomes.

The Y is building bridges to create stronger, healthier communities.

SCAN THE QR CODE TO LEARN ABOUT THE YMCA MISSION MARKET!



Dwayne Williams, Central YMCA Mission Market recipient

100,000 community members served in 2022

\$3.9 MILLION

in financial assistance was provided to local children, teens, families and seniors, ensuring everyone had access to membership and programs at the YMCA.

2,505

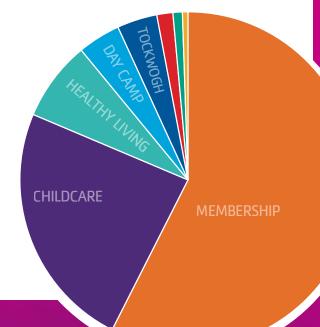
donors provided **Y of Delaware members** with financial assistance, ensuring that everyone has a place to belong.

2022 SCHOLARSHIPS

■ Membership\$2,138,193
■ Childcare\$878,947
Healthy Living Programs \$107,064
Summer Day Camp \$420,572
Tockwogh (Overnight Camp) \$293,252
■ Housing\$20,000

Aquatics......\$43,191

■ Youth Sports......\$22,526





PREVENTING LEARNING LOSS

1,479 children were able to learn, grow and thrive in our before and after school programs. More than \$879,000 was provided in financial assistance to ensure **513 children** had access to our enrichment programs.

SUPPORTING FAMILIES

1 out of 6 YMCA families received financial assistance in 2022.

BEST SUMMER EVER

4,380 children attended YMCA summer camp last year. 1 in 7 campers received financial assistance to ensure that every child had the opportunity to experience the magic of camp.

A SAFE PLACE FOR TEENS

More than 2,000 teens participated in programs designed to keep them engaged in positive experiences while in healthy and safe environments.

COMBATING HUNGER

More than **185,000 FREE meals** were provided to the community through hunger relief and school age programs.



COMBATING **CHRONIC DISEASE**

554 individuals had access to our cancer survivor, weight loss, and diabetes prevention programs last year, helping reduce the onset of chronic diseases and promoting healthy lifestyles.

KEEPING KIDS SAFE AROUND WATER

Over 4,200 children learned to swim at our YMCAs last year.



Membership As of December 2022:

Bear-Glasgow: 11,992

Brandywine: 10,684

Central: 3.211

Dover: 5,758

Middletown: 2,460

Sussex: 2,448

OUR VOLUNTEERS ARE SUPERHEROES!

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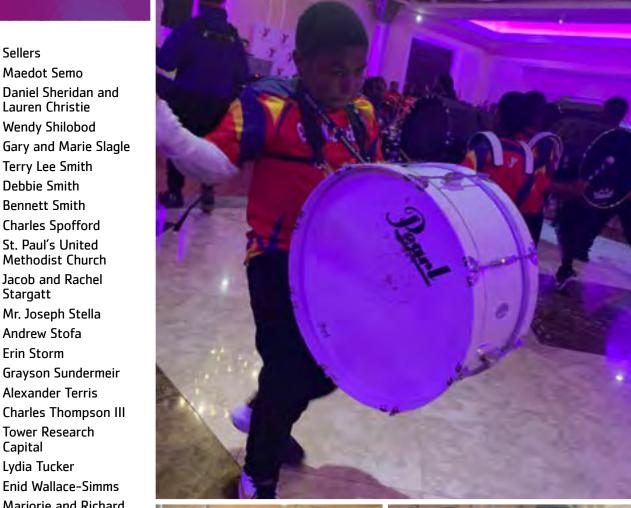
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Preserving the YMCA for Future Generations

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.

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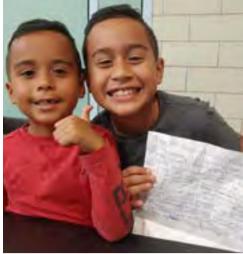
Arkan & Carol Say William Schab **Doris Schnee** Diane Scobey H. Rodney Sharp III Lashena Shields Christine Shiring Troy Silliman Mark Smith Sr. Xiaoyi Sopko Lee Sparks IV **Bret Synder** Elizabeth Synder Karin Synoski Louis Vassalotti Margaretta Warner Matthew and Julie Warren Jodie Wedel Linda West George White **Gregory Williams** Steven Witsil Carl Wolaver Cynthia Woolley Kristina Woznicki Carol Young Genene Young Rick Zumstea















UNAUDITED, CONSOLIDATED STATEMENT OF ACTIVITIES (dollars in thousands)

REVENUE	2022 Without Donor Restrictions	2022 With Donor Restrictions	2022 Total	2021 Total (Audited)
Contributions	1,137,061	\$476,552	1,613,613	5,413,289
Government Contracts	7,881,547	\$1,639,937	9,521,484	13,080,287
Membership	16,107,987	\$-	16,107,987	12,570,886
Program Fees	12,786,717	\$-	12,786,717	8,244,816
Investments	528,664	\$109,983	638,647	1,942,206
Other Revenue	177,133	\$-	177,133	273,675
Total Revenue	38,619,110	\$2,226,472	40,845,582	41,525,159

EXPENSES

Program Services	27,623,379	\$593,644	28,217,023	30,233,877
Supporting Services	9,356,093	-	9,356,093	6,071,279
Total Expenses	36,979,472	\$593,644	37,573,116	36,305,156
Change in Net Assets from Operations	1,639,638	\$1,632,828	3,272,466	5,220,003
Non-operating Activity	(8,752,172)	\$458,802	(8,293,370)	288,873
Change in Net Assets	(7,112,534)	\$2,091,630	(5,020,904)	5,508,876

UNAUDITED, CONSOLIDATED STATEMENT FINANCIAL POSITION (dollars in thousands)

ASSETS	2022	2021 (Audited)
Cash and Equivalents	12,240	12,103
Accounts Receivable, net	899	2,444
Prepayments and Other Assets	990	558
Investments	18,803	18,625
Restricted Assets	1,391	1,249
Beneficial Interest in Perpetual Trusts	4,830	6,273
Net Land, Buildings & Equipment	62,209	47,920
Other Assets	6,506	2,589
TOTAL ASSETS	107,869	91,761

LIABILITIES AND NET ASSETS

Accounts Payable & Accrued Expenses	5,410	1,923
Deferred Revenue	937	864
Other Liabilities	10,113	506
Notes Payable	5,194	5,505
Capital Lease Payable	2,482	583
Bonds Payable, net	21,212	14,838
Total Liabilities	45,348	24,220
Total Net Assets	62,521	67,542
Total Liabilities and Net Assets	107,869	91,761



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

202 E. Cochran Street Middletown, DE 19709 (302) 616-9622

SUSSEX FAMILY YMCA

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

WESTERN FAMILY YMCA

2600 Capitol Trail 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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