



CENTRAL LINCOLN COUNTY YMCA

2021 Annual Report to the Community

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**The YMCA is
more than
a gym.**

Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

Our vision is to enrich lives, strengthen community, and drive social change.

We're a community-centered charitable organization committed to providing health and wellness opportunities and life betterment tools for everyone in our community.

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525 Main Street
Damariscotta, ME 04543
207-563-9622

See what we accomplished in 2021

Here's what's going on at the CLC YMCA!

For more information about the Central Lincoln County YMCA, please visit www.clcymca.org!

LETTER FROM THE CEO

Dear CLC YMCA Friends,

What a year 2021 was! Sometimes it seemed that the only thing certain was the uncertainty. All I really want to say is thank you. Thank you to our members and community for continuing to support our Y. Thank you to our volunteers for the positivity and dedicated time. Thank you to our staff for the leadership and enthusiasm. Despite the changing pandemic climate and the inability to truly plan ahead, we progressed. We improved operations. We came back together socially. You helped us do that.

The impact of COVID permeated our community with challenges related to staffing, child care, access to basic necessities, housing, finances, substance use, and so much more. Your support allowed us to step up and help with these challenges. We established a program that leads with the heart of the Y: community navigation. Through this service, we can all come together to help our neighbors with whatever their struggles may be.

Every year, we serve kids—lots of kids—and last year was no different. From PreK and infant/toddler care to our after-school program Thrive at the Y; from summer camp and sports sessions to Y-Arts, we supported hundreds of kids. We even created our first-ever summer school enrichment program in partnership with local schools. And we fed those kids healthy, nutritionally-dense meals and snacks every day.

With our community partners, we gradually increased our in-person options and continued to (re)connect with one another. Navigating the pandemic through the lens of



a community organization serving people of all ages has not always been easy, but you all helped to ease the burden through your care of one another and for the Y.

Looking to the year ahead, we are dedicating our energy to closing the child care gap for our local families, increasing our community navigation footprint, and collaborating with other organizations to address community needs. We know that we can make a difference in these areas, because we will have your support. Thank you for all that you do to contribute to our community.

Sincerely,

Casey Clark Kelley
Casey Clark Kelley

Thank you to our 2021 Board Members:

Jake Abbott	Kate Martin
John Atwood	Jake Masters
Nancy Ault	AnniPat McKenney
Ann Baldwin	Dan Michael
Brooks Betts	John Ormiston
Melissa Burroughs	Isobel Petersen
Liam Card	Ann Poole
Kelly Creamer	Adam Sirois
Martha Flanagan (CVO)	Lurie Sprague-Palino
Tor Glendinning	David Swetland
Julie Keizer	Bill Vaughan
Camden LeBel	Cindy Wade
Liz Lufkin	

ENRICHING LIVES

Every day, hundreds of Lincoln County residents count on the YMCA to help them be healthier, happier, and more engaged.

To enrich lives in 2021, we...

provided **YMCA membership** to

2,941



Maine residents

subsidized



a total of

\$54,091

worth of memberships

welcomed our members into the CLC Y for

42,413



total visits

engaged

470 kids



in Y Sports

The Y offers basketball, soccer, lacrosse, tennis, baseball, and gymnastics.

hosted

396

campers

at Summer Camp

and awarded

\$9,490

in scholarships

offered

1,872

FREE

classes

for members



There's something for everyone, young and old, super fit and "working on it."

helped 72 people cope with a chronic condition



For some, a Parkinson's diagnosis comes as a relief; an explanation for previously unexplained symptoms. Others may be stunned. The future may seem grim. But it doesn't have to be.

Research shows that exercise significantly improves quality of life when managing Parkinson's. That's why the Y offers Boxing for Parkinson's and Pedaling with Parkinson's classes.

"We go at our own pace. We laugh at each other, and we cry with each other. It's made it so I can come back. I can function. Go to the grocery store, drive a car, walk with my wife. We can do those things only because of the Y." —program participant



DRIVING SOCIAL CHANGE

STRENGTHENING COMMUNITY

One of the most wonderful aspects of our county is our willingness to come together to help each other whenever needed. The CLC YMCA provides critical services like child care and after school care. We help people whenever, wherever, and however they need us.

To strengthen community in 2021, we...

looked after **161** children and served them **23,485** nutritious meals in childcare and afterschool programs at the CLC YMCA



collected 9,967 lbs of food donations

Twice a month, when we pull the Y bus into the Main Street Grocery or Louis Doe's parking lot, our community steps up to "Fill the Y Bus" with food and supplies that are needed. These donations, including essential non-food items such as laundry detergent, diapers, toilet paper, and shampoo are given to local food pantries.



In 2021, we dropped off food for COVID-positive families when they couldn't leave their homes. We also provided food for the mental health program at Medomak Valley High School and food cubbies for Lincoln Academy students.

Thank you to our Fill the Y Bus donors!

provided gifts to **147** kids from **58** families through the Holiday Giving Tree

We're grateful to all of you who "adopted" a family and donated gifts.

filled and donated **97** school backpacks to our local kids



supported 80 teens who rely on our nutritious afterschool snacks

Teens, many of them from low income families, drop in at the Y each afternoon. By 4pm, there are often more than eighty kids here. They all find a warm welcome and a healthy snack waiting for them each day, prepared by our FARMS at the Y kitchen.

Food is sometimes scarce at home, and more than a few of them take home apples, pita bread, and bananas.



As a community, we have some challenges: poverty, untreated mental and physical illnesses, drug and alcohol use, and a lack of critical resources. The CLC YMCA is here not only to help individuals when they need us, but to help create more effective systems that reduce problems and respond more effectively.

To drive social change in 2021, we...

provided free tennis to

605 kids



Tennis is a great way to have fun while learning teamwork, social skills, and good conduct.

hosted 88 students for the Summer School Extension Program

in partnership with AOS 93

Kids fell behind in school during the pandemic. Last summer, the CLC Y designed a program to help them get back on track and reward them for their efforts. They spent mornings at school, then were bused to the Y, where they enjoyed a traditional fun summer day camp. At the end of the day, buses took them home with the fixings for a healthy dinner—many were going home to a food-insecure family. By summer's end, they were ready for the next school year!



helped **446** individuals through our Community Navigator program



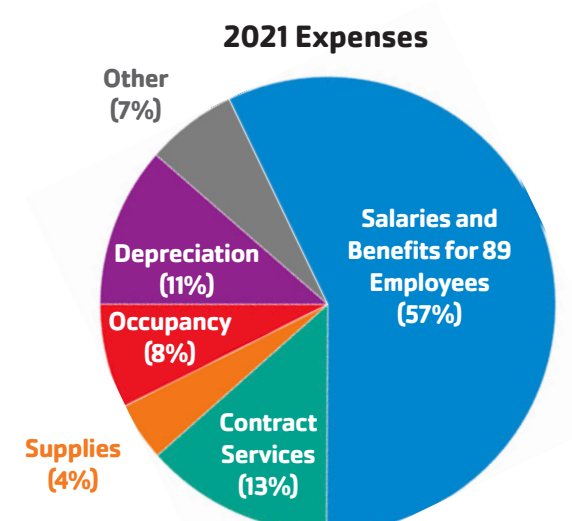
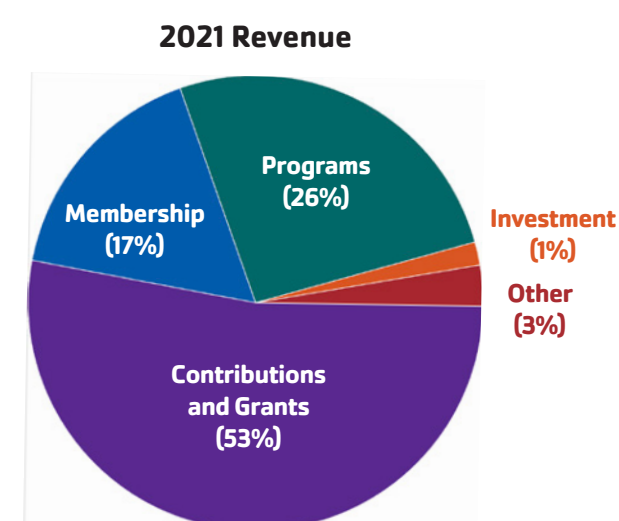
The Community Navigator helps with: food access, housing, transportation, recovery support, vehicle & home repair, financial assistance, chronic disease support, holiday assistance, child care, mentorship, taxes, vocational support, employment, and more.

2021 Financial Report

Contributions/Grants	\$1,844,023
Membership	\$581,286
Programs	\$912,104
Inv Income	\$57,644
Other	\$101,537
TOTAL REVENUE*	\$3,496,593

Salaries and Benefits	\$1,519,860
Contract Services	\$354,933
Supplies	\$110,187
Occupancy	\$196,960
Depreciation	\$302,167
Other	\$172,056
TOTAL EXPENSES	\$2,656,164

*Revenue includes \$907,127 of one-time federal COVID-related support. For more information, and to review our 990s, please visit www.clcymca.org.



CLC YMCA 2021 COMMUNITY AWARDS



ADDIE BRINKLER Youth Development Award

Addie Brinkler has been an active leader at the CLC YMCA since 2019. During this time, she has worked tirelessly to develop the youth of our community through our Y's core values of respect, responsibility, caring, and honesty. This year, Addie has been selected to receive our Youth Development Award for her leadership and dedication to our community.

As part of the Thrive at the Y after school program, Addie has formed meaningful relationships with the kids in our programs and is a leader among her peers. Last April, she organized a paper mâché solar system project that the children loved—and it's still hanging! When we ask her to help design curriculum she is always willing and able to jump in with fun, healthy ideas that relate to the Y's mission.

Addie has been an integral part of our Y Teen Leader's Club, where she coordinates participation and tracks Y Teen volunteer hours. She keeps track of food cubby inventory at Lincoln Academy, stocking the shelves with donations from our Fill the Y Bus events. Addie also helps in communication and facilitation of weekly meetings, and during the past holiday season, she helped organize the Giving Tree gifts and coordinated the volunteers for Village of Lights outdoor movie and crafts. Every Earth Day, Addie coordinates a clean-up of the grounds, and she also assisted in launching the mental health program Sources of Strength at Lincoln Academy.

We will miss Addie as she moves on to pursue a college degree in education but are confident she will make a positive impact wherever she goes!



DR. ANDY RUSS Social Responsibility Award

During 2021, the CLC YMCA worked hard to deliver programs safely as our members continued their health journey at the Y. More than 110 families relied on our child care and Thrive at the Y after school programs for care. Youth came to our facility after school for a place to get fed and hang out. Throughout all of this, we had to keep up with changing CDC recommendations and educate our community about the COVID-19 vaccines. Thankfully, we had our 2021 Social Responsibility Award winner Dr. Andy Russ helping us navigate all of this behind the scenes.

As the different COVID variants emerged in our community in 2021, Andy was ready to educate us on the latest information, give us guidance on how to handle masking, help us

communicate to sick members of our community, and advise us on protocol to keep other members healthy. In 2021, we had multiple phone calls, texts, and emails with Andy. Many of these communications were well outside regular business hours, but each communication was handled in a timely and professional manner.

Andy was an integral part of the Y's COVID education efforts. He was a guest at a Q&A session about COVID that LCTV filmed in partnership with the Y. Andy was a guest speaker at many events, including several Zoom calls with local educators.

We are so grateful to have Dr. Andy Russ in our community, keeping us safe and educated, and demonstrating social responsibility at its finest.



CHIEF JASON WARLICK Character Development Award

The CLC YMCA Character Development Award is given to someone who truly embodies the spirit of the Y and goes above and beyond in their service to the community. Chief Jason Warlick of the Damariscotta Police Department understands the impact working collaboratively can have on the people of our region. He leads by example, encouraging his law enforcement team to connect and engage with individuals and organizations in meaningful ways. His focus on service extends beyond public safety and he truly believes that we can develop the character of individuals by building them up and giving them the tools they need to be successful.

When Jason started as interim chief, he initiated a connection between his team and the Lincoln County Recovery Collaborative to help

his staff better understand how to best support people with substance use disorders and the community resources that are in place for them.

Jason mentors not only his staff, but also local youth, using teaching moments to build a more positive relationship between teens and the police.

Jason has partnered with and donated his enthusiastic energy to multiple community initiatives, like Y Teen Leaders roadside clean-ups, Fill the Y Bus food drives, peer community meetings, mentor recovery programs, Special Surfers trips, Back to School Bash, Trunk or Treat, and the Rotary Club of Damariscotta-Newcastle LEGS group.

These characteristics and achievements, and so many more, are why Chief Jason Warlick is our Y's Character Development Award Winner.



DON LOPRIENO Healthy Living Award

Don Loprieno has been the entertaining host of Social Scrambles since its inception more than a decade ago.

The Y recognized the need for a place for new tennis players to hone their skills, develop their self-confidence, and become part of the tennis community. Don was asked to be the constant—the host who was always there to welcome whoever dared to come. But no one imagined just how constant Don would be, and how this program would grow from three people one day a week, to an email list of sixty, many of whom play three days a week under the Social Scrambles umbrella held by Don.

Don's daily emails to his comprehensive list of anyone who might ask about tennis in the midcoast area cajole, encourage, challenge,

entertain, and remind his readers of when Scrambles will occur.

Heroes were born in many ways during the pandemic. Social isolation hurts everyone. Don, with the support of Lincoln Academy and the Y, made sure he continued his banter and his invitation to play tennis in a socially responsible, safe way throughout 2020 and 2021. He and tennis were a lifeline to so many people in this area.

In recognition of Don Loprieno's years of dedication to the Y and the community, he is this year's recipient of our Healthy Living Award.

MOVING FORWARD: 2022 GOALS

- We will address the desperate need for more child care and after school care.
- We will focus on multi-generational programming that reflects our county's population, which is the oldest in the country. We want everyone to not only feel welcome, but to enjoy spending time together and learn from each other.
- We will expand our vital Community Navigation program, as it is the best way to respond quickly and effectively when people need help.
- We will use our collective strength to solve problems collaboratively. We don't want to duplicate the efforts of other non-profits.

To our many supporters: Thank you for helping us make a difference each day, inside the Y and out in our community. People can count on us because we can count on you.

For more information about the Central Lincoln County YMCA, please visit www.clcymca.org!