



# CENTRAL LINCOLN COUNTY YMCA

## 2022 Annual Report to the Community

### Putting the "Y" in Community

We are a charitable,  
community-centered  
organization committed to  
providing health, wellness,  
and better lives for all the  
people in our community.

The CLC YMCA enriches  
lives, strengthens  
community, and  
drives social change.

See what we accomplished in 2022 >>>



For more info about the Central Lincoln County YMCA, please visit [clcymca.org](http://clcymca.org)!

# 2022 Annual Report to the Community

## LETTER FROM THE CEO

Dear CLC YMCA Friends,

2022 was a year of growth for our Y and that is thanks to all of you! The Y is bustling with energy. The fitness center is filled throughout the day. Our courts are hopping with both adults and kids at all hours. Classes and programs to connect socially and improve physically are getting full participation. It is uplifting to see our community together, interacting in so many ways.

Thanks to the support of Senator Collins, Senator King, and Congresswoman Pingree, our Y was provided with \$1 million in congressionally directed spending for a new childcare facility which we hope to build. We continue the exploratory stages of this project to determine how feasible it is and what the total costs will be; \$1 million alone will not be enough. As a major childcare provider in Lincoln County, we know that the need is great and we are hoping to be a part of the solution.

As we regained connection with one another over the past year, we enjoyed watching our community members meeting their goals, kids attending regular cooking classes, and seniors joining potluck lunches. With mahjong groups, bridge clubs, support groups, and community partners bringing people together in our space, the Y is truly being used as a place for all.

Over the past year, we've made strides in our financial recovery from the pandemic but have also faced the challenges of inflation and are operating with a budget deficit. Strategic work is taking place to ensure we can close this gap in the years moving forward, but it is your



generosity and support that has allowed us to continue to offer programs that benefit the community in the meantime. Despite the financial challenges, we have ensured our staff are supported effectively and recently established an equitable and competitive pay structure.

Looking to the year ahead, we will dedicate our energy to exploring a solution for childcare, increasing our community work footprint, and ensuring we are adapting to local needs as they arise. It is because of all of you that our community is so well-supported. Thank you for all that you do!

Sincerely,  
*Casey Clark Kelley*  
Casey Clark Kelley

### Thank you to our 2022 Board Members:

Jake Abbott	Hans Larsen
John Atwood	Liz Lufkin
Nancy Ault	Jake Masters
Ann Baldwin	Dan Michael
Brooks Betts	John Ormiston
Melissa Burroughs	Isobel Petersen
Liam Card	Vickie Seeger
Martha Flanagan (CVO)	Lurie Sprague-Palino
Julie Keizer	David Swetland
Tor Glendinning	Bill Vaughan

Thank you to our **322** volunteers, who donated more than **2,600** hours in 2022.

## 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 2022, we...

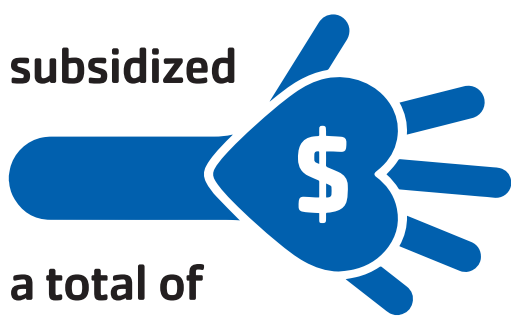
provided **YMCA membership** to

**3,384**



Maine residents

subsidized



a total of

**\$137,297**

worth of memberships

welcomed our members into the CLC Y for

**71,989**



total visits

### ...helped Becky recover from strokes and cancer

First, Becky had a series of mini strokes that left her too weak to lift her limbs. Then she was diagnosed with stage two breast cancer. She had multiple surgeries and radiation. Physically, Becky was in a tough spot. Emotionally, she felt alone.

Becky's oncologist suggested that she consider the LIVESTRONG program at the Y—designed for people dealing with cancer. With a lot of hesitation, Becky decided to give it a try.

"There were four men and me in the group. At first, I was pretty intimidated. I'm shy. But we just started talking about our cancer journeys. We were all experiencing the same emotions and isolation."

Becky met with her LIVESTRONG partners weekly to talk, exercise, and help each other. She started coming to the Y on other days to use the machines and work on regaining her health. Slowly and steadily, Becky gained strength and confidence. The difference between the "before" Becky and the "now" Becky is truly amazing.

"I met with my oncologist again in October and she was amazed," Becky said. "All my muscles have improved. I can lift my arm over my head and lift my leg now. I no longer feel isolated and lonely. We have each other—and I have the Y."



### ...helped families when they needed it most.

We have kids at the Y whose home lives are unsettled. By participating in YMCA programs, they connect with healthy adults who become friends, mentors, and support for them when they need it most. And it helps their whole family.

For example, Kaitlyn\* is a teen whose mom and dad are in and out of rehab, battling addiction. To say she was struggling is putting it mildly.

During 2022, Kaitlyn engaged with friendly and attentive staff in the THRIVE after-school program and participated in FARMS at the Y, gymnastics, and art offerings. She felt safe, valued, and appreciated. Y members and staff welcomed Kaitlyn and provided an emotional buffer. These healthy interactions are so important for Kaitlyn.

\* name changed to protect privacy





## 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 2022, we...

looked after **274 children** in childcare and after-school programs at the CLC YMCA

and served them **26,185 nutritious meals**

### ...helped 526 kids laugh, play, swim, and make friends at camp!

We had a big challenge in 2022—we needed to raise \$30,000 to ensure financial help for every child needing a camp scholarship and to offer the highest-quality day camps despite increasing costs in nearly every area: personnel, gas for the buses, supplies, insurance, you name it.



Our community really came through for the kids. Many of them would not have been able to attend without help. And even fully-paid camper fees don't cover the whole cost of summer camp. 526 children went to camp last summer, and many spent multiple weeks there. That's why we are so grateful to our supporters.

The children were thrilled to have another summer of sailing, water sports, arts & crafts, making new friends, and enjoying all that Maine summers are famous for.

helped **252 people** improve their health through chronic disease programs

filled and donated **156 school backpacks** to our local kids

### ...fed 80+ hungry teens each day.

The YMCA is a welcome home and safe place for teens. Each afternoon they "drop in." By 4pm there are often more than eighty kids here at the Y.

Many of them are from low to moderate income families, and sometimes food is scarce at home. When we asked for community help in 2022, you really came through - ensuring that all these young adults found a warm welcome and a healthy nutrient-rich snack waiting for them each day.

They choose what to eat and can take as much as they want. More than a few of them may not have much dinner when they get home. A lot of apples, pita bread, and bananas go home in backpacks.

Our donors ensure that young people in our community won't go hungry. We are so grateful for your help. Thank you for feeding our teens!

As a community, we have some challenges: poverty, untreated mental and physical illnesses, drug and alcohol use, and a lack of some critical resources. The CLC YMCA is here to help individuals when they need us, and to create better, more effective systems to reduce problems and respond more effectively.

### To drive social change in 2022, we...

helped **473 individuals** through our Community Navigation program

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

taught **1,330** to **900** **FARMS™** at the Y cooking classes from **9** area schools

### ...kept families together.

With donor support, the CLC YMCA helped Donna, a grandmother in danger of losing her grandsons. Here's what happened:

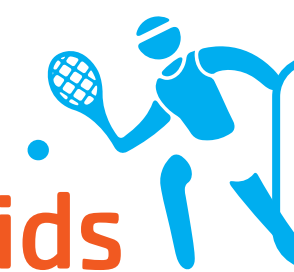
When Donna's four grandsons, all under ten, were taken from their parents and unsafe home, she agreed to care for them. Taking care of four active young boys when you're a grandmother is a daunting challenge. If Donna didn't get help, her grandsons might have been torn apart and sent to foster care. She loves her grandsons and didn't want to lose them, but she couldn't do it alone.

Because of YMCA donors, Donna got assistance. She enrolled the boys in daily after-school care, summer camp, and youth sports programs throughout the year. Donna was reassured to know that her grandsons received healthy meals and loved watching their confidence and self-esteem grow as they participated in Y programs. She was also able to arrange supervised visitation at the YMCA with the boys' parents as the family worked to reunite.

We're happy to report that the children are doing great and have been reunited with their parents. Donna is grateful that she was able to keep them together, safe, and cared for during a difficult time. For Donna, after-school care and summer camp was the difference between losing her precious grandchildren or keeping them together. That's an incredible difference—and our donors made it possible!

provided free tennis to

**500 kids**

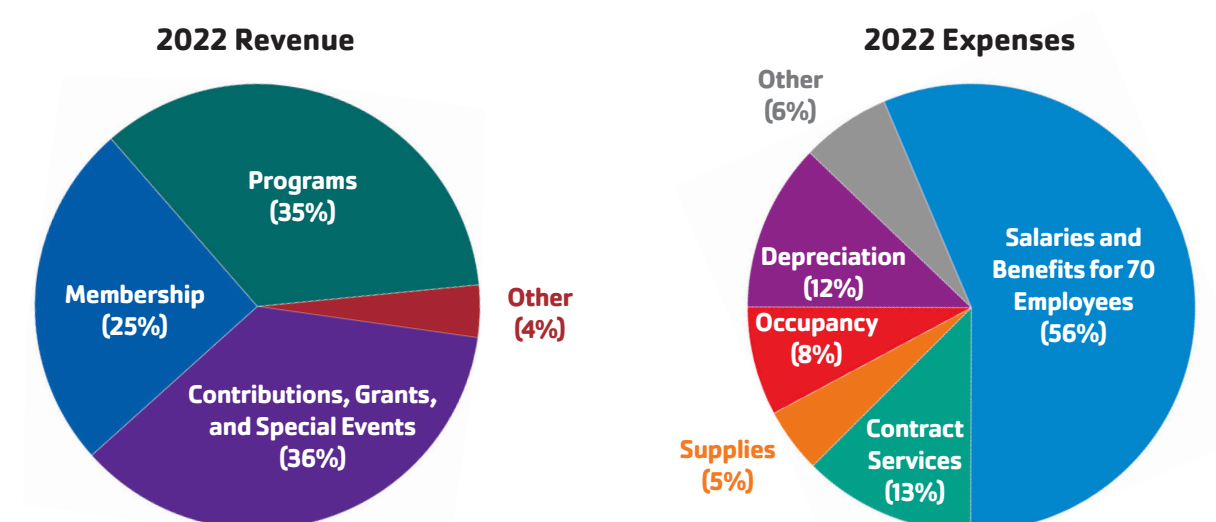


Tennis is a great way to have fun while learning teamwork, social skills, and good conduct.

### 2022 Financial Report

Contributions/Grants/Special Events	\$1,091,346	Salaries and Benefits	\$1,764,708
Membership	\$762,817	Contract Services	\$389,556
Programs	\$1,053,661	Supplies	\$146,049
Investment Income	-\$226,179	Occupancy	\$246,074
Other	\$114,769	Depreciation	\$378,814
<b>TOTAL REVENUE*</b>	<b>\$2,796,414</b>	Other	\$201,886
		<b>TOTAL EXPENSES</b>	<b>\$3,127,086</b>

2022 unaudited financials. For more information and to review our 990s, visit [www.clcymca.org](http://www.clcymca.org).





# CLC YMCA 2022 COMMUNITY AWARDS



## JACOB MASTERS Youth Development Award

Jacob Masters has been serving as a Youth Board Member since 2021. Through his service on our board, Jake has learned many aspects of business operations, leadership skills, and how to talk to people who have differing opinions and viewpoints. Jake has used these skills to be an advocate for youth.

Jake grew up playing sports at the CLC Y, where he learned fundamental skills like how to be a positive team player, a good sportsman, and a leader. Jake's favorite part of the Y is that all Y's exist to serve youth and community. Jake is learning to appreciate how each Y uses their uniqueness and diversity to serve this purpose.

As Jake moves on to Embry Riddle Aeronautical University in Florida, he hopes to stay connected to the Y in Daytona Beach or on a national level. We know he will make us proud!



## MARTHA FLANAGAN Social Responsibility Award

Martha Flanagan is a true friend to the Y who demonstrates outstanding leadership and support. Not only did Martha help lead the Y through the pandemic as board chair, she also has dedicated countless hours of her own time to volunteer in tennis programs, support the Sanford Open fundraising event, and serve as a community connector, bringing new people into the Y.

With a positive and inspirational attitude, Martha has gone above and beyond to raise awareness of what the Y does and how people can access services. Her strategic vision has helped shape the future of the Y. Martha has established multiple new collaborative relationships on behalf of the Y. Her presence at the Y is frequent, and she can often be found playing tennis, pickleball, taking a fitness class, or serving on a committee meeting. With an innovative and optimistic approach, Martha leads by example and sets the bar high in her demonstration of social responsibility.

## ROTARY CLUB OF DAMARISCOTTA-NEWCASTLE Character Development Award

The Rotary Club of Damariscotta-Newcastle has been a close community partner of the Y for many years, participating in events, contributing to mission-based programs, and supporting the professional development and education of Y employees. Ensuring that individuals have access



Scan to help others in our community through the Central Lincoln County YMCA or visit [www.clcymca.org](http://www.clcymca.org)

to the resources they need is at the heart of the Rotary Club's service-oriented work. Members can often be seen volunteering to help with parking and traffic control at local events, braving the elements to ensure everyone can participate safely.

The Rotary Club supports FARMST<sup>TM</sup> at the Y and supported the launch of the Community Navigation Program, which ensures all residents have access to the services they need. While Rotarians have an international presence and mission, their local contributions as leaders and role models to other organizations truly make a difference in community connectedness.



## KEN LYDECKER Healthy Living Award

Ken came to our Y wanting to be involved with tennis. He joined several tennis groups and clinics to play and meet new people. He began volunteering for all our youth programs and finding any project he could to help elevate our Racquet & Paddle Sports department. Even as an avid tennis player, Ken has participated in pickleball events in the spirit of being part of the community and having fun.

After several months at the Y, Ken sent Racquet & Paddle Sports Director Georgia Ahlers a card thanking her for allowing him to find a home here at our Y. Ken, we too feel like you are at home with us and part of our Y family. You are receiving this award because you have volunteered countless hours and your enthusiasm is infectious. Thank you for strengthening our community by sharing your passion for tennis.



## SAM INMAN Core Value Staff Award

Sam Inman has been working at the CLC Y front desk for more than five years. Each day, our members look forward to the warm welcome they receive from Sam. And everyone looks forward to seeing which festive shirt Sam is wearing!

Sam lives and models the Y's four core values of Respect, Responsibility, Caring and Honesty. Sam's customer service skills are top notch. He makes every person who walks into our Y feel as if they are the most important person who has ever walked into our Y. Sam is enthusiastic and patient, and he takes time with people at the Y to make sure they are maximizing their Y experience.

Working with Sam is a pleasure. He extends his warm welcoming manner to all the staff and his work is thorough, his communication is clear, and his humor is second to none!

# MOVING FORWARD: 2023 GOALS

- We will address the desperate need for more child care and after-school care.
- We will expand our vital Community Navigation program, which 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 nonprofits.
- We will focus on multi-generational programming that reflects our county's population, which is the oldest in the country. We want everyone to feel welcome and enjoy spending time together and learning from each other.
- We will improve the financial performance of the CLC YMCA to ensure the ability to meet the community's needs, now and in the future.

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.

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