THE SUM OF THE PARTS IS GREATER THAN THE WHOLE

CONCORD FAMILY YMCA
2015 ANNUAL IMPACT REPORT
Dear Friends,

“The sum of the parts is greater than the whole.” Undoubtedly, you are familiar with this axiom. It is a good thing when we realize a greater benefit from working with others as opposed to going it alone. This theme is of increasing importance for nonprofit organizations who are being encouraged to work together through collaborative relationships, financial partnerships, and even joint ventures as a strategy to maximize our efficiencies and broaden our impact.

At the Concord Family YMCA we have embraced the concept of collaboration. In fact, a few years ago, when revising our strategic plan, we created a tool called a Strategy Screen that is used to assess the viability of new collaborations and partnerships. It helps us to ensure that things like our mission, values, and goals align. It also helps us examine program considerations and the financial impacts all with the overriding goal of working together successfully.

To one degree, or another, we work in tandem with more than 30 local organizations and groups helping to strengthen our community. Some of the less well-known partnership examples include the Concord Coalition to End Homelessness (CCEH) by providing showers for the homeless. Few if any other organizations offer this resource, which according to CCEH Executive Director Ellen Groh is a “big deal.” We work with local healthcare providers and licensed dietitians to offer the Prescribe the Y program to combat child obesity. Prescribe the Y has a direct impact on local families by providing knowledge and opportunity to those who may not have the means otherwise. We help one family at a time make better choices for a healthier future.

Another example is the Capital Area Wellness Coalition (CAWC). Working together with more than thirty-five organizations and individuals, we collaborate by leveraging our collective resources to improve the health and wellness of the greater Concord community. In addition to serving on the steering committee and providing leadership, the Concord Family YMCA used Y-USA’s partnership with the Center for Disease Control and Prevention (CDC) to successfully secure a Healthier Communities grant, valued at $46,000, solely to benefit the CAWC.

One of the longer running and most special instances of working with others is the InShape program (our partnership with Riverbend Community Mental Health Center) which helps individuals diagnosed with severe mental illness to significantly improve their health and wellness. Along with contributing to the development of one of the most innovative and promising therapeutic models in the field of mental health treatment, our Y community—both members and staff—are helping to break down the negative stigma associated with mental illness by integrating and accepting InShape participants into our Y family.

Photo, front cover: Concord Family YMCA Camp MOWKA WOGAN campers learning new skills with “Girls at Work” at YMCA Camp Spaulding, summer 2015. The camp is a collaboration with Child and Family Services of New Hampshire and the YMCA of Greater Nashua.

Photo, left: Child Development Center kids show off their patriotic pride at the State House during their annual Independence Day parade. Concord Family YMCA is the largest provider of childcare services in Merrimack County.
InShape Director Marsha Rice of Riverbend shared, “the YMCA demonstrates its commitment to healthy living and social responsibility through staff who welcome, encourage, and support InShape members in their efforts to develop and maintain a healthy lifestyle. We are deeply grateful for the many ways in which the YMCA supports sustainable lifestyle changes for improved physical and mental health for all members of the Concord community.”

We help one family at a time make better choices for a healthier future.

Our most recent example is that of the Concord Family YMCA, the YMCA of Greater Nashua, and Child & Family Services of New Hampshire (CFS) all working together to provide residential and day camping experiences. CFS (which has owned and operated Camp Spaulding, located in Penacook, since the mid-1940s) opted out of operations but wanted to continue to provide a residential camping experience for children in their programs. Consequently, the two Ys shared the Camp Spaulding facility, with the Concord Y operating a day camp and the Nashua Y operating a residential camp. By all accounts this uncommon, if not unique, joint venture was overwhelmingly successful in its first year of operation this past summer. It not only set a model for others of how to work as a team across organizational barriers, but it also enabled us to serve more than 100 additional children throughout the summer compared to past seasons.

We will continue to look for opportunities and partners where “the sum of our parts is greater than the whole” as we strive to serve our mission promise of helping to strengthen the foundation of community. Thank you.
BILL’S STORY

Being a contributing member of a community is what most people want in life. The YMCA has been key in assisting Bill achieve just that.

As a 2012 graduate of Bow High, Bill Hickey needed to complete a senior project. Coincidentally, that was also when the Y was beginning their recycling program. So it was a natural fit to merge the two needs into a mutually beneficial program.

According to his parents, Martha and Bill, the younger Bill took swim lessons as a toddler and then returned to the Y pool as a teenager to be coached by Rebecca Stephens. Three years later, he continues to volunteer at the Y recycling every day after his workout. He also still swims with Rebecca Stephens two times per week — once as friends sharing a lane, and once for a lesson. For Bill, who has autism, this is a true success story.

“He competed on his high school swim team for three years and his overall health has improved, due in large part to his time at the Y,” says Bill’s parents.

They add that the Y has afforded Bill the opportunity to meet friendly people who share common interests of working out and swimming. The Y is a cornerstone of Bill’s life, enriching him with friends and purpose.

“Because of the Y, its mission, staff and individuals who use the Y, Bill has experienced the true sense of community,” they add. “Concord is fortunate to have such an amazing and accessible resource in our community.”

Our impact:
EVERYONE GETS MORE OUT OF LIFE

Photo, left: Bill Hickey and Rebecca Stephens review a workout plan before Bill’s swim lesson.

They often meet weekly to workout in the pool together.
NUA’S STORY

“It’s a fun job, but you also have to take it seriously, because it affects these kids’ lives.”

It’s pretty fair to say that Nua (pronounced “Noah”) Toy-Giles knows a thing or two about growing up with the Y. Born and raised in Concord to a single mom, he first began coming to the YMCA as a toddler in the preschool program, moving on to the after-school program for many years before becoming old enough for teen camp.

Like the camp counselors who inspired him, he then became a volunteer working with kids, and finally got a job as a counselor with the YMCA’s summer camp. Now 18, he has been a part of the Y in so many different ways that it would be hard to separate him from his experiences at the organization. He says that the Y has shaped not only his skills and character, but also his choices for what he would like to do in the future.

This is ultimately one of the goals of the YMCA—to touch lives with a positive influence, and to help each person to reach his or her potential. In Nua’s case, he gained that positive impact from the counselors who interacted with him every day.

“I really looked forward to going to the after-school program,” he says. “It was a nice time to get homework done but also play with friends, do activities outside, make a lot of good friendships, and gain great relationships with the counselors.” But aside from the fun, it’s these relationships with his counselors that he says imparted life lessons and also shaped his character. “They made me feel comfortable—like I could talk to them about anything,” he says. “It amazed me that somebody who was not a family member was happy to see me all the time. I would just talk and they would really listen to me. I really bonded with them and just loved how they treated me.”

He says he built the best rapport with his counselors in teen camp, and it showed him that someday he would like to become a counselor too, so that he could have a positive impact on kids. Still too young to apply for a full-fledged job, he began volunteering with kids in the Y’s programs. “I was ok with not getting paid and give my time to the YMCA because they did all that for me.” And as soon as he did become old enough, he got a counselor job with the Y.

Today, Nua is a freshman at Dean College, majoring in psychology and hoping to go into counseling. He received the Presidential Scholarship, and will be the first one in his family to complete college. “I’m using the Y’s four core values [caring, honesty, respect and responsibility] and using them to fulfill my dream of becoming a marriage and family therapist. I have that motivation and I have that drive and it all started because of the YMCA.”

Photo, right: Nua was a camp counselor for YMCA Camp Mowkawogan 2015. Helping other kids reach their full potential is one of his goals.
ALLY’S STORY

Ask any parent what he or she fears for their children when they go off to school and they will most likely say, “I hope my child makes friends.”

For a parent of a child with a disability, this can be an even bigger worry. It definitely was a concern for Amy Girouard, whose 8-year-old daughter Ally has Angelman’s Syndrome, a rare chromosomal disorder. But because of a unique and innovative partnership between Beaver Meadow School and the Concord Family YMCA, as well as Community Bridges and the New Hampshire Technical Institute, Ally was able to take part in the YMCA’s KYDSTOP after-school program. There, she could not only interact with her established school friends, but she could also develop new friendships, all while doing things that most kids take for granted.

Angelman’s is not a very common disorder; often it gets misdiagnosed as autism or cerebral palsy. She is not able to speak, but instead uses a computer to communicate. She has attended Concord public schools since kindergarten and is fully integrated into the general education classes, where her mother says she does very well. But because of her disease’s challenges, Ally needs an aide with her at all times during the day, as well as at home if Amy or her husband, Chuck, are not there. Both Amy and Chuck work, so Ally’s aide took care of her after school at the couple’s home. Because the aide was covered under the government’s home health services program, Ally was legally not allowed to go to anywhere outside of the home with the aide. So while Ally was getting good care, she was not interacting with other kids — something her mom says Ally just adores. “It really segregated her in her own home,” says Amy.

Luckily, through the collaboration of several organizations — including the YMCA — a solution was found. Amy says that Ally’s case manager at Community Bridges (a nonprofit that, among other things, identifies barriers to people with disabilities and finds ways to overcome them) had the idea of partnering with the Y and NHTI. Our Y had its after-school program at Beaver Meadow, where Ally attended school; NHTI had a student majoring in early childhood education with a specialty in working with kids with disabilities to be with Ally at the program.

Sonia Wilks, who was the KYDSTOP site director at Beaver Meadow at the time, says that Amy also played a huge part in the process: “Ally’s mom went on a mission to get all of the organizations involved into a room so that we could collectively work together to make it happen for Ally,” she says. “I have never seen a parent with such dedication.”

And despite the hard work and the many people needed to make it happen, the end result was all that mattered: Ally was able to attend the Y’s KYDSTOP after-school program at Beaver Meadow School last year with many of her friends. She also benefits from taking part in the swimming at the Y, which is great physical therapy for her, and teaches her water safety in a fun and engaging way.

By helping Ally find a way to fit in, everyone benefitted.
THE Y. SO MUCH MORE.

It is our promise to strengthen the foundation of our community by through a focus on youth development, healthy living and social responsibility.

Thanks to the generosity of community members like you, the Y is able to serve more than 2,800 children, youth and adults annually through program scholarships and free or reduced programs and services.

In addition, through indirect charitable assistance, we provide access to our facilities and programs to more than 30 community organizations and causes that serve military veterans, our community’s homeless population, people with mental health challenges, individuals with developmental disabilities, seniors and at-risk youth.

DID YOU KNOW? The Concord Family Y is the largest childcare provider in Merrimack County. We offer high quality preschool, full-day kindergarten and afterschool programming, as well as vacation and summer day camp. More than 900 children were enrolled last year. We provide financial assistance to many families — which makes it possible for parents to work while their children are in a safe, nurturing and educational setting.

VOLUNTEER ENGAGEMENT

Mobilizing our community to effect lasting change

VOLUNTEERISM

Our YMCAs throughout the state are locally driven by an ongoing assessment of community needs and controlled by a local board of community volunteers.

Number of Volunteers: 411
Total Volunteer Time: 15,207 Hours
Total Value of Volunteer Time: $326,038

As a 501(c)3 nonprofit charity, the Concord Family YMCA works every day to address community needs, ensure that all are welcome and that no one is turned away for an inability to pay.

TOGETHER WE CAN DO MORE.

Concord Family YMCA 15 N State St Concord NH 03301 228-9622 concordymca.org
OUR PROMISE

To strengthen the foundation of our community through a focus on youth development, healthy living and social responsibility. As a leading nonprofit partner throughout the country, the Y has the track record and on-the-ground presence to move communities forward, just as we do here in greater Concord. As a charity, we work every day to address community needs, ensure that all are welcome and that no one is turned away for an inability to pay.