

Serving Meriden, New Britain and Berlin communities



HERE FOR GOOD

Meriden – New Britain – Berlin YMCA 2019 ANNUAL REPORT

Meriden YMCA | 203-235-6386 | meridenymca.org

New Britain YMCA | 860-229-3787 | nbbymca.org

Berlin YMCA | 860-357-2717 | nbbymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



John Benigni, CEO

DEAR FRIENDS OF THE Y,

As a member of the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community. At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging. The support of our members, volunteers and donors makes this all possible and we are very thankful for you.

In 2016, the Meriden and New Britain-Berlin YMCAs combined into one association to better serve our communities. Members are experiencing the benefits of the merger with additional child care options for working families, improvements to facilities, new group exercise classes, access to 24/7 fitness, more programs for all ages, and expanded STEM offerings to name a few. In addition we are continuing to improve operational efficiencies and maximize our talented team, purchasing power and resources to continue to be responsible stewards of your membership and program dollars, donations and grants.

The Meriden-New Britain-Berlin YMCA serves over 11,000 members and employed 937 people in 2018.

Together we can change more lives. Please act today and give, join and volunteer.

Sincerely,
John Benigni, CEO
Marci Moskal, Branch Director, New Britain and Berlin YMCAs
Steve Markoja, Branch Director, Meriden YMCA

The Y.™ For a better us.™



Youth Development, Healthy Living, Social Responsibility

Here are some of the highlights of the YMCA's work for our members and community:

MERIDEN

- Served and delivered over 1100 meals on Thanksgiving Day, and on Christmas Day, and Santa gave toys to families
- Created healthier futures with our Biggest Winner Challenge participants who lost over 80 pounds, and by working with 25 families and their pediatricians through our free program to fight childhood obesity
- 100 youth and adults participated in various classes focusing on healthy meals/snacks and weight loss
- 40+ participants in the CrossFit 5 week Opens competition
- Over 75 11 – 16 year old participants completed the Red Cross Babysitters Training Course
- Over 25 adult wellness classes and programs taught through the Meriden Adult Education system
- Fitness and Exercise programming taught on site to City of Meriden employees to encourage for health and wellness
- Completed the rigorous NAEYC accreditation process for The Meriden YMCA Early Learning Center in South Meriden serving infants and toddlers
- Hosted Family Community Events including Dr. Seuss Night, Movie Night Under the Stars and Family Fun Day at Mountain Mist, A Misty Night Halloween, Breakfast with Santa, and Free Scuba Discovery Days to learn about scuba diving
- Provided over 400 campers per day with the opportunity for outdoor fun and friendship during 10 weeks of summer camp with over 45% of our campers receiving financial assistance
- Collaborated with the Augusta Summer Music Camp to add it as a Mountain Mist Day Camp offering
- Added Young Chefs, Teen Chefs and Cooking Camp programs
- Added enrichment programs for homeschool families
- Offered free Child Watch babysitting service plus free babysitting for Valentine's and Holiday Shopping Dates for our members with family and single parent family memberships
- Offered free Friday Night Play Time for members at Exploration Station children's play area
- Hosted Lunch and Learns, Senior BBQ, and Senior Mini-Olympics events in addition to our senior exercise classes
- Expanded gymnastics class offerings to include an adult drop-in class
- Had a record number of regional gymnastics team qualifiers and earned national qualification for the first time
- Offered our Rec Express program in two locations (bringing camp to inner city locations)
- Added new STEM offerings such as Junior Chemist, Coding with Ozobots, Rocketry 101, Spheros – Ramp and Roll and new summer STEM camps
- Expanded sports program offerings including a travel basketball team for fourth graders which is undefeated, and a youth basketball camp for girls this summer in collaboration with the Maloney Girls Basketball Team
- Helped our local elementary school students have healthy brains and bodies as they participated in STEM, swimming and CrossFit Kids activities in their extended school day program
- Increased program offerings and helped promote events and rentals at the Augusta Curtis Cultural Center which is managed by the Meriden YMCA.
- Collaborated with numerous local organizations to assist them with volunteers such as staff to run games at local health fairs, loaning our bounce houses and other equipment where possible for local events, and providing space at the Y for meetings.

COMMUNITY IMPACT AND IMPROVEMENTS

- Recognized by the American Red Cross for training and certifying over 200 individuals in lifesaving skills as lifeguards
- Provided 55 disadvantaged Meriden Youth with job opportunities for the summer so that they may learn valuable skills in a career or trade as well as skills in the fundamentals of employment including interviewing, accountability, time management and how to conduct themselves in a professional manner.
- Provided the Friday Night Ballers basketball program for 30 of the most challenging and at risk students. It was so successful that we extended the program for another session.
- Developed a Home School Program that in the first session had over 30 kids doing swimming, rock climbing and crafts projects.
- Offered several programs for seniors that included: Lunch & Learn programs, Silver Sneakers and New Britain Senior Center programming, Stretch & Flex, Water Aerobics, Tai-Chi and Chair Yoga classes.

NEW BRITAIN AND BERLIN

- Offer New Britain Y fitness hours 24 hours 7 days per week for the convenience of our members
- Association members enjoy access to three locations and a variety of programs and group exercise classes, and free Friday night play at Exploration Station.
- Added new group exercise classes to our Berlin YMCA fitness location at 1176 Farmington Avenue
- Offered Little Chefs and American Red Cross Babysitting classes at the Berlin YMCA
- Helped members lose weight and improve their health in the Biggest Winner Weight Loss Challenges
- Helped 40 children (full capacity) learn and grow in our Preschool School Readiness program at the New Britain YMCA at 50 High Street. All of these preschool families have free family memberships to the YMCA.
- Installed a beautiful new play area for the School Readiness Preschool.
- Provide before and after school care to 508 children in the New Britain and Berlin communities.
- Offered before and after school enrichment programs for Berlin elementary schools including Intro to Theater, Intro to STEM, and Intro to Karate.
- Men's Basketball League had 10 teams registered and games were held at both New Britain and Meriden locations.
- Provided team building activities for over 700 students and teachers from Slade Middle School.
- Taught over 100 kids each session how to swim in our group swim lessons.
- Over 120 participants were enrolled in private swim lessons throughout the year.
- Over 60 kids participated in our Alton Brooks Instructional Basketball League in addition to all of the kids that were enrolled in our indoor soccer classes, T-Ball Classes and rock climbing classes that were held in New Britain and Berlin.
- Our Hart House Member-In-Residence Program is fully enrolled. We made improvements including the addition of partitions in the shower areas, new card operated laundry machines and mailboxes.
- Worked with Comcast and United Way volunteers to build a new walkway connecting the YMCA to the New Britain Public Library and also a walkway from the YMCA parking lot to the High Street sidewalk.
- Provided Family Dive-In Movie nights in the pool where members, guests and families enjoyed Disney movies on a float in the pool to offer a fun and inexpensive night out for families to spend time together
- Provided swim lessons during April vacation week to children ages 4 years -13 years.
- Provided Vacation Fun Weeks and Lifeguard Certification courses throughout the year.
- The Y provided a great camp experience for over 190 children for 9 weeks at Camp Thundermoon in Berlin. Added new STEM and musical theater programs and continued to collaborate with Mountain Mist Day Camp on camp vs. camp games at sports camps.

The Boccuzio Family's Story

STACEY BOCCUZIO AND CHILDREN
ANGELO & GIANNA NAUSS

My children go to the Y after school program at North End Elementary School and they went to Camp Thundermoon last summer.

Last summer, their father passed away suddenly. The Y staff has been wonderful. Everyone from the Y has been very caring. They were very sensitive to the situation, kept the kids busy and made sure they were okay.

My kids love Camp Thundermoon. Their favorite parts of summer camp are swimming and field trips. The counselors are really nice and the kids made friends.

A bunch of coworkers from my former job transferred their kids over to the Y based on my experience. My friend sent her daughter to Camp Thundermoon and now my daughter and her daughter are best friends.

The after school program is also wonderful, especially the homework help. I am a very busy single mom with a new



job. I love that when I pick them up the kids have already completed their homework. That helps a lot.

I love the Y and the programs for my kids and would recommend them.

The Westman Family's Story

FROM LAURA WESTMAN

I went back to work the summer of 2016 and needed child care for my three boys. I chose Camp Thundermoon for my triplets because it has a good reputation, is close by and is affordable. My sons also go to the YMCA after school program at their elementary school.

They love both programs and so do I. They have so much fun with the staff that when I pick them up my boys often say "Why are you picking me up so early?"

I like the structure and all of the fun they have at Camp Thundermoon. The camp counselors are excellent at what they do. Donelle Daigle does a great job hiring the best staff.

I have been an on and off again member of the New Britain YMCA for 12 years. I always come back to the Y because it is a very comfortable environment.



I have recommended both programs to many people. The programs are great, reasonably priced, and the staff is excellent.

Tyler's Story

SWIMMER OF THE MONTH - TYLER BORSELLE

Coaches comments

I chose Tyler for swimmer of the month because he is one of those kids that swims and has fun while doing it. He is always positive. I love when he is really thinking about doing something, stops in the middle of trying it and says "Is that right? Did I do it right?" He tries hard. He has not always reached his goals but he does not give up. He set his goal this year and got it! I am so proud of him!!!

– Coach Cathy

How long have you been with the Seals swim team?

Five years.

What do you like about swimming?

I like the social aspect of it and I just like swimming. We also get to travel which I like a lot. I am a very enthusiastic swimmer and at any meet I would pretty much lose my voice because I am screaming for my teammates.

What is your favorite stroke? Favorite race?

My favorite stroke is the backstroke, and my favorite race is the 100 backstroke. It is fun and you get to breathe the whole time!

What were your swim goals this year?

I really wanted to go to New England's. I went at age 8 on the relay team. Last year I tried really hard but did not make it. This year I tried really, really hard and made it into two events, the 50 back and 100 back and the two relays.

What are your goals next year?

Zones.

What are your favorite subjects in school?

Writing and reading.

What do you like to do when you are not swimming?

I play lacrosse and I like to be outside riding my bike.

What is something the other swimmers may not know about you?

I am very musical. I play tenor sax and I am in the regular and jazz band. I am the only tenor sax in my band. I want to try to play all of the saxophones.



FROM TYLER'S PARENTS, DENNIS AND MICHELLE BORSELLE

Dennis: Ty worked extra hard this year. It was exciting for him to get to New England's in his own events in addition to the relay team. All of the hard work and practices paid off.

The coaches are just great and really care. That is what separates the Y from other programs. Each coach took individual time to work with him and said these are the things you need to work on. Preston and Cathy working with him on Sundays and all of the other extra stuff that he did really made the difference. Preston especially pushed him.

The biggest change I've seen is his confidence level. He also learned the importance of being able to set a goal, work hard and achieve it which he can translate to everything. He definitely likes the social aspect too. And he sees how hard his sister works.

Tyler always tells me it is nice to have a whole other set of friends in addition to his friends in Berlin. The team has opened us up to friendships with other families. It is nice. Everyone looks out for each other. That really separates the YMCA Seals from other programs.

Michelle: I chose the Seals because of the reputation for developing young swimmers and focusing on technique and the whole child. It was important to me that personal improvement is the focus not winning. I was a coach for

14 years and swam competitively. We've been swimming at the Y for 5 years. Ty insisted he was going to swim after he swam one season in the summer. When he joined, he could barely make it across! Tyler was the one who got us all involved. Our older daughter swims and now our younger one does too.

Tyler has had additional experiences/opportunities to develop friendships and meet Olympians and try different events through USA swimming. He also heard Michael Phelps speak at Southern.

Tyler: Michael Phelps taught me that sometimes in swimming you have to keep trying even if it does not go your way.

Nicholas's Story

FROM HIS MOM ANNA DAVIDOVICH

My son Nicholas goes to the Meriden YMCA Preschool on Crown Street. When he started last September he was very quiet and shy and did not talk much. This program has made a big difference for my son. Our family and his doctor have seen a big improvement.

Nicholas is open more to people now and more vocal. He says more words and reads short stories and sentences. He is more open to the other kids and he plays with them. He calls people by name, he says hi and bye, we have friends coming over and he is always happy. It has been a step-by-step process and this program has helped him a lot. We are so happy. He loves the teachers and his favorite teacher is Mr. John. Nicholas is always happy to see him.

Mary Jo, the director of the program, and Kendra, are wonderful. I was very nervous when I first looked at the program and when he started. Both Mary Jo and Kendra reassured me. Kendra said I could call as many times as I wanted to.

I would recommend this program in a heartbeat. I have only good things to say - it is a great program. The teachers and the entire staff are so friendly and welcoming. This program worked great for my son.



HEALTHY LIVING

Kate's Story

KATE THRELOFF, MEMBER OF THE MONTH

Coaches Comments

Kate worked out right up until the day she went into labor. We were all blown away to see her come back a month after giving birth, then do the Opens and score in the top three in multiple weeks. – **The CrossFit Meriden coaches**

What is the biggest change you've seen in yourself since you started CrossFit?

I have been doing CrossFit for almost 6 years now so it's hard to remember what life was like before CrossFit! But I think the biggest change I've seen in myself over the last 6 years is that I've discovered how much stronger I am than I thought I was. And I don't necessarily mean my physical strength, but my mental strength. It's in those long, enduring workouts when you just want to quit that I'm always amazed how much I love being in that space.

What do you like about it?

CrossFit is so unique in that there is always something for you to work on. Even the best athletes always have something they can get better at, so it keeps you coming back day after day. I also absolutely love the community aspect of CrossFit. We aren't a gym where you put your headphones in and never talk to anyone; a lot of my best friends now are people that I have met at CrossFit over the years. Not to mention I met my husband, Brandon T., at CrossFit, so it always has a special importance to me.

What is your favorite CrossFit movement?

It's so hard to choose just one! I love long, endurance focused workouts so I would say my favorite movements are things like air squats, burpees and the bike.

What would you say to someone who wants to try it?

Just go for it! Everyone has to start somewhere, so even if you think you aren't "ready" for CrossFit, you are! There's an entire community here ready to cheer you on. You won't regret it.

What is something people might not know about you?

I still have all of my beanie babies from when I was a kid. My husband makes fun of me for still having them, but it's an impressive collection of 100s of them! I plan to give them to my daughter once she's old enough to play with them.



ANNUAL SUPPORT CAMPAIGN RECOGNITION LEVELS

A special THANK YOU to all Employees and Board Members who contributed to the 2019 Annual Support Campaign. Each and every gift we receive directly impacts our youth, families and seniors and for that you deserve to be recognized.

SUPPORTER (Up to \$99)

Amato, Olympia
Breedlove, Nicole
Collins, Angela
Condon, Keighley
Gansley, Samantha-Jo
Gibney, Annmarie
Hebberd, Carly
Jones, Cheryl
Kane, Julia
Mahoney, Virginia
Maietta, Sara
McBride, Jennifer
McConlogue, Meagan
Pulaski, Kendra
Quinn, Jill
Slaughter, Curtis

FRIEND (\$100-\$299)

Chaparro, Carmen
Donelle Daigle
Goodman Family
Valentin, Tina

BRONZE PARTNER (\$300-\$499)

Chester, Susan
Marquardt, Carrie
DiPasquale, Mary Jo
Valk, Tammy

SILVER PARTNER (\$500-\$749)

*Dilzer, Dan
Jekubovich, Joel
Moskal, Marci

GOLD PARTNER (\$750-\$999)

Fitzgerald, Amy
Markoja, Steve

PLATINUM PARTNER (\$1,000 and above)

Benigni, John

IN MEMORY OF Maura, Wayne



*Denotes Member of Board of Directors

2018-2019

MERIDEN YMCA HEAD START PROGRAM ANNUAL REPORT

FUNDING

FEDERAL: \$1,240,928

STATE: \$158,604

SCHOOL READINESS: \$255,024

THE FEDERAL APPROVED BUDGET

- **Personnel - \$796,878**
which consists of salaries for program managers, content specialists, teachers, teacher's aides, and nutrition services, substitutes, clerical and fiscal staff.
- **Fringe benefits - \$248,210**
which consists of taxes for social security, federal, state, workman's comp, health, dental, life insurance
- **Supplies - \$9,000**
which consists of office supplies, child and family service supplies, food service, disability supplies, assessments, paper products
- **Other costs - \$186,840**
which consist of travel, contracts services, computer financial support software to assist with budgets, monthly statements utilities, insurance, general building maintenance repairs, local travel, staff training, child services consultants, parent services, accounting, legal services, publications/ advertising and other minor expenses like the audit, payroll services, employee hiring, and administrative support.

OFFICE OF HEAD START

In the fall of 2018, we had a follow up review which resulted in us being in full compliance as we went into the 2019 Head Start Fiscal Year. We still continue to work with the training and technical assistance staff provided to all head start programs to ensure high quality services outlined in the head start performance standards and the class observation tool, in order to always ensure our continued full compliance.

ENROLLMENT

We are funded for 161 children and fully enrolled on the first day of school. The program served 183 children over the course of the year. The average monthly funded enrollment was 83.6% with actual monthly enrollment at 84.6%. We were at 99% of our children who were in the income eligible category.

HEALTH

100% of our enrolled children received medical exams and all are currently up to date. All children have documentation for receiving a dental exam. Most children are up to date with dental, and have had a second dental visit over the past year. We had 40 children identified with dental decay who needed follow up services. Of these, 14 are in treatment, and 26 have had restorative care completed. We continued our collaborative efforts with CHC Meriden for both on-site behavioral health therapy for families, and dental hygiene services for families. Getting a committed behavioral health therapist was somewhat of a challenge this year, but we are hoping to expand on this to offer to more families next year. Our dental partnership continues with both the UConn Dental School in Farmington and with a private dental provider locally here in Meriden. We also had the Lincoln College dental hygiene students come share dental education visits to our classrooms. They came twice this year. There were 48 children either with glasses or referred for a vision concern. 31 children are now wearing glasses; 11 did not need glasses, and of these 5 are actively seeing

eye specialists. We have 6 children without completed paperwork due to either being withdrawn, unable to complete a vision exam, or having the exam scheduled later in the year. We had 100% of children receive a hearing screening. We referred 12 children identified for hearing concerns and needed follow up services. All 12 were followed up, 4 were identified with hearing loss, the others had concerns with adenoids, or other hearing concerns and were treated without noted permanent loss. We had 3 children refuse seasonal influenza 2018, and currently have 2 children up to date for vaccines but behind per series and age. We have had no reported cases of Measles here @ Head Start. We had 3 children with food allergies requiring Epi-Pens; other children with menu changes not requiring Epi-Pens. We have 23 children noted with asthma, 16 of these with orders for medication.

PARENT WORKSHOPS

Parents were actively involved and received training/workshops/resources on: Pedestrian Safety; fatherhood nights; asset building; stress management; child development; kindergarten transition; cancer awareness; basic 1st aid; parent literacy; mental health resources; health education; early education; dental family literacy promotion; nutrition; oral hygiene; adult vision & blood pressure screenings; healthy cholesterol. Additionally WIC continued to come to our school monthly to help educate & enroll families into the program. Additionally, newsletters were sent out on child passenger safety, pedestrian safety, foot care, oral health, nutrition.

Again this year, we offered parent's workshops of Kindergarten readiness and making sure the parents are aware on how to help their child succeed in all areas of school such as social emotionally, Literacy, math and Science. We had 2 Kindergarten readiness meetings to help prepare parents and children for the next year.

Preparing Children for Kindergarten: One of our goals is to prepare children for Kindergarten. Our program develops school readiness goals based on the Head Start Early Learning outcomes Frameworks, Head Start Performance Standards, State Standards, and end of year Pre-K Expectations, Kindergarten Readiness profiles, observations and Parent input. There were 12 specific

identified school readiness goals. They focused on Approaches to Learning, Language, Communication and Literacy, Perceptual, Motor and Physical Development, Social and Emotional, and Cognitive / Mathematics Development and Scientific Reasoning. These are assessed and reviewed three times a year to ensure we are on target. Teacher's also plan kindergarten school readiness skills that are aligned to the CT early Learning and Development Standards, such as writing their name, patterning and some children begin learning site words. We continue to work with the Board Of Education to see what children are expected to know when entering Kindergarten. Our annual Breakfast with the Principals was turned into a city wide event that the School Readiness and Board of Education hosted with the help of our Family & Community Partnership Manager in planning the event. Our families attended a dinner along with other families in the community to learn about the online and in-person registration process. Our Family Advocates continue to assist parents in the online registration format, when needed parents have used the computers at our program to complete the registration. At this meeting parents were able to have small group meetings with the Teachers, Principals and other staff from the schools their children will be attending. We also continue to use a Help me Grow- A- Road Map to Kindergarten for all families as they enter our program. These pamphlets targets 3 different areas that will help children be ready for Kindergarten.



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