PARTNERSHIPS – WORKING TOGETHER FOR A BETTER US

Dear Friends:

Led by our Real-Time Strategic Plan, the Y continues to positively impact the lives of tens of thousands of our neighbors, many of whom are experiencing serious family, health, and financial challenges. Through our focus on the core areas of youth development, healthy living, and social responsibility, we demonstrate a measurable difference on ways in which we build strong kids, families, and communities. I am often asked how the Y does this important work. That’s easy – through passionate, committed, and effective volunteers and staff! There was a time when we would “go it alone” and do our work within our immediate Y family. I am happy to report that those days are long gone! For our communities to fully experience our mission, we know that we must work in partnership with other committed not-for-profit, for-profit, health care, education, and government organizations. In fact, in 2018, we were proud to report that the Y worked in active partnership with 39 organizations improving the quality of life in Bridgeport, New Haven, and our neighboring communities.

I would like to introduce you to one of our most important partners – The Center for Family Justice (CFJ), located in Bridgeport. CFJ is an incredible organization dedicated to breaking the cycle of abuse and violence – domestic, sexual, and child – by providing services that create hope, restore lives and drive social change through education and community collaboration. Led by President & CEO, Debra Greenwood, former Board Chair, Valerie Foster, and current Board Chair, Kathy Maiolo, CFJ serves families that are going through the darkest times of their lives. Several years ago, Deb and I started talking about how we could create new experiences for the children being served by CFJ, and Camp HOPE America–Connecticut was born. Over the past three years, 131 kids served by CFJ have attended summertime overnight camp at YMCA Camp Hi-Rock in Mt. Washington, MA. CFJ and Y kids become one by experiencing high-quality camping experiences and making new friends. Several times each week, small group work is organized with trained CFJ professionals to support kids who are experiencing abuse or violence. And, best of all, every child has a blast at summer camp! I’d like to thank Deb, Valerie, Kathy and the entire CFJ family for allowing us to form this new partnership. And I’d like to thank you, our donors, who make these life-changing experiences possible for so many kids and families.

Best wishes for a safe, happy, and healthy summer season!

Dave
BOARD OF DIRECTORS
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Dr. Joe Bertolino, Vice Chair
James McGuinness, Vice Chair
Preston Tisdale, Vice Chair
George Logan, Secretary
Michael Horton, Asst. Sec.
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Jon Leckerling
Patrick McGrath
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Andrew Patrick
Katrina Rice
Dustin Riedel
Dr. Jeff Santee
Andrea Seek
Alexis Smith
Dr. David Stevenson
Dr. Prathibha Varkey
Dr. David Stevenson
Donna Wells

BRANCH LOCATIONS
Alpha Community Services YMCA
Bridgeport YMCA
Fairfield YMCA
Hamden/North Haven YMCA
Lakewood-Trumbull YMCA
New Haven YMCA Youth Center
Ralphola Taylor Community Center YMCA
Stratford YMCA
Valley YMCA Ansonia
Woodruff Family YMCA
YMCA Camp Hi-Rock
Mt. Washington MA
Association Office
New Haven

OUR MISSION
To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

CELEBRATING CHANGE

“When I was a young man, I wanted to change the world. I found it was difficult to change the world, so I tried to change my nation. When I found I couldn’t change the nation, I began to focus on my town. I couldn’t change the town and as I grew older, I tried to change my family. Now, as an older man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world”. –Unknown Monk (1100 AD).

Thank you YMCA volunteers, staff, and members for committing yourself to making real change in your communities, nation and world. With every selfless act and donation to our Annual Campaign, you are offering opportunities for others and affording the CCCY the honor of serving ALL. The need is rising and our ability to help is crucial.

Can you help us reach our 2019 goal of $1,352,000? Visit www.cccymca.org/makeadifference/give today to DONATE FOR A BETTER US. If you are interested in learning more about how you can help the CCCY achieve our goal, email Amy at awiltsie@cccymca.org.

2018 H. RICHARD BREW VOLUNTEER SERVICE AWARD PRESENTED TO JON LECKERLING

The Brew Volunteer Service Award was established in 2005 as a way to honor the thirty-five years of volunteer service to the Central Connecticut Coast YMCA offered by H. Richard Brew.

It is our distinct honor and privilege to recognize Jon P. Leckerling with the 2018 H. Richard Brew Volunteer of the Year Award. Jon has served on the Y Board of Directors since 1992 and has demonstrated strong character and commitment allowing the Y to grow and serve. Jon joined the board at a time when the YMCA of Greater New Haven was experiencing serious financial challenges. Working together with several other highly respected community leaders, Jon and his team created a framework through which the YMCA of Greater New Haven merged with YMCA of Greater Bridgeport creating the Central Connecticut Coast YMCA. And he has been bringing outstanding leadership, enthusiasm, expertise and generosity to the Y ever since. Jon has served in several leadership positions on the Board of Directors, and in 2012, he was elected as the Board’s Chairman.

In addition to his service on the Board of Directors, Jon has served on the Soundview Family Y Board of Managers since the late 1980s. He provided strong leadership and service as an advocate, campaigner, and donor in establishing the new Soundview Family Y facility in Branford that opened in 2010.

Jon is married to the Rev. Nancy Leckerling and they have two married sons, Peter and Christian, and three grandchildren.

Jon Leckerling

Y volunteers gathered at our 2019 Board Retreat to strategize ways to enhance our communities and build the Y mission for all.

DONATE FOR A BETTER US
COMMITTED TO COMMUNITY

Many opportunities exist for others to help make a difference. We are honored that the following community leaders have chosen the CCCY to volunteer their time and share their talent to lead the Y mission.

We are thankful for the commitment and passion shown by Lissette Andino, who retired as our the CCCY Board Chair. Lissette’s endless energy and positive attitude are an asset to our community.

Blanca Kazmierczak was voted in as the new Board Chair. Blanca has served the CCCY in many capacities. She is the Vice President, Customer Service at the People’s United Bank. Dr. Joe Bertolino was voted in as a new Board Vice Chair. Joe is the chair of our CCCY 2019 Annual Campaign and Southern Connecticut State University President.

We welcome new Board Members, Meredith Dworkin and Dr. Prathibha Varkey. Meredith is a Yale School of Management, Master of Business Administration candidate. Dr. Varkey is a physician who serves as the President & CEO for Yale New Haven Health Northeast Medical Group.

Re-elected members of the Board of Directors include Lissette Andino, Leo Connors, Jr., Mario Garcia, Michael Horton, and George Logan. Re-elected to the Board of Trustees are Jeff Jones and Ron Noren. Retiring members of the Board of Directors and Board of Trustees are Sam Linden; Michael Morand and Jerry Stagg.

We are excited to learn more from all of our volunteers as we expand upon our commitment to our community.

WE STRENGTHEN COMMUNITY!

2018 VOLUNTEERS OF THE YEAR

The Central Connecticut Coast YMCA would not be where we are today without the endless help and guidance of our volunteers. In 2018 alone, 3,213 committed volunteers donated over 42,662 hours of their time. Their hard work and dedication have made our community stronger. Thank you for being with us as we meet our mission.

ALPHA COMMUNITY SERVICES YMCA Rebecca Hamilton and Abby Beatty
BRIDGEPORT YMCA Terron Jones and Matthew Trez
FAIRFIELD YMCA Allison Dickens and Anthony Shaw
YMCA CAMP HI-ROCK Omega Phi Kappa, Sacred Heart University and Lily Traum
HAMDEN/NORTH HAVEN YMCA Medtronic and Darius Eubanks
LAKewood–TRUMBull YMCA Tanya Lennon and Lindsay Capobianco
NEW HAVEN YMCA YOUTH CENTER Anthony Stanley and Juron Hoover
RALPHOLA TAYLOR COMMUNITY CENTER YMCA Ronald Pack and Aniyah Jordan
SOUNDVIEW FAMILY YMCA Frank Gatter and Charlotte Rossetti
STRATFORD YMCA Christine Wadelin and Katherine Gonzalez
VALLEY YMCA Kylene Lafortune and Brian Reynolds
WOODRUFF FAMILY YMCA Enid Heyse and Jonathan Lahav.
MISSION MOMENT

The Soundview Family YMCA staff members, Suzy Kilbride and James Russo are SUPER HEROES! Without hesitation, both jumped into action to help Y Member, Tim McNerney (middle). His medical situation required the use of our AED equipment until EMTs arrived. Suzy and James may have saved Tim’s life. We are super glad Jim is recovering, AND super proud that Suzy and James are Y teammates.

ALL SECOND GRADERS LEARN TO BE SAFE

As a branch of Central Connecticut Coast YMCA, the Hamden/North Haven Y is committed to teaching youth and families how to be safe in and around the water through intentional programming. The Y’s Safety Around Water Program is designed to engage and educate families about the importance of water safety skills.

The Hamden/North Haven YMCA has partnered with the Hamden Board of Education to ensure that all children within their second grade classrooms have the opportunity to participate in the Safety Around Water Program as part of its curriculum. Funding for this program has been made possible through a grant from the State of Connecticut. During the 2018-19 school year, as part of the school system’s physical education program, each of the second grade classrooms in town, took part in this program both at their schools as well as in the pool at the Y. To date, over 400 students in Hamden have taken part in this aquatic adventure!

Some of the key components of the Safety Around Water Program include teaching children fundamental aquatic safety and swimming skills as well as how to respond in unexpected water situations. Focus is placed on learning to find the water’s surface if they become submerged, to safely reaching the pool’s edge, as well as exiting any body of water. Families also play a large role in this education process and experience through encouraging their children to feel safe and comfortable in and around the water.

At the onset of the program, Y Aquatics staff visited the schools to generate a level of excitement and enthusiasm around water safety and awareness. When the students then visited the Y, they had the opportunity to actively participate in two days of swimming instruction which focused on skill development and water safety activities. Upon arrival to the pool, each child’s level of aquatic familiarity was evaluated to create a baseline for learning. As part of the process, self-rescue skills that help prevent drownings were taught such as how to swim, float, swim and jump, push, turn, and grab.

As the children progressed through the program, they developed a sense of confidence in their abilities in the water through various activities. Through skill development, participants learned how to fully submerge into the water, blow bubbles, push off the wall, float and roll over.

At the conclusion of the Safety Around Water Program, the second graders left the Y feeling more comfortable around water as well as more confident in their swimming skills. Parents and caregivers were provided with take-home materials to help support their children to further learn fundamental water safety and swimming skills. The Safety Around Water Program is most successful when all family members are actively involved and engaged in the process. We are looking forward to continuing this program with Hamden Public Schools in the future.
COMBATING HOMELESSNESS CONTINUES

Alpha Community Services YMCA (ACSY), long at the forefront in addressing homelessness in Connecticut, has again assumed a leadership role in supporting services that respond to the evolving environment. ACSY has been a key force in reducing homelessness in Connecticut, working closely with community partners like Opening Doors Fairfield County to maximize the benefit of the Coordinated Access Network (CAN), while independently managing Connecticut’s largest family emergency shelter and providing case management for hundreds of permanent supportive housing units.

Individuals and families seeking housing assistance dial 211 to access the CAN. Those who are facing homelessness are scheduled for an appointment for a detailed assessment with a Navigator. ACSY has employed a Family Navigator for a number of years who meets with families, and interviews them to determine how they can quickly and most effectively access appropriate housing and the resources to sustain housing. Through Navigation, many families can be diverted from emergency shelter, perhaps, by being helped with a security deposit or utility assistance. Other families may require shelter placement and referral to community services such as counseling or job training.

Recently, ACSY stepped up again, and was awarded a grant to support a Senior Director–Navigator Team Leader who supervises all the Navigators in Fairfield County. Jomarie Vargas, formerly Senior Director–Families in Transition at ACSY, is serving in this position, and is successfully coordinating the work of 14 Navigators, employed by various agencies and prepared to serve a diverse population. Seven of the Navigators are bilingual, and each is trained to address the needs of specific categories of clients: families, individuals, and youth. Already, this cross-agency function is achieving positive results. In April 2019, for example, 77 families were interviewed by Navigators, and 86% of them were diverted, that is, provided assistance in in maintaining their own housing stability, and only 14% were placed in shelter. This approach helps those facing a housing crisis remain independent when possible and assures that there is adequate shelter for those who need it. The Central Connecticut Coast YMCA and the ACSY are honored that with the support of donors, volunteers, and community members, they have been able to help their neighbors find not just shelter, but healthy homes and healthy lifestyles.

2018 FINANCIAL REPORT

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<tr>
<th>Public Support &amp; Revenue</th>
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<tbody>
<tr>
<td>Program Fees</td>
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<tr>
<td>Membership Dues</td>
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<td>Grants</td>
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<td>Contributed Income</td>
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<td>Endowment Distribution</td>
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<td>Special Events</td>
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<td><strong>Total Public Support &amp; Revenue</strong></td>
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<table>
<thead>
<tr>
<th>Expenses</th>
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<tr>
<td>Salaries, Benefits &amp; Taxes</td>
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<td>Occupancy</td>
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<td>Publicity &amp; Promotion</td>
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<tr>
<td>Staff &amp; Volunteer Development</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$27,568,100</strong></td>
</tr>
</tbody>
</table>

| Net Income | $200 |

| Net Assets - December 31, 2017 | $31,588,200 |
| Net Assets - December 31, 2018 | $31,846,500 |

SOURCES OF REVENUE

- Membership 25%
- Grants 22%
- Child Care 12%
- Camp 16%
- Other Programs 19%
- Other 3%
- Contributions 4%

COMMIT TO THE CENTRAL CONNECTICUT COAST YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

It is with great pride that we report on the success of the Central Connecticut Coast YMCA in 2018.

With a strong sense of mission and purpose, we celebrate our achievements in the areas of youth development, healthy living, and social responsibility. Making a positive impact on the lives of those we serve is the inspiration for all that we say and do.

CCCY ANNOUNCES 2018 A SUCCESS!

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LOVE YOURSELF

The Lakewood-Trumbull YMCA’s Dance Program decorated their dance studio for the month of February with positive messages written by their performing dancers, along with encouraging quotes to promote self-love and positive body imaging within their dance studio. Throughout the month, Y dancers participated in exercises that allowed them to acknowledge themselves and other dancers in a positive way. In one exercise, ‘Dance Love Letters’, dancers drew the name of a classmate and anonymously wrote that person a letter admiring their dancing abilities, physical appearance, and/or personality. Many love letters were written for each dancer. At the end of the month the sealed envelopes were given to each dancer so they could see themselves as the other dancers saw them. These personal letters were a gift they could take home with them.

For teenage-level dancers, exercises were more focused on developing an appreciation for their bodies. The ‘Dear Body’ exercise gave dancers, as a group, the opportunity to discuss important questions; ‘What did your body help you do today?’ and ‘Do you often get frustrated with your body? If so, what are some things you should remember when you do?’ The exercise concluded in writing a thank you letter to their bodies for something their body helped them do that day. These letters were then posted on the dance studio doors of as a reminder of the great things their bodies have done.

Throughout the month, dancers were reminded of all they can achieve and how to stay positive by selecting ‘Love Bubble’ pins to wear on their shirts in class. These speech bubble pins included small positive messages all dancer had written anonymously in previous weeks. Some of the fun, encouraging sayings were “I am Enough”, “Never Lost Hope”, and “Allergic to can’t!” To conclude the month, dancers were able to share feedback with their instructors on what their favorite exercises were and how the month made them feel.

CAMP, NOT JUST FOR KIDS!

Adults visiting YMCA Camp Hi-Rock often lament that they are too old for camp. Their disappointment is quickly allayed when they learn they are not too old for Family Camp! In 2019, Hi-Rock will offer Family Camp for campers of all ages during a weeklong family camp from August 19 – 25 and on Fall Family Fun Weekend, October 4 – 6.

Families with children, couples and adults on their own are all welcome, contrary to what the name “family camp” might imply. Each family / household has their own cabin or room. Family campers may stay for the full week in August or the full weekend in October, or may choose a shorter stay for as short as one night. Flexible schedules allow families to choose from a variety of activities each day and Play Care is offered for parts of each day to give parents an opportunity to spend some time on their own while their children enjoy structured activities with other children and trained camp counselors.

Here at the Central Connecticut Coast YMCA, we are certainly partial to Hi-Rock’s Family Camps, but some less biased assessors have also found them to be pretty special with Arthur Frommer’s Budget Travel rating Hi-Rock one of the top fifty Family Camps in the US and CBS This Morning highlighting Hi-Rock in a story on family camps. With all of this attention, Hi-Rock’s Family Camps have been growing in recent years with summer Family Camp selling out for certain nights. Interested families should register early at http://camphirock.org/camps/family-camp/.