



KEENE FAMILY YMCA 2023 ANNUAL REPORT



The Keene Family YMCA is leading nonprofit dedicated to strengthening community through programs and services that build spirit, mind, and body. Every day we work side by side with diverse leaders and organizations throughout the region to ensure that everyone has the opportunity to experience the joy of better health.

OUR MISSION

We serve all people through programs and services that build spirit, mind, and body with a focus on Youth Development, Healthy Living, and Social Responsibility.

OUR VISION

A community where everyone is welcome and thriving.

OUR VALUES

We live by our four core values: Respect, Responsibility, Honesty, and Caring. These values are infused into everything we do, and they guide us through every interaction we have within our facility and throughout our community.

AREAS OF IMPACT

HEALTHY LIVING. Through a wide variety of programs, classes, and workshops we provide the guidance and resources needed to help our community thrive.

YOUTH DEVELOPMENT. At the Y, we believe that every youth and teen deserves the opportunity to realize their full potential.

SOCIAL RESPONSIBILITY. The Y has been listening and responding to our community's most critical social needs since 1885.



Reflections

To our Members, Staff and Greater Keene Community,

The Keene Family YMCA plays an important role in shaping and improving the lives of many who live in and around Keene, New Hampshire. As a non-profit we are dependent on you as members, staff, volunteers and donors to support each other in continuing to make the Keene Family YMCA a premier community organization. Creating a safe, welcoming environment where people can interact, exercise, socialize, learn and grow is crucial to building a strong well-functioning society.

Too often these days people have feelings of anger, fear, isolation and division. We are losing connections to our community. The Y's mission directly addresses many of these societal ills. The Keene Family YMCA is dedicated to strengthening community through programs and services that build spirit, mind and body. We strive to be the "third place" where people gather, outside of their homes and workplaces, where we can interact with our fellow citizens in a positive judgement free zone, and where people of all ages and walks of life can meet on equal footing and share positive experiences. Try to reflect on that each time you walk through our doors and are greeted by a happy smile at the Welcome Center. We are so fortunate to have this community organization in our midst, and we have it only because of your continued support and the investment that each of you make every day at the Keene Family YMCA.

Throughout this annual report you will read about the many community and personal impacts we have had throughout the past year. I am proud, of course, of these many accomplishments. But the impacts happen on a small individual scale as well every day. The children in child care or summer camp who are learning to interact and socialize, the young swimmers gathering after practice for some hearty laughter. Members who met in an exercise class agreeing to meet for coffee. A personal trainer making a real difference in someone's health journey. These are the small moments that make my day every time I walk into the Y and observe these interactions happening.

We sometimes take it for granted, but these activities happen only because of the organization's investment and commitment to its guiding principles, to a strong friendly and caring staff, the leadership and governance of our volunteer board of directors, and our CEO, Dan Smith.

Thank you to all of our stakeholders for your support during 2023. You are all greatly appreciated. Together we will continue to build a greater future for all in our community.

With gratitude,
Mark Fryberger
Board Chair





Our Community Impact in 2023

227

Children enrolled in the childcare program

6304

Total Members

858

Children participated in Aquatics programs

317

Children attended summer camps



\$210,732

Raised during the Annual Campaign

\$209,700

Financial assistance awarded

416

Unique donors to the YMCA

3997

Volunteer hours donated to further our mission

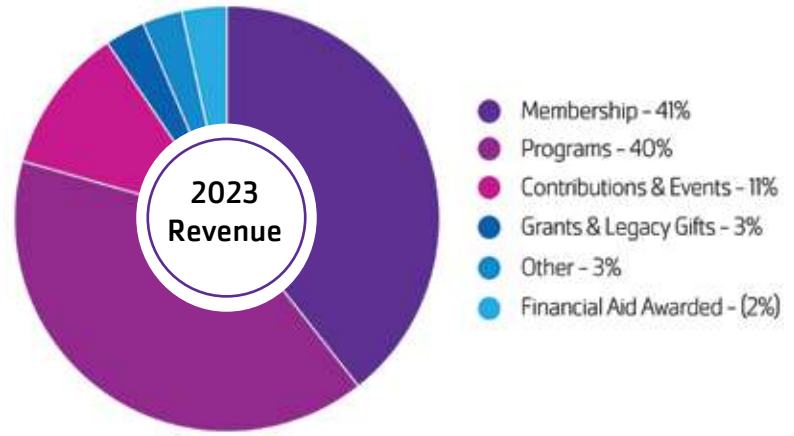
\$24,573

In-kind Support to Strengthen our Community

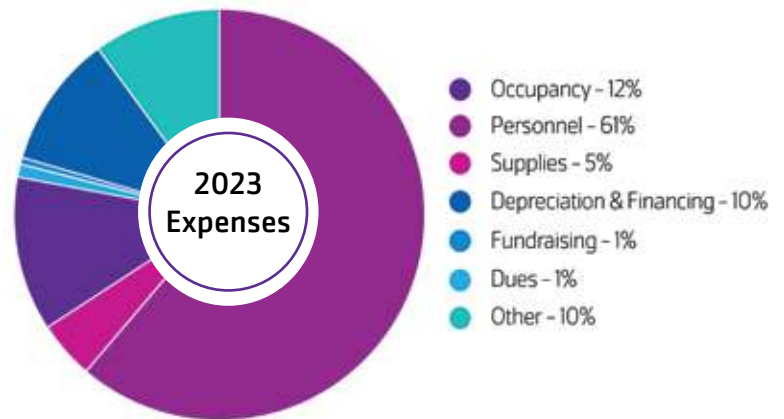
2023 Financials

(Unaudited)

Revenue	2023	2022
Membership	\$1,875,248	\$1,516,116
Program Income	\$1,904,685	\$1,827,312
Financial Aid Awarded	(\$162,767)	(\$124,663)
Contributions & Events	\$529,855	\$140,719
Grants & Legacy Gifts	\$146,245	\$636,254
Other	\$143,785	\$63,907
Total Income	\$4,437,051	\$4,059,645



Expenses	2023	2022
Personnel	\$2,869,771	\$2,346,105
Supplies	\$213,684	\$172,003
Occupancy	\$568,973	\$578,465
Dues	\$47,956	\$62,228
Fundraising	\$25,008	\$8,368
Depreciation & Financing	\$489,488	\$489,649
Other	\$471,173	\$402,188
Total Expenses	\$4,686,053	\$4,059,006



Financial Assistance	2023
Membership	\$135,073
Aquatics	\$3,195
Rec Sports	\$20,830
Summer Camp	\$20,619
Childcare	\$19,983
Community Benefit	\$10,000
Net	\$209,700





Youth Development

Keene Family YMCA is dedicated to nurturing the potential of every youth and teen. **In 2023 we provided high-quality, affordable care for 227 children** in the YMCA Early Learning Center, the YMCA Preschool at Jonathan Daniels, and the Y's School-Age Childcare Program. **30 children graduated from our preschool program**, ready to begin their academic career with kindergarten in the fall.

During the vibrant summer months, the YMCA's summer camp programs flourished, catering to the recreational and educational needs of **317 children**. These camps provided a dynamic blend of structured activities, outdoor adventures, and enriching experiences.

We continued to grow our Youth & Teen programs, providing even more opportunities for youth to come together and experience a greater sense of belonging. By introducing a diverse range of activities and workshops, the Y aimed to foster holistic development and provide a safe space for exploration and growth.

Also in 2023, the Keene Family YMCA and The Monadnock Youth Coalition received a grant from Youth Well NH in the amount of \$15,000 to support the implementation of **Youth Mental Health First Aid** training courses for youth, community members, and staff. The proposed program addresses a critical need in our community and seeks to provide a solution by equipping adults and teens with the necessary skills to recognize and respond effectively to adolescents experiencing mental health challenges or crises. Objectives that have been identified include training instructors, establishing a teen mental health first aid training camp, promoting common language, developing abilities to recognize and respond to mental health challenges, and empowering teens and adults in our region who work directly with youth.



MISSION MOMENT

"Just wanted to send you a note to tell you how much our grandson loved his week of camp over school break. Every morning he was excited to go with 'Pop-Pop' to the Y and in the afternoon, he was not in any rush to leave and would linger kicking a soccer ball or playing table hockey with JT. He was very animated at the end of each day telling us all the fun things he did. I'm sure John told you that each day he would say: 'This was the best day of my life!' He reserves that praise only for very special events!"

Healthy Living

In 2023 we continued to expand upon our efforts to deliver opportunities for people of all ages and abilities to experience the joy of better health. **In 2023 we served more than 6300 members** with programs and services designed to help them achieve better health and develop healthy habits.

In June we hosted our second annual **Otter Romp Youth Triathlon** in collaboration with Sonic Endurance, and saw **56 children between the ages of 5-12 finish the event**. We also held our 9th annual **Fall Foliage Trail Races**, with a 5K and a 10K course that took runners through some beautiful, foliage-lined trails. The 2023 event had **110 registered runners**, and 96 of those runners completed the race despite the inclement weather. We are looking forward to continuing to grow both events in 2024.

We continued our partnership with Cheshire Medical Center on the **Activity is Good is Good Medicine** Program which provides support for people who have heightened risk factors or have been diagnosed with chronic diseases such as type 2 diabetes and hypertension. During this three-month program participants meet with a personal trainer, set goals, and receive an exercise prescription designed to help them reduce their risk or better manage their condition for the long term.

We also continued our partnership with Monadnock Family Services and the **In-SHAPE Program**. In-SHAPE is an evidence-based fitness and nutrition program designed specifically for individuals who have been diagnosed with a serious mental health disorder. Through this program, participants are paired with a Wellness Coach who assists them with developing fitness and nutrition goals. Regularly engaging in healthy physical activity has been shown to improve physical and mental health and through this program we have seen remarkable transformations with people taking back control of their health and greatly improving their quality of life.

Another highlight in 2023 was the addition of the **Ninja training course**, and the installation of a wide variety of **new fitness equipment** on our wellness floor, **all made possible by a generous legacy gift from Ann Eaton**, long-time supporter of the Keene Family YMCA. Through Ann's generous gift, we were able to upgrade our member experience with updates to our facility and equipment that would otherwise not have been possible. We are eternally grateful to Ann, and to all who choose to secure their legacy with a gift to the Keene Family YMCA. Thank you!





Social Responsibility

The Keene Family YMCA is steadfast in its commitment to becoming an **Anti-racist, Multicultural Organization**. In our ongoing journey, we recognize that advancing equity stands as a fundamental pillar of our mission to strengthen our community. To propel us closer to our goal, our Y has actively collaborated with YMCA of the USA and the Racing to Equity Consulting Group to craft a strategic plan geared towards fostering a more equitable, inclusive environment within our premises and across our community. We eagerly anticipate finalizing this plan and initiating its implementation in 2024.

The **Monadnock Diversity, Equity, Inclusion & Belonging Coalition**, operating as a committee of the Keene Family YMCA, continues its dedicated efforts to develop resources and opportunities for individuals and organizations across the Monadnock region to embark on or sustain their own journeys towards a more equitable future. Throughout 2023, the coalition hosted and sponsored numerous free community events, fostering understanding, and sparking discussions among community members, law enforcement agencies, and local businesses. Furthermore, the coalition embarked on crafting a new strategic plan to guide its future endeavors, ensuring that all actions undertaken align harmoniously with its overarching goal of advancing equity for all individuals who visit, reside, or work within the Monadnock region.

In 2023, the Keene Family YMCA disbursed **\$209,700 in financial assistance** to members of our community, facilitating membership and program participation. This support significantly expanded access to essential programs such as swim lessons and childcare while providing enriching summer camp experiences for school-age children. Through initiatives like the Membership for All program and the collective generosity of **416 donors to our Annual Campaign**, we have been able to uphold our commitment to ensuring that our services remain accessible to those who need them most.



MISSION MOMENT

"I wanted to send a thank you for all the work, effort, and coordination that was put into this year's Christmas Tree Angels program. I was overwhelmed with the support, kindness, generosity, and goodwill from the family who 'adopted' our angels and the staff at the YMCA that coordinated it. This program brought the magic of Christmas to our family and I can't express enough appreciation for that. I know that the program is anonymous, but I hope we can extend thanks to the Y and warmth to the family that provided us with so much."



Monadnock Community Coalition

This past year has been full of successes and big changes for the Monadnock Youth Coalition! The biggest change was moving the youth coalition meetings to Keene High School during I-Time instead of having them at the YMCA. This increased access to students who may not be able to get to the YMCA after school. The transition has increased the number of students attending the meetings and the number of students who can help with other activities such as tabling at the school and volunteering to help with events such as Youth Fest.

In October, MYC had their third annual Youth Fest and it was the most successful yet! Although the event was moved inside the YMCA due to the rain, there were still over 150 people that attended and plenty for everyone to do. Organizations such as Elements MMA, Steve DeMasco's Kung Fu, Woodson's Acorns, Colletti Music, Chaos and Kindness, MCVP, and more, set up tables with information and fun activities for all ages. There were arts and crafts, musical instruments, games and plenty of sweet treats. With the rain slowing down, Freedom Reins was able to be outside giving free horseback rides. And if that wasn't enough, the Civil Air Patrol was there with a flight simulator and, thanks to DJ Nick Raymond, the music was pumping.

MYC had their annual trip to CADCA's National Leadership Forum in Washington D.C. at the end of January. In the past, 3 students from Keene High School were typically brought on the trip. This year, MYC brought 5 students – 3 from Keene High School and 2 from Monadnock High School, where MYC has also been holding youth coalition meetings. This forum allows youth to attend training sessions from experts in substance abuse and mental health. Youth were also able to sightsee, visiting famous museums and monuments around the country's capital.

Besides being in the schools for youth coalition meetings, MYC staff have also been in schools around Keene and Swanzey to teach preventative education classes. Partnering with City of Keene Youth Services, MYC taught effects, current trends, resources, and more for alcohol, cannabis, and tobacco. In December, these classes were taught for the first time at the Monadnock Regional Middle High School. MYC has also been at both Gathering Waters and Surry Village Charter School teaching preventative education classes, and at the Keene High School to table during lunches with similar information.





2023 Awards



Youth Volunteer of the Year Grace Frock

Grace Frock started volunteering in September of 2023. She is in 8th grade at Keene Middle School and comes here after school to volunteer in our childcare center. Grace enjoys volleyball, cooking, baking, and spending time here at the Y with the children. Grace has logged over 75 volunteer hours since joining our volunteer program and she is highly praised and regarded by our Childcare staff for her naturally gentle, kind, and caring way with the children.



Adult Volunteer of the Year Landon Drake

Over the last 2 years, Landon has given more than 160 hours to support the YMCA as a volunteer, assisting with a variety of cleaning tasks. His smart wit, cool socks, and the joy he radiates when he's volunteering is greatly appreciated by all of us at the Y. He enjoys spending time with the senior population, and brings the same joy and positivity to his role at a local nursing home. We are delighted to have Landon as part of our team, and extend our sincerest thanks for his efforts.



Employee of the Year Steffanie Conlan

Steffanie has been a preschool teacher at the Y for 12 years. You will often find her exploring in the back field with her class. Steffanie leaves a lasting impression on every child and family that has been in her care. Children continue to visit Miss Steffanie after they graduate from her classroom! When Steffanie is not at the Y she loves to be with her children and grandsons.



Dr. Albert C. Johnston Social Justice Award Ritu Budakoti

Ritu is absolutely a “mover and shaker” in all that she does, and is a leader in efforts to celebrate cultural diversity in the Monadnock Region. Ritu is a driving force behind the Keene International Festival, a hugely successful event celebrating the different cultures represented by residents of the region. Among her volunteer roles, affiliations & memberships are President of the Keene India Association, Committee Chair for the Keene International Festival, Member of the Board of Trustees for the Historical Society of Cheshire County, and Member of the City of Keene Human Rights Committee.



Leading us into the Future

When friends, members, staff, and volunteers choose to make a planned contribution to the Keene Family YMCA, they're not just giving; they're investing in the future of our community. These thoughtful gifts support our mission through Youth Development, Healthy Living, and Social Responsibility, ensuring a lasting impact for generations to come. Through careful estate planning, retirement accounts, trusts, and other avenues, donors can optimize their assets while leaving a profound legacy with the Y.

Our legacies are more than just what we leave behind; they're a reflection of our values, beliefs, and achievements. For many, the Keene Family YMCA embodies these principles, playing a significant role in their personal and communal journey. By crafting a tailored plan and contributing through a legacy gift, you not only become an integral part of the Keene Family YMCA's Heritage Society, but you also help shape a brighter future for all.

We continue to recognize this visionary group of donors that are helping shape the Y for the future.

Heritage Society Members

Cheryl Belair & Steven Bragdon

John & Alice Bernet

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John & Alice Bernet

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Contact us today to learn more about how you can make a lasting impact in our community!



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