



**YMCA of
Northern Alberta**



Annual Report 2020

2020 was a year where the world simultaneously felt like it was standing still and spinning out of control, where words like “unprecedented” and “challenging” were used because globally we struggled to explain how we were feeling. A year when phrases we had hardly used before like “social distancing” and “unconscious bias” became critical to understand or live by.

YMCA of Northern Alberta was significantly impacted by the pandemic, and the systemic and unjust racism at home and abroad. From the negative impact on personal wellness and isolation felt by many, to the reoccurring closures of YMCA Health & Wellness Centres, reduced enrollment and extensive restrictions in child care, to considerable employee lay-offs.

One of the most difficult decisions was the permanent closure of the Westwood Family YMCA in Wood Buffalo after serving the community for 34 years. Sadly, combined with declining membership, the financial cost of the COVID-19 closures was more than our YMCA could absorb.

Wood Buffalo was not the only community to lose all or some of its YMCA presence in the past year. We saw closures of centuries-old YMCAs in communities such as Yarmouth and Moose Jaw, amalgamation of YMCAs such as Niagara and Simcoe-Muskoka, and decisions to divest of iconic YMCA properties like Geneva Park.

Despite it all, one thing remained true - we are the YMCA, and we step up in times of crisis, we do not step back. In our 113-year history we served communities when needed most, through world wars, great depressions, natural disasters, and pandemics.

We take pride in how the YMCA community has risen above the adversity faced in 2020. We continued to offer all YMCA community outreach programs. We provided safe and affordable housing to the residents of the Melcor YMCA Village. We helped keep the Alberta economy running by providing quality child care. And we provided physical fitness options, in-person and virtually.

We worked closely with our partners to advocate for critical issues such as safe housing, universally affordable child care, and emergency financial support for the charitable sector.

We recognized that, while we strive to be a place where everyone belongs and can thrive, we have blind spots. Like the communities we serve and represent, we are on a journey toward equality and inclusion, to ensure all experiencing the YMCA are valued and represented.

Throughout the journey, our incredible employees and volunteers - our YMCA family, have been courageous and dedicated to serving our communities. Words cannot express our appreciation.

It has been said that “with crisis comes opportunity.” 2020 brought crisis, but the YMCA was, and is the opportunity - providing everyone in the communities of central and northern Alberta the opportunity to connect, to belong, and to thrive in mind, body, and spirit.



Nick Parkinson

President & CEO

YMCA of Northern Alberta

A handwritten signature in black ink that reads "Nick".



John Corlett

Chair, Board of Directors

YMCA of Northern Alberta

A handwritten signature in black ink that reads "John".



We Value

Caring, honesty, respect, responsibility, diversity, and social inclusion.



Our Vision

YMCA of Northern Alberta is dedicated to the growth of all persons in spirit, mind, and body, and to their sense of responsibility to each other and to the global community.



Our Mission

Strong kids, healthy families, thriving communities.

Connecting with community:

YMCA COLLECTIVE KITCHEN

At the Y, we recognize the importance of food and nutrition as part of a healthy well being, and through Collective Kitchen, a program run out of Boyle Street Community Centre in Downtown Edmonton, we strive to ensure all people can access the skills needed to cook and eat nutritiously. The program offers group cooking classes where participants prepare low-cost meals that they can take home, and learn about basic nutrition, food preparation, and food safety.

Shortly after the start of the pandemic, Collective Kitchen shifted to a virtual format, including live cooking classes on Facebook Live, and YouTube videos for participants to access on demand. "Transitioning to virtual [format] was a bit daunting in the beginning," says Judy Kimotho, Program Instructor, Collective Kitchen. "We've put out a lot of recipes and videos, and it's been a great transition."

Over the last 18 months, the Collective Kitchen team worked to ensure participants connected on a personal level. "It has been good to have conversations one-on-one with participants, I get to celebrate their wins like getting a new job or navigating the Zoom world," Judy highlights. "[This time] has also helped me see the value of the program to the participants. I have watched them gain more confidence in the kitchen while cooking at home. Many of them also say that they look forward to the [in-person] restart of the program. This shows me there is a deeper connection to the program that the pandemic has not taken away."

Sherien Loo, a long-time Collective Kitchen participant, has shared her journey to a healthier and more nutritious life, and what Collective Kitchen means to her.

Sherien Loo – "Life without the Y, is a less healthy life."

I came to Edmonton 40 years ago, after living in British Columbia briefly following my family's immigration from Hong Kong. Growing up, I wasn't taught much about how to cook for myself, or about nutrition and grocery shopping, which created many challenges for me as an adult. About 10 years ago, I started attending a specialty kitchen run by a local church, and unfortunately, it was shut down shortly after. My English wasn't great, and knowing I was struggling to maintain healthy eating, I didn't know who to turn to. Thankfully, that church recommended I join YMCA's Collective Kitchen program.

Collective Kitchen completely changed my life. When I wasn't eating healthy, I was depressed, and I quickly realized how important healthy eating is to my mental health. While I love eating, I unfortunately don't enjoy the grocery shopping and dishes that come with that. Now, I can prepare healthy meals throughout the week, and I've learned some tips on how I can make grocery shopping and dishes more enjoyable.

What's my favourite meal to make? Creamy potato salad!

Life without the YMCA is a less healthy life. I am thankful for the community I have found at Collective Kitchen. It's a space where there is no judgment, and I have grown to understand people from all backgrounds. The pandemic has been difficult for me, and while I have been able to view videos online since Collective Kitchen went virtual, I look forward to attending classes in-person once again.

LEADERSHIP

Each year, hundreds of volunteers give their time and talent to make YMCA programs and services great. Without the commitment, ambassadorship, and generosity of our volunteers, the YMCA's ability to serve the community would not be possible. Thank you to our volunteers!

Volunteerism is fundamental to the Y, especially the work of the YMCA Board of Directors and Foundation Board, who work to ensure the Y remains viable with the goal of building thriving communities.

YMCA Board of Directors – Governance

John Corlett, Board Chair	Dale Bendfeld	Michael Donlevy	Allan Murphy
Raphael Bohlmann, Vice Chair	Holli Bjerland	Tim Haak	Shyamala Nagendran*
Robyn Eeson, Vice Chair	Adam Budzinski	Jeremy Herbert	Lester Shore *
Estelle Asselin*	Curt Clement	Harold Kunas	Sheena Spear
Andrea Bailer	Robert de Guzman	Andrew McPherson	

* term ended in 2020

YMCA of Northern Alberta Foundation Board of Directors – Governance

John Lilley, Board Chair	John Corlett	Bob McColl	Kirby O'Connor
Rahim Adatia	Doug Cronk	Deborah McKinnon	Nick Parkinson
Rajan Bhatti	Alexandria Fisher	Scott McLeod	Jean-Jacques Tremblay
Brent Buchanan	Tim Haak	Tim Melton	

YMCA Senior Leadership Team

Nick Parkinson
President & Chief Executive Officer

Jody Kyle
Chief Operating Officer

Ruth Menegozzo
Chief Financial Officer & Vice President

Joan Baker
Vice President, Community and Housing Initiatives

Kent Bittorf
Vice President, Health, Fitness, and Aquatics

Jesse Grieder
Vice President, People and Culture

Michelle Hynes-Dawson
Vice President, Community and Digital Engagement

Ken Muggeridge
Vice President, Assets and Capital Projects

Annalise Yuzda
Vice President, Child Care

FROM KENYA TO FORT MCMURRAY:

FINDING COMMUNITY AT THE Y

JANE NJOROGÉ'S STORY

In 2013, Jane Njoroge had made the life-changing decision to move away from her hometown in Kenya, East Africa and migrate to Canada to start a new chapter. Just seven months after moving from Kenya to Calgary, Alberta, an unexpected encounter with a customer of the local clothing store she worked at, sparked her interest, about an unfamiliar city in northern Alberta

"The customer told me about a city she was from called Fort McMurray. I did not know anything about the city, but she told me all about the community, and how it's a great place to work and live." Three months following the encounter, Jane decided to take the leap of faith and move to Fort McMurray, determined to find her place. But before she left, a friend of Jane's told her she needed to find a YMCA as soon as she got there, and that's exactly what she did.

When Jane stepped into the downtown YMCA Hardin Street location, she was immediately connected to the YMCA's Employment Link program. While searching for a job, Jane became a Y volunteer as a front desk receptionist, in which Jane was awarded for outstanding work at the 2015 YMCA Volunteer Awards.

Jane eventually left the YMCA and found a job at a local pet store. Soon after being hired, Jane got a call from the store's District Manager, who told her the Manager position was now open, and that Jane should apply. Unsure of what to do and not feeling confident about being promoted as a newcomer, Jane went back to the YMCA, where she met Karenina Huerta, a consultant with YMCA Employment Link, and told her about the recent job offer. Karenina immediately said "Why not? I know you can do it." and together, Jane filled out the application form in the computer room and was hired as Store Manager soon after.

Three years later, shortly after the 2016 Wildfires, Jane felt inspired to pursue a new career. Having already had an education degree from Kenya, she wanted to work towards a degree in Social Work. When it came time for her first practicum placement, Jane was adamant that she be placed at the YMCA. "I had a special request. I desperately wanted my placement to be at the YMCA. I wanted to give back and work with the team that helped me get on my feet when I first moved here." Jane's request was granted, and she joined the YMCA's Support for Wellness team, helping the community with relief from the wildfire devastation. Soon after graduation, she would join the Y team full time as a Wellness Worker.

"I don't even want to imagine where I would have ended up without the Y. The Y provided me with all the tools that enabled me to build success in this community. I had told myself I had three months to find a job, otherwise I would leave, and here I am seven years later, thriving in a community I love. All because the Y invested their time and knowledge in me."

"I am really grateful for the Y because they have allowed me to give back to the community and help others, while also thriving and growing personally."

- Jane Njoroge



When reflecting on her journey, Jane is so thankful for the connections she has built through the YMCA. She recently shifted into the Coordinator role with the YMCA's Foreign Worker Program, where she helps newcomers get connected in Fort McMurray. "I am really grateful for the Y because they have allowed me to give back to the community and help others, while also thriving and growing personally," Jane said. "I am here because someone gave me information about the YMCA many years ago. I believe when you arm someone with information, you have helped not just them, but also the community. Now I can tell everyone about the Y and help others with the services we provide."

Having been one of many people whose lives have been impacted by the YMCA, Jane is now a proud Y donor, knowing firsthand what her gift means to the community. "I give to the Y through my time and service, but also through my funds. I give without reservation. You never know how much your dollars will mean to someone in need, and when I give to the Y, I know that I am helping the community thrive and building strong families," Jane added.

In closing, Jane explains she will never forget how the YMCA made her feel, from the very moment she stepped foot in the building.

"When you are a newcomer, even a smile can change your day. I felt anxious about being in a new community and new country, and the second I stepped into the Y, I felt settled. I was received just as I was. I have built a connection with the Y that goes beyond feeling like home," Jane smiled.

"To me, the YMCA is my family. And I am proud to tell my story."



THE YMCA'S IMPACT

SHAYLEE'S STORY

MY NAME IS SHAYLEE DENCHUK

and I recently started working at the YMCA Norwood Child Care centre as an Educator. I want to share my story of how YMCA of Northern Alberta changed my life, and how the Y can make a difference in the lives of families, children and individuals in communities across Alberta. Thanks to the YMCA, I have been given opportunities that otherwise would never have been possible.

I first got involved at the Y when my children began attending YMCA Castle Downs Child Care, and I got to know some of the awesome staff who worked with my kids. As a parent, I found peace of mind knowing my children were safe and receiving premium care and watching how much my children enjoyed the Y and connecting with other children. Then, a lot of changes happened in our lives all at once. I was no longer able to access government income assistance and I soon found myself in need of affordable child care, a job and, most importantly, support. My situation became very stressful during the COVID-19 pandemic, and I wasn't sure what I would do. I needed help.

After speaking with a YMCA Family Support Worker about my challenges, she and the YMCA Child Care Program Manager where my children attended came to me with an offer to work at the YMCA, and for my children to continue to receive care. They gave me the opportunity that my family and I needed, and I accepted.

The YMCA gave me opportunities like work, finding nearby housing and support with my security deposit, and more. The Family Support Worker even helped me with things you wouldn't expect, like buying diapers and getting financial support. If the YMCA staff hadn't taken the time to build a personal relationship with me and my children, my family would not be where we are now. I wouldn't have been given the opportunity to work at YMCA Norwood Child Care, and I wouldn't have been able to come up with a deposit for an apartment attached to the centre where we now live.

*If I had not found opportunity at the YMCA,
my family would be in a much different
situation than we are now.*

Without the support of YMCA staff, members, and donors, I wouldn't be able to pursue my education to become a Level II Child Care Educator and my daughters wouldn't have the opportunity to attend YMCA Child Care.

If you've donated to the YMCA, I can tell you that there are many children and families like mine who the YMCA supports in accessing affordable, quality child care and family support. I know firsthand that generous gifts to the Y lead to child care and family services that ensure families are safe and supported.

Now, I am in a much more stable position. Thanks to the YMCA and the incredible staff that provided me the opportunity to pursue my passion and start my career, helped me access affordable child care for my daughters, and find a safe home that is close to work.

From my daughters and me, thank you for supporting the YMCA.

Summarized Financial Results

Statement of Operations Year Ended December 31

	2020	2019
Revenues		(Restated)
Program fees	\$ 11,879,138	\$ 26,476,047
Membership dues	3,199,556	13,621,917
	<u>15,078,694</u>	<u>40,097,964</u>
Operating grants - government	17,278,352	21,433,031
Canada Emergency Wage Subsidy - government	13,448,508	-
Amortization of deferred capital contributions	4,014,632	3,420,780
Operating grants - other	2,159,973	2,071,732
Contributions	1,242,784	1,153,160
Housing	1,179,251	1,392,784
Rental and other revenue	963,966	1,749,937
United Way	386,791	458,823
Investment income	61,966	153,182
Gain on disposal of capital assets	3,000	-
	<u>55,817,917</u>	<u>71,931,393</u>
Expenses		
Salaries, wages and benefits	37,895,202	46,269,492
Occupancy and maintenance	6,017,057	8,551,139
Amortization of capital assets	4,948,895	5,039,153
Supplies	2,115,176	4,589,882
Participant support costs	1,166,429	1,972,772
Communications	805,379	1,083,176
Purchased services and insurance	616,493	779,316
Finance and program registration fees	482,800	783,156
Training and travel	377,841	1,043,060
Membership and Association dues	308,614	684,183
Other expenses, including GST	248,957	119,548
Interest on long-term debt and capital leases	207,045	273,141
Amortization of intangible asset	126,300	126,300
Bad debt expense (recovery)	(73,344)	499,163
Contributions	-	150,000
Loss on disposal of capital assets	-	1,202
	<u>55,242,844</u>	<u>71,964,683</u>
Excess (deficiency) of revenues over expenses before other item	575,073	(33,290)
Other item		
Write off of capital assets	(711,629)	(1,814,625)
Deficiency of revenues over expenses	<u>\$ (136,556)</u>	<u>\$ (1,847,915)</u>

Statement of Financial Position as at December 31

	2020	2019
Assets		(Restated)
Current assets	\$ 17,291,726	\$ 11,678,680
Restricted cash equivalents	847,340	356,074
Capital assets	42,548,293	48,405,843
Intangible asset	1,589,275	1,715,575
Long-lived assets held for sale	1,593,951	-
	\$ 63,870,585	\$ 62,156,172
Liabilities		
Current liabilities	\$ 17,016,055	\$ 11,239,349
Obligations under capital leases	14,172	-
Long-term debt	5,102,561	5,901,404
Long-term payable	401,425	356,074
Long-term reserve fund	400,000	-
Deferred capital contributions	34,954,941	38,541,358
	57,889,154	56,038,185
Net Assets		
Investment in capital assets	7,834,284	8,618,181
Unrestricted	(1,852,853)	(2,500,194)
	5,981,431	6,117,987
	\$ 63,870,585	\$ 62,156,172

At the YMCA, belonging is a two-way street. We foster the spirit of inclusiveness in the communities we serve while we help new families and individuals build strong and lasting connections.

Both can be seen at work in our health & wellness centres, child care centres, and community and housing programs.

Annual Revenues

2020 **\$55.8 million**

- 29.1% membership and fees (including Housing)
- 31.0% Operating grants - government
- 24.1% Canada Emergency Wage Subsidy
- 7.2% Amortization of deferred capital contributions
- 4.6% Operating grants - other (including United Way)
- 1.8% Rental and other revenue
- 2.2% Contributions

Revenues from funding support

2020

\$34.5 million

Our 2020 annual revenues exceeded \$55.8 million, of which 61.8%, or \$34,516,408 was received in funding support from our outstanding donors, government partners, community foundations and funders.

- \$17,278,352 Operating grants - government — for child care, youth and adult employment programs, housing first, housing subsidy, temporary foreign workers and newcomer programs.
- \$2,159,973 Operating grants - other — for Literacy Learners I and II, Youth Transitions, Bridging the Gap, Youth Exchanges, After School Learning Adventures, Homeward Bound, A Path to Home, Family Ties and the YMCA Family Resource Centre.
- \$1,242,784 Contributions — to support members and program participants with financial assistance, our international partners, Edmonton Homeward Bound, a Housing First program, Red Cross Supports for Wellness, and Flood Support programs in Wood Buffalo.
- \$386,791 United Way funding — for youth programs in Edmonton and Grande Prairie including, Alternative Suspension, After School Learning Adventure and Youth Transitions.



Charitable Registration: 11930 7122 RR001

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