



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT HAPPENS AT THE Y

2017 Annual Impact Report
TWIN RIVERS YMCA





DEAR FRIENDS,

Confidence, perseverance, resilience and opportunity – these are just a few of the life changing outcomes that happen at the Y. In 2017, our Y continued to support transformative change in our community. Over 10,000 individuals experienced how the impact of the Y travels far beyond the walls of our facility.

Thousands of individuals gain confidence through our programs. From teaching toddlers to swim to enabling seniors to stay healthy and connected, our dedicated staff and holistic approach to programming assures everyone has the confidence to reach their fullest potential and achieve success in life.

We believe that perseverance and resilience lead to success. We are dedicated to helping individuals overcome obstacles so that they can accomplish their goals. To that end, we provided \$302,000 to remove financial barriers and assure that all families, children and older adults have access to programs and services that instill resilience and take them from surviving to thriving.

Everyone can succeed when given the opportunity. Because of our generous donors, members and partners, the TWIN RIVERS YMCA provides programs and services that strengthen our community. In this Annual Report, you will find stories and facts that illustrate our impact.

Thank you for supporting the Y and our cause. We are privileged and blessed to serve our Eastern North Carolina community and we look forward to continuing our partnerships for a better us.



Tracy Monk
Chief Volunteer Officer



Todd Stuart
President & CEO



The TWIN RIVERS YMCA is for all. We recognize that a diverse and inclusive organization is foundational to developing and engaging everyone. We are passionate about our cause to strengthen communities and know that our ability to achieve it begins with reflecting and partnering with people from all walks of life.

OUR MISSION

The TWIN RIVERS YMCA is dedicated to improving the health of mind, body and spirit for the individuals and families in our communities. We welcome men and women, boys and girls of all incomes, faiths and cultures.

OUR PLEDGE

The TWIN RIVERS YMCA will join with others to:

Put people first

Listen and serve

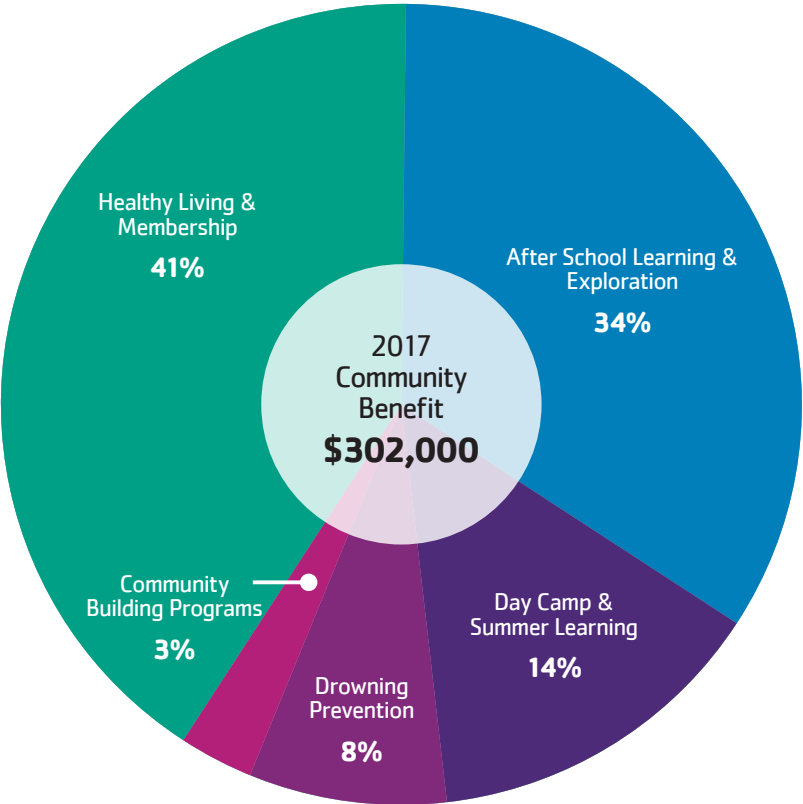
Inspire hope.

For a better us.™



OUR COMMUNITY BENEFIT:

At the TWIN RIVERS YMCA, no one is turned away due to an inability to pay. As a result of the generous support of many, the Y proudly delivered over \$302,000 in free or subsidized programs and services to thousands of children, individuals and families across Craven County.



CONFIDENCE IT HAPPENS AT THE Y

Chelsey, a 5th grade student from W.J. Gurganus Elementary School, was often quiet and kept to herself in class. When her parents heard about Girls on the Run, an anti-bullying, self-esteem boosting program that focuses on positive body image and healthy goals through running, they signed her up! They were hoping to help Chelsey be more socially engaged, and make some friends, maybe even laugh a little more.

Chelsey was not excited about making friends or exerting so much energy toward running. She seemed to always have a reason to miss practice. After a coach made time to talk to her and share that being part of a team was an important responsibility, Chelsey started to come around and decided to really put her heart into being an active teammate in Girls on the Run.

Chelsey's school and practice attendance improved dramatically and she made many new friends. Her parents noticed that she smiled more often when she came home from school.

Chelsey proudly completed the 5K race and made her parents, teammates, and coaches proud of her accomplishment.



Gurganus Girls on the Run warming up to run the Pancake Pursuit 5K.

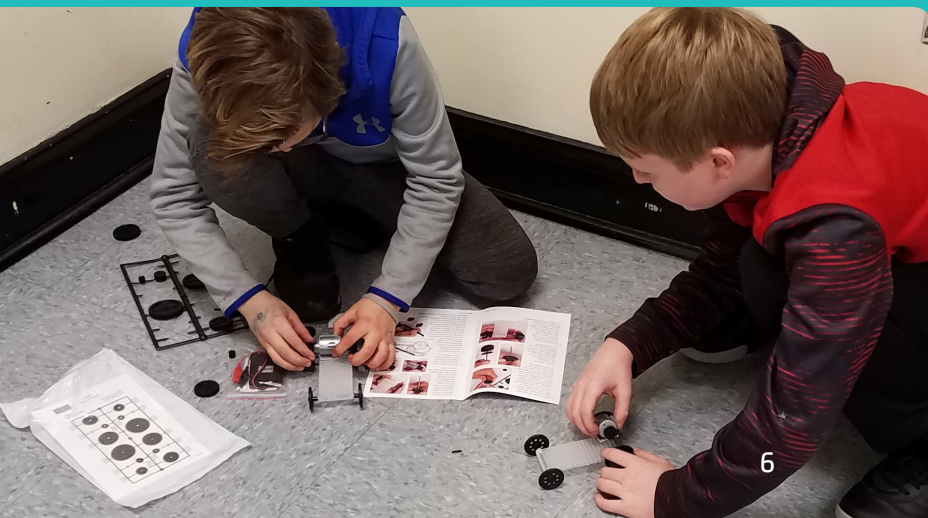
774

youth learned the value of team work and sportsmanship through competitive and recreational sports.



210

day campers participated in STEM and literacy activities in order to combat summer learning loss.



230

vulnerable youth are safe each day after school, thanks to enriching Y programs offered at local schools.

PERSEVERANCE IT HAPPENS AT THE Y

If at 58 years of age you are diagnosed with progressive MA and suddenly can't walk therein lies the difficulty; unfortunately one of many awaiting you.

Flexibility suffers within the body and vigorous physical therapy can only be achieved with a combination of methods, theories, practices, whatever it takes.

This is where the YMCA shines ever so brightly.

- Adaptive motion technologies permit me to exercise body parts that no longer work.
- Classes in Yoga, Tai Chi, and flexibility, as well as various and numerous pool aerobics make up some of the many healthy initiatives awaiting you here at the Y.
- The staff is superior in encouraging the sense of community that exists here.

The YMCA embodies a matrix of Christian values and attributes which effortlessly drive the entire operation. Philippians 4:13 "I can do all things through Christ which strengthened me." As well as Psalm 71:21 "Thou shall increase my greatness and comfort me in every side." The word of God, the Holy Scriptures contain all the power I will ever need to do everything.

God Bless each and every one of you in your pursuit for better health.

Rick Saunders



Rick working on his lower body with the adaptive motion on the AMT machine.

77

weekly group fitness classes helped individuals find enjoyable ways to move more.



1,761

active older adults used the Y to stay healthy and connected.



663

children learned the importance of safety around water and gained confidence by participating in swim lessons.

OPPORTUNITY IT HAPPENS AT THE Y

Today I participated in the 3rd grade water safety program at the TWIN RIVERS YMCA. I was assigned to work with the students who do not know how to swim. Our goal was to teach the students how to float. The key to survival for non-swimmers is floating and the key to floating is relaxing. It is quite a contradiction: to save your life, you must relax with your arms floating by your side, head back in the water, and ears full of water.

We asked our students to lie down where the gradual slope of the pool deck meets the water. As they relaxed, we pulled them centimeter by centimeter into slightly deeper water. Their bodies slowly lifted off the bottom of the pool and they could feel the experience of floating. Even if they floated for just a second, in that moment, they knew what floating felt like.

I was awestruck by the courage and determination I saw in the faces of the students. Many of them were facing tremendous fear. Their teeth were chattering. Their breathing was shallow. Their eyes were wide. They faced the challenge and were rewarded on just about every occasion by the buoyancy of flotation.

Thank you for the opportunity to be part of this very important program. Thanks to Craven County Schools and the TWIN RIVERS YMCA for coordinating and paying for the program; and thanks to the volunteers who gave their time, expertise, and patience to make the program possible.

Most Sincerely,
Shirin Scotten



**Water Safety Volunteer
assisting child with flotation**

553

donors joined the Y's cause and made the Y their charity of choice.



42

teens learned valuable life skills by working at the Y.



37,632

snacks and meals were provided in partnership with Child Nutrition to fight food insecurity and help children learn healthy eating.

FINANCIAL HIGHLIGHTS

2017 Financial Report

ASSETS

Cash	\$873,359
Contributions Receivable	\$95,518
Investments and Beneficial Trust	\$2,156
Land, Property and Equipment, Net	\$3,726,007
Total Assets	\$4,695,142

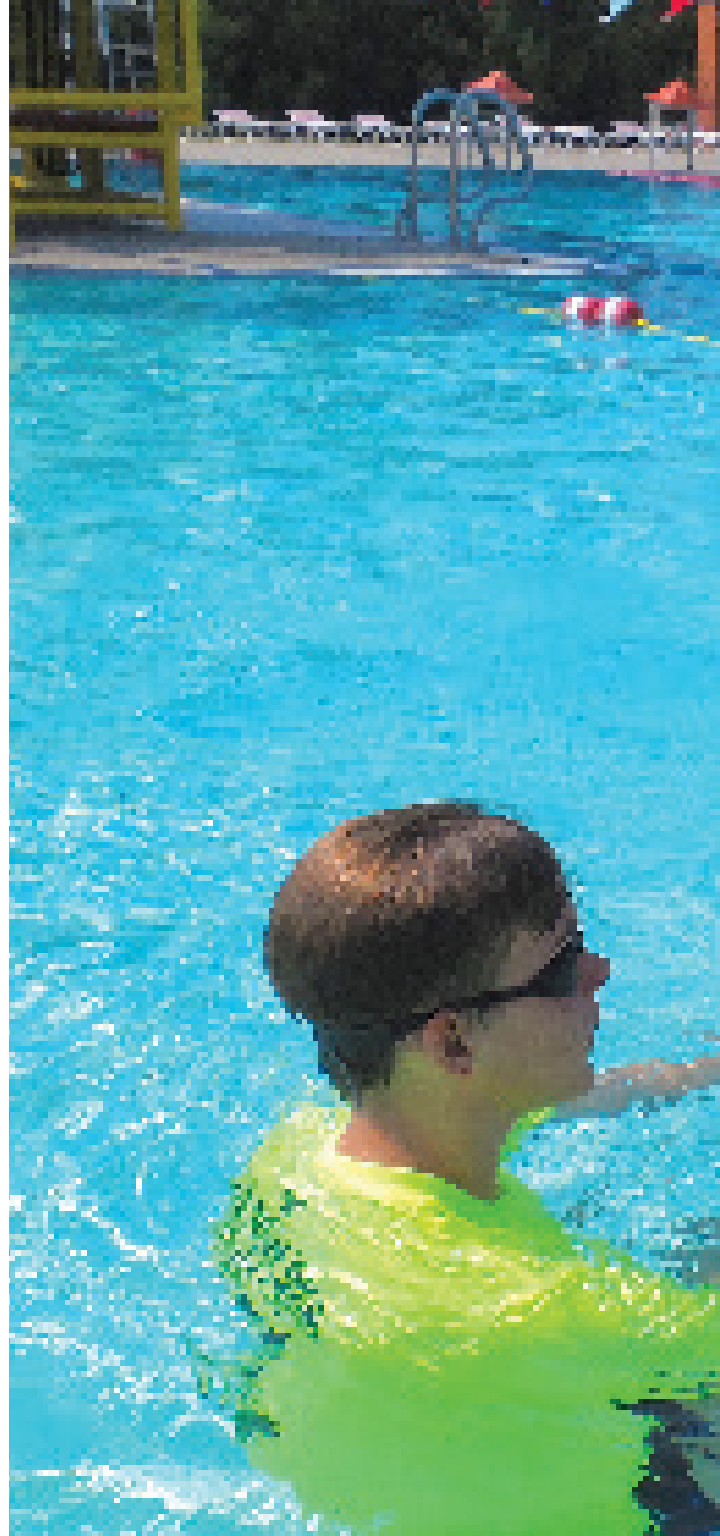
LIABILITIES

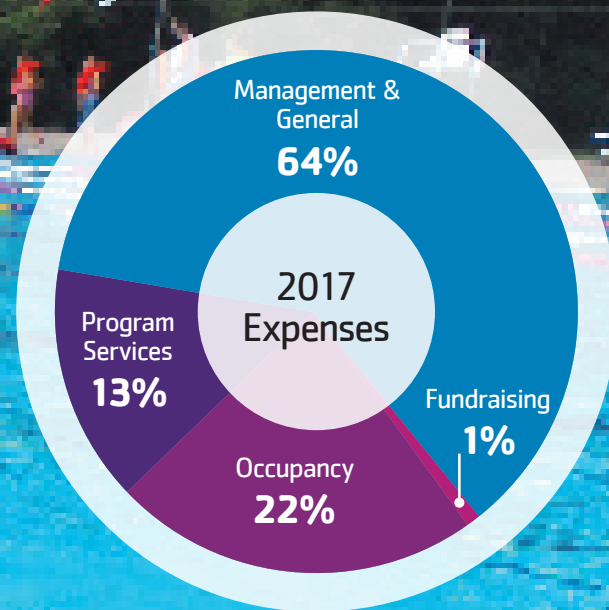
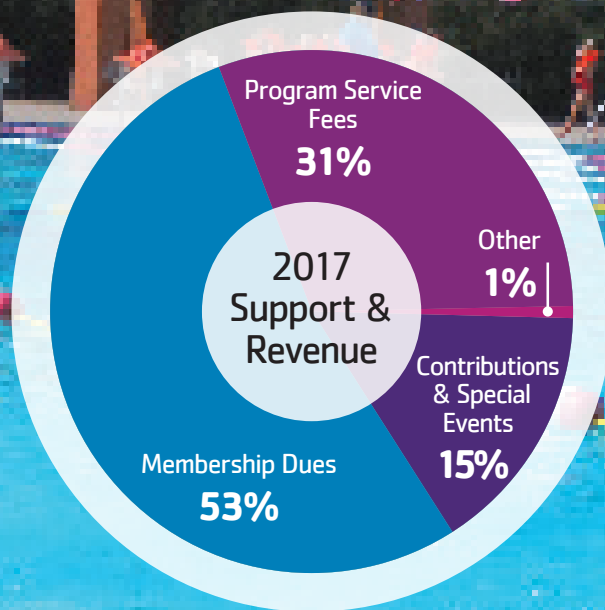
Accounts Payable & Accrued Expense	\$7,836
Deferred Revenue	\$28,612
Mortgages and Notes Payable	\$126,186
Other Liabilities	\$3,522
Total Liabilities	\$166,156

Net Assets **\$4,503,208**

Adjusted Net Assets **\$4,528,985**

Total Liabilities & Net Assets **\$4,695,142**





SUPPORT AND REVENUE

Contributions & Special Events	\$426,298
Membership Dues	\$1,458,106
Program Service Fees	\$834,714
Other	\$20,345
Total Support and Revenue	\$2,739,463

EXPENSES

Program Services	\$351,086
Management and General	\$1,732,091
Fundraising	\$29,408
Occupancy	\$601,101
Total Expenses	\$2,713,686

BOARD OF DIRECTORS

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Retired - Educator

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Tarheel Associates

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Senior Director, Member Engagement

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Cindy Rice
Director, Financial Development

Josh Turner
Director, Aquatics & Competitive Swimming

Eric Zudweg
Director, Sports



THANK YOU TO OUR Y DONOR FAMILY

Living their values; making our community better

Members of the Chair's Round Table

Gifts of \$1,000+

\$25,000+

Bosch Community Foundation
Clark Legacy Foundation
Harold H. Bate Foundation

\$10,000 – \$24,999

CarolinaEast Foundation
CarolinaEast Health System

\$5,000 – \$9,999

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 In Honor of Susan Mabie by Anonymous
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 In Honor of Susan Burke by Kate Chittick
 In Honor of Susan Mabie by Kate Chittick
 In Honor of Susan Mabie by Gail Young

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200 Donors made gifts under \$100

**550 donors raised
 \$445,469 to impact our
 community**



TWIN RIVERS YMCA
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New Bern, NC 28560

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