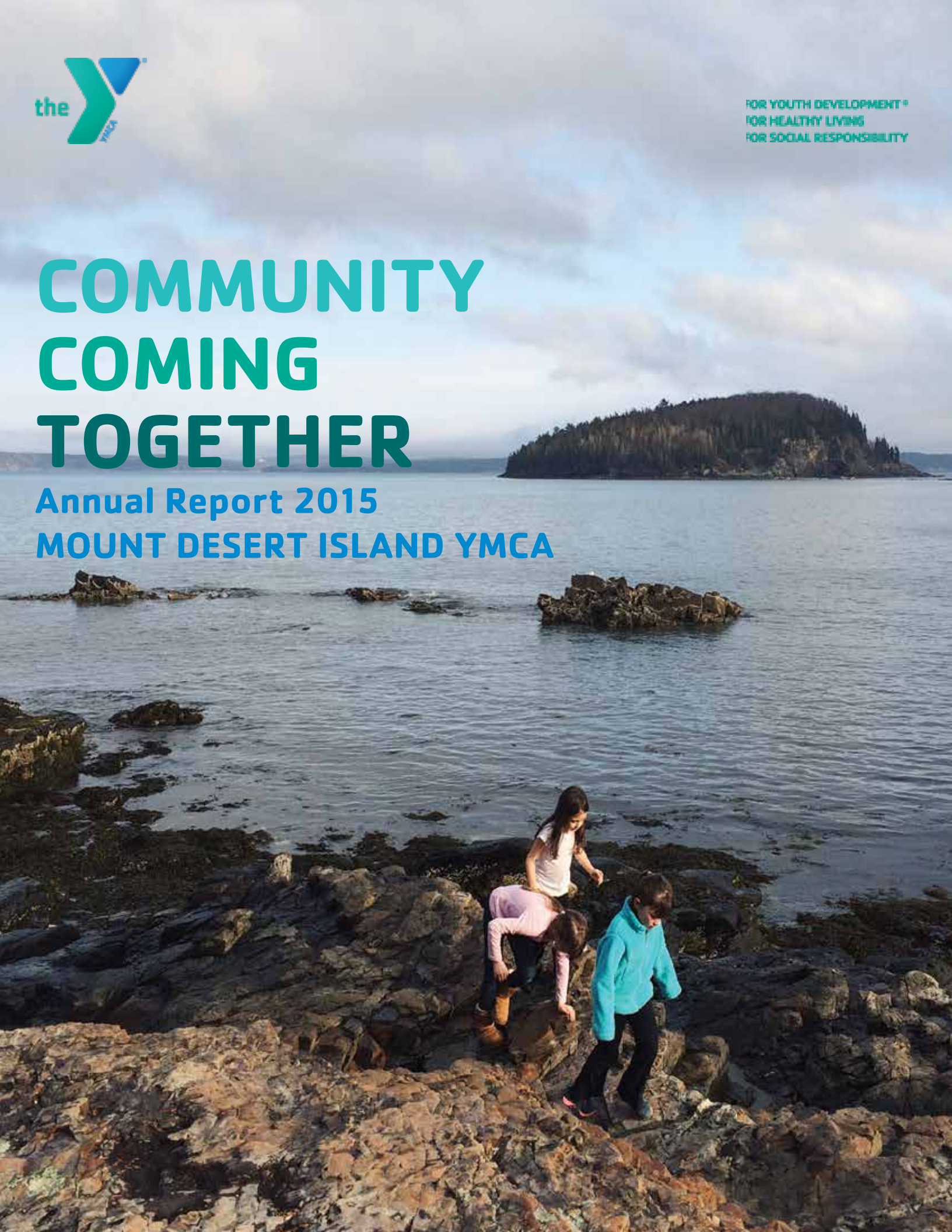


FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMUNITY COMING TOGETHER

Annual Report 2015
MOUNT DESERT ISLAND YMCA



LETTER FROM THE EXECUTIVE DIRECTOR

Dear Friends of the Mount Desert Island YMCA,

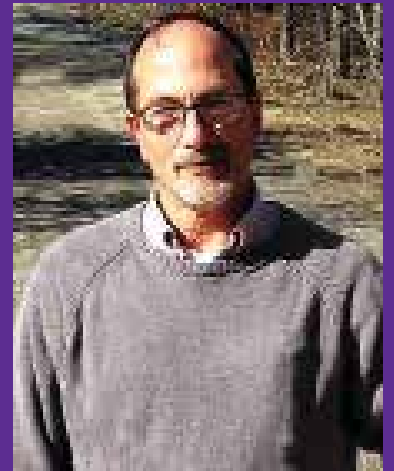
The MDI YMCA experienced much change in 2015, principally with a turnover of staff leadership. In spite of the disruption that can accompany change, the Board of Directors and remaining staff never lost focus on the value of the Y to the MDI community. The staff worked tirelessly on a daily basis to make sure that programs and services continued, regardless of the obstacles. The staff deserve a special recognition and show of appreciation for performing any and all tasks to ensure that the Y fulfilled its purpose and mission to the MDI community. Board members equally rolled up their sleeves to support the staff wherever necessary to help the continuity of service. Many sacrificed personally and financially to provide needed help and set the groundwork for a brighter future.

We would like to thank the many volunteers, donors, members, and staff who collectively are the engine that moves the Y forward.

With great appreciation,



Bob Oickle
Interim Director



Robert Recholtz
Board President

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."
-Mother Teresa

Our Foundation

Our Mission

The Mission of the Mount Desert Island YMCA is to develop community, character, personal growth and wellness in spirit, mind, and body for the greater MDI community.

Our Values

Respect, Responsibility, Caring, and Honesty - Our values are celebrated by staff and members and provide a positive foundation for all Y programs and a healthy connection with others.

Our Promise

The Mount Desert Island YMCA is a nonprofit, charitable organization that serves the greater MDI community. Donations help support our promise - to strive to keep programs open for all.

Our Cause

Strengthening the foundation of communities.

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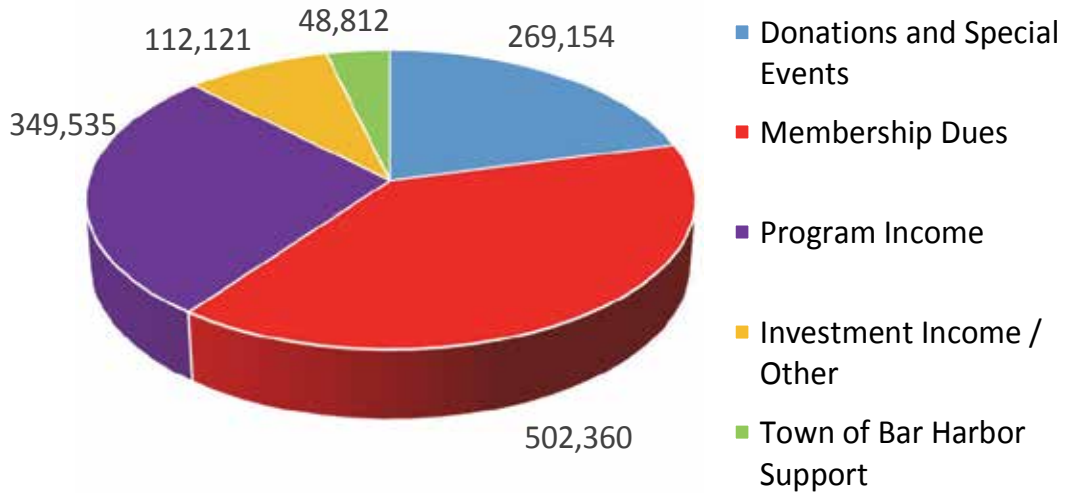
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Allison Preston, Head Preschool Teacher
Taylor Walls, Assistant Preschool Teacher
Demelza Ramirez, Marketing/Child Care
Jill Rossi, After School Leader
Mark Schoon, Aquatics Director
Nick Tymoczko, Program Director
Lindsey Doyle, Healthy Living Director
Charlie Wilcomb, Maintenance Director
Jim Willis, Director, Competitive Swimming

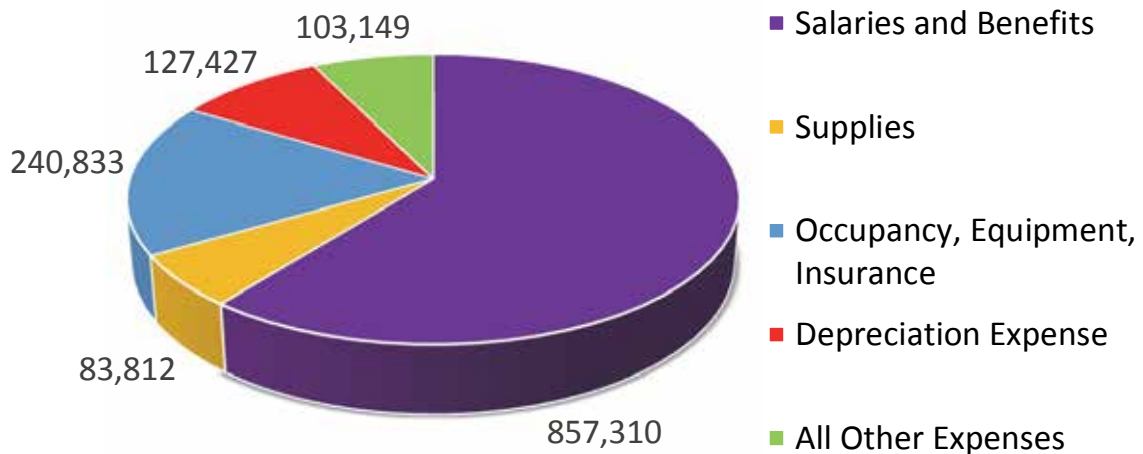


2015 FINANCIAL REPORT*

REVENUE AND SUPPORT



EXPENSES



*Unaudited figures for the year ended December 2015

For Youth Development

Nurturing the Potential of Every Child and Teen



Liam Sullivan and Lydia DaCorte competed at the Y National Swim Meet in April

The MDI Y serves to nurture and guide the upcoming generations of islanders. Regardless of age, the youth of MDI can always find a place at the YMCA whether it's through the Chickadee Preschool Program, school-age sports and activities, summer camps, or through the MDI Y Sharks swim team.

This year has started off with lots of activity and we are very excited to ramp up our programming as the year progresses. We have looked at the programs that exist at our Y and asked the question, what constitutes a successful program? In asking this question we were able to establish goals for each of our offerings and take an honest look at what needs to be done to get programs where they need to be. We are very excited about these goals and see them as highly achievable with the planning we have done, and the effort we are prepared to put forth to make our programming the best it can be. In addition to looking at the programs we already have in place, we are very excited to be including volleyball, ultimate frisbee and gymnastics in our late spring session! We feel very confident that these programs will be very fun and offer our members an opportunity to try something new. Expanding programming to include a dynamic array of choices that serve all our members is one of our most important tasks.

When a child comes to the Y to participate in sports, in school, or other activities, the Y's staff strive to instill healthy emotional and physical disciplines into the lives of the children. From learning the Y's Core Values of Honesty, Respect, Responsibility, and Caring; to good eating habits and exercise routines, each child is challenged to reach their utmost potential and grow into responsible, respectable adults.



Zane and Jonathon show off the 500 piece puzzle they completed in the Who's Cool After School Program.

"You must give everything to make your life as beautiful as the dreams that dance in your imagination."
-Roman Payne



Olivia, Max, and Aaron enjoy a pick-up game of kickball during April Break 2016

For Healthy Living

Improving the Nation's Health & Well-Being



"Respect your body. Eat well. Dance forever."
-Eliza Gaynor Minden

Dear Y Community,

Hi, my name is Lindsey Doyle and I am the new Healthy Living Director. I was born and raised in Bar Harbor (formerly Lindsey Haskell) and am thrilled to be home after several years of traveling with my husband Frank for his professional hockey career. I have a deep rooted love for the Y community and a passion for health and fitness.

I am a graduate of MDI High School and also earned a Bachelor of Arts in Psychology from Connecticut College, and a Masters degree in Sociology from the University of Maine, Orono.

My mission is to nurture the group and individual exercise programs at the Y. My staff and I are striving to foster connections with members and to help them become better versions of themselves through exercise and healthy living.

Our goal for the healthy living department is to provide members of all skill and fitness levels with a supportive, fun environment in which they can reach their fitness goals. It's not about having the fanciest equipment or most innovative technology; it's about creating an energetic, positive atmosphere that people want to be part of. We want the fitness center to be a welcoming space and our group fitness classes to be diverse enough so that we have something to offer everyone.

We have a dynamic staff of group exercise instructors that we are hoping to expand in the coming months. This session I will be reintroducing Fit Kids, a program that instructs kids ages 11-14, how to properly use the equipment in the Fitness Center as well as provides guidance on exercise and living a healthy lifestyle. In the summer we will be adding yoga classes and will have more options for personal training.

In addition to managing the fitness department, I will be the Race Director for the Acadia Half Marathon & 10K in June and the BHB&T Half Marathon and 5K in September, two of the largest fundraisers for the Y. We need community support for these endeavors through sponsorships, donations and volunteerism. Your help will be very much appreciated. Please contact me at: lindsey@mdiymca.org.

When not at the Y, I enjoy spending time with Frank and our 3 year old daughter, Hadley. As a family we love to be outside and take advantage of all that Acadia National Park has to offer. I look forward to meeting and working with our membership and being a positive influence on the over-all health and wellness of our community.

Sincerely,

Lindsey Doyle
Healthy Living Director



Frank, Hadley, and Lindsey

For Social Responsibility

Keeping Our Friends and Neighbors Safe

As a national organization with a long history of service it was decided that the Y can best describe and organize what it does around three areas of focus: Youth Development, Healthy Living, and Social Responsibility. It's on that third area that I'd like to share my thoughts with you.

In the pool we at the MDI YMCA offer a variety of programs and services, including swimming lessons for children as young as six months old (with their parents) as well as children into their teens. We have an award winning swim team and have offered activities like log rolling and spring board diving for older kids. Come in any Monday morning around 10am and you will see adult lap swimmers and our Low Impact Water Exercise class which has been meeting continuously for over a dozen years!

Those are the things you see and enjoy. You expect to have a safe and rewarding experience. This experience comes through things you don't readily see; how we devote ourselves to being socially responsible by encouraging and providing a safe experience in an inherently unsafe environment, the water. All of our YMCA swim lessons contain elements of water safety as part of the curriculum. Our entire "Test, Identify, Protect" children's swim test policy is about water safety, but I want to dig deeper into the behind-the-scenes efforts the MDI Y does on your behalf.

When you come to the pool you will find a lifeguard on duty. Hopefully, we've said good morning, or asked about something important to you, engaging you somehow. Did you know it takes 30 hours of initial training, and constant follow-up training and assessment to keep lifeguard skills up? That we get together each month to train and problem solve and to practice scenarios about what might happen and how would we deal with it? Your Lifeguard Staff are exactly the kind of people who would (and have) geeked out over new research and recommendations on delivering effective CPR. We recreate actual rescues we've encountered here at the Y (heart attack, stroke, distressed 2-year-old swimmer) and reviewed what went well and what could be improved.

During our in-service trainings we discovered that we had a critical "choke point" in our Emergency Action Plan. Someone had to push a red button to notify other staff there was an aquatic emergency. This step is critical, because it's the other Y staff who bring the AED, call 911 if necessary, and direct the paramedics to the scene. If the lifeguard had to push the button, a rescue from the water could be delayed, if someone else had to push the button, help could still be delayed in a situation where seconds count!

"The water is your friend . . . you don't have to fight with water, just share the same spirit as the water, and it will help you move."
-Alexandr Popov

Finally the technology has improved enough that we, and many other commercial pools around the country, have deployed an automatic Aquatic Incident Alert System. With the use of this water-activated sensor attached to the lifeguard's rescue tube, as soon as it hits the water, an alarm is sent to the front desk where help is immediately dispatched. Actual testing we've done at the Y has shown this can save 30 -60 seconds or more in getting the response we need. Now the lifeguard can respond instantly to an emergency knowing that help is on the way. The instant response system can be the difference between saving a child struggling at the surface and pulling an unconscious child from the bottom of the pool. A child who is rescued quickly enough that they only need rescue breathing (they still have a pulse) has an almost 100% chance of recovery. If they go without rescue long enough to require full CPR (no pulse) their survival rate is tragically reduced.

The right training, the right practice, the right policies, the right systems, the right people; these are the things we strive for towards giving you, our members and our community, a safe place to see your kids develop, for you to enjoy part of a healthy lifestyle, and for you to engage with family and friends.

Sincerely,



Mark Schoon
Aquatics Director



New stretchers ensure safer rescues in the event a swimmer must be rescued from the water.

We Can't Do It Without You!

Times like these keep us especially grounded and connected to our mission. Families need more help raising their children. Our society struggles with obesity and other chronic health problems. Our kids need constructive and supervised programs so they're not home alone while their parents are at work. Who else but the Y offers the practical and affordable answers to these large-scale community issues? More families are involved in the Y than ever before because you and your neighbors give your time, expertise and generous donations. Thank you for helping countless individuals who love and need the MDI YMCA.

Thank you for making an impact in your neighbor's life.

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Donations received as of 12/31/15



Thanksgiving 2015 Vacation Camp's Food Basket

Photo by Demelza Ramirez



Heritage Society

Early in the history of the YMCA, its leaders and donors recognized the need for Endowment Funds. These funds provide ongoing support for the YMCA as it builds character and values while strengthening families and the community. Endowment Funds make certain the traditions and mission of the YMCA will be fulfilled regardless of future economic and social change.

The Heritage Society was established in 1998 to increase awareness of the YMCA's Endowment Funds and recognize individuals who have chosen to ensure the work of the Mount Desert Island YMCA continues through outright or planned gifts to the Endowment Fund. There are a variety of ways to remember the YMCA. It can be as simple as writing a check, giving appreciated stock, or naming the YMCA as beneficiary of a life insurance policy. Gifts may be restricted to a specific YMCA program, or if unrestricted, your gift gives the YMCA the flexibility to help areas of greatest need.

While there may be others in the community who have included the YMCA in their estate plans, members of the Heritage Society have notified the YMCA of their intentions. If you are interested in becoming a member of the Heritage Society, please contact Interim Director Bob Oickle at 288-3511.

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"Carve your name on hearts, not tombstones. A legacy is etched into the minds of others and the stories they share about you."

-Shannon L. Adler

Thank you

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Photo by Phoebe Denvir

Looking Towards the Future



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