



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FOR A BETTER US

2019 ANNUAL REPORT  
MOUNT DESERT ISLAND YMCA



# MINUTES FROM ANNUAL MEETING MAY 28, 2019

Welcome – Sara O’Connell, President of the Board

Call to Order – Sara O’Connell – 6:00pm

Featured Program – Chickadee Preschool (Jared Erskine)

Swim Lessons on Friday, African Drumming on Thursdays, practice of the Four Core Values, diverse preschool; 8 graduating to kindergarten; Miss Taylor Walls is the Head Preschool Teacher and she is an excellent and integral part of the staff  
Chickadees sing

Business Meeting

A. Approval of the May 28, 2019 Annual Meeting Minutes – Sara O’Connell

Motion to Approve Minutes from 2018 Annual Meeting: Dave Woodside

Seconded: Scott Hammond

Discussion: None

Yeas: All

Nays: None

Abstention: None

B. Recommended Changes to By-Laws – Sara O’Connell

Motion to Accept Change the By-Laws per Recommendations: Steve Richards

Seconded: Dean Read

Discussion: None

Yeas: All

Nays: None

Abstentions: None

C. Report of the Treasurer – Art Blank

Thank you to the Finance Committee

Special Thank You to Business Director, Julie Fedchak

D. Report of the Trustees – Ron Wrobel

Responsible for the custody for the building, endowment funds, and property

We use Bar Harbor Trust Services

Lend support to Capital Campaigns and Board of Directors  
Meeting quarterly  
6 endowment funds \$2.2 million end of March

E. Report of the President of the Board – Sara O’Connell  
Earned designation as Vacation Destination Y from Y-USA, 1 of 5 Ys in USA  
Working with Downeast YMCA to maximize Y experience for all  
Completed improvements and repairs to the building  
Installed Security Cameras, LED lights foyer and parking lot, and lots of pool repairs  
Replacing the air handler this summer  
2 new 15 passenger buses for transporting kids

F. Outgoing Board Members/New Board Officers and Members – Sara O’Connell  
Outgoing: Robert Rechholtz, Alyne Cistone, Karen McFarland, Peter Nicholson

G. Report of the Executive Director – Tommy Parham  
Highlights – Budgeting Process; National Reciprocity; Partnerships with DEFY, Bar Harbor,  
College of the Atlantic, MDI School District, etc  
LIVESTrong Program begins up again this Fall

#### Presentation of Awards

A. Norman P. Shaw Member of the Year Award

Presenter: Bob Huff

Recipient: Shiella Saltysiak

B. Lenny DeMuro Staff Award

Presenter: Jared Erskine

Recipient: Garrett Lee

C. Edward Mears Volunteer Award

Presenter: Jared Erskine

Recipient: Lynne Staggs

D. Josh Sprague Youth Award

Presenter: Bob Huff

Recipient: JJ Cistone

Adjourn – Sara O’Connell – 7pm





Dear Friends,

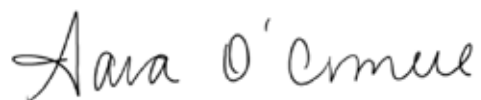
We are currently absorbed with battling a horrific pandemic that is affecting the whole world. It is easy to become focused on today, tomorrow, and the coming months.

However, it is important to look back over the whole of this past year. The MDI YMCA has continued to improve and grow putting itself in a position to adapt to the changing needs of the MDI community. Our 20+ year old facility has provided challenges but also opportunities. All in all, we have ended the year in a much better place than when the year began.

We replaced the air handler/dehumidifier for the swimming pool, eliminating the air quality problems we had been experiencing for two years. We replaced our shingled roof. We added a new boiler for our heating system that was donated by the Waldo County Hospital. We have recently installed new heat pumps (air conditioners) for our fitness and childcare rooms. We replaced our cardio exercise equipment with brand new treadmills, elliptical trainers, stationary bicycles, a recumbent cross-trainer, and a new step mill. We have added computers to our spin bikes so we can teach Pedaling for Parkinson's. We added new paint, wall repairs, etc., to many areas including completely repainting the pool area; and, most recently, we have reorganized our fitness center so that members can achieve social distancing while working out when the Y reopens.

Program wise, we saw day camp enrollment increase from the previous year. Our adventure camps gained in popularity, especially fishing camp as it filled to the max for the two weeks we held it. Bouldering camp was introduced with a successful debut. In the Fall, the Sharks Swim Team really grew as did our After School Program. Exercise classes showed increased participation and the Y brought back LIVESTRONG, a program for cancer victims/survivors. A major partnership was struck between the MDI YMCA and JAX Lab in which the Y became responsible for the management of the JAX fitness center and all of the lab's exercise classes. Finally, after having to close due to COVID-19, the MDI YMCA opened and operated an emergency childcare program for essential employees in our community.

Due to our current crisis the MDI YMCA is finding itself constantly in a state of adaption and implementation. We are committed to continue serving the individuals and families of the MDI community while at the same time, implementing strategies to keep people as safe as possible. We are determined to be here for you now and for the years to come.



**Sara O'Connell**  
President, Board of Directors



**Tommy Parham**  
Executive Director



# YOUTH DEVELOPMENT



What a successful and exciting year for the childcare, sports and summer camp departments at the MDI YMCA! Below are some highlights from 2019.

## Childcare

In our preschool we graduated 7 students from preschool to kindergarten.

We created a Facebook page for our Chickadee Preschool to communicate with parents and show them what we do throughout our day. This has been a exciting change and useful tool for our preschool to advertise and boost enrollment.

We are excited to share the progress and the large growth in our Afterschool Program. We increase our enrollment by 100%. We enrolled 42 children from two elementary schools on the island. Other youth programs such as: art, swimming, and gymnastics programs involving after-school children showed the same growth.

## Sports Department

It was our second year participating in our new sports league with other area YMCAs. Our fall soccer program had 80 participants! Based off this success, we created an indoor soccer program to help kids get through those long winter months. We are excited to report that we had 50 participants in this first time program!

During basketball season we welcomed the Neighborhood House (Northeast Harbor) and Harbor House (Southwest Harbor) into our sports league, allowing kids to a great range of competitive play. We are thrilled to have these two outstanding community programs join the YMCA in bringing youth sports to the island.

## Summer Camp

The summer camp got a second bus to help transport kids in and out of Acadia National Park and to other adventures destinations. Most Camp Cadillac groups made a trip into Acadia at least twice a week. Campers swam, hiked, and learned about the beautiful nature surrounding them throughout the entire summer.

Our Adventure Camps grew and we had to offer two weeks of fishing camp which filled up in February and we had a waiting list. We also started a new Adventure Camp called Bouldering which incorporates climbing rocks at low heights and building strength and skill in a fast-growing individual sport.

**JARED ERSKINE**

Youth Development Director



# HEALTHY LIVING





In many ways 2019 seems like another life in another period of history, yet for the Wellness department it was year of growth, introducing new programs, trying new things, and planning, much of which came to fruition in 2020.

With our “Evidence Based Health Intervention” programs we decided to build on the continuing success of our EnhanceFitness class. As members come into and transition out of the program those number continue to be between 12-18 participants, many of which have been regulars for 3 years now.

We added new Tai Chi programs for healthy aging, disease, and fall prevention, such as “Tai Chi for Arthritis and Fall Prevention”, Tai Chi for Beginners, and Yang Style Tai Chi.

We continued training for and conducting a pilot “LIVESTRONG at the Y”, a special individually tailored group exercise class for cancer survivors.

We purchased and installed the required indoor cycling computers to track heart rate and RPMs in preparation to launch soon the “Pedaling for Parkinsons” program.

A sight that became the talk of the State, the inventive “Knit Fit” program was launched in early 2019.

Group Exercise classes saw new morning Yoga offerings, evening high-intensity Tabata and Core Focus, a Cross-Fit like weekend class called “Strength and Power for Daily Living” which included Olympic lifting and kettlebell training! When indoor cycling normally closes down for the “nice weather” we were able to keep it going with a new Tue/Thu class with Mary Parham, a class that continued right into the new year, even after the return of our very popular fall and winter indoor cycling programs.

Personal Training continued as we explored new package options and included physical assessments and nutritional counselling. Our head trainer received additional specialties in both Cancer Exercise and in Corrective Exercise and has become recognized as an extraordinarily effective and knowledgeable trainier by members as well as physical therapists in the area.

The year past was also significant for all the work and planning that went into procuring top-line state-of-the-art cardio fitness machines to replace our well-aged equipment. That planning and procurement took place all through 2019, with the new equipment installed in January 2020.

So the fruits of most of 2019’s labor are just now coming into play so when looking back, it will be overshadowed by a new decade and new era in a post-global-pandemic world, we wouldn’t have been able to be where we are today, without it.

**MARK RICE-SCHOON**  
Senior Healthy Living Director

# AQUATICS REPORT – VINNY TYMOCZKO

The year 2019 saw a few significant changes to the foundations of the MDI YMCA aquatics department. We are proud to report that throughout these changes and some significant upgrades to the facility we were able to offer many of our staple programs without interruption, as well as host a large amount of rentals that brought in extra revenue.

## **FACILITY UPGRADES**

1. The pool received a brand new, custom built air handler for our natatorium (pool area). This new system not only removes/ replaces moisture and irritants from the air faster, it does so using significantly less energy. Overall, we have seen an almost complete turnaround in terms of air quality, even in the most high usage times. Our recreational and competitive swimmers alike have noticed a marked improvement, and the latter has been able to complete long-hard workouts without any irritation or instances of the dreaded “swimmers cough.”
2. We also received a new chlorinator, a device that automatically regulates the levels of chlorine and Co2 in the pool water. This new system has proven accurate, reliable, and easy to use. We must maintain a safe and consistent level of chlorine and carbon-dioxide in the pool at all times, and with this new system we have never once deviated from the CDC recommended range during operation. In addition, this new system has much less waste and we are able to purchase less chlorine (\$150.00 a bucket!) and a huge amount less consumer grade carbon-dioxide (\$80.00 a tank!).

## **ADMINISTRATION**

1. In September of 2019 there was a change of administration in the department. Mark Schoon, the longtime aquatics director, took over the position of wellness director and his aquatics coordinator Vinny Tymoczko became the director after two plus years in his previous role. This smooth transition insured maximum continuity of service for our members.

## **PROGRAMMING**

1. Low-impact water aerobics with instructor Kim Chapman continued (well into its second decade) with fantastic attendance. It occurs on Mon, Wed, Fri and its average attendance is around fifteen patrons.
2. Evening aqua aerobics with instructor Angela Begin continued with strong numbers.
3. We again offered swim lessons for students from the outlying islands around MDI, we are proud to provide this for the often underserved island communities.





# OPERATING FINANCIAL REPORT

October 1, 2018 – September 30, 2019

\*Does not include depreciation

\*\*Unaudited Numbers

Other Income	\$35,655.94
Trustee Distribution	\$39,594.39
Town of Bar Harbor	\$100,000
Contributions	\$213,874.23
Program Income	\$438,495.01
Membership Dues	\$490,597.05
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TOTAL REVENUE & SUPPORT	\$1,318,216.62

Organizational Dues	\$11,223.11
Other Expenses	\$89,657.46
Supplies	\$106,422.03
Occupancy, Equipment, Insurance	\$219,654.59
Personnel	\$907,628.80
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TOTAL EXPENSES	\$1,334,585.99



# COMMUNITY CONNECTIONS, COMMUNITY SUPPORT

## DONOR RECOGNITION

MDI YMCA's Fiscal Year runs October-September. However, the Annual Report recognition is given to businesses and individuals who contributed to the Y during the 2019 Calendar Year (January-December).

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Will Houston  
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William Johnston  
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*We want to ensure that we properly thank all donors. If there is a correction please contact the MDI YMCA at [info@mdiyymca.org](mailto:info@mdiyymca.org). If we have missed your name in the list of donors we apologize.*



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*If you would like more information on how you can join the Heritage Society, please contact the Executive Director, Tommy Parham, at [exec@mdiymca.org](mailto:exec@mdiymca.org)*

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Side Street Cafe'  
Stadium Pub  
Stone Soup  
Strawberry Hill Inc.  
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Tailgate - Sports & Pizza  
The First National Bank  
The Thirsty Whale  
Trenton Bridge Lobster Pound  
West End Drug Co.  
West Street Cafe  
Willis' Rock Shop  
Window Panes

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 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 CAUSE

Strengthening the foundation of our communities. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive.

## OUR PROMISE

The MDI 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.

## COMMUNITIES SERVED

Bar Harbor • Eden • Hulls Cove • Salisbury Cove  
• Town Hill • Mount Desert • Hall's Quarry •  
Northeast Harbor • Otter Creek • Pretty Marsh  
• Seal Harbor • Somesville • Southwest Harbor •  
Manset and Seawall • Tremont • Bass Harbor •  
Bernard • Gotts Island • Seal Cove • West Tremont  
• Trenton • Cranberry Islands • Swans Island •  
Frenchboro