



CAPITAL DISTRICT YMCA ANNUAL REPORT 2021



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Dear Y Community,

The past two years have presented enormous challenges for the Capital District YMCA (CDYMCA). Once a \$45M a year organization, effects from the COVID-19 pandemic have reduced our annual budget in half.

Even though these challenges were unprecedented, the CDYMCA never stopped serving our community through our four pillars: racial equity and inclusion, youth development, food insecurity, and health disparities. This year was a lesson in resilience and creative solutions to new challenges.

In the last year, we provided over \$800,000 in scholarships for camp, childcare, and programs. We increased our capacity to serve thousands of children through early childhood learning, after-school programs, and camp. We held our first in-person Youth and Government event in two years, bringing hundreds of high school students to the Capital Region for three days to experience government policies in action. We provided housing throughout the entire pandemic to seniors and men including veterans, disabled individuals, and those coping with a mental illness in our two housing complexes in Schenectady. We worked closely with USCRI to provide wellness programming and services to refugees and immigrants in the Capital Region. We created both virtual and in-person programs for our Circle of Champs families, to provide connections for families often left isolated by the COVID-19 pandemic.

None of this would have been possible without our incredible staff. In addition to bringing back hundreds of employees, we increased our employees' pay to thank them for everything they have done in the last two years and to help address rising inflation.

We are more committed and focused than ever to serving our community. We invite you to read our 2021 Annual Report to learn how we are using creativity and compassion to keep our mission strong.



Dave Brown,
CEO and President, CDYMCA



Dan Woodside,
Chair, CDYMCA Board of Directors

Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

CDYMCA 2021

by the NUMBERS

341

Immigrants and refugees served through our food, clothing, and furniture program

68

Scholarships given for camp

A TOTAL OF
\$89,366

1,500

Children in after-school care

100+

Families participated in our Circle of Champs program

Offering opportunities for families to enjoy outings together including baseball games, cooking classes, camp, and more. All programs are possible through generous donations

900+

Thanksgiving meals provided to families in the Capital Region

TOTAL RAISED

for Annual Campaign

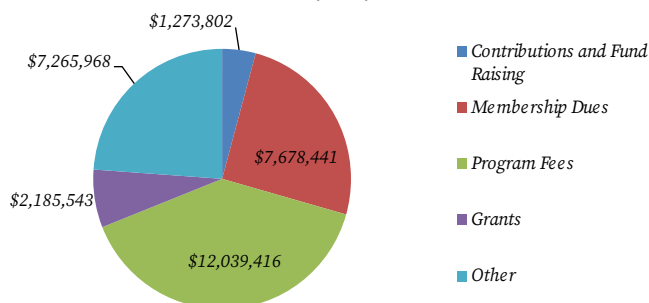
\$1,184,639

1,947

INDIVIDUAL DONORS FOR ANNUAL CAMPAIGN

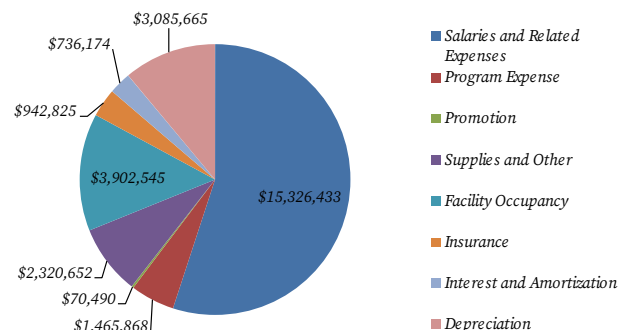
INCOME

FYE 3/31/22



EXPENSES

FYE 3/31/22



Racial Equity and Inclusion

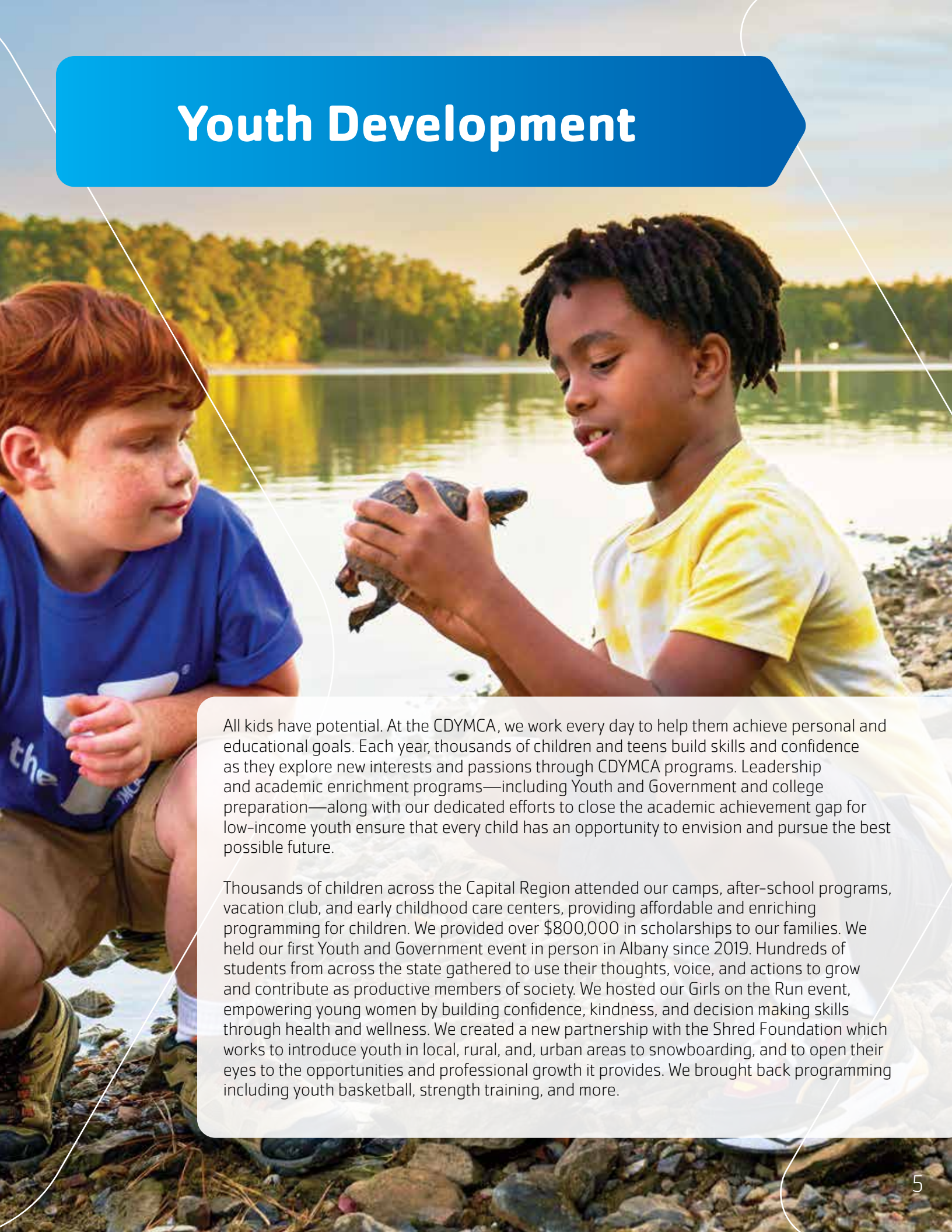
As an anchor in the Capital District, the Y is committed to diversity, equity and inclusion, knowing that these efforts create better opportunities for all. In the critical role as community advocate and partner, the Y is uniquely positioned to bring our community together. We are committed to bringing people with diverse backgrounds and experiences together to listen, learn, and share through programs like the Black and Latino Achievers, open community forums to discuss race and inequities, and by providing health and wellness programs to our immigrant and refugee population.

The CDYMCA worked closely with the U.S. Committee for Refugees and Immigrants to provide programming to refugees and immigrants in our community including yoga, swim classes, wellness programming at the Healthy Living Center, and camp. We created new partnerships with Sage College and the Refugee & Immigrant Support Services of Emmaus, Inc. to provide more services across the Capital Region. We offered both virtual and in-person programming for our Black and Latino Achievers, including an event with Lynne Jackson, a historian and descendant of Dred Scott.



“The CDYMCA has opened the HLC for females only for the mentees and their mothers and sisters to provide a comfortable environment for health and wellness programming. The girls love it and are so thankful for this opportunity.”
- Meagan Mazzarino, Program Coordinator, Making A Connection Youth Program

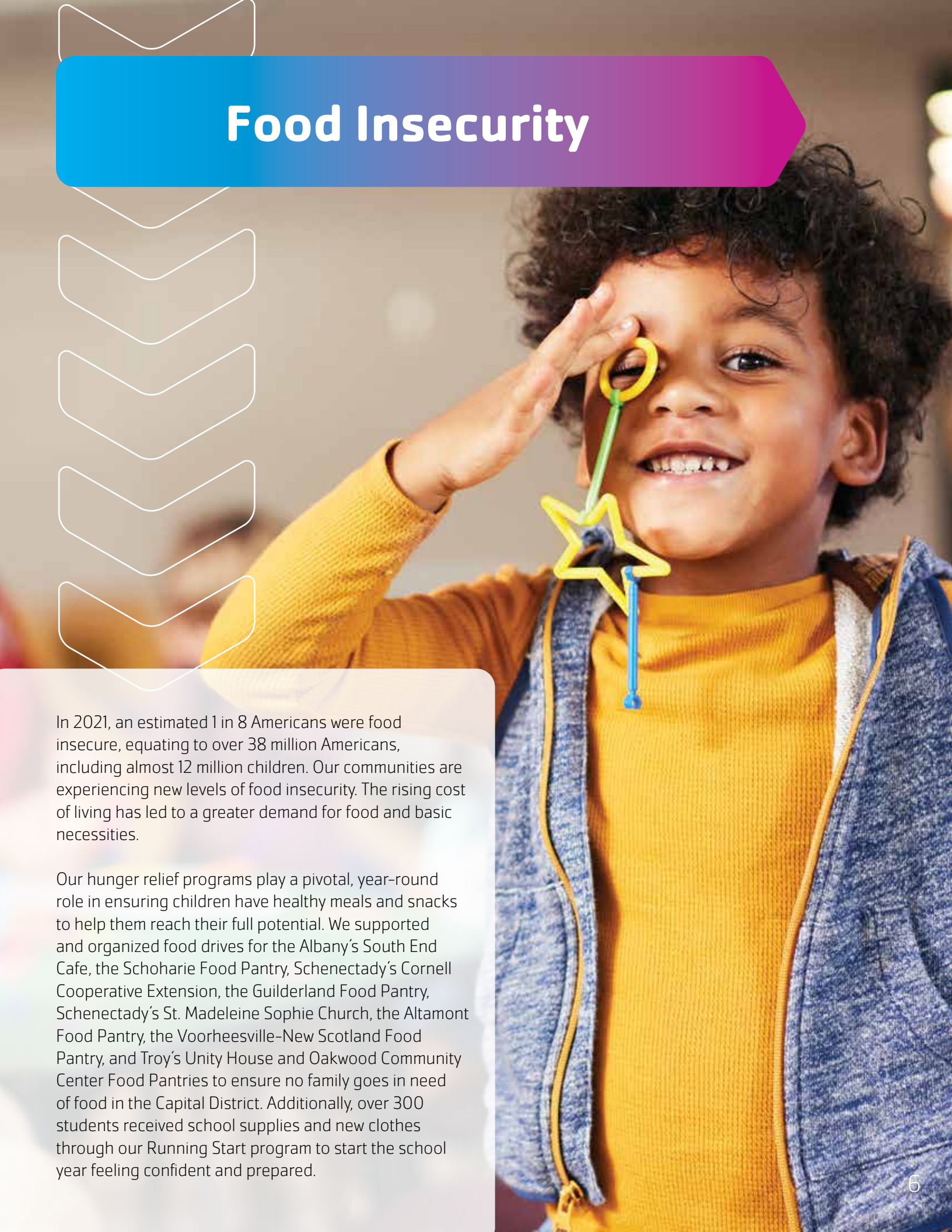
Youth Development

A photograph of two young boys sitting on a rocky shore next to a body of water. The boy on the right, who is Black with short dreadlocks and wearing a yellow and white patterned t-shirt, is holding a small turtle in his hands. The boy on the left, who is white with red hair and freckles and wearing a blue t-shirt, is looking at the turtle with interest. The background shows a calm lake reflecting the sky and a line of trees on the far shore under a soft, golden light, suggesting late afternoon or early morning.

All kids have potential. At the CDYMCA, we work every day to help them achieve personal and educational goals. Each year, thousands of children and teens build skills and confidence as they explore new interests and passions through CDYMCA programs. Leadership and academic enrichment programs—including Youth and Government and college preparation—along with our dedicated efforts to close the academic achievement gap for low-income youth ensure that every child has an opportunity to envision and pursue the best possible future.

Thousands of children across the Capital Region attended our camps, after-school programs, vacation club, and early childhood care centers, providing affordable and enriching programming for children. We provided over \$800,000 in scholarships to our families. We held our first Youth and Government event in person in Albany since 2019. Hundreds of students from across the state gathered to use their thoughts, voice, and actions to grow and contribute as productive members of society. We hosted our Girls on the Run event, empowering young women by building confidence, kindness, and decision making skills through health and wellness. We created a new partnership with the Shred Foundation which works to introduce youth in local, rural, and, urban areas to snowboarding, and to open their eyes to the opportunities and professional growth it provides. We brought back programming including youth basketball, strength training, and more.

Food Insecurity



In 2021, an estimated 1 in 8 Americans were food insecure, equating to over 38 million Americans, including almost 12 million children. Our communities are experiencing new levels of food insecurity. The rising cost of living has led to a greater demand for food and basic necessities.

Our hunger relief programs play a pivotal, year-round role in ensuring children have healthy meals and snacks to help them reach their full potential. We supported and organized food drives for the Albany's South End Cafe, the Schoharie Food Pantry, Schenectady's Cornell Cooperative Extension, the Guilderland Food Pantry, Schenectady's St. Madeleine Sophie Church, the Altamont Food Pantry, the Voorheesville-New Scotland Food Pantry, and Troy's Unity House and Oakwood Community Center Food Pantries to ensure no family goes in need of food in the Capital District. Additionally, over 300 students received school supplies and new clothes through our Running Start program to start the school year feeling confident and prepared.

Health Disparities

A photograph of a man wearing a red baseball cap and a grey t-shirt, smiling warmly. In the foreground, a young girl with dark hair is looking down at something in her hands. The background is softly blurred, showing other people in a social setting.

Living healthy is about spirit, mind, and body at every age and stage, no matter the financial background. When the pandemic caused many of our in-person programs to be canceled, we pivoted to provide essential services for those dealing with chronic and life-threatening illnesses. We held weekly virtual Pedal for Parkinson's classes, fostering relationships virtually to improve the quality of life of Parkinson's disease patients and their caregivers. We brought back many of our in-person health and wellness classes, while continuing to offer virtual options through Y-360.

We held monthly events for our Circle of Champs families, our program which aims to improve the quality of life for children who've been touched by a life-threatening illness. Our Circle of Champs volunteers provided opportunities for families to connect through activities both virtually and in-person including visits to Indian Ladder Farm, a ValleyCats baseball game, and an outdoor movie night at Adventure Camp.

“ Working with the YMCA to be a host site for Girls on the Run Capital Region has been such a bright light for us as we’ve come through this pandemic. Being able to meet youth and their families in spaces where they’re already at, comfortable and safe, in the community to provide positive youth development programming has allowed GOTR the ability to expand the number of girls that we serve each season. ”

- Sarah Smith Syden, Council Director, Girls on the Run Capital Region



CAPITAL DISTRICT YMCA
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