



METROWEST YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



2023 ANNUAL REPORT

Letter from the Chair

2023 was an exciting year of impact, a year of growth, and a year of planning for the future, as our Y continues to respond to the emerging and ever-changing needs of our community.

We are grateful to our caring, committed volunteer leaders who ceaselessly advocate for the life-changing impact of the MetroWest YMCA. We also appreciate our passionate and compassionate staff team who are there, day in and day out, for the community. Together, with more than 60 community partners, we are impacting the lives of 25,000 children and families each year.


With a focus on achievement, belonging, and relationships, our Y family continues to grow. An example of this is in the teens we are serving. Children are facing a mental health crisis coming out of the pandemic. Our Y is a safe, welcoming space where we offer a blend of structured and supervised unstructured time. In this spirit, the number of teens we are seeing on a weekly basis has more than tripled.

Our work addressing hunger and food insecurity is ensuring that we can be there when families need us most while our evidenced-based health initiatives are helping those facing the challenges of chronic disease.

In addition, as we look to the future, the community's vision for a new regional Y serving Ashland, Hopkinton, Holliston, Sherborn, Framingham, and beyond continues to take shape. A land donation and lead gift from MathWorks coupled with the recruitment of our Leadership Cabinet have positioned us for success.

We invite you to read our Annual Report and ask you to work alongside us to help tell our Y story, and meet the needs of the community. Thank you for being a part of our Y family and for all that you do to help us strengthen our community and be a diverse, welcoming force for good.

Sincerely,



Patricia Duarte
Chair, Board of Directors



Featured YMCA Board Leaders from left to right: Regina Marshall, Molly Ruddock, Visi Tilak, Yolanda Greaves, Patricia Duarte, Aimee Siers, and Usha Narayana

Better Together

With the support of countless individuals, partners, businesses, officials, staff, and volunteers, we can continue serving our MetroWest Community through our initiatives and programs.

In the following pages, we share some moments of impact from the past year that are only made possible because we are better together.



Y Champion and Marathon Legend, Dave McGillivray reads his children's book, *Dream Big* to an Early Learning classroom at the Y in Framingham.

Wellness Programs

Meeting individuals where they are, our department of trained staff members helps individuals prevent and manage chronic conditions to reclaim their health and quality of life. These evidence-based programs have shown quantifiable results and support individuals with diabetes, high blood pressure, arthritis, cancer, and neuromuscular conditions like Parkinson's.

Food Insecurity

Food insecurity was magnified by the COVID-19 pandemic and continues to be a major issue in our community. As a result, we continue working with donors and like-minded organizations to provide this valuable community resource, leading the initiative to provide groceries and meals to thousands of children and families in need.

Youth & Teen Resiliency

In response to the mental health crisis children and teens are facing, we continue to provide a safe place and programming to support their spirit, mind and body. Our changemaker work, focused on workforce development, anti-hunger, and creating opportunities for success, continues to build the foundation for a bright future for hundreds of teens.



"Being involved with the Y has made a positive impact on me, my family, and my friends. The support that you get here is unbelievable."

**- Lois,
Y Member**

"With the rising cost of food, this program is super helpful. It cuts my grocery bill in half. For us, we are a working family with 7 children, and like many others, do not have access to other benefits."

- Food Services Client



Taly Foundation Founders and MetroWest YMCA friends Jill & Phil Dixon and their family drop off holiday gifts for families in need.



Y Teens coming together at our Y facility in Framingham.

"I am so glad that my mom encouraged me to participate in the Changemaker Academy. I made friends with people who I never would have met. I worked in Childwatch which has inspired me to one day become a pediatrician."

**- Kay, Changemaker
Academy Graduate**

Y Champions in ACTION



YMCA teens traveled to Foxboro and took the field with former New England Patriot Mac Jones for a few hours at Gillette!



Betsy Anderson's sister Nancy, along with her husband, Mark, and close friends came together to celebrate her spirit, and dedicate the swimming pool lane in her honor.



Leaders of the Y and Framingham Public Schools celebrated together after awarding us a 2023 Community Partner Award!



Our education team along with Paul Reynolds and Andrea Calvin of Fablevision make their mark at National Reading Day!



Tom Caron, NESN Red Sox Announcer, Zendo Chára, former Boston Bruins player, and Marathon Champion Becca Pizzi, stop by the Y to take a tour and experience our organization's impact.



Community Champion Award presented to the BAA for all they do to strengthen the community and support non-profit organizations, including the MetroWest Y.

Impact by Numbers

Financial Statements

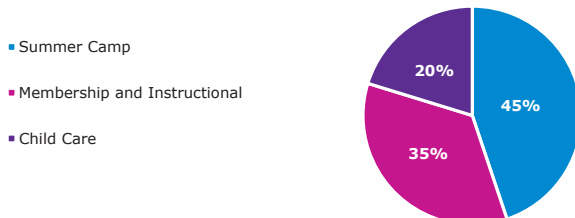
STATEMENT OF ACTIVITIES YEAR ENDED DECEMBER 31, 2023

SUPPORT AND REVENUE:	
Program Fees	6,225,121
Government Contracts and Grants	5,022,417
Membership Dues	3,261,008
Contributions	896,412
Miscellaneous	458,417
Total Support and Revenue	15,863,375
EXPENSES:	
Youth Development	8,506,279
Healthy Living	3,025,844
Social Responsibility	123,697
General and Administrative	1,613,836
Fundraising	585,346
Total Expenses	13,855,002
Changes in Net Assets from Operations	2,008,373
NON-OPERATING ACTIVITIES:	
Capital Campaign Contributions	2,525,771
Investment Return, net of fees	221,880
Capital Grant	54,256
Non Operating Expenses - Capital Campaign	(74,588)
Total Non-Operating Activities	2,727,319
Change In Net Assets	4,735,692
NET ASSETS, Beginning of Year	18,686,230
NET ASSETS, End of Year	\$23,421,922

STATEMENT OF FINANCIAL POSITION AS OF DECEMBER 31, 2023

ASSETS:	
Current Assets:	
Cash	\$7,758,026
Current Portion of Grant and Contribution Receivable	641,416
Accounts Receivable, Net	86,174
Prepaid Expenses and Other	97,487
Total Current Assets	8,583,103
Grants and Contribution Receivable, Net	15,670
Investments	4,164,769
Property and Equipment, Net	19,745,474
Construction in Progress	324,825
Total Assets	\$32,833,841
LIABILITIES:	
Current Liabilities:	
Current Portion of Bond Payable	\$476,639
Accounts Payable	212,971
Accrued Expense and Other	378,023
Deferred Revenue	697,817
Total Current Liabilities	1,765,450
Bond Payable, Net	7,646,469
Total Liabilities	9,411,919
NET ASSETS:	
Without Donor Restrictions:	
Operating	8,195,392
Property and Equipment	11,947,191
Board Designated	89,240
Total Without Donor Restrictions	20,231,823
With Donor Restrictions	3,190,099
Total Net Assets	23,421,922
Total Liabilities and Net Assets	\$32,833,841

2023 Financial Assistance Distribution



One out of eight people at the Y receives financial assistance.



metrowestymca.org

Association Office

100 Waverly Street
Ashland, MA 01721

Framingham Regional YMCA

280 Old Connecticut Path
Framingham, MA 01701

Education Branch

282 Old Connecticut Path
Framingham, MA 01701

Outdoor Center

45 East Street
Hopkinton, MA 01748

Clearbrook Family Swim Club

120 Parker Road
Framingham, MA 01702

