

# 2022: YEAR IN REVIEW

## GREETINGS FROM YOUR NORTHFIELD YMCA

I am Mike Melstad, the Interim Director here, filling in while our board searches nationwide for Krista Danner's replacement. Krista did a fine job leading the Northfield YMCA through a turbulent time. The COVID pandemic was a stark disaster for our world, country, state, county, town, and YMCA.

YMCA revenues dropped in half (fixed costs stayed the same) and we had to make expensive adjustments with little sense of "how long will this last?" or "when will people feel safe and return?" In the midst of these disruptions, YMCAs were greatly challenged to find enough staff to even open our doors let alone endure all sorts of service interruptions and disappointed and angry members and participants.

Krista and her staff leadership team of Suzanne Donkers, Anne Kirchberg, Rachel Vantries, Megan Van Den Bosch, and Jesse Brockway dug in and operated our Y day-to-day through this challenging time. Our Board, led by Pat O'Neill and Mark Abbott, weathered this storm right next to them, guiding the organization through unprecedented times, making challenging adjustments, and taking steps never contemplated in the YMCA world. Our part-time staff hung in there, our donors hung in there, and thank the Lord, we appear to be on the other side of that tsunami.

As we gradually re-open, we see signs of progress everywhere. And "re-open" in YMCA terms means restarting programs we put on hold as COVID unfolded, programs like youth sports, a fully staffed summer day camp, swim lessons, and other smaller kid programs that are the heart of what we are.

I am so pleased to see young children in the pool, to see that we are fully staffed for our summer day camp program—and to watch those summer registrations come in. It feels like we're climbing out from under the pandemic blanket. And that feels very good.

Thank you from the entire Northfield Area Family YMCA for sticking with us. Your faith and investment in our human development community at the YMCA warms and sustains us.

With gratitude,

Mike Melstad, Interim Director

### Statement of Activities

	2022	2021
<b>PUBLIC SUPPORT</b>		
Contributions & Grants	123,306	154,397
Payroll Protection Program Forgiveness	174,112	185,600
Employee Retention Credit	0	217,791
<b>Total Public Support</b>	<b>\$297,418</b>	<b>\$557,788</b>
<b>REVENUE, GAINS AND LOSSES</b>		
Membership	879,431	629,049
Program Service Fees	178,128	211,175
Other Income	31,740	20,375
<b>Total Revenue, Gains and Losses</b>	<b>\$1,089,299</b>	<b>\$860,599</b>
<b>Total Public Support, Revenues, Gains and Losses</b>	<b>\$1,386,717</b>	<b>\$1,418,387</b>
<b>EXPENSES</b>		
Program Services	1,138,896	943,074
Management and General	477,434	420,633
<b>Total Expenses</b>	<b>\$1,616,330</b>	<b>\$1,363,707</b>
<b>Changes in Net Assets</b>	<b>-229,613</b>	<b>54,680</b>
Net Assets – Beginning of Year	7,212,873	7,158,193
<b>Net Assets – End of Year</b>	<b>\$6,983,260</b>	<b>\$7,212,873</b>



**NORTHFIELD AREA FAMILY YMCA**  
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Northfield, MN 55057

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### WELCOME YOUR NEW CEO

TYLER POWELL grew up in Janesville, WI. He has over four years of executive leadership experience with the Door County YMCA.

His lifetime of Y experiences have encouraged him to look critically at all aspects of the Y's programming and to be able to speak knowledgeably with donors and members about the value and impact the Y creates on a daily basis.

In his free time, Tyler enjoys spending time with his wife and two daughters (5 years old and 2 month old) as much as possible. They love to be outside, and enjoy going to parks, swimming at the lake, or going for hikes. When he is not keeping up with his daughters, he is a triathlete and Ironman finisher and loves to swim, bike, or run. Tyler and his family are looking forward to becoming active members of the Y and of the Northfield community.

**2022 BOARD OF DIRECTORS** As of December 31, 2022

Mark Abbott, Board Vice Chair	Evan Loe, Youth Board Member
Sally Bauer	Edy McLaughlin, Youth Board Member
Bryn Bridley	Dan Neuger, Treasurer
Randy Jennings	Patrick O'Neill, Board Chair
Christina Jerome	Adrian Thomas
Kevin Johnson	Jon Whitney
Hope Langston	



# 2022 ANNUAL REPORT

## NORTHFIELD AREA FAMILY YMCA

# for YOUTH DEVELOPMENT



## YOUTH IN GOVERNMENT

The Northfield Area Family YMCA sent 75 8-12 graders to the 2022-23 model legislative assembly. Under delegation Director Brent Howart's guidance our Northfield youth took major leadership roles in the January session. Our delegation steering committee did a great job of recruiting, training, and leading their peers.

We had nine young people represent us at the model UN in the spring. Northfield youth represented Poland, Fiji and Peru and steering committee leader Miles Martig was the General Secretary of the UN General Assembly.

Thank you to our adult volunteers who all donated a week's time to keep our kids safe.

## MIDDLE SCHOOL NIGHTS

In 2022 we hosted several free middle school nights and invited all 6-7-8 graders into the Y for a night of fun. The program was led by our America's Promise Fellow, Izzy Hessian and financially supported by an Ignite grant from HCI. If you've never been part of a middle school activity party, I strongly suggest you step in and volunteer for one. The exuberance, noise, and peppiness of the entire experience is a lot of fun. All totaled 147 kids and many volunteers joined for a big dose of good clean fun.

## VOLLEYBALL



This last fall, our America's Promise Fellow, Izzy Hessian, organized an intramural volleyball league aimed at middle and high school kids. As a special twist, one of the eight teams was made up of the kids' own teachers.

Beside the immediate competitive boost to playing against your teachers, there is also something more subtle and more valuable happening there. When you compete together and experience the highs, lows, and comedy of this shared intense experience, it brings you closer together and makes it much harder to dismiss each other-or disrespect each other.

When the YMCA invented volleyball a century and a quarter ago at Springfield College in Massachusetts, we did it for exercise, good clean fun, and a shared sense of community. I submit a sense of shared community is sorely lacking in 2023. Fifty-five kids and 10 teachers took a big step in this positive direction here at the YMCA last year.

**400** Healthy Kids Day participants here on site at the YMCA taking part in a fun positive day with youth focused programs

Youth attended Y Camp last summer, learning new skills and creating new friendships in a safe, nurturing environment - rather than a summer in front of a screen.

**169**



# for HEALTHY LIVING



## PERSONAL TRAINING

When our Northfield Area Family YMCA opened in 2014, we immediately began with 6 personal trainers.

Personal trainers can fulfill several roles for people. They can be a coach—an accountability buddy and an all around encourager.

For many people who have been inactive for a long time, a personal trainer can be an ideal way to restart their active lifestyle. For people with an athletic background that personal trainer slips right into a coach role—something that former athletes respond very well to.

In 2022, we had 6 personal trainers that served 59 clients with 721 hours of service. They included seniors rehabbing from health problems, athletes preparing for competition and needing an edge to formerly inactive people trying to drop a few pounds and feel better.

"When personal training at the Northfield YMCA you can feel confident knowing that your trainer will take care to meet you where you're at no matter what your fitness level. Whether you're wanting to train for a specific event, lose some weight, or just learn how to exercise, we can help guide you through the process safely!"

—Lori Hemmah, Personal Trainer



## MEMBER SPOTLIGHT - JOSHUA PAULSON

Growing up, I was obsessed with playing sports. My favorite game to play has always been basketball. I would play for hours at a time, mostly in my driveway, whether rain, snow, or sunshine. If the sun went down, I'd just turn on the headlights of my car and keep playing. I love the game that much.

At 19, I suffered a severe cut to my right hand that required surgery and a severe back injury the following year. Both injuries, coupled with working overnight shifts, turned my once active lifestyle into a more sedentary one, and aided to my weight gain over several years. My hand and back healed, but I continued to struggle with my weight. I would lose 50-60 lbs at a time by training for 1/2 marathons, but unfortunately could not maintain the weight loss over the winter months. This was incredibly frustrating for me.

In January of 2022, I hadn't picked up a basketball in nearly 20 years. She encouraged me look into a Y membership, mainly for the basketball court. We toured the facility together and joined the Northfield Y as a family. I play basketball nearly every day at the Y and have lost over 100 lbs since becoming a member. Because of the Y, I was able to break this cycle of weight fluctuation and enjoy an active lifestyle year-round again.

**200**  
participants took part in over 30 group exercise classes each week.

# for SOCIAL RESPONSIBILITY

## COMMUNITY ENGAGEMENT

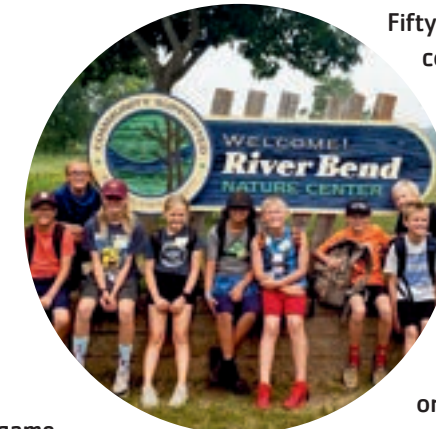
The Northfield Area Family YMCA is a human development agency committed to meeting everyone where they are. This includes children in our programs, families, seniors, our board volunteers, and our staff. An organization focused on human development must include everyone in that equation—not just our members and participants.

Being intentional about our young staff growth and development is an indication of authenticity for any YMCA. Staff growing and learning will mean they will reach upwards and move on. If we do our jobs correctly and keep pulling people up, our talent supply will never run dry.

Bringing new people up the ladder reinvigorates and renews the organization.



## LOCAL PARTNERSHIPS



Fifty years ago, a YMCA strategic planning document would have contained language like "to become the leading center of physical fitness" or "control the swim lesson market" or "raise more money than other nonprofits in town."

Well those days are long past because YMCAs learned that those ways of thinking don't really advance our mission in the long run and certainly don't build better communities.

Working together and collaborating with others has replaced the old "dominate the market" language. Here in Northfield, our YMCA is committed to partnerships with over 75 other community organizations and individuals to increase our effectiveness and scope in serving individuals, families, and our entire community.

Northfield has a tremendous capacity for youth work and working together puts more services right where they are needed.

In 2022 over 1,100 people received scholarships to subsidize their membership and program costs. These scholarships help adults exercise and connect with other people for their physical and mental health, help keep kids safe in the water, and their participation bring our community together in a positive setting.

Every year our volunteers ask our members to consider contributing to our annual fundraiser that funds scholarships and subsidizes programs that don't pay for themselves. Our annual campaign is a great example of Northfield citizens taking care of ourselves. 170 donors stepped up and contributed more than \$125,000 to guarantee that their low-income neighbors could be part of our YMCA memberships and programs.