



YMCA

Medicine Hat

ANNUAL REPORT

2022-2023



**The YMCA is
growing and
transforming for
the long term...**



CEO & Board Chair Message

2022-2023 was a year of renewal and growth for the YMCA of Medicine Hat. Renewal came in the form of significant investment into essential upgrades at the Downtown branch. Primarily grant funded, these changes included a new accessible membership desk, the addition of universal change rooms, upgrades to the child minding room, and many behind-the-scenes improvements to our mechanical systems. We were also able to improve landscaping around the facility and install a playground structure for children and families to enjoy.

Growth came in the expansion of services to include 24-hour access to the cardio and weight conditioning areas at the Downtown branch. It also saw the opening of the Y on 2nd, our newest location that offers various programs to meet the needs of youth and young adults in the community. Employment services expanded with the addition of several new programs. As part of one of these new employment programs, operating hours at John Millar Child Development Centre were extended into evenings and weekends to ensure working parents have access to child care when they need it.

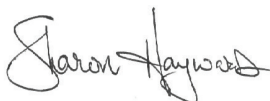
As we reflect on the past year, we extend our sincere gratitude to the team of employees and volunteers who bring the YMCA's impact in the community to life. Their commitment to the YMCA's core values of honesty, responsibility, caring, respect, and inclusion are the secret to our success! We are also thankful for the community members who support the YMCA of Medicine Hat through gym memberships, day passes, child care enrollment, participation in any of our programs, and philanthropic donations. It is this base of support that enables us to support the communities we serve.

"We extend our sincere gratitude to the team of employees and volunteers who bring the YMCA's impact in the community to life."

- Sharon Hayward & Ryan O'Reilly



Ryan O'Reilly, Board Chair
Board Chair



Sharon Hayward
CEO



Board of Directors

Left to Right / Top to Bottom

Ryan O'Reilly, Board Chair

Tyler Pocsik, Audit & Finance Committee Chair

Karen Blewett, Governance/Philanthropy Committee Chair

Pamela Kunz, Director

Dustin Fedosa, Director

Roger Moses, Director

Brodie Dolter, Director

John Roflik, Director

Ken Taylor, Director

Mike Stark, Director



Senior Leadership Team

Left to Right

Sandra Warkentin, General Manager of Child Care & Employment

Sharon Hayward, Chief Executive Officer

Corina Cayer, Chief Financial Officer

Betty Duhaime, General Manager of Operations

Our Vision

THE FUTURE WE WILL CREATE

Vibrant and connected communities where people feel included, healthy, and inspired to reach their full potential.

Mission

OUR REASON FOR BEING

The YMCA of Medicine Hat strengthens communities in southeastern Alberta by inspiring and connecting individuals, youth, and families to reach their full potential through programs that cultivate positive relationships and promote wellness while increasing skills and knowledge.

Our Core Values

OUR GUIDE TO DECISION-MAKING AND BEHAVIOUR



Inclusion



Respect



Honesty



Responsibility



Caring

Challenging ourselves to be our very best.

The YMCA of Medicine Hat is proud to share that we are now an accredited charity through Imagine Canada, the country's most widely recognized nonprofit standards organization. Imagine Canada provides best practices that help organizations strengthen governance and operations. Accredited charities have undergone a thorough process to ensure they meet best practices for board governance, operational excellence, and financial accumen.



Employment



14 Programs assisted **1344** People

YMCA of Medicine Hat Employment Services assists individuals of all ages, stages, and abilities in finding and retaining meaningful work. Our 14 programs cater to a diverse range of people, from working parents and those seeking a career change to individuals facing barriers to employment or those simply in need of assistance with their resumes. Additionally, we collaborate closely with employers to aid them in finding and retaining quality employees.

Firdaus' Story

"Everything now is very expensive and when you have kids it's even more difficult. Before the HOW Program, it was so hard. We didn't have hope that things would get better. I had to work less hours and stay home to take care of kids. Since I started in this program, my family's life has been much better, I don't know what I would do without it. The daycare has been so helpful, life doesn't feel as bad as it was before. I can work more hours and earn more money to help my family live the life they deserve."

"The HOW Program has been a life saver for me and my family."

- Firdaus M., HOW Program participant



HOW Program NEW

This NEW program is a collaboration between YMCA Employment Services and YMCA Child Care. It offers extended child care hours to working (and looking for work) parents at the John Millar Child Development Centre.

10 families registered

14 children currently accessing extended child care

"For many people, lack of access to child care is their largest barrier to finding and retaining employment. At the YMCA, we know that when everyone has access to meaningful job opportunities, the whole community wins. This program is designed to deal with that barrier directly by offering additional child care hours for children aged 12 months to 6 years."

-Jodie Engbert, Director of Employment Services



Steven's Story

As an individual with Tourette Syndrome, Steven had struggled to find work in the past. Through the WorkABILITIES program, he was able to secure permanent part time employment with South Side Laundry.

Steven's boss, and owner of South Side Laundry, Ivan says that Steven has been a very positive addition to his business. Prior to hiring Steven, he had concerns that hiring a staff with a disability might result in more work for him, however Steven was quick to prove him wrong. "Customers comment on how clean it is all the time now that we have him. Getting to know Steven, seeing his work ethic, and how he interacts with customers has been a great experience."

"Having a job makes me feel confident, I have self esteem. I feel like I am contributing to my community. Being able to give back makes me feel happy."

- Steven H., WorkABILITIES participant



WorkABILITIES Program

NEW

Living with a disability impacts many aspects of a person's life, including job prospects. WorkABILITIES is a specialized program that prioritizes the unique requirements of each individual. The YMCA aims to identify the ABILITIES and strengths of each participant and collaborates with them to find fulfilling employment or self-employment opportunities that match their skillset.

14 participants accepted
9 have obtained employment



Borea Construction's Story

"The teams at the Employment Centres are great to work with, and provide a lot of assistance to both the employer and the jobseeker. The Centres make it seamless to plan and execute Hiring Events and the number of candidates sourced from the events will make it very easy to staff organizations and projects accordingly. We have really enjoyed our ongoing partnership with the YMCA Employment Centre and look forward to collaborating further with future events!"

"We would absolutely recommend any other employer utilize the services with the YMCA Employment Centre."

- Rylea M, Human Resources Advisor, Borea Construction



YMCA Employment Centre Hiring Events

YMCA Employment Centre Hiring Events connect employers to Albertans and Albertans to employers. We have the connections and expertise to bring multiple job seekers face-to-face with prospective employers.

12 job fairs hosted

400 job seekers attended



Sarah's Story

"I would like to thank Farrah and Dynorah from the Brooks Employment Centre, for helping me reach my potential and that its ok to feel lost when it comes to employment. Through this program I was able to work on my employment barriers and succeed at my own goals. This program boosted my confidence levels and how to deal with my social anxiety. I'm now working full time with a job I have always dreamed of and will continue to reach my goal to get my university degree. Thanks again to the YMCA team for believing in me and getting me back to work."

**participant name has been changed to protect confidentiality*

"This program boosted my confidence levels... I'm now working full time with a job I have always dreamed of."

- Sarah F., Brooks YouthWORKS participant

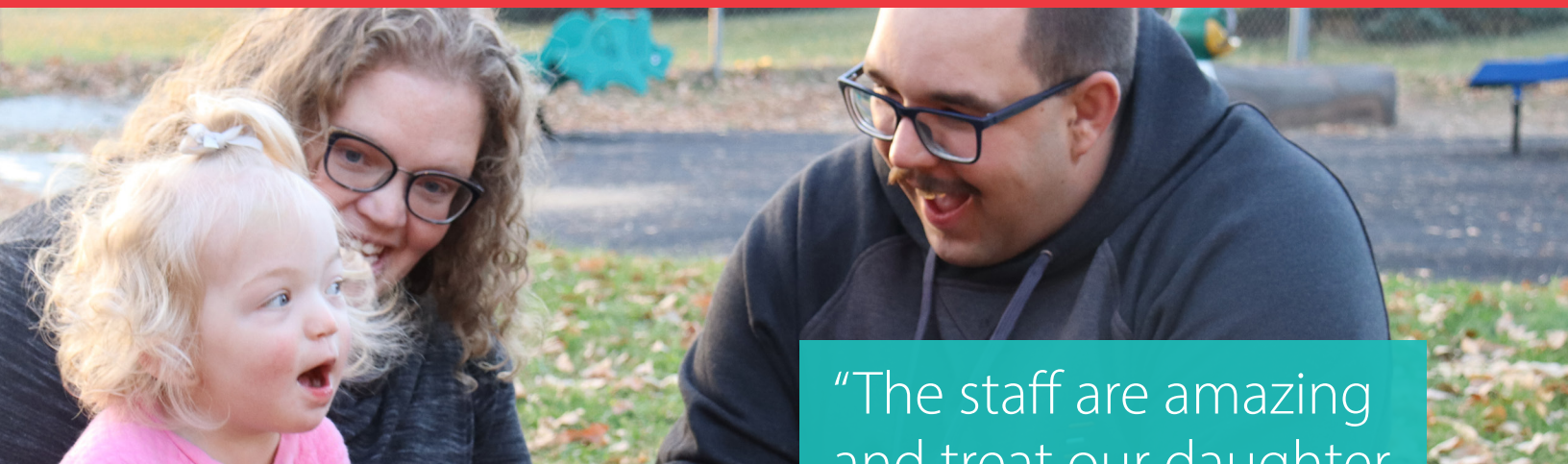


YouthWORKS Program

The YouthWORKS Program is designed to assist youth aged 15 to 30 overcome barriers to employment. Participants will develop key employability and personal management skills that are critical to finding and maintaining meaningful work. Four to six weeks of paid in-class training is followed by six weeks of paid work experience with a local employer.

111 youth accepted into program

84% acquired employment or returned to school through our direct assistance



Katie's Story

"Our experience with the staff at the YCMA Child Care programs has been amazing. They have been so welcoming, compassionate and flexible with our daughter as well as her specific medical needs and challenges. They have created a positive environment that helps her learn, thrive, develop and build new friendships. She loves being at daycare and has so much fun playing with her teachers and friends. The flexibility of the centre and staff making accommodation for things like physiotherapy and medical equipment is awesome!"

"The staff are amazing and treat our daughter like family."

- Katie J., parent

Stacey's Story

"Our children, Nova and Quinn, have been attending the YMCA Child Care Program at the Crescent Heights location since October 1, 2022. As a mom of four, I am always nervous about the care of my children but I couldn't ask for a better place. It's honestly a home away from home! I never have to worry; I know they are safe and very loved. The staff have been amazing, they genuinely care about our children and how they are doing, are always very personable with us and the kids. The care our kids receive goes above and beyond!"

- Stacey L., parent



Early Years Child Care Program

John Millar Child Development Centre

81 children from **70** families served

Crescent Heights Child Development Centre

95 children from **83** families served



YMCA Playing to Learn and Place to Connect Curricula

Children are born with a natural sense of curiosity and wonder. They play naturally. As parents and educators, we watch children explore their world through their senses, repetition of tasks, imitation, asking questions, and pretending. But what are children really doing? Children are putting together all the pieces of how the world works through exploration, play, and inquiry.

Observing a day-in-the-life of a YMCA Child Care program, you will note that the majority of activities are directed by the children. Children decide where, when, what, and how they wish to play. Their decisions are based on their interests and curiosity. The educator responds by adapting the environment by adding new toys, materials, equipment, and posing questions, while being a play partner. This sets the stage for further play, inquiry, discovery, and learning. The educator's role is to support play so that learning and development flourishes.



Chrisie & Kai's Story

"In our third year with the Ross Glen School B&A Program, the staff have made a significant impact on Kai's positive experience. He loves the program, eagerly attending even on days he's not keen on school. The best part, for me, is the fantastic interaction and communication they maintain with the children. The staff's support during Kai's challenges is invaluable, and their dedication to program planning and new strategies is evident. This program has been a lifeline, allowing me to work with peace of mind, knowing Kai is in caring hands. I extend my gratitude to the entire team for creating a place where Kai thrives, feels connected, and giving me the support and peace of mind I need. Thank you from the bottom of my heart."

"They know his story and his struggles and work along side my husband and I to help Kai to succeed and keep regulated."

- *Chrisie K., B&A parent*



Before & After School Care Program

401 children from **332** families served



Crescent Heights High School's Story

"It is an honor to express my support for the Alternative Suspension program (AS) in this letter. Since our school began benefiting from the program in 2022, we have established a robust collaboration with AS staff to address various student challenges, including behavior issues, truancy, bullying, and substance use. With over 1200 students, our school faces complexities, and AS provides crucial additional support in addressing the leading causes of suspensions. Despite the formal referral process, AS staff exhibit flexibility by accepting students on short notice, offering morning homework sessions and afternoon workshops tailored to individual needs. The program's collaborative approach is exemplified in their presence at school re-entry meetings, where they provide comprehensive insights into the student's time in the program and collaborate on future plans. The AS has been an invaluable resource, and we hope to continue strengthening our partnership for the benefit of our students, families, and school community."

**- Agnieszka (Aga) Desjardins, Vice-Principal
École Secondaire Crescent Heights High School**

Alternative Suspension

This is the second year the YMCA has offered the Alternative Suspension program to the Medicine Hat Public School Division. This year the program also expanded to the Medicine Hat Catholic Board of Education. The YMCA Alternative Suspension program aims to reduce future suspensions and disciplinary actions by offering participants an opportunity to turn their time away from school into a positive experience that encourages personal growth, the development of social skills, and autonomy.



68 students participated



8 different schools



2 school districts

Community Programs



Penelope's Story

"The Youth Transitions Program was a life saver for myself and my daughter. Our family was going through an incredibly challenging time, which was negatively impacting my daughter's mental health. As a result, we were struggling with school absenteeism due to her increasing depression and anxiety. YTP offered her a safe place to go during the day. They helped her come up with a plan to reintegrate into the school environment while serving her needs. As a parent, seeing your child struggle is heartbreaking. The YTP staff were encouraging, validating, supportive, and so caring to myself and my daughter. I don't know how we would have survived last year without them."

**participant name has been changed to protect confidentiality*

"I don't know how we would have survived last year without [the YTP Program]."

- Penelope H., YTP participant

Youth Transitions Program

The YMCA offered the Youth Transitions Program from December 1st 2022 to July 31st 2023. This program provided youth, age 13 to 19, a sense of belonging through one-on-one support, mentorship, and workshops designed to help them develop the life skills needed to be healthy adults. Using a trauma-informed and strengths-based approach, youth gain resiliency, cultivate positive mental well-being and build the capacity to reach their fullest potential. Though the funding for this program came to an end in July, the YMCA will apply the learning gained from administering this program to better serve our community in the future.

202 youth were supported with this program

73 workshops were presented throughout our community

20 chrome books were provided to youth in the community to keep education accessible

Making sure there is help there for those that need it.

Y Mind

Originally developed at YMCA of BC, the Y Mind program is a FREE, innovative, youth informed, early intervention program that helps teens and young adults manage stress and anxiety. Y Mind helps young people cope with anxiety and improve their sense of well-being by introducing them to evidence-based tools and connecting them with others.

 **30** youth participants

Community Aides

The Community Aides program is for children and youth who require additional support to successfully participate in summer programs throughout our community. Trained staff work one-on-one with the children to support their success in each program. This gives children the opportunity to attend activities such as day camps, youth centers, and other community programs that they would not be able to attend without the support.

 **5** children supported

 **713** hours of care



Mental Health First Aid

55 participants



Y Parent (formerly Young Moms Program)

4 participants

1 high school graduate

2 children attended onsite childcare



The Y provided **1213** Day camp experiences in 2022-2023



Licensed Community Camps

Community Camps provide high quality licensed child care throughout the summer months. Hosted throughout our community, this program offers extended hours and is eligible for subsidy. Campers have a blast exploring themes each week together.

710 camp experiences provided to **87** individual children



Academy Day Camps (non-licensed)

Academy Camps are pure summer fun! Kids have a blast exploring themes, swimming, rock wall climbing, and more.

368 camp experiences were provided to **232** individual children



Camp Jude

Camp Jude is designed to support the needs of children ages 5 to 12 who have experienced trauma. We offer higher adult to child ratios, quiet spaces for children to de-escalate and/or regulate their emotions, noise-cancelling headphones, other sensory program supplies, and specialized staff that are trained in trauma-informed strategies to respond to various behaviours.

135 camp experiences were provided to **27** individual children



United Way Funding

The United Way of South Eastern Alberta awarded the YMCA of Medicine Hat \$30,000 from their Steve Murphy Foundation to directly offset the cost of Licensed Community Day Camps and PD Day Camps. As a result of this funding, all families saved 33% on registration fees, paying only \$150 per week for YMCA Summer Community Camps. With this funding, the YMCA was able to offer the most affordable summer day camp option within the city.



Health, Fitness, & Aquatics



Danielle's Story

"I appreciate having things like child minding at the YMCA because it keeps my kids occupied while I get my workout done in peace. It keeps the mom guilt at bay and my kids get to play with other kids and learn how to socialize. They have met a lot of new friends in the 2 years we've been coming and they love coming to the gym."

"[Child Minding] keeps the mom guilt at bay and my kids get to play with other kids and learn how to socialize."

- Danielle L., Child Minding participant



Child & Youth Programming

168 different child and youth programs offered
907 individual experiences



Tabinda's Story

"My three-year YMCA journey, mainly at South Ridge, began with a nerve-wracking attempt at swimming Downtown, where Darla's encouragement eased my nerves. During the pandemic, I found solace at South Ridge, exploring walking and running. Darla's introduction led me to my first TRX class with the supportive instructor, Kim. The YMCA has become my second home, with instructors and fellow members as my stress relievers and energy boosters. I'm grateful for Darla's constant support, and the YMCA is my sanctuary."



Aquatics

658 children and youth learned to swim
41 people completed life saving courses
96 new first aiders were certified



Fitness

Living Fit Program

54 participants with chronic health conditions and/or disabilities
accessed one-on-one support **1809** times

Group Fitness Classes

1923 group fitness classes provided
8980 individual experiences

"Despite wearing a Hijab, I've felt warmly embraced. I encourage others to join the Y for both physical and mental well-being and the chance to build meaningful connections."

- Tabinda A., YMCA member





Downtown Summer Facelift

The YMCA spent the summer working on a facelift designed to improve the overall appearance and functionality of the Downtown YMCA. Funded in part by the Government of Canada's Enabling Accessibility Fund, the renovations included the installation of a new desk with both sitting and standing heights to serve individuals with mobility challenges. The desk was repositioned to allow easier access through the lobby. A brand new child minding area has been created adjacent to the lobby, making drop off and pick up easier for parents.

In addition to the lobby renos, the YMCA also completed landscaping around the premises, thanks to the City of Medicine Hat's Waterfront District Vibrancy Incentive. Work has also begun on modernizing our boiler room in order to allow us to operate more efficiently, reduce down time, and increase the longevity of our system.



The Kinsmen Club of Medicine Hat

donated **\$105,000** to upgrade the Downtown Branch lobby washrooms to universal change rooms and make other improvements to allow the Y to connect virtually with people in the community.





Total donations received **\$116,749**
Strong Kids: **\$72,351**
Capital/ Area of Need: **\$8,437**
Events: **\$35,961**

Giving back to the community.

We provided **\$95,069**
of support to our community

We reinvested **\$21,681**
into capital improvements

\$86,662 of financial assistance to offset membership and/or camp fees impacting **138** adults and **85** youth

Community Camps provided **\$720** to support **6** children.

Summer Academy Day Camps provided **\$392** to support **2** children

\$7,294 of gift certificates to support **20** local charities in their fundraising efforts

38th Annual YMCA River Run Presented by CanCarb

The 38th Annual River Run saw over 200 participants take to our city's beautiful river paths to raise money for the Strong Kids Campaign. This year we offered a half marathon, 10k, 5k, and 3k routes that were accessible for people of all mobility and skill levels. This annual event is made possible through the support of CanCarb and the hard work of the YMCA staff and volunteers.



\$27,187.50

 worth of volunteer hours

23 registered volunteers

15 event volunteers

Total volunteers: **38**

Total hours from all volunteers: **1812.5**

1812.50 hours
x \$15 =
\$27,187.50
in value

Sticks on First

hosted by IG Wealth Management

The 2nd Annual Sticks on First Street Hockey tournament was an IG Wealth initiative to raise funds for the YMCA of Medicine Hat Strong Kids Campaign.. The large-scale, 10-team, 4 on 4 Round-Robin tournament took place on 1st Street downtown, stretching from the Library to the court houses. The YMCA of Medicine Hat is grateful to the IG Wealth Management team for bringing this unique fundraiser to the community.



2022-2023 Donors

THANK YOU to all of our supporters!

Chair Round Table \$1,000.00 and higher

Scotiabank Charitable Foundation in honour of Ryan O'Reilly ▼ Murray and Marg Sihvon ▼ Gary Soucey ▼ Pat's Off-Road Transport Ltd. ▼ DB Technology Group ▼ Borea Construction ULC ▼ Medicine Hat Optimist Club ▼ Pad-Car Mechanical Ltd ▼ Christopher Baba ▼ Lester Shore ▼ Ian & Phyllis McLaughlin ▼ South Country Co-Op Limited ▼ Essentials Medi Spa ▼ ATB Financial ▼ Medicine Hat Brewing Company

Gold \$500.00 - \$999.00

Jolene Klug ▼ Sharon Hayward ▼ Kevin Shufflebotham ▼ Selena McClean Moore ▼ Glen Giduk ▼ Callow and Associates Management Consultants Inc. ▼ Shamrock Bottle Depot ▼ Costco Medicine Hat

Silver \$100.00 - \$499.00

Jodie Engbert ▼ Elizabeth Duhaime ▼ Sandra Warkentin ▼ Marlene Powers ▼ April Bell ▼ Nicole Lehr ▼ Kelly Warkentin ▼ Jordon Sager ▼ Esmeralda Ritchot ▼ Darla Holmstrom ▼ Corina Cayer ▼ Tamanna Sharma ▼ Karen Smallwood ▼ Lisa Kowalchuk ▼ Christopher Jong ▼ Kass Millington ▼ Ken Feser ▼ M Lazy S Land Co. Ltd ▼ Gordon Eisenbarth ▼ Sydney Dorie ▼ Haben Teclmichael ▼ Elisabeth Moore ▼ Twyla Yasinchuk ▼ Ann Marie Abigail Garcia ▼ Julie Lagasse ▼ Roger Moses ▼ Catherine Anderson ▼ Chloe Pengelly ▼ Marilyn Tokamp ▼ Tyler Pocsik ▼ Ryan O'Reilly ▼ Dr. Doug Howes ▼ Medicine Hat Mavericks ▼ Mike Stark ▼ Advance Design & Construction Ltd ▼ Hanna Gillis ▼ Ivan Gomke

Bronze- \$1.00 - \$99.00

Angela Kew ▼ Ashley Hann ▼ Bonita Cartwright ▼ Brigit Aman ▼ Calee Bosch ▼ Colleen McNamara ▼ Corey Stuber ▼ Dakota Wilson ▼ David Gunderson ▼ Dillan Fawkes ▼ Edward Ough ▼ Glen Mitchell ▼ Heather Harder ▼ Jana Pierce ▼ Janine Van Der Sloom ▼ Janis Pritchard ▼ Jazmin Johnson ▼ Jesse E Hoffart ▼ Jill Forsyth ▼ Joan Riegel ▼ Joey Merriman ▼ Jonathan Mckinley ▼ Judy Bowerin ▼ Justyna Kolodziej ▼ Kaitlyn Roberts ▼ Kalena Francis ▼ Karen Brown ▼ Karen Savard ▼ Kimberly Kristmanson ▼ Kim Weiss ▼ Lea Drysdale ▼ Lisa Clemis-Love ▼ Lynn Sarginson ▼ Mackenzie Lakes ▼ Margaret Gukert ▼ Mathew Hill ▼ Matthew O'Reilly ▼ Mike Mueller ▼ Nicki Johnston ▼ Noah Schmeichel ▼ Rhett Hardowa ▼ Ryan Blenner-Hassett ▼ Sandra Ahmetovic ▼ Sarah Beckman ▼ Sergiy Gavrylov ▼ Sheila Verhegge ▼ Stephanie Meier ▼ Stephanie Stroh ▼ Tim Panabaker ▼ Trena Fox ▼ Trisha Sotropa ▼ Victoria Frank ▼ Wacey Hamilton ▼ William Percy

Heritage Club Members

Alexander and Jean McDougald ▼ Bill and Vi Roberts ▼ Colette Eirich (Friedt) ▼ Gerald and Elaine Freedman ▼ Glen and Wendy Giduk ▼ Ian and Phyllis McLaughlin ▼ Jamie and Janet White ▼ Jim and Dorothy-Lee Smith ▼ Larry Serr ▼ Marilyn Tokamp ▼ Mick Nodwell ▼ Murray and Margaret Sihvon ▼ Roger and Cheryl Moses ▼ Scott Richter ▼ Terry Chapman ▼ Tim Martin ▼ Todd and Darlene O'Reilly ▼ Tom and Maureen Coulter

Community Partners And Other Funding Agencies

AGLC ▼ Alberta Camping Association ▼ Alberta Health Services ▼ Botanicals ▼ Brooks & District Chamber of Commerce ▼ Canada Alberta Job Grant ▼ Canada Summer Jobs ▼ Canadian Forces CF One Program ▼ Canadian Red Cross ▼ City of Medicine Hat ▼ Dunmore Dugouts ▼ Foodland IGA ▼ Government of Alberta ▼ Government of Canada ▼ IG Wealth Management ▼ Imagine Canada ▼ Jim Pattison Broadcast Group ▼ Lifesaving Society of Alberta ▼ Medicine Hat & District Chamber of Commerce ▼ Medicine Hat Catholic Board of Education ▼ Medicine Hat College ▼ Medicine Hat Police Association ▼ Medicine Hat Public Library ▼ Medicine Hat Public School Division ▼ Memory Lane ▼ Pritchard & Co. Law Firm LLP ▼ Public Health Agency of Canada ▼ Redcliff FCSS ▼ Root Cellar ▼ Round Table Procurement ▼ Scotiarise ▼ Shaw Birdies for Kids Program Presented by Altalink ▼ Squash Alberta ▼ Town of Redcliff ▼ United Way of South Eastern Alberta ▼ Vista Park Pharmacy ▼ Volunteer Alberta ▼ YMCA Bogota ▼ YMCA Calgary ▼ YMCA Canada ▼ YMCA Lethbridge ▼ YMCA of Northern Alberta ▼ Victory Lutheran Church ▼ YMCA BC ▼ YMCA's of Quebec ▼ Community Foundation of South Eastern Alberta ▼ Root Cellar Food & Wellness Hub

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 YMCA of Medicine Hat



YMCA of Medicine Hat

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