



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA OF THE NORTH

Where There's the Y, There's a Way

ANNUAL REPORT 2021



Writing the story of our communities—together.

“When we share stories with each other, we build these really strong relationships. When we have this community...we can overcome anything.”

—Y program participant.

At the YMCA of the North, we serve relentlessly with our community until all can thrive in each stage of life. Each day—in our Y centers, at our camps, in our schools, beyond our walls in hundreds of communities across Minnesota and western Wisconsin—we come ready to face the challenges that will make us all stronger at the end of the day.

The story of 2021, while full of unique obstacles and evolving community needs, is the story of that strength. With the help of our supporters, the Y responded as we have done throughout our 165-year history. We have been there every day, providing life-changing programs, services and resources for our friends and neighbors in need of a helping hand.

Through it all, our enduring themes hold strong. Inspiring youth to become who they want to be, without barriers or limits. Supporting accessible, whole-person healthy living to improve individual and community wellbeing at any stage of life. Living and uplifting our deeply-held commitment to social responsibility—because we are always stronger together. We unite around our core values of caring, equity, honesty, respect, and responsibility.

Our shared Y story is still being written.

WHERE THERE'S THE Y, THERE'S A WAY.



Watch our 2021 video

Y STORY: TOGETHER WE MAKE A DIFFERENCE IN OUR COMMUNITY

Help everyone reach their potential—for a better us.

As the challenges our world and our communities face evolved in 2021, the YMCA of the North was there to listen and lend a helping hand. Together with our supporters, we worked to address immediate needs while making a meaningful and enduring impact in the areas of youth development, healthy living and social responsibility.

3,750+

families received care and enrichment programs before and after school at 37 locations



\$7,017,526
in financial assistance provided for families

OVER 71,000

engagement calls to seniors welcoming them to be active and social in a safe place



40,425 YOUNG PEOPLE

who faced barriers to access were able to experience high quality programs at the Y



1,403 NEWCOMERS, IMMIGRANTS AND REFUGEES supported by Y New American Welcome Centers

5,000+ MEMBERS

accessed Virtual Y after its launch in January 2021, connecting community members to Y fitness and wellness programming beyond our four walls



YMCA Neighborhood Centers have helped facilitate a path out of poverty for more than **700 FAMILIES AND 150 YOUTH**



1,000+ KIDS attended Y Early Childhood Learning Centers daily

14,600 KIDS OF ALL AGES built confidence and community in the outdoors through Y Adventure Lab activities



7,792 connections made to young people facing homelessness, sexual exploitation, involvement in the foster care or juvenile justice systems, and more by the Y's Youth & Family Services team



33,097 KIDS AND FAMILIES

experienced outdoor adventures at YMCA day, overnight, wilderness, and family camps

The Y's UNITEDHEALTH GROUP EQUITY INNOVATION CENTER OF EXCELLENCE provided learning experiences to more than 14,100 people from March 2020- December 2021

For Youth Development. For Healthy Living. For Social Responsibility.

ENOUGH. A PATH TO SAFETY AND SUCCESS

The YMCA's Enough program is working to drive a sea of change in our community's response to trafficking of young people. Launched in 2017, Enough combines comprehensive services, long-term 1:1 supports, and group interventions to help young people heal from trauma and build self-sufficiency before the cycle of victimization is deeply ingrained in the lives of those who have survived trafficking. The program also educates vulnerable youth about trafficking, works to increase their safety and wellbeing, and creates off-ramps from domestic abuse, sexual violence, trafficking and exploitation. It is designed to meet each participant where they are to provide the individual services they need and help them move toward safety while respecting their voice and autonomy.

"I am Enough, and I've had Enough."

—Enough program motto



GEORGE WELLBEING

WHOLE PERSON HEALTH AND WELLBEING FOR ALL

More people than ever before are living with lifestyle-related chronic conditions. A long-standing focus only on physical health and fitness in our society's health and wellness industry means that most people are not receiving care for the whole person. "Other" aspects of wellness—such as mental health and emotional wellbeing—are often restricted as luxury, limiting access to only those individuals who have sufficient finances, time and support systems and excluding entire communities.

The Y's George Wellbeing initiative helps to bridge the gap between conventional healthcare and whole-person health and wellbeing practices using evidence-informed, holistic healing approaches for mind, body, spirit and community.

Since 2018, George Wellbeing has been operating from inside the Douglas Dayton Y at Gaviidae Common in downtown Minneapolis with the vision of whole-person wellbeing and integrative health services being accessible to all. Since that time, there have been over 10,000 wellbeing experiences offered with over 2,800 individuals served to date. Realizing the impact of these experiences in the lives of those we serve, the Y has begun work to expand beyond offerings like massage, meditation, nutrition and health coaching at a single physical location to integrate wellbeing throughout our organization. Consistent with the Y's mission, we can only truly accomplish our goals with a focus on equity. We must improve health outcomes not just for those who are currently able to navigate the complexities of the healthcare system, but for everyone.

"I get to learn how to meditate and control my emotions when I get angry or upset."

—George Wellbeing participant, age 8

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BEACONS THE NEXT GENERATION SHINES

The Y's Beacons program provides free high-quality afterschool and summer programming to more than 1,500 low-income youth in eight schools across Minneapolis, St. Paul and Richfield. This collaborative community initiative has a proven record of long-term impacts on student success, particularly in the areas of improving school and community connectedness, and increasing school attendance and motivation to learn. In fact, Beacons students are 2.2 times more likely to graduate on time than their peers from similar backgrounds who are not Beacons participants.

Beacons is designed to address academic and opportunity barriers, providing young people with both academic support (taught by licensed teachers) and access to enrichment activities like physical activity, quality arts experiences, STEM opportunities, cooking and much more. Funds from our recent Forward for All campaign helped catalyze Beacons Next Generation, which extends the program from a K-12 to a K-career focus. Now, the trusting relationships between students and caring adults will support young adults through college and other post-secondary options.

"The Beacons staff are some of my best friends. I want to go to school and Beacons every day so I can hang out with them and have fun!"

—Janelle, Beacons participant

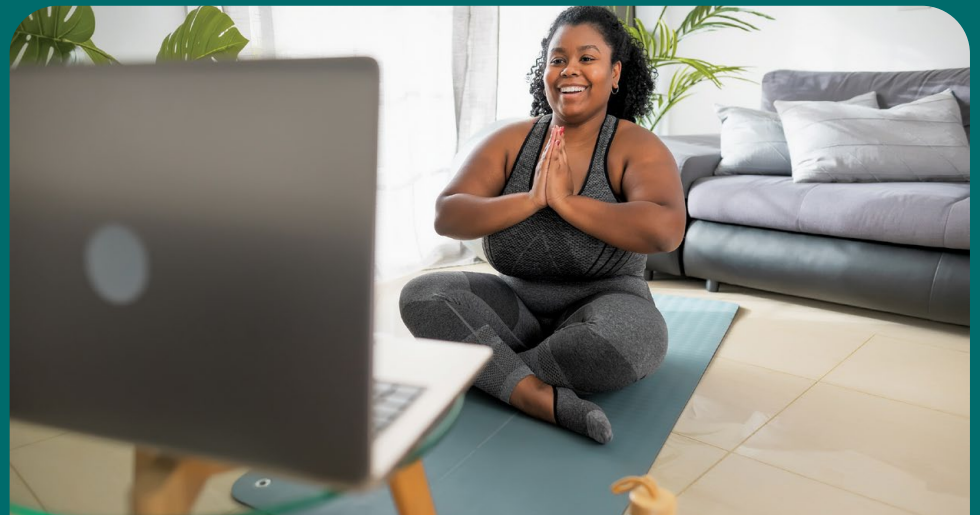


VIRTUAL Y OPENING WINDOWS TO WELLBEING

When Covid-19 closed our doors, members asked for online windows. We delivered, launching Virtual Y in January 2021. Last year, more than 650 people joined our new Virtual Only memberships, and 5,000 members enhanced their on-site experiences with a Virtual Y account. Growing beyond the response to an immediate community need, our livestream and on-demand video options now deliver Y programming in the areas of fitness, wellbeing, cooking and more, and they continue to grow every day. This new way to engage with the Y has expanded access to programming further beyond our four walls, offering more people in our community options for prioritizing health and wellbeing in a way that works for them.

"It's very important to me as a senior not only due to the pandemic but also beyond because I am able to do it in my home and don't have to drive anywhere."

—Virtual Y member





YMCA of the North Consolidated Statement of Activities

For the Year Ending December 31, 2021

REVENUE

	Without Donor Restrictions	With Donor Restrictions	Total
Contributions and Grants	36,291,488	9,000,141	45,291,629
Youth Development (Net of FA)	45,002,867	-	45,002,867
Healthy Living (Net of FA)	38,041,749	-	38,041,749
Social Responsibility	1,003,929	-	1,003,929
Other Revenue	4,375,613	2,260,977	6,636,590
Net Assets Released from Restrictions	9,219,020	(9,219,020)	-
Total Revenue	133,934,666	2,042,098	135,976,764

EXPENSES

Youth Development	57,617,593	-	57,617,593
Healthy Living	39,378,125	-	39,378,125
Social Responsibility	8,641,426	-	8,641,426
Management and General	27,690,858	-	27,690,858
Fundraising	5,881,674	-	5,881,674
Total Expenses	139,209,675	-	139,209,675
Change in Net Assets Before Non-Operating	(5,275,010)	2,042,098	(3,232,912)
Non-Operating Revenue and Expenses	(5,587,251)	11,551,976	5,964,725
Total Change in Net Assets	(10,862,261)	13,594,074	2,731,813

YMCA of the North Balance Sheet

Statements of Financial Position

December 31, 2021 and 2020

ASSETS

ASSETS	2021
Cash & Cash Equivalents	1,323,197
Accounts & Pledges Receivable, Net	10,171,670
Right to Use Assets	27,919,620
Other Receivables	-
Investments	149,592,269
Prepaid Expenses & Other Assets	1,999,807
Interest in Beneficiary Trusts	4,601,037
Funds Held in Escrow	1,449,348
Land, Building & Equipment, Net	197,474,678
Total Assets	394,531,626

LIABILITIES AND NET ASSETS

LIABILITIES	2021
Accounts Payable & Accrued Expenses	11,401,334
Annuity Obligations	154,317
Bonds & Notes Payable	50,985,916
Capital Lease Payable	25,069,527
Assets Held for Others	2,975,630
Deferred Revenue	12,866,731
Total Liabilities	103,453,455
NET ASSETS	
Without Donor Restrictions	192,615,468
With Donor Restrictions	98,462,703
Total Net Assets	291,078,171
Total Liabilities and Net Assets	394,531,626

Audited Financial Statements are available upon request, or by visiting our web site at ymcanorth.org.



Thank You

Throughout our history, our YMCA has built a legacy of serving our community. Perhaps never has that undertaking been as difficult as it has over these past two years. In 2021, our communities persevered through the second year of a global pandemic that altered our way of life. Our community resources were taxed by continuing crisis. Our neighbors were—and still are—in need.

The YMCA of the North answered the call as we have for more than 165 years. Together with an incredible network of partners and supporters, we've been able to serve hundreds of thousands of people who need a helping hand.

What's more, we've continued to champion our entire community at every age and stage of life. Whether it's caring for our youngest members, supporting youth and families with access to healthy food, connecting those in crisis to life-saving resources, or engaging older adults in ForeverWell wellbeing programs, we're here. Through these and many more efforts, we change lives. We inspire hope.

Going forward, we remain passionately committed to exploring new ways to serve and inspire such as:

- Enhancing our digital platform to expand the range and accessibility of Y programming

- Offering more tailored programming through our UnitedHealth Group Equity Innovation Center of Excellence to help shift inequitable systems and create sustainable change in our communities
- Welcoming Afghan and Ukrainian refugees and other newcomers at our five New American Welcome Centers
- Developing accessible whole-person health and wellbeing offerings of fitness, nutrition and mindfulness to address our diverse community
- Creating more opportunities for outdoor adventure
- Finding new ways to bring families together

This future is possible due to the generosity of our supporters, the dedication of our team members and the partnership of our community.

Thank you for all you have done in 2021. We look forward to serving alongside you to advance our mission and extend the story of the Y throughout 2022.

Glen Gunderson
YMCA President

Andrea Walsh
General Board Chair

Beyond our Four Walls

HEALTH & WELLBEING CENTERS

Andover YMCA
ymcanorth.org/andover

**Blaisdell YMCA—
South Minneapolis**
ymcanorth.org/blaisdell

Burnsville YMCA
ymcanorth.org/burnsville

**Douglas Dayton YMCA—
Downtown Minneapolis**
ymcanorth.org/dayton

YMCA in Eagan 
ymcanorth.org/eagan

Elk River YMCA
ymcanorth.org/elkriver

**Emma B. Howe YMCA—
Coon Rapids**
ymcanorth.org/emmabhowe

YMCA Forest Lake
ymcanorth.org/forestlake

**Harold Mezile North
Community YMCA—
Minneapolis**
ymcanorth.org/northcommunity

YMCA in Hastings
ymcanorth.org/hastings

YMCA in Hudson, Wisconsin 
ymcanorth.org/Hudson

**Maplewood YMCA
Community Center**
ymcanorth.org/maplewood

YMCA in New Hope 
ymcanorth.org/newhope

Ridgedale YMCA—Minnetonka
ymcanorth.org/ridgedale

YMCA in Shoreview 
ymcanorth.org/shoreview

Southdale YMCA—Edina
ymcanorth.org/southdale


St. Paul Eastside YMCA 
ymcanorth.org/eastside

St. Paul Midway YMCA 
ymcanorth.org/midway

The Marsh—Minnetonka
ymcanorth.org/locations/
the_marsh


**YMCA in West St. Paul—
Inver Grove Heights**
ymcanorth.org/weststpaul

White Bear Area YMCA
ymcanorth.org/whitebear

YMCA in Woodbury 
ymcanorth.org/woodbury

PROGRAM SITES

**Center for Youth Voice—
Minneapolis**
mnyig.org

**Lakeville Early Childhood
Learning Center** 
ymcamn.org/lakevilleeclc

**Rochester Early Childhood
Learning Center** 
ymcanorth.org/rochester

**River Valley YMCA—
Prior Lake** 
ymcanorth.org/priorlake

University YMCA
uymn.org

**YMCA Early Childhood
Learning Center—
University of Minnesota** 
ymcanorth.org/uofmeclc

VIRTUAL WELLBEING

Virtual Y
ymcanorth.org/virtual-y

OVERNIGHT CAMPS

Camp Ihduhapi
Loretto
ymcanorth.org/campihduhapi

Camp Icaghowan
Amery, Wisconsin
ymcanorth.org/campicaghowan

Camp Warren
Eveleth
ymcanorth.org/campwarren

Camp St. Croix
Hudson, Wisconsin
ymcanorth.org/campstcroix

Camp Menogyn
Grand Marais
ymcanorth.org/campmenogyn

Camp Widjiwagan
Ely
ymcanorth.org/campwidjiwagan

Camp Northern Lights
Babbitt
campnorthernlights.org

Camp du Nord
Ely
dunord.org

DAY CAMPS

Day Camp Christmas Tree
Minnetrista
daycampchristmastree.org

Day Camp DayCroix
Hudson, Wisconsin
daycroix.org

Day Camp Heritage
Lino Lakes
daycampheritage.org

Day Camp Ihduhapi
Loretto
daycampihduhapi.org

**Day Camp Kici Yapi at
Gathering Pines**
New Market
daycampkiciyapi.org

Day Camp Manitou
Monticello
daycampmanitou.org

Day Camp Spring Lake
Rosemount
daycampspringlake.org

Day Camp Streefland
Lakeville
Campstreefland.org

GENERAL BOARD EXECUTIVE OFFICERS

Andrea Walsh (Chair) Jeanne Crain (Treasurer) Ravi Norman
(Immediate Past Chair)
Carolyn Sakstrup Rajni Shah (Secretary)
(Vice President) Bruce Mooty (Past Chair)

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Chanda Baker-Smith	Darrel German	Bruno Lavandier	Lica Tomizuka Sanborn
Troy Cardinal	Bill George	David Law	David St. Peter
Lori Carrell	Jeffrey Greiner	Jim Leslie	Tim Welsh
Deniz Cultu.	Bill Guidera	Greg Munson	Walter White
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Wendy Dayton	Mick Johnson	Kathryn Mitchell Ramstad	Norman Wright
Patience Ferguson	Shelley Kendrick		Dick Zehring

COMMUNITY BOARD REPRESENTATIVES

Bjorn Gunnerud Amit Patel
Clarence Jones Robert Thompson

2022 YMCA LEADERSHIP TEAM

Glen Gunderson
President

Karen Larson
Finance, Planning & Administration

Hedy Lemar Walls
Social Responsibility

George McCrary
People & Culture





Connect with us



22-MA15

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YMCANORTH.ORG