



2021/2022

# Annual Report



# LIST OF 2021/2022 BOARD DIRECTORS

Mark Galley  
CHAIR & TREASURER

Jeff Ward  
VICE CHAIR

Jill Perry  
SECRETARY

Omar Tag El Din

Christine MacDonald

Robyn Lee Seale

Stephen Geach

Monika Dutt

Evan Baillie

Ken LeBlanc

Kevin MacEachern

Stephanie Myles

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### **Mission:**

The YMCA of Cape Breton is dedicated to the growth of all persons in spirit, mind and body, and to their sense of responsibility to each other and the global community.

### **Values:**

Honesty, Responsibility,  
Inclusiveness, Caring & Respect.



# MESSAGE FROM OUR CEO AND BOARD CHAIR

Our YMCA of Cape Breton has undergone significant changes in the past year; first with the ebbs and flows of pandemic health restrictions, then the change in leadership at the CEO level and now with the expansion of our Y across Cape Breton Island through our Employment Services division.

Throughout all of these changes and Association milestones, the staff and volunteers of the YMCA of Cape Breton have not only shown up, but they have also stepped up! Our team ensured the highest health and safety protocols in our health facilities, continued to deliver fitness and children/youth programs, were flexible and worked from home when needed in order to ensure a continuation of our service delivery, provided safe and consistent childcare so essential workers in the CBRM could go to work on the front lines, and showed incredible resilience as the YMCA of Cape Breton transitioned through new leadership. Thank you!

We would also like to extend gratitude to our board of director volunteers for their time and dedication to our YMCA over the past year. They have stayed the course, rolled up their sleeves and made some big decisions. They have given countless volunteer hours to ensure the YMCA of Cape Breton continues to thrive, to grow and to feel supported by a group of community representatives who are committed to our mission of building healthier communities.

One of the Board's most important priorities over the past year was in recruiting a new CEO for our Y. We were very fortunate to have the support of interim CEO Darryl Mackenzie for 8 months to step in as our leader while the board undertook this momentous task. Sabrina's appointment was the result of an intensive search process the Board had undertaken with the guidance and support of Y Canada through the YMCA Regional Development Centre (RDC).

Finally, a sincere thank you to our members, program participants, donors, employment clients, childcare centre and after-school program families, and community partners for trusting in our YMCA and for making us part of your lives and work across Cape Breton.

Sincerely,

**Sabrina Vatcher**  
Chief Executive Officer  
YMCA of Cape Breton



**Mark Galley**  
Chair, Board of Directors  
YMCA of Cape Breton



**“If living through these tough pandemic years has taught us anything, it’s how important a sense of togetherness and community are. These are ideals which are embodied by the staff and volunteers at YMCAs across Nova Scotia, but especially the YMCA of Cape Breton.”**



## Childcare Fun Facts:

**16,500**

Diapers Changed In  
Past Year

**1,040**

Litres of Milk Served

**2,800**

Hours Of After-School  
Care At Three Local  
Schools





# EARLY LEARNING CENTRE AND AFTER SCHOOL PROGRAM

Instilling a sense of community and a sense of giving for our children is an integral part of the children's growth and development here at the YMCA. Through giving, children learn the importance of helping others in their community. The following are just a few examples in 2021 of how our youngest learners and staff from our Early Learning Center giving back through two community giving projects:

## PROJECT 1:

**The first was our SPCA pet supply drive.** The children were showing an interest in pets and a discussion regarding the different supplies needed to care for pets was taking place among the group. Staff took the opportunity with the children to organize a donation center for pet supplies. A large wagon was placed in our main entrance. YMCA families and staff were given the opportunity to bring in items for the SPCA and drop them in the wagon. During the week, children eagerly brought in items to place in the wagon. They also checked the wagon regularly and discussed the items coming in, often celebrating the daily growth that could be seen as the donations piled in. The SPCA was overjoyed with the large donations that were received and ensured us that all the items would get put to great use.

## PROJECT 2:

Another community engagement project that the children were involved in was the **“Anchored for Mama’s” Fundraiser for We’koqma’q Family Healing Centre driven by Anchored Ideas.** A call to restock items which needed to be replenished regularly was made and children and staff answered this call by gathering a number of items for the center and brought them to add to the growing collection at Anchored Idea’s. The children brought the items to donate and celebrated their donation with big proud, smiles.



## Did you Know?

Along with our Early Learning Centre on Charlotte Street, the YMCA of Cape Breton also delivers after-school programs at three local schools: Harbourside Elementary (Whitney Pier), Brookland Elementary (Sydney) and Glace Bay Elementary (Glace Bay).

We would like to express a sincere and BIG thank you to our Early Childhood Educators and staff who deliver care to our youngest learners. Childcare is such an important support for Nova Scotia families, and this was certainly at the forefront though the numerous waves of COVID. Our staff not only showed up, but they also stepped up to ensure care was available for families.

# YOUTH PROGRAMS AND CAMPS

Here at the YMCA we pride ourselves on our commitment to the growth of not just our members, but of our volunteers, staff, and community overall. We welcome volunteers 12 years old and older, and we love nothing more than seeing our volunteers become staff, and our staff become family! When our volunteers and staff recommend us to their own friends and family, we know we're doing something right! This is the case with **Kayleigh, Becca, Hailey and Kate**. Kayleigh started here as a volunteer and brought her friends and her little sister along with her. All four girls volunteered for our programs, and now they all work here .

## Here are their stories!



### KAYLEIGH ANDERSON

*I'm 17 years old and I'm in Grade 11 at Riverview Rural High School. I have been working and volunteering at the YMCA of Cape Breton for nearly two years now and it has always been my favourite place to be. I started in Aquatics with my lifeguarding courses and then I started working in Child and Youth. I met some of my best friends through the YMCA and I am always grateful for everyone I get to see everyday at work!*

### HAILEY BENNETT

*I'm 17 years old and I have been volunteering/working at the YMCA since mid November! A few of my friends have been working here for a while and I've heard so many great things from them that I wanted to join in too! Trying it out was definitely worth it. All the staff at the Y are so kind and always so helpful and that's what I love about working here! :)*

### BECCA MORRISON

*I'm in grade 11 at Riverview, and I've been working and volunteering at the YMCA since the beginning of the school year! I came to the Y by the suggestion of one of my best friends, in hopes of working in aquatics, but started off volunteering in child and youth, which I love! As of now, I've made so many unexpected friendships that will last a lifetime. I'm so glad to be a part of such a close, welcoming community at the YMCA!*

### KATE ANDERSON

*I'm 15 years old and recently started volunteering/working at the YMCA! My sister had already started working there a year or two before me and always had great stuff to say about it! So, I thought I'd give it a try! It was the best idea I'd ever had; everyone is so nice and it is such a positive environment and I know I've already made some life long friends!*



## Day/ Summer Camp

The YMCA of Cape Breton was thrilled to bring back summer camps and day camps in full swing 2021/2022. From pool time, to bouncy castle, to walks to local parks and more, our campers made new friends, had new experiences and had lots of FUN!



## Day Camps by the Numbers:

- Inservice Day Camps: 42 campers
- March Break Camp: 19 campers
- Christmas Break Camp: 17 campers
- Summer 2021 Day Camp: 103 Campers
- Total 181 Campers from April 1, 2021 to March 31, 2022



## Children's Program in 2021/2022 included:

- Play Pals (Swim and Gym)
- Active Y
- Playtime
- Creative Y
- Mini Chefs
- Learn to Play Squash
- Childminding
- Pizza Night
- Ballet
- Hip Hop/Jazz



## Did you know?

**572**

Aqua fitness classes offered last year, and all were taught by our amazing volunteers!

**13,520**

Lane swims offered per year. Wow that is a lot of swimming by our members.

**28,992**

Lessons taught last year to our youth members.

## Fun Facts:

**23,000**

More visits to our Charlotte Street location last year than in 2020 for a total of 91,716 visitors in 2021/2022

**16,300**

More visits to our Membertou YMCA facility than in 2020

**2,800**

Volunteer group fitness class hours - now that's a lot of sweat!



# HEALTH, FITNESS AND AQUATIC PROGRAMS

## What's your Y Story?

### Frank Sampson



*"I was born and brought up in Sydney. I joined the Y in fall of 1977 and have been an active member ever since, except for time away for travel (45 years!)."*

*For me, physical exercise is not only a means to physical fitness, but as well a form of mental wellness; an avenue for discharging stress, engaging in more social contact through the camaraderie of regular attending members, on the floor, in the locker room and at social events outside of the Y.*

*Today, I attend our YMCA five to six days per week, for over an hour each day where I do cardio and free and fixed weights. This routine is only interrupted by golf days during the golf season and periods of travel. We are all creatures of habit, good and bad. I am fortunate in having formed the good habit of frequent exercise that is greatly influenced through the access of the YMCA of Cape Breton.*

*My great appreciation and thanks for the availability of such an important community asset cannot be overstated. It was a major rehabilitation source after a serious ski accident 29 years ago."*

### Matty MacDougall



*"I was diagnosed with cancer September 2018. After having a MRI at the Regional Hospital, they found a tumor on my spine. I had an operation to remove the tumor, then I underwent chemotherapy. After my treatments were finished, I had to learn to walk again.*

*I have been a member of the YMCA for over 30 years, attending almost daily and being unable to walk was not going to stop me. I heard about rehab at the YMCA pool, so I jumped at the opportunity to attend.*

*I signed up with the therapist and my journey to recovery began. After several weeks in the pool my balance started to come back and my back and legs began to get stronger. I went from the wheelchair to a walker to walking in a few months.*

*Today I am fully recovered and back to my regular routine at the Y! I honestly believe that the YMCA gave me my life back and helped me on my journey to recovery!! Thank you to Julie and all team leaders at the "Y".*

# NOVA SCOTIA WORKS

The YMCA of Cape Breton has been providing employment services for close to 35 years. We offer employment assistance services that connect people to jobs and jobs to people.

The largest part of our employment services program is Nova Scotia Works whose goals are to help individuals figure out who they are and achieve success by supporting their employment goals. Nova Scotia Works also assist employers, at no cost, in accessing and navigating Government and community resources, supporting them in recruiting and retaining employees.

2021/2022 has been a very busy time for our NS Works team with the addition of 24 new team members across Cape Breton Island to service our new offices in Port Hawkesbury, St. Peter's and Inverness as well as a second Sydney location. We also bid farewell to our Employment Services Executive Director, Colette Sexton, and welcomed a new Executive Director, Valerie Dolhanty, who joined our team in February of 2022.

## 7 Locations in Cape Breton



Our Nova Scotia Works Employment Services Centres in Sydney (2 sites), Glace Bay, New Waterford, Port Hawkesbury and Inverness had a busy year. In 2021 and first quarter of 2022, we had over 15,000 clients check into our centres and actively case managed over 6,000 clients. Our certified Career Practitioners and Interventionists helped near 1,350 clients attach to employment and referred another 404 clients to critical work experience and skills enhancement training interventions to support their long term employment goals. Our Case Managers assisted approximately 1,800 under-represented clients of which 58% we matched to employment.

## How We Help Job Seekers



find a job & prepare for your interview



help you write a resume and cover letter



provide career guidance & coaching



help you access funding for training



access to computers and workstations



find out how to start a business



connect you with potential employer



access to free workshops & sessions



provide inclusive services to all

## How We Support Employers



support your recruitment efforts



access wage subsidies & hiring programs



match you with job seekers



# EMPLOYMENT SERVICES SPECIAL PROJECTS

**In addition to Nova Scotia Works, the YMCA offers several other employment assistance programs:**



**YESS** helps youth (age 15-30) who face barriers to employment. It provides 8 weeks of in-class skills development training, followed by 14 weeks of on-the-job training through a work placement. Last year, 63% of YESS participants found sustainable employment following their work placements; the rest are pursuing other education and employment opportunities with support from a case manager. YESS kicked off another intake in January 2022 in Sydney.



**The Job Find Club**, is a club for participants of all ages who have been having trouble finding employment. The peer-support model helps participants build confidence over four weeks as they develop skills in resume writing, interviewing, networking and job search strategies in a group setting. The program started in November 2021 and has had two successful intakes so far.



**EDGE** is a job search and readiness program for young adults (18-26) in the CBRM. What really sets EDGE apart is its wrap-around services approach. A Mental Wellness Coordinator offers group information sessions and 1-on-1 counselling. This has helped participants navigate additional support systems and be referred to other programs and services such as Crossroads, Driver's training, mental health, dieticians, Nova Scotia Works, and more! The first EDGE cohort started in July 2021 with 24 individuals enrolled in the program; 12 of these have completed the entire program and moved into work placements and 7 were still in the programming phase as of year end!



**The Back to Work Community Partnerships Program** is an 18-week pre-employment program that helps individuals who are furthest from opportunity in the labour market. In 2021, the program supported over 30 individuals in the CBRM. Over 50% of participants who completed their work placements were retained by the employer and are still currently working. Others are exploring schooling and upgrading or job searching with their newly attained skills and certifications.



**The Opportunities Fund** supports persons with disabilities throughout Cape Breton Island. The fund can be accessed in four ways including job readiness preparation, a wage subsidy to support employers with hiring and training a new hire, upgrading or skill building through short term training/certifications and supports for persons with a disability in opening a business to become self employed. Our YMCA began administering the Opportunities Fund in Cape Breton in mid-February 2022 for the first time.



Owen Clarke started with the EDGE program in November 2021. He was a recent NSCC – Business Administration graduate who was struggling to find employment. Owen was committed to the program, had great attendance, was a valuable team member and had a positive and professional attitude toward his colleagues and the work we did together at EDGE. In January 2022, Owen successfully landed an independent employment position with Navigate Startup House as a Business Development Specialist.

**“The Edge program and Navigate Startup House have been the perfect launch pad for me to set out on my journey of becoming an effective member of Nova Scotia’s business community.”**

**~ Owen Clarke**

We congratulate Owen on his progress and know he will be successful on his career journey.

## THANK YOU TO OUR YMCA VOLUNTEERS!





# WELCOME TO CANADA



## Congratulations Shen!

Shen arrived in Canada in 2015 as an international student at Cape Breton University's hospitality program. In 2018, he joined the YMCA of Cape Breton team as a lifeguard and swim instructor in the Aquatics division.

In 2021, Shen applied for his permanent residency of Canada and in 2022 he received his permanent residency card. Shen says he loves working at the YMCA, "I have met so many people here and became friends with so many. My coworkers have become my family over the past four years." Along with working at the YMCA, Shen is also a performer of the Highland Arts Theatre. Congratulations Shen and thanks for being a part of our YMCA family!



## Gurmit' Story

*"After finishing my master's degree at Cape Breton University, I began working at the YMCA of Cape Breton, Nova Scotia Works, in July of 2020 as Career Counsellor only to discover that my path to permanent residency was not entirely mine.*

*When I found out that the YMCA of Cape Breton is an Atlantic Immigration Pilot sponsor, I was overjoyed. Immigrating to a new nation is challenging but it is regarded as a watershed moment when you receive the required support from the amazing people in your life. My managers, the Executive Director, the staff and CEO at our YMCA all made it feasible. I'm grateful to the YMCA for making my son's and mine immigration journey a memorable one and I'm very happy to share that my son and I obtained Permanent Residency status in November 2021."*



## Janna's Story

*"My name is Janna Suresca and I've been working at the YMCA of Cape Breton for almost two years as a Membership Services staff. I am pleased to announce that I have recently pledged to be a Canadian Citizen.*

*I started the paperwork and medical appointments in the Philippines, it took a year before I was approved. I arrived in Canada September, 2016, almost 6 years now. To be allowed to apply for citizenship, you need to be in Canada for three years, but I waited to apply with my sister.*

*March 23, 2022, after 6 long years, I took my oath to be a Canadian citizen. Over the past few years of living here, I have gone to school, went to work, made lots of friends, made memories and created a bond with the community. I am grateful to say that I am glad I took this opportunity to create a better life."*

# FUNDING AND GRANTS

## YMCA of Cape Breton Membership Assistance Fund

Thanks to the generous support of donors and the United Way of Cape Breton, the YMCA of Cape Breton was able to support 816 members in 2021/2022 with membership fees.

Who can apply for YMCA Membership Assistance? Financial assistance is available to individuals or families who face financial barriers to joining YMCA programs and services. We believe nothing should stand in the way of pursuing a healthier lifestyle!

**Supported by:**



**United Way**  
Cape Breton

## Ted Rogers Grant



YMCA of Cape Breton received \$5,000 to support Aquatics Programs! The money granted by the Ted Rogers Fund allowed the Y to expand on our training needs and open up opportunities for youth to build on their aquatics leadership certifications. Thanks to the grant, we were also able to onboard an additional Train the Trainer staff and followed up with multiple in-house training in Bronze Cross, Bronze Medallion, National Lifeguard and CPR/1st Aid.

## Winner of the 2021 Ted Rogers Scholarship



Brenna began volunteering with the YMCA of Cape Breton because one of her close friends was volunteering and told her how great it was. She has been a member of the YMCA for 11 years and became a volunteer swim instructor at the age of 12. She volunteered three days a week as a swim instructor with her brother Liam. Brenna shares, "Working at the YMCA has taught me a lot and given me a strong work ethic. Through working at the YMCA I have met some of my closest friends."

Currently she is a Swim Instructor Supervisor, swim instructor and lifeguard. In spring of 2021, the YMCA of Cape Breton nominated Brenna for the national Ted Rogers Scholarship for her dedication to the YMCA, her leadership in the community and her countless hours of volunteering. The Ted Rogers Scholarship is for students entering their first year of post-secondary education and every Scholarship recipient receives \$2,500 per year renewable up to four years.

Brenna adds, "Winning the scholarship meant a lot to me as I knew that it would help me in my studies, and it felt great to be recognized for the work I've done. Having this scholarship has kept me motivated to study hard and keep my grades up, and helped me with the financial cost of university."

Brenna is currently enrolled in the Bachelor of Science (Nursing) program at Cape Breton University.



# 2021/2022 FINANCIAL STATEMENTS

## YMCA of Cape Breton Statement of Financial Position

As of March 31, 2022

### ASSETS

#### Current

Cash and equivalents	\$	2,513,920
Receivables	\$	187,599
Prepaids	\$	16,408
	\$	<u>2,717,927</u>

#### Capital Assets

	\$	9,617,932
	\$	<u>12,335,859</u>

### LIABILITIES

#### Current

Payables and accruals	\$	563,337
Deferred revenue	\$	1,696,513
Current portion on long term debt	\$	102,266
	\$	<u>2,362,116</u>

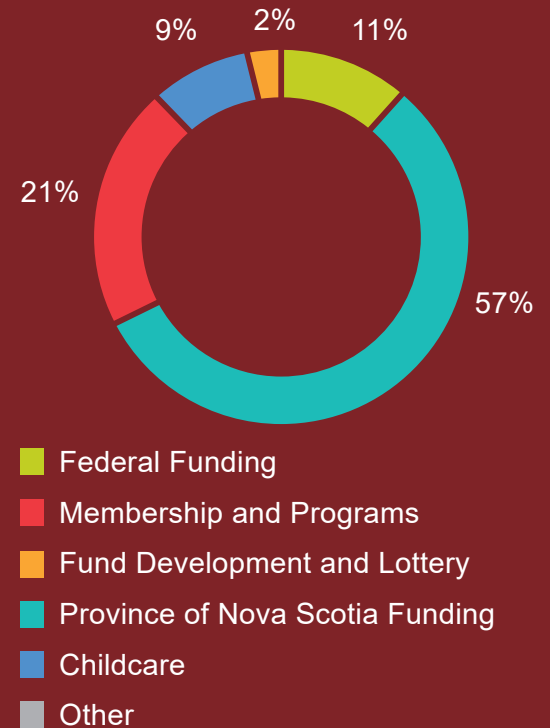
#### Long Term Debt

Deferred contributions	\$	1,104,023
	\$	<u>7,493,598</u>
	\$	<u>10,959,737</u>

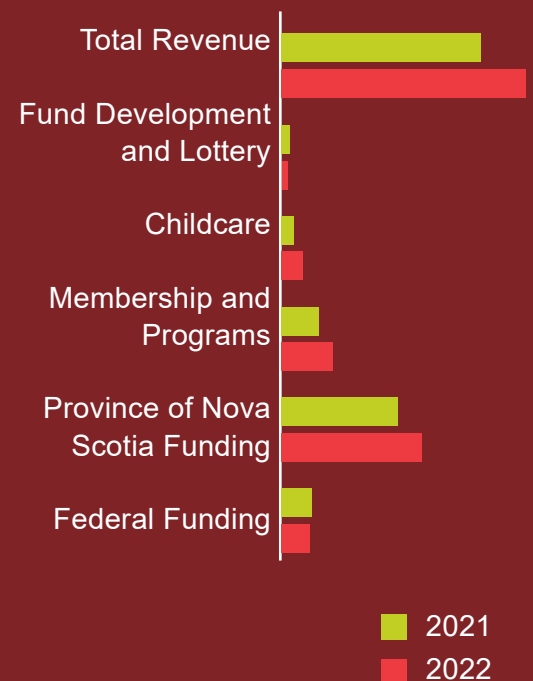
### EQUITY

Investment in capital asset	\$	918,045
Unrestricted	\$	<u>458,077</u>
	\$	1,376,122
	\$	<u>12,335,859</u>

## Revenue



## Prior Year Comparison





## YMCA of Cape Breton

### Frank Rudderham

399 Charlotte Street  
Sydney, NS, B1P 1E3  
Phone: (902) 562-9622

### Membertou

95 Maillard Street,  
Membertou, NS, B1S 3W4  
Phone: (902) 270-9622

[capebreton.ymca.ca](http://capebreton.ymca.ca)



### SYDNEY

399 Charlotte Street, Sydney  
902-564-9151  
[resource.sydney@cb.ymca.ca](mailto:resource.sydney@cb.ymca.ca)

37 Nepean Street, Sydney  
902-564-9151  
[resource.sydney@cb.ymca.ca](mailto:resource.sydney@cb.ymca.ca)

### INVERNESS COUNTY

15790 Central Avenue, Inverness  
902-202-6960  
[resource.inverness@cb.ymca.ca](mailto:resource.inverness@cb.ymca.ca)

### RICHMOND COUNTY

10036 Grenville Street, St. Peter's  
St. Peter's Learning & Technology Centre  
902-738-2130  
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298 Reeves Street, Unit One, Port Hawkesbury  
902-738-2130  
[resource.porthawkesbury@cb.ymca.ca](mailto:resource.porthawkesbury@cb.ymca.ca)

### GLACE BAY

106 Reserve Street, Glace Bay  
902-849-5500  
[resource.gb@cb.ymca.ca](mailto:resource.gb@cb.ymca.ca)

### NEW WATERFORD

479 Heelan Street, New Waterford  
902-862-8856  
[resource.newwaterford@cb.ymca.ca](mailto:resource.newwaterford@cb.ymca.ca)