



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Why Support the Y

YMCA Cape Cod
Case for Support



WE CAN DO MORE BECAUSE OF YOU

YMCA Cape Cod is a Y Without Walls...



YMCA CAPE COD FACILITIES

Lyndon P. Lorusso YMCA 2245 Iyannough Road West Barnstable

Wellness Center
Pools: 1 Lap, Warm Water Therapy
Locker Rooms: 2 Adult, 2 Youth, 1 Family
Group Exercise & Spinning Studio
Child Watch Center
Tween Zone
Weny Diabetes Resource Center
Outdoor Field
Community Garden
Amphitheater
Multipurpose & Meeting Rooms
Administrative Offices

YMCA Camp Lyndon 75-Acres on Lawrence Pond 117 Stowe Road, Sandwich

Year-Round Facility
Summer Camp
Licensed Preschool
Beach Waterfront
Dining Hall
Commercial Kitchen
Cabins
Recreational Fields
Low & High Ropes Course
Zip Line
Climbing Wall
Nature Trails
Pavilion
Gazebo
Campsites
Basketball Courts
Boathouse
Archery Range
Playgrounds
Horse Stables
Food Service Site

YMCA CAPE COD OPERATES PROGRAMS AT MORE THAN 20 COMMUNITY LOCATIONS

YMCA CAPE COD COMMUNITY PROGRAM CENTERS

Hyannis Youth & Community Center, Hyannis

YMCA Achievers Program

Brewster Treatment Center, Nickerson State Park, Brewster

Youth Services Facility - Rehabilitation
of Adjudicated Youth through Team
Building Activities

The Kings Way Condominium Community, Yarmouth Port

Group Exercise Classes

Joint Base Cape Cod (Otis Air Force Base)

Pool Management and Swim Lessons
for Military and Civilian Residents

Children's Crossing Early Learning Center, West Barnstable

Licensed, Accredited, Center-Based
Infant, Toddler & Preschool Program
Licensed After School Program
Licensed Day Camp Program
Food Service Site

N. Falmouth Early Learning Center, N. Falmouth Congregational Church, N. Falmouth

Licensed, Center-Based, Infant, Toddler
and Preschool Program in 5 leased
classrooms

Stonybrook Early Learning Center Stonybrook Elementary School, Brewster

Licensed, Center Based, Infant, Toddler
& Preschool Program

Lorusso Early Learning Center YMCA Camp Lyndon, Sandwich

Licensed, Accredited, Center-Based,
Preschool Program serving ages 2.9 to
5 years

Cape Cod Academy, Osterville

Youth Basketball, Summer Swim
Lessons

Brewster Green, Brewster

Year-Round Swim Lessons

YMCA's Diabetes Prevention Program Sites

Harbor Health Services - Hyannis
Duffy Health Center - Hyannis
Community Health Center of Cape Cod - Mashpee
Community Health Center of Cape Cod - Bourne
Falmouth Service Center, Falmouth

YMCA's Children's Food Service Program Sites

Cromwell Court - Hyannis
Faith Assembly Church - Hyannis
Family & Community Resources Visitation Center - Hyannis
Sturgis Library - Barnstable Village
Safe Harbors - Hyannis
Mashpee Village - Mashpee
Hyannis Public Library - Hyannis

Dear Friends and Community Partners,

The Y is a powerful association of people of all ages and circumstance joined together by a shared passion, to strengthen our impact in the community. As you read through this Case for Support, you will learn about the many ways the YMCA Cape Cod strengthens our community through programs and services that foster a healthy spirit, mind, and body.

Our Y was founded on principles that value charity and service to others. We know that communities thrive when people come together to identify and respond to local needs. We work with members, community leaders, partners, volunteers, and donors to understand our neighbors' challenges.

The Y never turns anyone away due to an inability to pay.

Our Y offers real solutions and opportunities that change lives. We serve working families with childcare and camp programs, people interested in being active and healthy, at-risk youth, isolated seniors, hungry children, people battling chronic illness, and community members looking for a meaningful way to give back.

Since 1966, the YMCA Cape Cod has had a positive impact on tens of thousands of individuals and families. As we look toward the next fifty years, we can see that there is more work to be done.

When you donate to the YMCA Cape Cod, you can be assured that your support will make a meaningful and direct impact on the lives of people around you. All donations to the YMCA Cape Cod are directed to our Y's initiatives and remain in our community. Your gift will help young people achieve their potential, empower people of all ages and circumstance to lead healthier lives, and strengthen the foundation of our community.

We sincerely hope you feel as committed to our community as we do and will join our Y family of supporters. On behalf of the YMCA Cape Cod and those we serve, thank you for considering our Y as you make your important philanthropic decisions.



Sincerely,

A handwritten signature in black ink that reads "Stacie Peugh".

Stacie Peugh
President/CEO



ABOUT YMCA Cape Cod



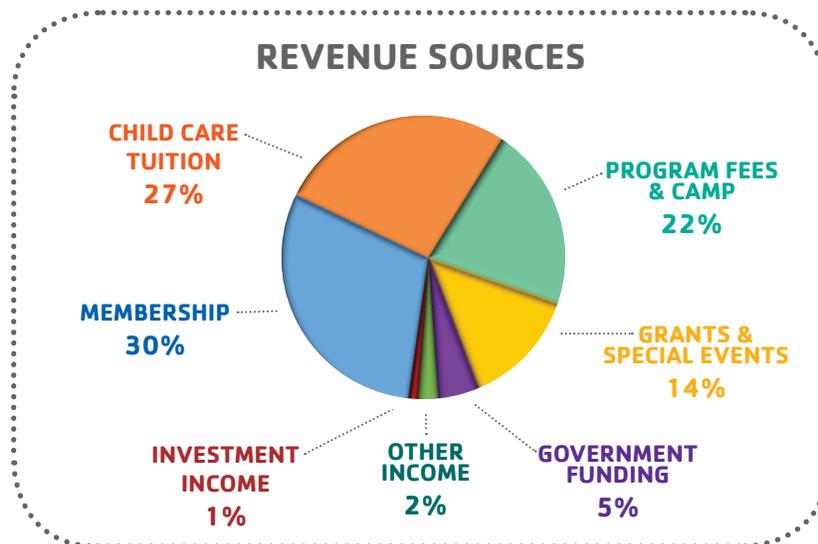
The **YMCA Cape Cod** is an independent nonprofit agency governed by a local Board of Directors and professional staff. Our focus, impact, and support are locally driven.

Cape Cod is a community with diverse needs. We experience health concerns, hunger, poverty, homelessness, and a troubling opioid epidemic, all of which have widespread repercussions for the whole community. We have at-risk and vulnerable populations among children and teens, our growing elderly population, and those with special needs.

Many struggle with low-to-moderate income levels, which creates a barrier to managing the costs of healthy eating and physical activity.

The YMCA Cape Cod is committed to meeting the health and wellness needs specific to our community. We do this work through our three focus areas: Youth Development, Healthy Living, and Social Responsibility. These priorities guide our efforts and, together with our hundreds of volunteers, donors, partners, and members, we take on challenges that make a local impact.

YMCA CAPE COD IS A STABLE NONPROFIT BUSINESS MODEL



OUR Y RELIES HEAVILY ON LOCAL CHARITABLE CONTRIBUTIONS
PUBLIC AND PRIVATE GRANTS, FUNDRAISING EVENTS, AND PRIVATE DONATIONS
ACCOUNT FOR
19%
OF OUR Y'S INCOME

MEETING COMMUNITY NEEDS

EVERY YEAR, OUR Y PROVIDES NEARLY **\$800,000** IN FINANCIAL ASSISTANCE SO THOSE WHO CANNOT AFFORD MEMBERSHIPS CAN ACCESS VITAL SERVICES

YMCA CAPE COD
NEVER TURNS ANYONE AWAY DUE TO AN INABILITY TO PAY

CREATE ACCESS FOR ALL THROUGH SCHOLARSHIPS FOR MEMBERSHIPS, CAMPERSHIPS, AND CHILDCARE PROGRAMS

RESPOND TO LOCAL NEEDS

20% OF DONOR DOLLARS SUPPORT FOOD PROGRAMS & MEMBERSHIPS

42% OF DONOR DOLLARS SUPPORT SUMMER CAMP ASSISTANCE

LEAD ADVENTURE-BASED PROGRAMMING FOR ADJUDICATED YOUTH

FACILITATE GOVERNMENT FUNDED PROGRAMS

PROVIDE **SPECIALIZED PROGRAMS FOR CHRONIC DISEASE PREVENTION**

SINCE 2005, SERVED OVER 150,000 MEALS TO LOW-INCOME CHILDREN

ALL DONATIONS TO OUR Y REMAIN IN OUR COMMUNITY

FOCUS ON LOCAL IMPACT

COMBAT OPIOID ADDICTION BY FOCUSING ON PREVENTION

876 VOLUNTEERS

SERVE AS ONE OF THE LARGEST AFFORDABLE CHILDCARE PROVIDERS IN THE REGION

CREATE NEARLY 250 LOCAL JOBS

STATE FUNDED INCOME ELIGIBILITY VOUCHERS ACCOUNT FOR **30%** OF OUR CHILD CARE TUITION

PROVIDE ACCESS TO OUR FACILITIES SO OTHER NONPROFITS AND AGENCIES CAN HELP MEET **BROADER COMMUNITY NEEDS**

IMPACT THE LIVES OF 10,000 CAPE CODDERS ANNUALLY

OFFER FREE WELLNESS PROGRAMS

ADVOCATING AT THE FEDERAL, STATE, OR LOCAL LEVEL TO BRING RESOURCES INTO OUR **COMMUNITY**

PARTNER WITH HOSPITALS, SCHOOLS, CHURCHES, AND LIKE-MINDED NONPROFITS

COLLABORATE WITH HUNDREDS OF COMMUNITY PARTNERS

LEAD ADVOCACY INITIATIVES

SUPPORT **FIXED-INCOME SENIORS AND WORKING FAMILIES**

44% OF DONOR DOLLARS SUPPORT CHILD CARE ASSISTANCE

AND SO MUCH MORE

OFFER SPECIALIZED COUNSELING, SUPPORT, AND LIFESTYLE INTERVENTION PROGRAMS FOR INDIVIDUALS MANAGING CHRONIC ILLNESS

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



Our Community Need

Lack of access to child care, good nutrition, physical activity, and experiential learning and enrichment opportunities are key barriers to healthy youth development and achievement.

According to Cape Cod Healthcare's Community Health Needs Assessment report, adolescents and young adults are considered particularly vulnerable populations in Barnstable County. The report cites an increase in risky behaviors and poor health decisions.

80% of young people in Massachusetts, including Cape Cod, are not accessing quality after school and out-of-school programs.

For many Barnstable County youth, especially those from lower-income families, the opportunity gap for child care and quality youth programs can become difficult to overcome.

YMCA Cape Cod Impact

As one of the largest providers of affordable child care in the region, we offer high-quality daycare, camp, after school, and out-of-school programs to working families regardless of income level.

With a focus on enrichment and character-building, we offer a wide range of activities and programs

that provide positive role models, create healthy experiences, develop personal skills, boost self-esteem, and nurture potential. Our programs are designed to keep children and teens healthy, engaged, learning, and ready for success in school and life.

"Cullen's favorite person is his swim instructor, Ally. I'd like to celebrate World Autism Day by telling everyone how special Ally is! Cullen has had a very tough year and it seems the only constant for him is Ally. She is always ready to help him in any way he needs and when they swim together it's like watching a ballet and it makes me cry most days. There really isn't any way to express our gratitude for what she does for Cullen, or for us, but if you have the pleasure of knowing Ally you can count yourself blessed!" - Cullen's Mom



OUR Y IS A RESOURCE FOR FAMILIES, PHYSICAL AND SOCIAL SUPPORT, CHILD CARE, CAMPS, AT-RISK YOUTH, AND SO MUCH MORE

80% OF FAMILIES REPORTED WE HELPED THEIR KIDS BE MORE ACTIVE AND FEEL A GREATER SENSE OF BELONGING



"The Achievers has helped me learn how to ask questions and have more of a say." - Naomi

We believe all kids deserve the opportunity to discover who they are and what they can achieve under the guidance of adults who care about them and believe in their potential. We see every interaction with young people as an opportunity for learning and development.

**QUALITY
AFTER SCHOOL
PROGRAMS
BOOST
ACADEMIC PERFORMANCE,
REDUCE
RISKY BEHAVIORS,
AND PROMOTE
PHYSICAL HEALTH**



**567
SUMMER CAMPERS**

**2,867
SWIM LESSONS**

**444
YOUTH SPORTS**

**TEENS AND
YOUNG ADULTS
NEED ACCESS
TO QUALITY PROGRAMS
THAT PROMOTE
HEALTH AND
HEALTHY BEHAVIORS**



YMCA CAPE COD YOUTH DEVELOPMENT PROGRAMS

Child Care & Camp

Early Learning (3 mos. - 5 years)
Child Watch
School-Age Child Care (5 days/week)
Summer & School Vacation Camps

Swim, Sports & Play

Recreational & Competitive Swimming
Basketball
Fitness/Exercise
Karate
Soccer
Adapted Swim Lessons
for Children with Disabilities
Child/Parent Classes
Swim Lessons

Teen Programs

Achievers
Lifeguard Training
Leaders in Training
Counselors in Training
Team Building
Volunteer Internships

**ACHIEVERS
HELPS TEENS
DISCOVER AND PURSUE
HIGHER EDUCATIONAL
AND
CAREER GOALS**



**OUR Y
SERVES
5,000
YOUNG PEOPLE
ANNUALLY**

**100%
OF FAMILIES SURVEYED
REPORTED Y STAFF AND
CHILDREN IN OUR PROGRAMS
DEMONSTRATE
YMCA'S CORE VALUES:
CARING, HONESTY,
RESPECT, AND
RESPONSIBILITY**



WE CAN DO MORE BECAUSE OF YOU

Your donation will provide the YMCA Cape Cod with resources needed to provide financial assistance to working families and disadvantaged youth, creating access to services and programs that have a meaningful impact on hundreds of local children and families.

HEALTHY LIVING

Improving the nation's health and well-being



Our Community Need

Many health seekers need guidance and support to effectively manage and achieve their health and wellness goals. The community has many needs ranging from access to fitness facilities to programs that target specific health concerns and chronic illness.

Cancer and Heart disease are the top two leading causes of death in Barnstable County.

The Cape Cod community needs services that offer healthy-living programs that are comprehensive, affordable, and tailored to individual needs.

YMCA Cape Cod Impact

Programs are designed to respond to the complex health and wellness needs of our community and we help ten thousand people annually, from toddlers to seniors, receive the support, guidance, and resources needed to achieve greater health and well-being.

From seeking healthy lifestyles to struggling with chronic illness, the Y provides people of all ages, physical needs, and abilities with opportunities to

engage in physical activity and wellness programs, regardless of their ability to pay.

Our Y's specialized programs and clinics target prediabetes, diabetes, rehabilitation from cancer treatment, and other chronic illnesses. All programs are supported by trained, certified staff, and community partners.

"I have made attending group exercise classes at the Y a part of my daily routine. It has positively impacted my overall health and wellness. I also feel a part of a community of people who have come to care for one another. The difference in ages serves to enhance our relationships as we find ourselves learning from one another. Most wonderfully, this diverse group of people have come to look out for one another both within and outside of the Y walls." - Helena

FREE
NUTRITION AND
WELLNESS
COUNSELING
RESOURCE CENTER
FOR
DIABETICS



OFFERING OUR
GROWING ELDERLY
POPULATION
WITH UNIQUE
HEALTH AND
WELLNESS
PROGRAMS

"Exercising at the Y and programs offered has made a huge difference for my mental as well as physical well-being. The Y provides social and friendly interaction of a diverse group of people that are caring and interesting and creates a feeling of belonging, especially for those of us who are living alone." - Joe

The Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health, and fosters connections through programs that promote healthy living.



FREE HEALTH FAIRS AND SCREENINGS, EXERCISE ACTIVITIES, AND NUTRITION ADVICE FOR THE COMMUNITY

PEDALING FOR PARKINSON'S HELPS COMBAT DISEASE PROGRESSION AND IMPROVES HEALTH EFFECTS



WITH CLINICAL AND COMMUNITY PARTNERS, DELIVERING DIABETES WELLNESS PROGRAMS ACROSS THE CAPE

OUR Y SERVES AN AVERAGE 4150 ADULT MEMBERS AND 1339 OLDER ADULT MEMBERS ANNUALLY

167 WENY DIABETES RESOURCE CENTER PARTICIPANTS



LIVESTRONG FREE PROGRAM FOR PEOPLE COMPLETING CANCER TREATMENT TO HELP REGAIN PHYSICAL AND EMOTIONAL STRENGTH

YMCA CAPE COD HEALTHY LIVING PROGRAMS

Health, Well-being, and Fitness

- Active Older Adults Classes
- Aerobics/Dance
- Indoor Cycling
- Martial Arts
- Strength Training
- Yoga
- CPR/First Aid
- Health Screenings
- Injury Rehabilitation Partnership
- Personal Training
- Adult Swim Lessons
- Swim Programs Adapted for Health Needs

Chronic Disease Resources/Services

- Diabetes Resource Center
- Pedaling for Parkinson's
- Livestrong at the YMCA

Evidence-Based Programs

- YMCA's Diabetes Prevention Program
- Matter of Balance
- Tai Chi
- Enhance Fitness

WE CAN DO MORE BECAUSE OF YOU

Every day, we work side-by-side with our community to make sure that everyone has access to important programs that foster health and well-being. But we cannot do it alone. Your support is vital to ensuring that we have the resources to respond to the diverse needs of our community.

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors



Our Community Need

Some of Cape Cod's most vulnerable residents, most often working families and our growing senior populations, struggle with basic needs and require assistance for food, clothing, housing, heat, and childcare.

The Barnstable County Human Condition report states that more than 5,500 households on Cape Cod, representing approximately 13,440 Cape Codders, don't always have enough money for food and nearly 40,000 said they received some kind of public financial assistance for basic needs.

For many, health and wellness activities become secondary or are simply unattainable.

YMCA Cape Cod Impact

Our Y makes an impact because we partner with hundreds of community leaders, human service agencies, churches, like-minded nonprofits, donors, volunteers, employees, and Y members who work in the community and share our priorities. Our partners take an active role in bringing about meaningful, enduring change in the community.

The YMCA Cape Cod makes a powerful impact in our community because we are cause-driven; volunteerism and philanthropy are an integral part of our organizational culture; our partners are committed to meeting the needs of their neighbors; and our donor dollars go directly to important community-impact areas.

"The Livestrong program is amazing, the child care offered is affordable to struggling single moms, the food programs help people in real need, financial assistance is offered to those who would otherwise miss out on the benefits of belonging to the Y. Also, I like the free blood-pressure testing that happens in the lobby! They raise awareness and encourage all of us to take care of our health." - Cynthia

SERVED
**150,000...AND
COUNTING**

MEALS FOR CHILDREN
WHO ARE ELIGIBLE FOR
FREE/REDUCED LUNCH
WHEN SCHOOL IS NOT
IN SESSION



Y ADVOCACY
VOLUNTEERS
WORK WITH
LEGISLATORS
TO IMPROVE
EXISTING
SOCIAL SERVICE
SYSTEMS



LOCAL
COMPANIES
CONTRIBUTED
OVER \$1 MILLION
IN GOODS AND SERVICES
TO SUPPORT OUR Y'S
BUILD WEEK
TO IMPROVE
Y FACILITIES

"Every socio-economic class, every profession uses the Y. There are few other places where all people of different incomes are treated equally these days and we can't lose that." - Paul

Social Responsibility is one of YMCA's basic tenets. Our Y fosters a culture of local philanthropy and volunteerism that inspires broad community involvement, which is so vital to our ability to make an impact.



OUR Y HARNESSSES THE ENERGY AND GOODWILL OF HUNDREDS OF VOLUNTEERS WHO CONTRIBUTE THOUSANDS OF HOURS

876 VOLUNTEERS

TOGETHERHOOD PROGRAM ORGANIZES Y MEMBERS WHO VOLUNTEER AT NON-YMCA PROJECTS OF THEIR CHOICE

YMCA CAPE COD SOCIAL RESPONSIBILITY

Social Services

- Child Nutrition Programs
- Summer Food Service
- Child & Adult Food Care Program
- Vacation Meals Program
- After School Meals Program
- Financial Assistance Program
- Togetherhood Program

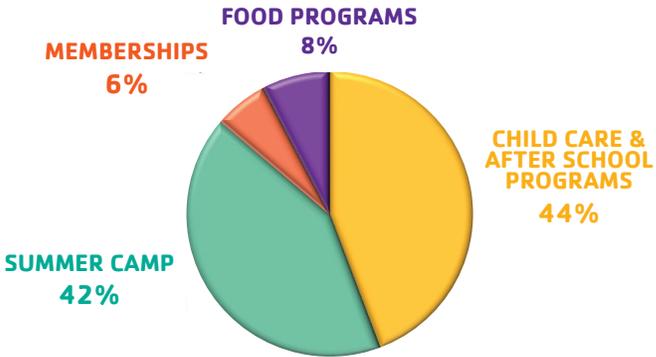
Advocacy

Philanthropy

- Volunteerism
- Giving

DONOR DOLLARS AT WORK

IN 2016, OUR Y PROVIDED \$778,201 IN FINANCIAL ASSISTANCE TO THOSE IN NEED ON CAPE COD



WE CAN DO MORE BECAUSE OF YOU

We believe that lasting personal and social change can only come about when we all work together. You can be assured that YMCA Cape Cod will steward your donation to affect the greatest impact. Your gift will help ensure that no child, family, or adult is turned away because of inability to pay.



The Y. For a better us.

WHO WE ARE

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR CAUSE

Strengthening the foundations of community.

OUR VALUES

Caring

Honesty

Respect

Responsibility

YMCA Cape Cod

2245 Iyannough Road, West Barnstable, MA 02668

Contact: PJ Richardson, Chief Financial Development Officer

Tel: 774-251-5141 | Email: pj@ymcacapecod.org

ymcacapecod.org