



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTHENING COMMUNITIES TOGETHER

2012
Annual Report
HOCKOMOCK AREA YMCA

SPIER FAMILY AQUATICS



PICTURED ABOVE: Greg Spier and Ed Hurley with child care participants near the Spiers Family Aquatics Center at the Invensys Foxboro Branch.

FRONT COVER: Honey Dew Donuts President Dick Bowen joins North Attleboro middle school students participating in the Adventures in Respect program.

DEAR FRIENDS,

We strengthen communities together. It's our promise and it's our cause.

Every day, we work side by side with our neighbors to make sure that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive.

As you will see in this report, the past year was both exciting and impactful. We could not be successful without our many dedicated volunteers, donors, members, and staff united to make meaningful change in the fifteen communities we are privileged to serve.

We're for Youth Development -- because we nurture the potential of every child. We are proud to help kids build confidence and discover the world around them; from the youngest in our child care programs, to youth in our summer camp programs, to the teens in our leadership development initiatives. We continue to enhance the impact of key organization initiatives including Healthy Futures, our collective response to increasing physical activity and proper nutrition among our youth, and Adventures in Respect, our anti-bullying program.

We're for Healthy Living -- because living a healthy lifestyle means living a full, productive life. The Y brings people together, helping thousands of health seekers receive the support and resources they need to strengthen their physical and intellectual health. In 2012, our YMCA launched a new initiative, Prescription for a Healthy Lifestyle. We offer 12-week small group physical activity programs for individuals diagnosed with chronic diseases including multiple sclerosis, cancer, cardiac-related issues, and youth with high body mass indexes. By focusing on both prevention and intervention, we are working to combat chronic disease throughout our service area.

We're for Social Responsibility -- because we are there for our neighbors and our community. We create a sense of community for everyone. In 2012, with your help, we welcomed more than 15,000 people into our Y family through financial assistance and program subsidies. We served as a convener in five communities introducing Darkness to Light, our child sexual abuse prevention initiative. And we are thankful for our 832 program, policy, and fundraising volunteers, without whom little of what the Y does would be possible.

In this report, we share the stories and accomplishments of outstanding individuals and organizations dedicated to changing lives and making a difference. They are inspiring and we are proud to be associated with them.

We know that when we work together, we move individuals, families, and communities forward. Thank you for joining us in this important work today and in the years to come.

Sincerely,

Gregory P. Spier
Chairman, Board of Directors

Edwin H. Hurley
President

CHAIRMAN’S AWARD

Recognizing outstanding leadership, dedication, and passion working with the Hockomock Area YMCA to improve the quality of life in our community

The LeStage Family

An eight year old girl named Annie was excited to raise money for the annual Reach Out For Youth and Families campaign at a fundraiser organized by her gymnastics team. She did 651 flips in a half hour and raised over \$800 for kids less fortunate. Then at Christmas she and her brother Ben, on their own, decided to give up a Christmas present each so they could take a star from the Y Giving Tree to provide gifts for children in need. Two little angels you might say. Their last name is LeStage, and Annie and Ben represent a third generation of LeStages making a difference. Just like their dad, they became involved at the Hockomock Area YMCA at an early age.

Garner LeStage joined the board of the North Attleboro YMCA 45 years ago. And five years later, at age 31, became the first board chair of what we now call the Hockomock Area YMCA. Reflecting back, Garner expressed pride in being part of hiring staff leadership that has provided great stability to the Y over the last 30 years and getting other volunteers involved. In fact, six volunteers recruited by Garner went on to become board chairs.

When asked why he agreed to become involved, Garner said, “I didn’t know enough to say no, but I cared enough to say yes.” He has never stopped caring. Garner’s strongest motivation was to build what he called at the time an “Angel Factory” on the top of the hill at Elmwood Street. Garner is quick to point out the support of his wife Marilyn. Because of her support and later the involvement of his son Matt, Garner says, “The Y has been an extension of our family.”

Garner’s son Matt has been an active member of the North Attleboro Board of Managers for the past seven years. His first memory of the Y was as an eight year old going to Elmwood Street with his dad to check on the construction of the indoor pool. He climbed down into the empty pool and remembers pushing his Tonka trucks from the shallow end down the ramp to the deep end. He remembers seeing a lot of plaques with his dad’s name and learning early on about the value of volunteerism and giving back to the community.

Matt moved back to North Attleboro with his wife Molly to raise their family in 1999. When asked why he’s involved and gives back, Matt quickly responds, “Molly and I have been fortunate enough to have been given many opportunities and with that comes great responsibility.”

The LeStage family has been a true gift to our Y and to the community. Garner proudly states, “If you have time to volunteer or to contribute, giving to the Y maximizes that value. It doubles and redoubles your investment of time and resources. Nobody does it better.” We are all proud of the “Angel Factory” he helped build 40 years ago.



PICTURED (L-R):
Ben, Molly, Annie, Matt, Marilyn, and Garner LeStage

“The Y has been an extension of our family.”

BERNON FAMILY BRANCH RED TRIANGLE AWARD

Recognizing individuals or organizations for their steadfast dedication and partnership with the Hockomock Area YMCA to meet the changing needs of our community

Renée Quarterman, M.D.

Dr. Renée Quarterman is an active member of the Y, a donor to our Reach Out For Youth and Families campaign, and a true champion of our mission. The Breast Center at Milford Regional Hospital, which she created in 2009, immeasurably improves the health of our community.



The Breast Center provides treatment, support, and education regarding breast health and disease. Dr. Quarterman says of the hospital, “We treasure our relationship and bond of trust with the community. One way it gets reinforced is through our great relationship with the Hockomock Area YMCA.”

Dr. Quarterman takes great pride in the Breast Center. “I love my patients and I think they sense that,” she says. When cancer is diagnosed, her facility coordinates care with specialists across the street at Dana Farber/Brigham & Women’s Cancer Center, where Dr. Quarterman is a surgeon. They discuss the importance of a healthy lifestyle and avoiding stressors that can contribute to disease.

“My patients know that I value the Hockomock Y. Because of the Hockomock Y’s reputation in the community, I think that strengthens their trust in me. When I talk about Y services, they’re enthusiastic,” says Dr. Quarterman. Many follow her recommendations, as roughly half of all her patients enroll in the LIVESTRONG at the YMCA program.

“That’s a high compliance rate,” says Dr. Quarterman. “When you ask people to exercise, impose on their schedule, change time they spend with others, that’s a lot. I think my patients want to get back to normal. They don’t necessarily want to start something new. But by the time they finish their treatments, they have amazing strength, wisdom, and energy. They want to do something different or something more. They believe me when I tell them that healthy habits will improve their lives. They’re ready to hear that and continue the work.”

Dr. Quarterman also started Reach to Recovery, a program in which patients mentor future patients. She wanted her patients’ newfound energy and knowledge to help not just themselves, but those around them as well.

“I definitely believe in doing more than just operating and doing more than just educating. I have a personal connection to the Bernon Family Branch. The Y and I have a shared sense of purpose, that of helping others,” says Dr. Quarterman. “That’s what we should be doing. And all of us can, in some way or another. That’s really what it’s all about.”

“We treasure our relationship and bond of trust with the community. One way it gets reinforced is through our great relationship with the Hockomock Area YMCA.”

INVENSYS FOXBORO BRANCH RED TRIANGLE AWARD

Recognizing individuals or organizations for their steadfast dedication and partnership with the Hockomock Area YMCA to meet the changing needs of our community

Rockland Trust

When two organizations share the core value of making true, lasting differences in the communities they serve, something magical occurs. This describes the relationship between Rockland Trust and our Invensys Foxboro Branch.

Rockland Trust’s Foxboro office operates with a local community consciousness that goes beyond what is normally expected from large corporations. Rockland Trust’s Foxboro Branch Manager Mark Coletta frames the bank’s philosophy, noting, “Our bank started in the early 1900s by a group of local business folks who shared common goals – and even though we have grown to 77 branches, we have not lost that spirit of community.”

It is in this spirit of partnership and dedication to community service that the Hockomock Area YMCA’s Red Triangle Award is being presented to Rockland Trust.

YMCA Vice President and COO Jim Downs explains further why the Y is honoring the bank with this Red Triangle award, “When I approached Mark to join our Invensys Foxboro Branch Board of Managers, I knew instantly that we were building a long-term corporate partnership based on our common goal to make our community a happier, healthier, and better place to live and work. Rockland Trust stepped up to the plate in many ways, including helping finance the recently opened Spier Family Outdoor Aquatics Center and supporting our annual Legends Ball, Legends Golf Classic, and Darkness to Light initiative.”

Making a lasting impact on the communities of Foxboro, Mansfield, and Sharon, among others in the region, requires a special type of partnership.

Coletta references the bank’s tagline *Where Each Relationship Matters* when he speaks of his relationship with the Y. “I’ve seen our local Y leadership in action, as a donor and a member of our Invensys Foxboro Branch’s Board of Managers. They do amazing things. It’s important to me that both the bank and the Y emphasize relationships, pay attention to families and their individual needs, and reach out to help people in our community when they need it most.”

The commitment to giving back to the community is one that is shared throughout the Rockland Trust family, starting at the top with Rockland Trust President and CEO Chris Oddleifson and Sr. VP and Director of Marketing Ralph Valente whose support has helped further the impact of the Y.

This is the essence of the relationship between the Hockomock Area YMCA and Rockland Trust – a commitment shared by both organizations.



PICTURED (L-R):
Mark Coletta, Ralph Valente, and
Chris Oddleifson

“Our bank started in the early 1900s ... and even though we have grown to 77 branches, we have not lost that spirit of community.”

MANSFIELD BRANCH RED TRIANGLE AWARD

Recognizing individuals or organizations for their steadfast dedication and partnership with the Hockomock Area YMCA to meet the changing needs of our community

HarborOne Credit Union

With the creation of HarborOne U®, the credit union became one of the country's first centers devoted to financial education, life and career management services, and small business assistance through the newest community education initiative in Mansfield.

Maureen Wilkinson, Vice President and Director of HarborOne U, is known as the "VP of Good Things" and explains that the bank has a philosophy of doing well by doing good. "My job in the community is to spread HarborOne pixie dust everywhere I go. HarborOne U provides free of charge a multitude of opportunities for small business owners to acquire solid advice to achieve success. Everyone in the community is welcome, not just our members," says Maureen. In fact, the U welcomes the Hockomock Area YMCA and other nonprofits into its beautiful meeting space for strategic planning sessions and staff meetings, spurring creativity and forward thinking in an ideal working space.



PICTURED (L-R):
Jim Blake and Maureen Wilkinson

President and CEO Jim Blake shares, "The vision for HarborOne U is also to help people become better informed about the financial consequences of major life stages such as buying a home, getting married, saving for college, and so on. Education in these areas is helping to guide and better prepare our residents and neighbors."

The bank's commitment to enriching lives through education extends to our youth. The bank provides area school districts and youth groups with financial literacy programs designed to prepare younger generations with the needed financial skills to make better choices. "Like the Y, we are local and can be trusted," emphasizes Jim.

When asked why HarborOne supports the Hockomock Area YMCA, Jim explains, "Growing up, I belonged to the Y. It made a big impact on my life. Every year, I look forward to the Reach Out for Youth and Families Breakfast where I see firsthand the lives that are changed because of the Hockomock Area YMCA. We want to support and partner with the Y because of all that it stands for and the good work that is being done there." HarborOne has been a consistent and committed supporter of our annual Reach Out For Youth and Families Campaign, capital projects, and our Legends Ball which supports our Integration Initiative.

The Hockomock Area YMCA is proud to partner with HarborOne Credit Union for its loyalty and dedication to providing individuals with the resources and education they need to create stronger families and communities in Mansfield and beyond.

"We want to support and partner with the Y because of all that it stands for and the good work that is being done there."

NORTH ATTLEBORO BRANCH RED TRIANGLE AWARD

Recognizing individuals or organizations for their steadfast dedication and partnership with the Hockomock Area YMCA to meet the changing needs of our community

State Representative Betty Poirier

The Hockomock Area YMCA best fulfills its mission when it partners with people like Betty Poirier. Personally and professionally, Betty shows passion for her community, for her YMCA, and for the people she serves in a truly remarkable and inspiring way.

Betty and her husband Kevin raised three sons, Sean, Ryan, and Brendon. They didn't just grow up on Grove Street; they grew up at the Hockomock Area YMCA. Starting with dropping Sean off 41 years ago at summer camp, the Poirier kids were fixtures at the Y participating in everything as kids, leadership programs as teens, to becoming staff members as young adults. Betty remembers fondly all her family's Y experiences and she proudly states, "The Y was an extension of our home."

Betty goes on to say that, "The Hockomock YMCA is an integral part of the community. I think of it like I do the Police and Fire Department. We need it. Without the Y we'd be adrift." Betty has often said "the Y serves our community from the womb to the tomb."

In her position as State Representative she is constantly aware of families that need help and can't afford to pay. "They need help to care and guide their children." She says with admiration and appreciation, "The Hockomock Y is always there 100% of the time I ask."

Betty Poirier is part of the lifeblood of her community. Betty's Angels support Lenore's Food Pantry, her program "Supply Sacks" provides vital back to school clothing and supplies to foster children, she supports Neighbors Helping Neighbors providing home heating assistance, and for 40 years, Betty has been instrumental in the "Adopt a Family" program that cares for families during Christmas and throughout the following year. She is planning her 3rd Senior Spectacular bringing hundreds of seniors from surrounding communities together for a day that provides links to essential services. Betty says, "I'm fortunate that people trust me, and when I ask, people step up to help." Our community doesn't just trust Betty Poirier, she is beloved and respected. And never far from her thoughts is the Hockomock Area YMCA. She says, "The Y rocks almost around the clock. Drive by and lights are always on."

"The Hockomock YMCA is an integral part of the community. I think of it like I do the Police and Fire Department. We need it. Without the Y we'd be adrift."



YOUTH OF THE YEAR

Recognizing youth members of the Hockomock Area YMCA who, as a result of their commitment and dedication, make a positive impact on YMCA members, participants, and staff

PICTURED (L-R):
Derrick Otto
Sean Davin
Robby Lawrence
Tom Senst

STRENGTHENING
COMMUNITIES

TOGETHER



Derrick Otto

Derrick is described as a kind, thoughtful leader who is always willing to share words of encouragement with others.

"I came to the Y as early as they come," says Derrick. He remembers learning to swim when he was 2 and participating in youth basketball league through middle school. It was in 8th grade that Derrick started to frequent the Y even more when a friend encouraged him to go to the Y to work out and participate in a Special Olympics basketball program. "That's when I met Barbara Manuelpillai, the Integration Coordinator. She encouraged me to join the flag football team and I became more involved with the Y from there on in. I see the Y as an extension of my home," notes Derrick.

Derrick talks about his experience with Special Olympics flag football. "I was really shy at first. The first couple of practices, I only threw the ball to my dad. But the more I played, the more I got comfortable and began to enjoy it," says Derrick. Derrick went on to say that his dad became a volunteer coach for the following year's basketball team. And this past year, Derrick was a partner to the Integration Initiative players, helping with the team coordination and providing support and coaching.

Last summer, Derrick deepened his relationship with the Y, becoming a counselor-in-training. "I really enjoyed my camp experience. Each day, my goal was to make sure I made the campers feel welcome and special," says Derrick, who is a sophomore at King Phillip High School.

"In younger years, I would describe myself as a follower. But because of my experiences at the Y, I'm now a leader. The Y has helped shape me and has taught me the good things in life – to treat people well and with respect. I'm glad because all of these lessons are helping me be the person I am today and shaping me for the rest of my life," proclaims Derrick with confidence.

Sean Davin

Sean Davin is a young man with a solid work ethic and tremendous talent working with children with special needs.

Sean has been part of the Hockomock Y family since 2004. He began volunteering in the Fun-athlon program. Sean works in sports and integration and recently started in the Teen Center. When not working, Sean lifts at the Y and plays basketball with friends.

At twelve, Sean volunteered at the Spoke Collaborative, a program for children with special needs. He continued volunteering in Foxboro High School's Best Buddies program. Sean discovered his passion for mentoring children with special needs, thus sparking his decision to volunteer and later become employed at the Hockomock Y, specifically in the areas of integration and camp. Sean credits the Integration Initiative for his growth as a leader. "Through the Y, I learned how to be more patient and deal with tough situations. It takes a lot of patience to work with children with higher needs."

As a counselor, Sean was a model for campers with and without disabilities teaching acceptance. He ensured all campers were included even if that meant jumping in the pool to be someone's buddy or making up a game so everyone could play. Sean described his favorite moment making a difference last year. "A 13-year old girl was petrified to jump into the pool without a noodle. Each week the noodle would be inched further away. She finally jumped for the noodle but it was too far. She wasn't afraid anymore. It was really cool."

Sean's warm and accepting personality radiates. Sean explains, "Every Friday at school, mentors and kids eat lunch together in the Best Buddies room. We talk about camp. They tell me how excited they are for summer at the Hockomock Y. They are counting down the days."

Sean was elected President of the Best Buddies program for his senior year. With his leadership and passion to make a difference, Sean will continue to better his school, Y, and community, one child at a time.

Robby Lawrence

Robby Lawrence is a dedicated, sincere young man who is well liked and admired by many.

Robby has been coming to the Hockomock Y since he was five years old. He has participated in programs including aquatics, basketball, flag football, as well as summer camp.

The ride to and from Camp Elmwood each day became a summer tradition with his dad, Bill, who served as camp director for 18 years. At five years old, Robby became a camper in Elmwood Junior. As the summers passed, Robby became a leader in the program, joining the staff as a counselor-in-training, a cadet, and now as a senior counselor. "This year will be my fourteenth summer," Robby says proudly.

"As a counselor, camp means a lot to me. I'm there for the kids. I see it as my job to be a role model and lead the campers on a good path. I remind the campers to be honest, make good choices, and live by the Y's core founding values," adds Robby.

Robby is involved in other areas of the Y including being a volunteer for the Integration Initiative and an active member of the Leaders Club. "Leaders changed my life. I gained leadership skills. I'm more open to differences and I go out of my way to welcome and accept others," says Robby.

Robby is a freshman at Bridgewater State University, majoring in elementary and special education. After graduation, Robby's goal is to join the Peace Corps, travel the world, and become an educator.

Robby says with a smile, "I want to work with people that have intellectual disabilities in underdeveloped countries that don't have access or opportunities like we have in the United States. I want to make a difference in their lives."

Tom Senst

When you meet Tom Senst, you immediately feel his genuine personality and willingness to help others.

Tom began coming to the Bernon Family Branch when he was six years old as a summer camper. "I made my very first friends at the Y. I grew up spending every summer at the Bernon Family Branch. I loved camp. It was my world June through August," recalls Tom.

Each year, camp became an annual tradition for Tom, and he transitioned from a camper to a leader-in-training to a counselor-in-training to a full camp counselor the last two summers. "The Y has always been a warm place for me. That feeling of 'family' that my counselors gave me all those summers is the sentiment I want to instill in the campers who I'm lucky to mentor as a summer camp counselor. There were many challenges that I faced when learning to lead a group, but they have made me the leader I am today," adds Tom confidently.

Tom is involved in other areas of the Y as well on a daily basis. In 9th and 10th grade, Tom was a member of the Leaders Club. He coaches youth sports classes and leagues on the weekends too. During the week, Tom is a group leader in the School's Out program – the before and after school child care program. "I can help lead kids from kindergarten through eighth grade. I think kids connect with me and we have fun. I always try to bring high energy and create a feeling of family for them as the Y did for me growing up," adds Tom.

"Before the Y, I was a shy kid. Now, I naturally seek out leadership roles. It feels natural. Next year, I will study criminal law at Bridgewater State University. This career path is consistent with the person I have grown into under the Y's caring embrace. I want to dedicate my life to serving others," says Tom with a warm smile.

CHARACTER COUNTS AWARD

Recognizing outstanding efforts of individuals in the community who are instilling in children the positive values of caring, honesty, respect, and responsibility that are the YMCA's core founding values

Honey Dew Family Foundation

The Honey Dew Family Foundation was established in 2008 and is an expansion of Honey Dew Donuts® Founder Dick Bowen's commitment and passion for the community. The Foundation was started by Dick and his six daughters with a mission to support organizations that help encourage healthy behavior, build self confidence, and promote the health and well being of children and women.

"Our philosophy is to say we 'give forward' instead of 'give back,'" says Dick. "My family and I have been fortunate and I'm thrilled with what the Foundation has accomplished so far."

Two generations of the Bowen Family oversee the Foundation, offering grants to local groups and organizations whose missions align with the foundation. "For the past five years, we've been developing the basis of our Foundation by building relationships and our mission," says Kara Bowen, Foundation trustee and community manager of Honey Dew Donuts. Since inception, Honey Dew Family Foundation has awarded over \$400,000 to organizations including New Hope, The Katie Brown Educational Program, Birthday Wishes Inc., Rachel's Challenge, One Family, and the Hockomock Area YMCA.

In 2011 and 2012, the Honey Dew Family Foundation awarded the Hockomock Area YMCA \$25,000 grants for the anti-bullying initiative known as Adventures in Respect. This program discourages bullying and encourages youth to stand up to this societal epidemic. Working in collaboration with area schools, this team building program is free to students utilizing the high and low ropes challenge courses as well as with the summer campers at the Y. "What better organization to partner with than the Y," says Trustee Jennifer Fellman.

"I was bullied as a child and it's a big issue on the local and national front. Through this program, we're getting to the root of the problem to educate and empower kids to prevent bullying."

Trustee Tracie Pond adds, "Bullying took on a whole new life when social media emerged. Kids can be tormented in more ways and it's very scary. There are kids that don't have strong family support as an outlet or they don't understand that bullying is wrong. No kid should have to go through this. Programs like Adventures in Respect enlighten and provide awareness."

The Honey Dew Family Foundation believes in partnerships, like the Hockomock Area YMCA, that impact local communities. "We're all in this together," says Dick. "We believe in building character each and every day and we hope to help and give forward to as many people as we can."



PICTURED (L-R):
Tracie Pond, Kara Bowen, Dick Bowen,
and Jennifer Fellman

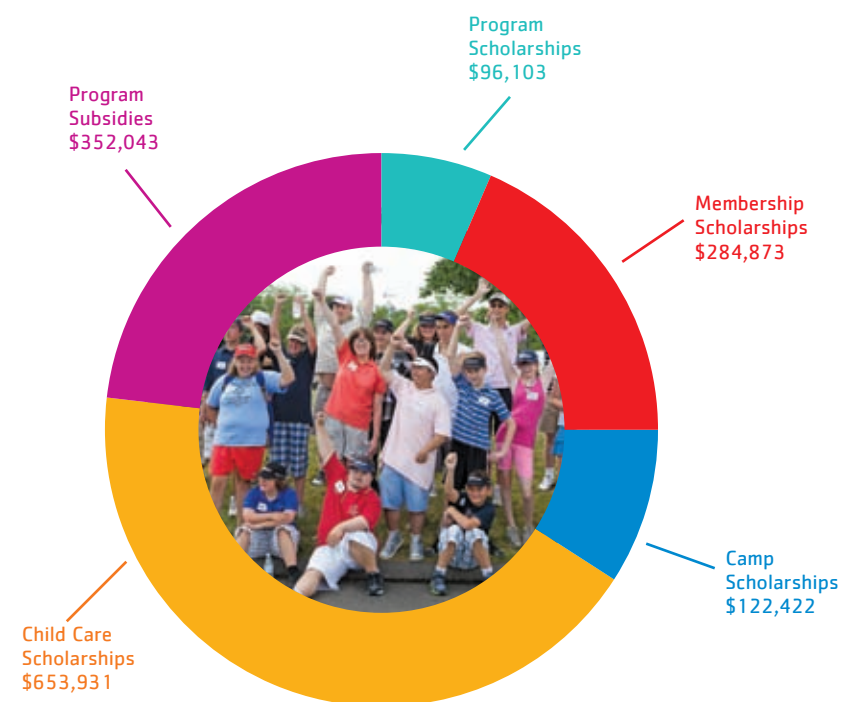
"We believe in building character each and every day and we hope to help and give forward to as many people as we can."

2012 FINANCIAL STATEMENT

	2012	2011
PUBLIC SUPPORT AND REVENUE		
Public Support		
Capital Campaign	\$294,899	\$351,152
Annual Support Campaign	576,160	582,660
Contributions	234,037	625,222
United Way	35,000	35,000
Special Events	221,900	206,792
Revenue		
Program Fees	8,213,692	8,349,375
Membership Dues	6,408,551	6,606,021
Investment Income	60,424	48,458
Net Investment Gains (Losses)	263,993	(116,001)
Loss on Interest Rate Protection	(111,913)	(526,354)
Other Income	83,676	81,626
Total Public Support and Revenue	16,280,419	16,243,951
EXPENSES		
Programs and Support Services	14,486,488	14,756,449
Depreciation and Amortization	1,521,724	1,511,997
Fund Raising Expenses	364,205	321,094
Total Expenses	16,372,417	16,589,540
Excess of Public Support and Revenue over Expenses	(\$91,998)	(\$345,589)

2012 SCHOLARSHIPS AND PROGRAM SUBSIDIES

In 2012, the Hockomock Area YMCA provided \$1,509,372 in scholarship and program subsidies. Program subsidies include our **LIVESTRONG** at the YMCA, our Integration Initiative, and our Teen Centers and Programs. The following chart shows the breakdown of this critical support provided to more than 15,000 children and families.



OUR MISSION

The Hockomock Area YMCA is a not-for-profit charitable community service organization of men, women, and children of all ages, ethnic origins, religious affiliations, and socioeconomic levels united in a common effort to positively influence the quality of life of its members, families, and communities. Based on the foundation of Judeo-Christian values, our programs and activities emphasize the development of the whole person in spirit, mind, and body and are available to all individuals regardless of their ability to pay.

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Timothy O'Neill, Assistant Treasurer

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Jen Osojnicki, Co-chair

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Dwayne DeMond	Michael Michel
Vicki Henriques	Randy Spencer
Matthew LeStage	Michael Taylor
Rebecca Lubelczyk	Afton Templin
Debra Mark	



HOCKOMOCK AREA YMCA

Bernon Family Branch

45 Forge Hill Road
Franklin, MA 02038
508.528.8708

Invensys Foxboro Branch

67 Mechanic Street
Foxboro, MA 02035
508.543.2523

Mansfield Arts and Education Center

40 Balcom Street
Mansfield, MA 02048
508.339.3066

North Attleboro Branch

300 Elmwood Street
North Attleboro, MA 02760
508.695.7001

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