HOCKOMOCK AREA YMCA WHERE CAUSE MEETS COMMUNITY

FOR YOUTH DEVELOPMENT®

FOR SOCIAL RESPONSIBILITY

FOR HEALTHY LIVING

the

2014 IMPACT REPORT



WHERE CAUSE MEETS

Dear Friend.

The Hockomock Area YMCA is a place **where cause meets community**. Every day our mission and vision drive us to meet the emerging needs of our members and the communities we serve.

In this report we celebrate our collective impact and share stories of individuals' and families' life-changing experiences.

It is our cause to ensure people have access to healthy food and a healthy lifestyle. It is our cause to welcome children into our summer camps regardless of ability, income, or background. It is our cause to nurture teens and help them realize their fullest potential. It is our cause to teach life skills like swimming, teamwork, and leadership that help shape young lives. It is our cause to provide wellness support to individuals diagnosed with chronic disease to help them live longer, fuller lives.

With your thoughtful generosity, more than 15,000 individuals, children, and families have been touched by a YMCA experience and have a place to belong. The commitment you make to the Hockomock Area YMCA through gifts of time, talent, and treasure transforms lives.

On behalf of our Board of Directors, we thank you for investing in our cause-driven organization. As we have been for the last 112 years, we promise to be here to strengthen individuals, families, and communities in the days and years ahead.

Sincerely,

Jeffrey P. Dufficy Chairman, Board of Directors

Edwin H. Hurle President

FRONT COVER: Super Bowl Champion Devin McCourty and Mike McCarthy at the 2014 Legends Ball which raises critical funding for our Integration Initiative.





Thirty Hockomock Area YMCA volunteers, community leaders, families, and staff were selected, after submitting a competitive application, to visit the White House Kitchen Gardens—as part of Michelle Obama's Let's Move Initiative—in recognition of our YMCA's positive impact on local communities through our Healthy Futures Initiative.

Our YMCA's Healthy Futures Initiative is active in our 15 communities, serving more than 10,000 children annually, totaling over 184,382 hours of physical activity and nutrition education. One of our innovative program areas focuses on helping schools, communities, and our own branches to develop working gardens that educate our youth and supply a bounty of fresh fruits and vegetables to our stakeholders.

With funding from Our Family Foundation by Stop & Shop, we have awarded mini grants to 31 schools to help them launch their own gardens and teach kids about healthy nutrition. Our focus on community-based initiatives reduces inactivity and poor nutrition by incorporating prevention and intervention-based strategies that support families, especially those most at-risk due to food insecurities.

Our work with our Healthy Futures community partners brings together ideas, momentum, experience, and energy. This ensures greater access to healthy food and a healthy lifestyle to combat the increase in chronic disease and healthcare costs related to obesity. Our Y's unique partnerships with school superintendents, principals, teachers, food service directors, and parent groups have been the centerpiece of our Healthy Futures sustained impact: keeping kids moving and well-nourished. "I was honored to be included as a representative of the YMCA's strong school partnerships that bring such richness to our schools! It was truly a memorable day. But most of all, I was happy that this special day recognized and commemorated the Hockomock Area YMCA's tireless efforts to promote wellness in their member communities through so many initiatives."

-Deb Spinelli Superintendent of the Foxborough Public Schools



CAUSE MEETS

TEENS

A culture of service is evident in our Leaders Club. In 2014 teens provided 11,040 hours of service in our communities. Nurturing the potential of teens in a safe, fun environment is an important initiative at the Hockomock Area YMCA. An extension of the North Attleboro Branch, The Zone is a dedicated space for teens to call their own. The Zone's new location is a place for teens to relax, have fun, do homework, host events, and plan community service activities with their peers. The center includes a computer lab, meeting and arts space, lounge, games, and more.

Teen participant Dan Victoria recalled his first memory of The Zone, "Since I was 10 years old, I would see kids having fun and hanging out at the Teen Center. I lived across the street from the old location on Elm Street." Dan became a member of The Zone once he turned 11.

"To me, The Zone was a place to hang out when I was in trouble at home or a place to get away from reality and have fun. I play pool and air hockey with my friends



Eric and Jake. Eric and I have known each other since we were 10. We're basically brothers," added Dan with a smile. "I introduced Eric to The Zone. We're both part of the Leaders Club too."

YMCA Leaders Club helps young adults develop skills while providing volunteer service within the YMCA and their community. "It's been an amazing experience being a teen leader," explained Dan. "Leaders Club helps me become less shy and I'm learning to come out of my shell. I recently gave a speech at a teen event. To hear the applause at the end, it made me proud."

"If the Y was not in my life, I'd still be in the hospital for suicidal thoughts," stated Dan. "I would never have met the people I've met. I'd still be at home on my computer. Now that I've seen there's more to life than that, I'm glad I'm a part of this community."



Julia and John Alberta recall, "One day, our son John learned to walk. The next day, he walked right into the lake! We knew John needed lessons, so of course we turned to the Y."

For more than 100 years, the YMCA has become our nation's favorite swim instructor. It's where Julia and John learned to swim and it's why they chose our Y 13 years ago.

The Y has always had an important impact on John. "The impact grew when John began attending summer camp," says his mom Julia. "It was a place he felt safe, where he could try new things, and it was okay if his archery arrow went into the ground." John stays in touch with many of his former counselors. He laughs, "My counselor is still at the Y and says 'I knew you were going to be a swimmer.' Things like that is why the Y is like my second home."

YMCA Aquatics helped John gain confidence in his skills. At age 9, when he joined the HAY Lightning Swim Team, he had graduated from the highest level of YMCA swim classes and was learning the value of hard work, reaching for excellence, and the joy of spirited competition. Six days a week he swims 7,000 yards, followed by an hour of yoga, Pilates, or strength training. The work has paid off with John earning the chance to swim in five national YMCA competitions.

The HAY Lightning Swim Team is a connected community of swimmers and parents. "It's been great for John, swimming and all the friends he's made," noted his mom Julia. "But the truth is parents also meet people they never would have. Spending hours in the stands, you get to know them well."

SWIMMING

The past two years, Mr. Alberta served as Booster Club President for the 161 member team and is always available to help at meets. You can find him and his good friend Brad with stopwatches behind the starting blocks, backing up the automatic timing systems.

"My son has adopted the team as his family," exclaims John with pride. "My motivation to give back is strong. I wish to give back to the team that means so much to him."



AQUATICS

COMMUNITY

In 2014 our Y taught 13,132 sessions of youth swim lessons. Studies show that formal swim lessons can reduce the risk of drowning by 88% among children ages 1-4.



John with his HAY Lightning teammates



John with his parents in front of the Spier Family Aquatics Center



CAUSE MEETS COMMUNITY

LIVE**STRONG** AT THE YMCA

More than 500 participants have joined our Y family and graduated from the LIVESTRONG at the YMCA program since 2010.

Charlie and Therese Shannon (far left) with their family

The Shannon family of Franklin is all too familiar with cancer. They lost their daughter Eileen to cancer 33 years ago and have a grandson who was diagnosed with cancer at age 4. Charlie and Therese Shannon are also cancer survivors.

When Therese was going through radiation treatments, she heard about the LIVE**STRONG** at the YMCA program and joined in fall 2013. She explained, "This is a fantastic experience and so important. It really is uplifting and gives you life. I always had a positive attitude about my diagnosis. I was determined to beat it and I did."



Charlie was diagnosed with cancer a

year later and remarked, "Since my wife had such a positive experience with the LIVE**STRONG** program, I signed up for the January 2014 session and Therese was our volunteer mentor."

LIVE**STRONG** at the YMCA is a powerful program for cancer survivors and their families designed to help participants reclaim their total health. The Hockomock Area YMCA was one of the first ten YMCAs in the country to launch this life-changing initiative. Led by Y trained staff, LIVE**STRONG** at the YMCA is a free 12-week small group training program designed for cancer survivors and their families seeking to regain health and build strength. The program helps people move beyond cancer and empowers people to be able to accomplish goals and get themselves back into living full and complete lives.

After having such an impactful experience, Therese and Charlie became volunteer mentors last summer and continue to serve in those roles. Charlie said, "We have new friends that have touched our lives in many ways." Therese made a special connection, "Saundra wanted to accomplish things but she was afraid to. With encouragement and support, she accomplished more than she thought she could." Therese added, "We bonded so well; she's like a daughter of mine now."

Summer is a very important time in the growth and development of a child. Summer Camp at the Y is a place where kids can be kids, discovering who they are and what they want to achieve.

It is a place for learning values, experiencing new things, developing selfconfidence, and building long-lasting friendships. Each child and parent arrives at camp from different backgrounds and feelings towards the camp experience.

Michela Weygand and her little sister Brittany first attended summer camp at the Bernon Family Branch. Michela's mom learned about the Y's scholarship assistance program and summer camp from a school administrator and she quickly inquired about camp. Michela's parents had recently divorced, there were financial struggles, and the children were having a difficult time adjusting to family changes.

Michela recalls as a fifth grader that she was painfully shy. It took her over a week to get acclimated at Camp Wiggi at our Bernon Family Branch. "My counselors made me feel comfortable and welcome. They would even give me tips on how to make friends and encouraged me to join group activities. I really felt like I mattered," remarked Michela. "I slowly started to open up to my new friends and counselors, tried new things, and went home happy."

Soon Michela was hooked on Y camp. She and her sister attended the next summer and many more summers after that. Michela became a Counselor-in-Training and was hired as a full camp counselor, wearing "Role Model" on the back of her camp shirt. "Camp Wiggi has shaped who I am today," said Michela confidently. "From the people who have influenced my life, to the values I have learned, and to the experiences I have had, the Y means so much to me."

Summer 2015 will be her fifth season as a camp counselor. "Being a role model to today's campers and instilling core values is so important to me," exclaimed Michela. "These values and the people of the Y have helped me learn so much about myself," added Michela. "I'm proud to say I am a confident leader today because of my experiences at my YMCA."

Summer Camp at the Hockomock Area YMCA encourages fun, friendships, and forever impacts thousands of kids in the community every year.

CAUSE MEETS COMMUNITY

SUMMER CAMP

Last summer 2,201 campers and 150 counselors enjoyed the "Best Summer Ever" at the Hockomock Area YMCA.

Michela (middle) with campers Nina and Devon



THE YEAR IN REVIEW



Mike Antolini of the Deutsche Bank Championship and Tiger Woods Foundation announces a Challenge Gift at the 2014 Kick-Off Breakfast



Mimo Jaber shares her powerful personal story at the 2014 Reach Out for Youth & Families Breakfast



Joe and Jen Andruzzi with LIVE**STRONG** at the YMCA supporters



Children enjoy a lesson as part of the iPad Technology Initiative in our Early Learning Center



Hospital CEOs Frank Saba, Emily Holliman, and Dr. Bruce Auerbach with Brian Earley and Ed Hurley



Children from our Invensys Foxboro Branch Early Learning Center sing Happy Birthday to representatives of Stop & Shop in honor of their $100^{\rm th}$ anniversary



Dick and Rick Hoyt lead the way at the Franklin $5 \ensuremath{\mathsf{K}}$



Families have fun during the 2014 Healthy Kids Day at Patriot Place

WHERE CAUSE MEETS COMMUNITY





Brian Earley, Vice Chairman of the Board of Directors with his wife Erin and their family at the Franklin 5K



Summer campers enjoy the high ropes course through the bullying prevention program, Adventures in Respect



Legends Chair Peter Brock celebrates with Mike McCarthy at the Legends Golf Classic at TPC Boston



John McDonald with Ed Hurley supporting Teen Programs at the Y's Maplegate Golf Tournament



Summer campers enjoy daily swim lessons



Legends Honoree Nate Solder with members of the YMCA Unified Flag Football Team



Thoughtful, caring Y supporters make a difference at the 2014 Legends Ball



Current Patriots players join Legends Chair Peter Brock and Bobby Pouliot at the Legends Ball



Jeff Dufficy, Chairman of the Board of Directors leads the Legends Ball auction

HERITAGE CLUB

The Heritage Club honors all those who have included the Hockomock Area YMCA in their estate plans or have made an outright gift to the Y's endowment fund. The foresight and generosity of these special people will impact our Y and our community for generations to come.

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HERITAGE CLUB DINNER SPONSOR

Bristol County Savings Bank



The 2014 Legacy Award Presented to John Pollis By Tom Gruppioni at the Heritage Club dinner

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\$100,000+ IMPACT PARTNER

Our Family Foundation by Stop & Shop

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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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HOCKOMOCK AREA YMCA



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OUR CAUSE

At the Y, strengthening our community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income, background, or ability, has the opportunity to learn, grow, and thrive.





