



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# HOCKOMOCK AREA YMCA WHERE COMMUNITY COMES TOGETHER

2015  
IMPACT REPORT





**FRONT COVER:** At our 2015 Reach Out for Youth & Families Annual Campaign Breakfast at Gillette Stadium, Jeff Dufficy addressed the crowd of more than 500 business and community leaders.

Our volunteers, sponsors, legends, and staff demonstrate their commitment and support of events such as our 10<sup>th</sup> annual Legends Ball at Lake Pearl, raising funds to expand opportunities and impact children with special needs and their families through the Integration Initiative.

(L–R) Brian and Erin Earley, 2015 Legend Ball Honorees Tim Fox and Devin McCourty, Rob Ninkovich, Kathy and Greg Spier, Pam and Jeff Dufficy, Sue Hurley, Integration Initiative participant and YMCA photographer Peter Willis, and Ed Hurley.



# DEAR FRIEND,

**Where Cause Meets Community.** This is what happens at our YMCA every single day. And it happens when Community Comes Together.

We are grateful to be part of communities full of caring people committed to improving the quality life in our neighborhoods by working together to address emerging needs.

Our commitment to collaboration is at the heart of everything we do. We strive to bring community together to live healthier lifestyles, to bring community together to nurture the potential of our children, and to bring community together in the name of social responsibility advocating inclusion, diversity, and acceptance.

Our mission and vision are made possible by dedicated staff, volunteers, donors, and community partners who support our common cause of transforming lives for the better.

The following pages tell stories of impact and of coming together for the greater good in the fifteen communities we are proud and privileged to serve.

On behalf of all of us at the Hockomock Area YMCA we say thank you for your partnership and investment. Thank you for making our Y a place

**Where Community Comes Together.**

Sincerely,



Brian J. Earley  
Chairman, Board of Directors



Edwin H. Hurley  
President

Ed and Brian celebrating with the Bernon Family Branch's Garelick Early Learning Center preschoolers at the Rockland Trust Family Splash Park groundbreaking event.



## MEET ME AT THE Y WHERE FAMILY MOMENTS MATTER



Frank Ward remembers playing basketball in the late 60s at the North Attleboro YMCA on Elm Street. "It was the only organized sporting place to play ball for hours and hours. The Y was where all my friends were," recalls Frank.

Fast forward a few decades and the Y "on the hill" was the place where Frank's daughters Allison and Suzanne found their place. Both girls learned to swim at the Y. Allison was a gymnast, Suzanne played basketball and both were involved with the Teen Leaders program. Suzanne traveled to Prague in the Czech Republic in 2003 for a YMCA Youth Festival with her peers, Hockomock Y staff, and 4,500 teens from around the world.

Frank's relationship with the Y has come full circle. Recently retired, Frank makes the trip each Tuesday from his Centerville home with his wife Ann Marie to Foxboro to spend the day with their grandchildren David and Claire.

Frank and David enjoy taking sports class at the Invensys Foxboro Branch. "We come early to pass the ball around to warm up," says Frank fondly. "I enjoy it because I love sports and now I share that passion with my grandson."

The duo's weekly ritual also includes socializing with David's classmates in the Kids Gym after class and making great friends. When "Bampi," as David calls his grandpa, asks him about his Y friends, David enthusiastically shares, "Charlie, Caleb, Oliver, and another David." Frank and David have also started swimming together at the Y.

When asked what Frank likes most about his time at the Y with David, he pauses, grins and shares with pride, "I love watching David smile and having fun."



"David is learning life skills at the Y that he'll carry with him throughout his life – just like I do and our family has," remarks Frank. "The Y is a safe place for families to gather and interact with others in the community. And it's a place for youth to gain confidence and develop."



# MEET ME AT THE Y WHERE SUPPORT BRINGS RESULTS

Liza Roach is a Y member with her daughter Mackenzie. Liza laughs, "We come to the Y more than anywhere else. My five year old daughter can give you directions to the Y from the back seat. This organization is a part of our daily life. It's family to us."

It was on one of those visits that Liza began talking with a staff member about the YMCA Diabetes Prevention program. Last May she started on her journey with the one year program.

"I've lost 25 pounds so far," shares Liza. "I'm 20 pounds away from being considered by my doctor for the brain surgery I need to mitigate my seizures, which means everything to me."

The YMCA Diabetes Prevention Program is designed to support adults that are at high risk of developing type 2 diabetes and reduce the risk. Consisting of 24 sessions, the program provides a welcoming environment for participants to work together in a small group to learn about healthier eating and increasing physical activity.



The power of the small group dynamic has given Liza the strength to keep going. "It's such a caring network. It's unique in that we're all different ages and we have diverse life experiences," remarks Liza.

Liza says it's the little changes she's making in her diet and exercise that are making a big difference. "I can still have the food I enjoy but in moderation. I'm counting fat grams every day. This is not a diet, it's a lifestyle change. And that's the difference for me." Liza has also found a love for yoga, an activity she was introduced to at the Y and enjoys for stress relief.

The Y is Liza's community. "I know more people now. I talk to more people now. I know their names and they know mine," Liza exclaims. "The Y is family. The Y is acceptance. The Y is making a difference in my life and I belong here."



## MEET ME AT THE Y WHERE VOLUNTEERS INSPIRE

Dan Cebrowski describes camp at the Hockomock Area YMCA as a tight knit community that is accepting of everyone. "This Y is truly a place of togetherness," remarks Dan who returned to the Y this past summer as a volunteer.

At camp, positive values and leadership traits are instilled in teens through service learning, team building, and adventure programming alongside their peers. Dan recalls the time last summer when the teens harvested the garden and created a vegetable stand in the lobby of the Y. They prepared the crops for sale, set prices, promoted the sale creatively, and interacted with people with proceeds benefiting the Y's annual support campaign.

Dan's mom signed up for a family membership at our Bernon Family Branch when he was 14. "The membership helped get me out of the house and active. I'd lift weights and use the track," added Dan, now 22. "People are always smiling at the Y and make me feel comfortable."



Camp Volunteer Dan Cebrowski (front row, left) with campers at the Hockomock Area YMCA.



"What I loved most about my time volunteering at the Y was seeing the campers working together, building trust, and forming friendships," shares Dan. "To witness the teens' growth and maturity develop over time at camp was really special. This Y is truly a community that I've never experienced before."



# MEET ME AT THE Y WHERE ACCEPTANCE IS NURTURED

Adventures in Respect, our bullying prevention initiative, funded by the Honey Dew Family Foundation, has served 21,342 students since its inception in 2011 across our 15 community service area:

- 91% of the students surveyed revealed they had a better grasp on effective techniques to diffuse a bullying situation.
- 99% of respondents said the program was effective in helping them understand and accept the differences and similarities between themselves and others.
- 94% indicated they had seen their peers treat each other in a more positive manner based on the lessons and teachings of the program.

On Memorial Day Weekend, a cargo net with a 40-foot rope wall was dedicated to the memory of Marine Corps Captain Kyle Van De Giesen, a North Attleboro hometown hero who was killed in 2009 in combat in Afghanistan. This new challenge course element—Kyle's Climb—was constructed through a generous donation from the Capt. Kyle R. Van De Giesen Memorial Award Fund. Kyle was a YMCA youth and leader in the community, having climbed the Y ropes course countless times in his life. He was a young man who inspired so many and his legacy of honor, courage, and commitment will live on at the Hockomock Area YMCA through the Adventures in Respect initiative.



"We love working with the Y because the Y is so responsive. And the Y was Kyle's community," shares Kyle's mother Ruth Ann. "This program is impacting so many youth and teens in and around our community."

"We are proud that Kyle's legacy will continue to benefit all youth in our area and is a great way to honor Kyle," adds Kyle's dad Cal.

"At camp last summer Colin walked by the leadership center sign with his buddies and nonchalantly said with a big smile, 'That's my dad.' He's so proud of it," reflects Kyle's widow Megan. "Colin and his sister Avery love camp and their Y and we are so proud they will grow up experiencing the Capt. Kyle Van De Giesen Outdoor Leadership Center and the Adventures in Respect program. It's so special to our family."







# THE YEAR IN REVIEW



Mike McCarthy with Steve King and Tim O'Neill at an Integration Initiative golf clinic at TPC Boston



120 staff members celebrate 1,800 years of service at the annual Staff Recognition Luncheon recognizing employees with 10 years or more of service



Campers learn to be safe in and around the water at our Y camps



Dick Bowen of Honey Dew Donuts acknowledges the crowd during the putting contest at the Legends Golf Classic



HAY Harmony, a program that brings together teens with and without special needs for social time, gathers at the Spier Family Aquatics Center



New England Patriot Devin McCourty spends time with Y teens at the Marilyn Rodman Youth & Teen Leadership Center



New England Patriot Rob Ninkovich surprises Y After School participants with Patriots tickets after an afternoon of football skills promoting physical activity



Governor Charlie Baker accepts a gift from our Y at our Annual Campaign Breakfast



Tim Fox tries to cover Martin Conroy during Unified Flag Football practice at the Y



Kids have fun and learn teamwork at Y summer camp



Families enjoy being active and having fun at our Healthy Kids Day at Patriot Place



# WHERE COMMUNITY COMES TOGETHER



YMCA teens participate in Team Rival, a peer leadership conference created by the Norfolk County District Attorney's Office



Rockland Trust Family Splash Park groundbreaking dedication event



Robert Kraft shares his passion for our Y at our 2015 Annual Campaign Breakfast



YMCA Board Member Gerry Shaw and Dean College President Paula Rooney present a four year scholarship to Justin Freitas at our Annual Meeting



Integration Initiative participants at the CVS Health Batting Camp at Fenway Park



Campers tend to one of our Y's community gardens during summer camp



Jen and Joe Andruzzi receive the LIVESTRONG at the YMCA Community Champion Award pictured with Lisa Chick and her family



2015 Youth of the Year recipients recognized for their commitment and dedication to our YMCA



Cheers all around for our Legends Honorees Tim Fox and Devin McCourty at the Legends Ball



Stop & Shop hands out healthy living bags to Healthy Kids Day families



Friends enjoy the "Best Summer Ever" at summer camp



# 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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† deceased

## ENDOWED SCHOLARSHIPS

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Bernon Family Endowment for Reach Out for Youth and Families  
Bernon Family Branch Maintenance Fund  
Christopher Morrissey Memorial Scholarship  
Gruppioni Family Endowment Fund  
James Horne and Janet Cyr Swimming Scholarship  
Jean Holmes Swimming Scholarship Fund  
Lorraine Hubrich Memorial Scholarship Fund  
Lee Robbins Endowment Fund

## HERITAGE CLUB DINNER SPONSOR

Bristol County Savings Bank



The 2015 Legacy Award presented to Tom Gruppioni at the Heritage Club Dinner. Pictured here with Paul Lenahan and Ed Hurley.



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Thanks to the inspiring support of our generous donors, our Y invested \$2,062,059 through program subsidies and 1,115 confidential scholarships in 2015, providing life-changing funding for children and families in our community and being there when families need us most.

We passionately believe that our cause is our community and we strive to better our community through the following areas of focus:

## 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 camps, to teens in our leadership development initiatives.

## 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.

## SOCIAL RESPONSIBILITY.

Because we strive to be there for our neighbors and our community. With your help, we welcome more than 15,000 people into our Y family through confidential scholarships and program subsidies.





# VOLUNTEER LEADERSHIP

In 2015, 1,792 policy and program volunteers have lent their time and talent to create a caring community at our Hockomock Y. These individuals have contributed a total of 29,998 volunteer hours at the Hockomock Area YMCA, an estimated value of \$826,744.

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Tara Frier	Garner LeStage	Ron Tondreault
Timothy Gilmore	Ron Mandeville	
Kathleen Hill	Henry Metcalf	

# WHERE COMMUNITY PARTNERSHIPS CHANGE LIVES

Our YMCA partners with hundreds of organizations developing solutions to the ever changing needs of our community. Together we are making a difference every day in the lives of children and families.

“The Hockomock Area YMCA is an integral part of the community. I think of it like I do the Police and Fire Department. We need it; without it, we’d be adrift. The Y serves our community from the womb to the tomb.”

– Elizabeth Poirier  
State Representative



“Simply put, the Hockomock Y has been the most outstanding partner that we could ever hope for to the Foxborough Public Schools in ways large and small. If something started small, it ended big.”

– Debra Spinelli  
Superintendent  
Foxborough Public Schools

“It comes naturally to partner with the Hockomock Area YMCA to improve the health of our population and our patients. We reach out to partner with community organizations like the Hockomock Area YMCA to move from a sick care system to a health care system.”

– Bruce Auerbach, MD  
President & Chief Executive Officer  
Sturdy Memorial Hospital



“We want this to be the best Y in the country. We like winning in every way we can. This Y will forever have my support because our return on investment is so high and they are winners.”

– Robert Kraft  
Chairman and CEO  
New England Patriots

“The Hockomock Area YMCA has been a valuable community partner in so many ways. Our ability to have a positive impact within Norfolk County communities and prevent crime has been strengthened by our relationship with the Hockomock Area YMCA.”

– Jennifer Rowe  
Assistant District Attorney  
Norfolk District Attorney’s Office



“At Dean College, we are a uniquely supportive family. This same attribute exists at the Hockomock Area YMCA and serves as the foundation for our 20 year partnership with this great organization. Our collective sense of community is manifested in the support, compassion, passion, and respect that is found at the Y.”

– Dr. Paula M. Rooney  
President  
Dean College





## 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.



## 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.



## 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

**North Attleboro Branch**  
300 Elmwood Street  
North Attleboro, MA 02760  
508.695.7001

**Mansfield Arts and Education Center**  
40 Balcom Street  
Mansfield, MA 02048  
508.339.3066

**VISIT US:** [hockymca.org](http://hockymca.org)

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