



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOCKOMOCK AREA YMCA

WHERE PEOPLE AND PARTNERSHIPS MATTER

2018
ANNUAL REPORT

DEAR FRIENDS,

The Hockomock Area YMCA is a place where People and Partnerships Matter.

Our 2018 Annual Report is part of the written history of our Y and these pages reinforce that people and partnerships are the foundation of everything we do to advance our mission and bring our cause driven work to life.

Please enjoy the stories on these pages. We pay tribute to three outstanding Youth of the Year, recognizing their impact on our community. We are proud of their accomplishments and grateful for how these remarkable young people inspire us and give hope for the future.

We are also proud to present three Red Triangle Awards recognizing organizations and individuals for their work in making our communities better places to live.

Our Character Counts Award recognizes outstanding efforts in the community instilling our Y's values. Jay Barrows has epitomized these values in more than 30 years of dedicated service to his community.

Our Chair Award honors CVS Health for being important partners with our Y, sponsoring life-changing programs like our Integration Initiative and enriching our community through their passion for improving the health of all individuals, children and families.

These relationships we honor and celebrate enrich the lives of our members and friends as together we strive to meet emerging community needs. And how is this measured?

It is measured in the powerful stories we hear throughout the year that speak directly to the impact our Y has focusing on Youth Development, Healthy Living and Social Responsibility. It is also measured in our commitment that all our programs and services are available to everyone regardless of ability to pay.

We have known each other through the YMCA for more than 20 years. Together we have experienced the power and impact of our YMCA in ways far too numerous to list. Whether it was our capital campaign to renovate and expand our YMCA in Franklin or through powerful and life-changing programs, the people we have met and partnerships we have made along the way reinforce our passion for the Hockomock Area YMCA.

It is all part of a shared vision, that is inspired by our committed volunteers, delivered through the purpose and passion of our staff and the philanthropic investment of all those who believe in our cause driven work.

Thank you for being part of our Y family and for your belief in the importance of people and partnerships that matter.

Sincerely,



Mary L. Clermont
Chair, Board of Directors



Edwin H. Hurley
President & CEO



Mary and Ed with Mike McCarthy and Dennis Gilreath, participants in our Integration Initiative, proudly display their gold medal earned at the Special Olympics Unified Basketball State Championships

FRONT COVER:

Summer campers learn about gardening from their counselor at the North Attleboro Branch's Camp Elmwood

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

CVS Health

Our mission comes to life when we collaborate with people and organizations who strive to enhance the quality of life in our communities. CVS Health is a steadfast partner with our YMCA, transforming lives and investing in communities where CVS Health serves.

CVS Health's primary focus is helping people on their path to better health. We are proud CVS Health supports Y initiatives including the Integration Initiative and Adventures in Respect.

"We work with partners who have the ability to measure impact and discuss results," said Eileen Howard Boone, Senior Vice President of Corporate Social Responsibility and Philanthropy at CVS Health. "It's one thing to make a donation. It's another thing to create a community investment partner. And we look at the Hockomock Area YMCA as a community investment partner."

Since 2016, CVS Health has been the presenting sponsor of our Legends Ball which raises funds to provide opportunities for children, teens and adults with disabilities to participate alongside their typically developing peers in Y programs and activities. "We know the Y is making an impact every day. When we meet with Integration Initiative participants and see the impact first hand at our Red Sox baseball clinics and at Legends events — we know that collectively we are making a difference," remarked Eileen.

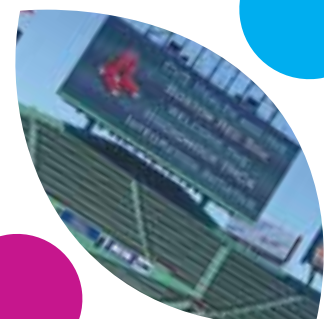
"Our responsibility as a YMCA is to be a place where the health and well-being of the community is a primary areas of focus. We cannot do this alone," emphasizes Chair of the Board Mary Clermont. "We are proud of our partnership with CVS Health and are grateful for their commitment to change lives for the better."

CVS Health is our Y's presenting sponsor for Adventures in Respect, our bullying prevention program. In 2018, with the support of CVS Health, 3,563 middle school students across 12 YMCA communities participated in Adventures in Respect. The program includes high and low ropes course elements and instills the importance of respect and understanding of one another while teaching students how to recognize and react to bullying situations.

"We admire the Hockomock Y's innovative approach to problem solving and its willingness to think creatively. Not only is the Y innovative and collaborative, they think proactively and look to solve problems before they become problems. We are proud to be part of that," concluded Eileen.

Additionally the Y is supporting CVS Health's "Be The First" initiative, a five year plan to make the next generation tobacco free. Introduced in 2016, this initiative has reached more than nine million youth with smoking prevention initiatives, including programming at our YMCA. "The Y has been instrumental in helping CVS Health spread the word and in creating opportunities for school leaders in our community to take advantage of this programming," says Eileen.

The Hockomock Area YMCA is proud and honored to present the Chair's Award to CVS Health.



Experiences made possible by CVS Health, clockwise: Integration Initiative participants at the CVS Health All Kids Can 3-Hole Golf Challenge, All Kids Can Batting Clinic at Fenway Park, and Legends Ball

"Not only is the Y innovative and collaborative, they think proactively and look to solve problems before they become problems. We are proud to be part of that."

— Eileen Howard Boone, Senior Vice President of Corporate Social Responsibility and Philanthropy at CVS Health

CHARACTER COUNTS AWARD

Recognizing outstanding efforts in the community, instilling the YMCA values of caring, honesty, respect and responsibility

F. Jay Barrows

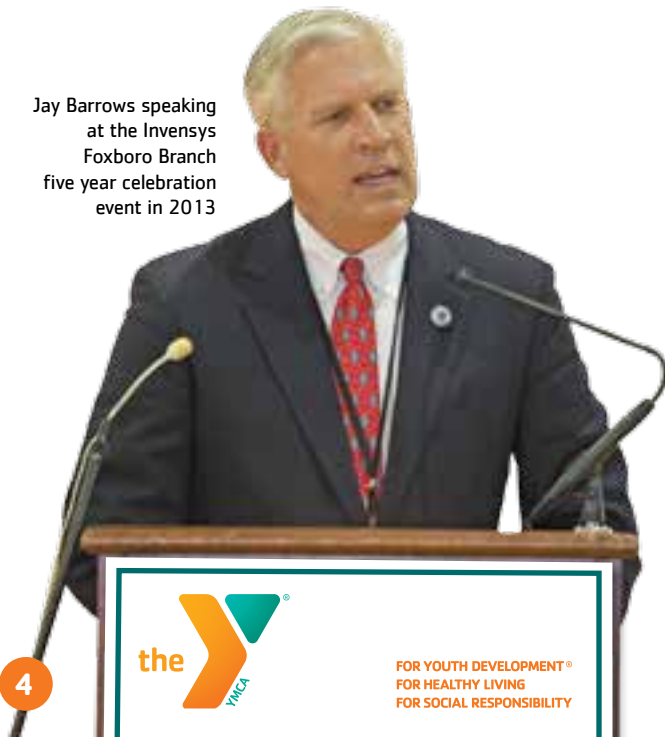
Eleanor Roosevelt said, "People grow through experience if they meet life honestly and courageously. This is how character is built."

F. Jay Barrows, the son of Bob and Janice Barrows, grew up in a hardworking family dedicated to their children and committed to their community. Jay lives the legacy his parents left behind every day of his life. From his mother, Jay says he "learned the meaning and value of hard work" and from his father, Jay "learned the importance of being there for people and showing up every day."

The Hockomock Area YMCA is proud and privileged to present our 2018 Character Counts Award to Jay Barrows. Jay's contributions and service to our YMCA and his community is impressive in terms of years and profound in terms of caring and accomplishment.

As a young father building community was important to Jay. In the early 90's he was instrumental in founding Mansfield's community service organization called Together We Can, a group of young families who continue to engage in community issues and develop activities for the community's children. Jay's service to his community of Mansfield knows no bounds. He has been involved with the Downtown Business Association, the Industrial Development Commission, the Mansfield Housing Authority, the Congregational Church, and past president of the Chamber of Commerce, to name a few.

Jay Barrows speaking at the Invensys Foxboro Branch five year celebration event in 2013



"I marvel at the Y's initiatives. They go hand in hand with building community."

- F. Jay Barrows

Jay has served the communities of Mansfield, Foxboro and Norton, as State Representative in the Massachusetts House of Representatives for the past 12 years. And for more than 20 years Jay has been a proud member of the Board of Directors of the Hockomock Area YMCA, serving as Board Chair from 2005 to 2007.

When asked why he has stayed with the Y so long, in typical Barrows fashion, he replied, "The Y stayed with me!" He went on to explain, "I marvel at the Y's initiatives. They go hand in hand with building community. As a state representative, you represent everyone in the community, and so does the Y. There is no litmus test at the Y. The subtle way we care is remarkable – no boasting, just helping."

At the core of Jay Barrow's character are two key elements. The first is commitment. As he says, "Starting something and staying with something." The second is building community. He has always been pro-growth but has always strived to maintain "traditions and a small town spirit."

On receiving this award from his beloved Hockomock Area YMCA, Jay proudly states, "This is the nicest recognition I have ever received." Coming from Jay Barrows that says a lot about how he feels about his Y and his community.

Saying no does not come easy for Jay Barrows. He has been saying yes to making his community a better place his entire life. And his contributions and service to the Hockomock Area YMCA will live forever.

Ralph Waldo Emerson said, "People do not seem to realize their opinion of the world is also a confession of character." Jay Barrows' opinion of the world is manifested in optimism and hope that reveal a character of caring and commitment. And for that our Y proudly bestows the Character Counts Award to F. Jay Barrows.

WHERE PEOPLE AND PARTNERSHIPS MATTER



The Y is a place where families enjoy being active and spending quality time together



Kids learn to swim, have fun and be safe around water



Teen Leaders and YMCA staff help Houston rebuild after the devastation of Hurricane Harvey



Our Y's Unified Golf team enjoys the annual summer golf clinic at TPC Boston



Brian Flores receiving the 2018 Legends Ball Award, presented by his players and previous Legends Ball honorees



Adventures in Respect teaches bullying prevention and the importance of respect for one another



LIVESTRONG at the YMCA participants take the plunge at the Spier Family Outdoor Aquatics Center



Kids explore new interests and make new friends at summer camp



Kids gain confidence and skills in our youth gymnastics programs

YOUTH OF THE YEAR



Sam Melo Invensys Foxboro Branch



Sam Melo has been coming to the Hockomock Y with her parents and brothers since she was a baby. "I vividly remember swim lessons. All the instructors had a huge impact on me," says Sam. A senior at Foxborough High School, Sam competed the past four years on the swim team and has been an active participant in the National Honor Society, National Art Honor Society, and American Sign Language Honor Society. Additionally, Sam serves on the executive board of the high school drama club.

Away from home and school, Sam spends a lot of time at the Invensys Foxboro Branch. She is a lifeguard, an enrichment instructor and she works in child watch. Sam also volunteers her time and enjoys teaching art classes to kids. "The Y is my second family and my happy place. When I have a tough day and have plans that include the Y, I know I'm going to be happy. The Y is so welcoming," states Sam.

"I have a great passion for helping and teaching others," says Sam. As a recent example, Sam met a deaf family. She was eager to sign with them, and having those skills, warmly welcomed them to the Y. Over time, the family looked forward to communicating with Sam and placing their son in her care in Child Watch while they enjoyed the Y. Today, Sam runs successful American Sign Language classes at the Y, started because of a letter the Y received from the family expressing their gratitude. "First, we geared the class toward kids," explains Sam. "Now the Y also offers Adult Sign Language, as well as an advanced youth class for those who have taken the introductory class."

When reflecting on what makes the Y a special place, Sam shares, "I can reach for the stars here. I am making lifelong friends and teaching classes I never thought I would teach. I've been given so many opportunities at the Y that most people my age normally wouldn't have and I'm forever grateful."

Sam aspires to continue working with children and making a difference. "I want to be a speech pathologist in the middle school setting. My goal is to help and support kids, just like the Y has done for me," says Sam.

Tanner Cross Bernon Family Branch



It was a special day when Tanner Cross joined the YMCA as a staff member working with youth. He puts everything he has into every single interaction with kids. Tanner reflects on the past two and a half years teaching gymnastics, swim, and summer camp as the best job ever. "Kids are always so happy," he says. Ready now for his future as a Bellingham High School graduate, he says he had a rough start of things, but is proud of how far he's come.

"My heart has grown and I understand people better through my YMCA journey. I'm very proud of this award...ecstatic!" says Tanner.

People of all ages comment on how much they value Tanner. By taking time out at the start of each class to ask about things going on that matter to kids, he helps them to grow socially, physically, and cognitively. He knows kids are figuring out who they are and what they can do, and he wants to help them make the right choices. "The difference from the start of a class session to the end is monumental. Kids show much more confidence," notes Tanner.

"When I come to the Y, it is warm and inviting and, really more than just a job," Tanner continues. "I know people at the Member Service Desk. And in the halls people come up to me and say hi. It's a place of community unlike anywhere else."

As part of the LGBTQ community, Tanner explains, "The best thing about the YMCA is that everyone is welcome. Kids at camp, for instance, some are rich and some struggle. There are kids of different races but they come together as a unit and that is a wonderful thing. Diversity helps us all to understand one another; it enriches our community."

Tanner plays no small part in making kids who come to the Y smile and we are grateful for his service. Tanner has made a positive impact on our YMCA and the community, and the families he serves know how much he cares. "I love the parents and kids," says Tanner.



Madison Jankowski North Attleboro Branch



Madison Jankowski recalls being a Counselor in Training at Camp Elmwood as a life-changing experience. "Instantly I loved it! I loved being outside, being active and working with kids," says Maddy. Familiar with the Y, Maddy had grown up participating in swim lessons and gymnastics classes.

While volunteering as a CIT, Maddy found encouragement from Y staff to join the YMCA Teen Leaders Club. "I remember my first meeting and being a bit nervous," says Maddy. "However, what I found was a safe spot. The values and self-reflection activities are instrumental in helping kids fix problems and focus on important areas of their lives."

To date, Maddy has participated in Teen Leaders for four years, including two years serving on the executive board. Additionally, she has deepened her relationship with the Y through activities including working as a camp counselor during the summer and a staff member in school age child care during the school year.

"You can truly be yourself at the Y. That's what drew me in and keeps me here," declares Maddy, reflecting on her experience

with the YMCA. "It's amazing to see so many different people come together in one spot and help each other grow."

Maddy is determined to help others. She was one of seven Hockomock Area YMCA teens last summer rebuilding homes in Houston after the devastation of Hurricane Harvey. Joining 75 other Y teen leaders and staff from five states, Maddy shares, "We worked on the home of a retired nurse and got the chance to get to know her. Once the house was finished, she came out of the house crying in gratitude. It made me cry. It's a heartwarming experience to see how much of an impact we can make on someone's life."

Maddy will attend Springfield College in the fall, majoring in Recreation Management and minoring in YMCA Studies & Youth Development. "Knowing the school I've chosen is YMCA-based gives me confidence that my college experience will be open and welcoming," says Maddy.

"The Y has helped me explore values and gain respect and confidence in myself. I've made my voice and I make sure my voice is heard," states Maddy.

NORTH ATTLEBORO BRANCH RED TRIANGLE AWARD

Recognizing individuals for their partnership and support of the programs and activities of our Y, meeting the changing needs of our community

Blair Deeney

“The Y has been one of the most important parts of my life ...”

– Blair Deeney

Ron Tondreault, Kevin Morrissey and Blair at our annual YMCA Golf Classic at Maplegate Country Club



Maggie, Ryan and Blair Deeney



The powerful statement “Where Cause Meets Community” often carries a deeply personal meaning for the hundreds of YMCA policy volunteers, who over the decades, have graciously and generously provided guidance, leadership, and wisdom to our cause driven organization.

That’s the case for Blair Deeney, a Hockomock Area YMCA policy volunteer who started as a North Attleboro Branch program committee member in 1982. “I said to myself, ‘why not?’, I’m just getting established in business, I have two nephews and a niece involved in the Y, and at this point in my life, I have more time than money,” Blair fondly recalls.

Blair’s path to becoming a member of the Y’s Association Board of Directors was a step-by-step process filled with service and giving back to his community: years of running blood drives, chairing golf tournament committees, raising money for the early Reach Out for Youth and Families (ROFY) campaigns, and serving on the Branch Board of Managers, eventually becoming the chairman.

“When Maggie and I bought a home in town in 1979, we were just starting off in this community, so the Y ended up being a perfect place to connect with people. As our son Ryan grew up—he’s now 28—we took him to the Y’s 1-2-3 Grow, the Top of the Hill Pre School, and spent a lot of time at the Family Dinner Nights. It was then that I realized that this is a special place. It gives back so much to our neighbors. This YMCA has been one of the most important parts of my life, especially since Maggie passed in 2013.”

Indeed, Blair witnessed the beginnings of our Y’s annual ROFY campaign, which, as Blair reminds us, was raising \$35,000 a year back then. Blair marvels in his normal self-effacing style at how the Y has grown into such a positive force in our 15 area communities, “There’s no question that the volunteers and staff leadership at our Y over the past 27 years have been on a pretty extraordinary ride, helping our community leaders address important problems that could only be solved by creating partnerships. That impresses me, and I am fortunate to have seen this up close and honored to be a part of something so wonderful.”

In 2019, Blair will retire from the Board of Directors, moving back to his hometown of Worcester. Our YMCA is proud and honored to present the North Attleboro Red Triangle Award to Blair Deeney.

BERNON FAMILY BRANCH RED TRIANGLE AWARD

Recognizing individuals for their partnership and support of the programs and activities of our Y, meeting the changing needs of our community

SAFE Coalition Inc.

Confronting a crisis in your own backyard is never easy. But when open-minded people join forces to invite active collaboration — searching deeply inside themselves for their part of the larger solution — things change for the better.

The SAFE Coalition Inc. launched four years ago, starting after an evening when raw emotions around substance use disorder were laid on the table by almost 400 community members who came together with their heart-wrenching stories of how the opioid crisis impacted their worlds.

SAFE Coalition board vice president Jim Derick, who has a family member struggling with this disease, framed the beginning moments of this impactful movement, “We saw carnage in the streets as we watched tragedy after tragedy unfold right in front of us. But when people like Jennifer Levine and Jeff Roy did what good leaders do — they got out in front of the issues — we had the beginnings of something very powerful and strong in midst.”

It’s hard to identify any one particular cause, and even more challenging to clarify a successful path forward to addressing a public health crisis of this magnitude. “While we have tried different approaches to addressing this community crisis, our style in supporting the community remains constant. We listen to what the community needs are and we do everything we can to develop that. Our group of multidisciplinary board members enhances our abilities to be creative in how we utilize systems of care. Our goal is always to provide compassionate, honest, and sustainable approaches to recovery,” says Jennifer Levine, board president of the SAFE Coalition.

Commenting on SAFE’s relationship with the Y, “What it takes is an open mind and a willingness to collaborate. That’s what our local Y is known for. Our communities navigated through some rough waters, and organizations like the Y created ways for us to repair ourselves. And yet, it’s not SAFE or the Y that deserve the credit in the end, it’s our communities, because we got out of our silos and started working together,” states Jim Derick.

The Hockomock Area YMCA is proud to present the SAFE Coalition with this year’s Bernon Family Branch Red Triangle for SAFE’s successes in providing a pathway forward for those affected by substance abuse disorders.

SAFE Coalition leadership (L-R):
Co-Founder and President Jennifer Levine,
Co-Founder and Vice President Jim Derick,
Founding Director Michael Botticelli, and
State Representative and Founding
Director Jeff Roy

“What it takes
is an open mind
and a willingness
to collaborate.”

– Jim Derick



INVENSYS FOXBORO RED TRIANGLE AWARD

Recognizing individuals for their partnership and support of the programs and activities of our Y, meeting the changing needs of our community

Donna Spigarolo

“I have a whole network of Y friends and Y relationships.”

– Donna Spigarolo

Donna Spigarolo (second from the left) with LIVESTRONG at the YMCA staff



“Who else can go to work every day and know that you’re going to impact lives!” beams Donna Spigarolo when talking about her role as the Director of Community Relations for the New England Patriots. Since 2005, Donna has been doing just that, managing and coordinating player interactions in the community, the Patriots Alumni Club, NFL initiatives and the fundraising and charitable giving for the New England Patriots Foundation.

With a wry smile she proudly says, “I let Bill Belichick take care of what’s happening on the field, because he’s pretty good at it, and we take care of what’s happening off the field.” Off the field the difference in people’s lives and the impact on the community is profound.

Raising four kids in the town of Norfolk, Donna was everywhere. From team mom for little league or Pop Warner, to den mother, scout leader and fundraising for her United Church of Christ, Donna’s passion for making a difference was well known. She was responsible for a fundraiser that raised \$10,000 for the Pop Warner and Little League featuring appearances by members of the Boston Bruins. Former New England Patriots center Pete Brock, the President of the New England Patriots Alumni Club, was at the event and took notice.

Not long after, Pete offered Donna a job. Soon after that, the New England Patriots offered her a job. Now she does both with humility, grace and the lifelong passion that has paved all her roads with good intentions and even better results.

The Hockomock Area YMCA is fortunate that one of those roads led to us. In 2008, Pete Brock invited Donna to her first Legends Ball and she quickly joined the Steering Committee. Since that time, Donna has been instrumental in connecting current and former Patriots players to our Y’s Integration Initiative, an inclusion model providing kids and young adults the opportunity to participate alongside their typically developing peers in all YMCA programs, activities and services.

In the past 10 years, the dynamic between the Integration Initiative and the Patriots organization has been magical. Relationships have formed and lives have changed for the better. When asked why so many players are involved with the Initiative, not just the night of Legends Ball, but all year long, Donna explains that, “The smiles these athletes bring to a child’s face warms their heart and they quickly realize they get so much more than they give.”

Donna thinks of the Y all the time when opportunities arise, like tickets to a game, visits on the field or a trip to training camp. She knows the Y will offer these opportunities to kids and families that otherwise would never get to experience these once in a lifetime opportunities.

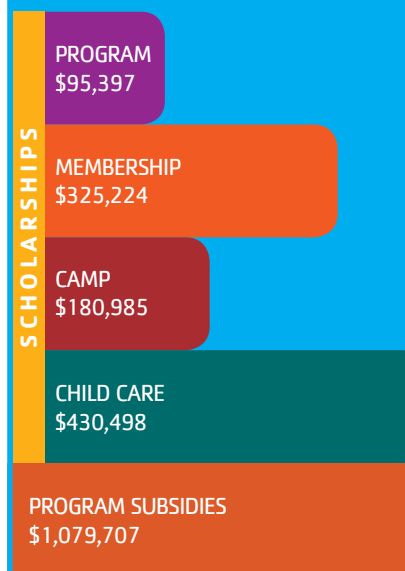
Apart from her work, Donna considers the Y one of the great blessings of her life. “The Hockomock Y has opened so many doors. I have a whole network of Y friends and Y relationships. The Weigh to Change program completely changed my life. I lost 50 pounds while gaining lifelong friendships.”

For all of the lives Donna Spigarolo impacts working with our YMCA, we proudly present her with the Invensys Foxboro Branch Red Triangle Award.

2018 FINANCIAL STATEMENT

	2018	2017
PUBLIC SUPPORT AND REVENUE		
Public Support		
Capital Campaign	\$0	(\$15,381)
Annual Support Campaign	747,551	666,555
Contributions	608,027	291,635
United Way	21,840	26,000
Special Events	294,529	363,211
Revenue		
Program Fees	9,791,191	9,959,943
Membership Dues	7,941,879	8,055,690
Other Income	65,860	59,113
Total Public Support and Revenue	19,470,877	19,406,766
EXPENSES		
Programs Expenses	15,400,803	15,323,137
Support Services	2,487,031	2,414,970
Fund Raising Expenses	405,742	341,973
Total Expenses	18,293,576	18,080,080
Net Income from Operating Activity	\$1,177,301	\$1,326,686
Non-Cash Expenses		
Depreciation Expense	1,568,118	1,571,013
Net Loss after Non-Cash Expenses	(\$390,817)	(\$244,327)
Investing Activities Results		
Investment Income	73,327	52,217
Net Investment Gain (Loss)	(406,496)	704,416
Net Gain (Loss) from Investing Activities	(\$333,169)	\$756,633

2018 SCHOLARSHIPS AND PROGRAM SUBSIDIES



In 2018, the Hockomock Area YMCA provided \$2,111,811 in scholarships and program subsidies. Program subsidies include our **LIVESTRONG** at the YMCA and our Teen Centers and leadership development programs.



HOCKOMOCK AREA YMCA



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Invensys Foxboro Branch

67 Mechanic Street
Foxboro, MA 02035
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Mansfield Arts and Education Center

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OUR MISSION

The Hockomock Area YMCA enhances the quality of life of our members and enriches the communities we serve through partnership and collaboration. Our focus is on youth development, healthy living and social responsibility providing programs and services to all regardless of ability to pay.