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MEANINGFUL CHANGE

2012
IMPACT REPORT
HOCKOMOCK AREA YMCA



MEANINGFUL CHANGE



CHANCE WEVIMELAT

FRONT COVER:
Child care participants learning about dinosaurs as part of our new iPad technology curriculum.

DEAR FRIENDS,

My father, Alex, has a saying about what drives his giving: **“I want to leave this world in better shape than I found it.”** Plain and simple.

Growing up in this area and building a business in the surrounding area has taught me that this notion of making life a little bit better for us all is really at the heart of living and thriving in a community.

I know this sounds simplistic, but Kathy and I have largely lived by this same easy principle, and as we have grown our construction and design business, involved ourselves in community organizations, worshipped at our local church, and watched our communities grow, we have both come to realize that giving back means a lot more than just writing a check.

As I come to the end of my two-year term as the Chairman of the Board of Directors, after 12 years of serving on the Board, this whole process of philanthropy becomes crystal clear. The idea of making meaningful change plays a big part in what motivates my family to give back. And perhaps that’s part of why you are so supportive of our Hockomock Area YMCA as well.

We give because we can make a positive difference. We volunteer because our hearts feel good when we do. And we advocate and play the role of YMCA ambassadors because we realize that impact is not just numbers — it’s when we make meaningful changes in our lives and lift up our communities!

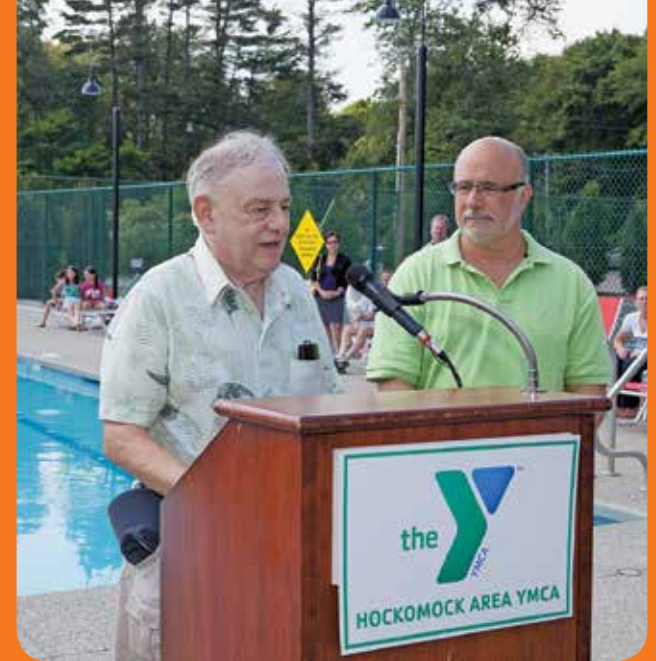
For sure, our YMCA collects statistics and percentages and measurements. They are the metrics that the Y uses, like Kathy and I use square footage when we build and design homes. But what truly matters are the smiles on people’s faces. Those smiles are the true measure, proving that we have contributed, in a real way, to making meaningful changes in the hearts, minds, bodies, and spirits of our neighbors! I hope you enjoy the stories that are reflected in the pages that follow.

Please join Kathy and me, and my entire family, in celebrating the true spirit of our three YMCA focus areas — Youth Development, Healthy Living, and Social Responsibility — by enjoying the fruits of our combined efforts — yours included — as we continue to work together, as a larger community, to make this place a bit better than when we found it!

Sincerely,



Gregory P. Spier
Chairman, Board of Directors



Greg and his wife Kathy make a splash! ▶

YOUTH DEVELOPMENT



MEANINGFUL CHANGE FOR FAMILIES

Some things never change, like raising kids with compassion, understanding, love, and a whole lot of social interaction with other kids. This is what toddler Noah and his grandmother Pam Jennette learned through our Y's child care program.

When Pam learned that her son, Petty Officer 1st Class Todd Fleishman, was being called for another tour of duty as a Navy aviation ordinance specialist, the wheels of change began to turn. Someone had to take care of her grandson Noah while she continued to work.

In a matter of months, Noah moved from Virginia into his grandmother Pam's home in Franklin — a huge change for a three year old who was already badly missing his father, a single parent. That's where the Hockomock Y entered the picture.

According to Pam, "It was hard when Todd was called to active duty. A big chunk of Noah went along with him." Pam understands as a mother that Todd is committed to the Navy, and deployments are challenging for every family — even families without three year olds who don't grasp the totality of military service.

"I didn't even know the Y provided child care, but after shopping around for options, I quickly learned that the Y's programs are different — a unique environment with caring people, making this a perfect fit for Noah."

Pam continues, "Noah initially isolated himself and I was afraid that the transition would be too hard for him to handle. But now he's becoming a bit of a leader, he's engaged and encouraged, and he's learning so much! A strong trust has been developed for both Noah and me at the Y."

"I never knew that such a wonderful organization existed. The Y has been absolutely perfect!" says Pam.

Life has a way of throwing us curve balls and often times the best way to successfully handle them are through resiliency, courage, and the willingness to accept a little bit of help from friends. In this case, the friend is the Bernon Family Branch.



"Noah has made amazing strides in our preschool program and has quickly grown attached to his new friends and caregivers. He arrives and leaves school with that, now famous, glowing smile."

— Jessie McMaster, Director of the Garelick Early Learning Center at the Bernon Family Branch

HEALTHY LIVING



MEANINGFUL CHANGE THROUGH EXERCISE AND NUTRITION



At the Y, we believe that being healthy means more than being physically active. Living a healthy lifestyle also includes good nutrition and building life-long habits, a recipe for long-term health and well-being.

Through our Healthy Futures initiative, the Hockomock Y's Promoting Achievable Change (PAC) program helps children and families increase daily physical activity by providing supportive and educational tools to change current behavior.

The Tucker family became members of the Y five years ago. "What an amazing place for families! My oldest son, Elijah, begged me to join the Y when he was 13. My three boys learned to swim at the Y and gradually we became more involved. Most notably, my middle son Tommy was a PAC participant this fall," says Deb, mother of Elijah, Tommy, and Will.

"The Y has helped our family become more connected to our community. It has become a welcoming place for us to make ourselves healthier and to spend quality, active time together. Through the PAC program, my family has received the guidance and support to become and stay healthy," affirms Deb.

A twelve-week program, the PAC program, funded in part through the Stop & Shop / Giant Family Foundation, measures both physical and emotional changes for youth ages seven to fourteen, focused on increasing strength, flexibility, endurance, knowledge, confidence, and self esteem. "Through the program, we learned to be active together and to read nutritional food

labels. My youngest son, Will, would come with Tommy and me to class and he loved it too. The classroom component of the program has taught us to be more aware of the foods we eat and to make the right choices," says Deb.

When YMCA staff met with the Tucker family, as soon as we reached the top of the staircase, Tommy asked his mom with an energetic smile, "Can we do one lap around the track before we take the pictures?"

This simple question is affirmation that PAC is a vital program for youth in our communities to build confidence and learn positive behavior changes for life-long success.

"Tommy feels empowered and has definitely increased his activity level. He's always looking for fun exercises for us to do as a family. And he is more aware of healthier food choices."

– Deb, mother of Elijah, Tommy, and Will

SOCIAL RESPONSIBILITY



MEANINGFUL CHANGE THROUGH INCLUSION

Innovation is a hallmark of the Hockomock Area YMCA's (HAY) strategic approach to investing in our kids, our health, and our neighbors. By constantly seeking new and improved ways to develop innovative solutions, our programs and services are relevant to the lives of children and families in our communities. One such example is our Integration Initiative.

Since 2004, the Integration Initiative, supported by our Legends Ball and Legends Golf Classic, has positively impacted over 500 families by connecting children with special needs and their families to our community at large, by removing barriers to inclusion.

The program has become a fabric of our Y culture. Anyone who walks through our doors is welcomed, no matter their ability, in all of our programs and activities.

With this same goal in mind, two mothers, Beth Kaplan and Sue Cashin, wanted to create a program to involve kids of HAY Lightning – the Hockomock Y's competitive swim team in giving back by volunteering and making a difference in other people's lives.

Thus, HAY Harmony was born.

HAY Harmony is a monthly gathering of youth with and without disabilities that participate together in games and activities in the pool and have lots of fun. These youth include Integration Initiative participants and HAY Lightning swimmers.

"We wanted something where everyone could be involved if they wanted to be," explained Beth Kaplan. "We were hoping for 20 volunteers and ended up with 85 the first year, a third of the HAY Lightning swim team! It was a really positive response."



"When people see me, say my name, and give me a high five, it makes me feel so good about myself. When I think about how many friends I have at the Y, I feel lucky and it makes me smile."

— Korey, pictured with Lexi, HAY Harmony participants

When you attend a HAY Harmony gathering, you see kids being kids, engaging with one another and having fun. You don't see disabilities. You see kids making new friends and feeling a part of something bigger and stronger than themselves.

"Recently a mom told me that her son was having a really rough day until one of the kids from HAY Harmony saw him and said 'hi Bobby.' It turned his day around," said Sue Cashin.



MEANINGFUL CHANGE

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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 donors will promise a legacy at our YMCA and will strengthen the lives of those in our communities.

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For more information on the Heritage Club, contact Peter Waisgerber at 508.643.5251 or peterw@hockymca.org.



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September 25, 2012

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BOARD OF INCORPORATORS

CLASS OF 2012

| | | |
|----------------------|---------------------|------------------|
| Dianne Arnold | Theodore Joubert | Leonard Pinault |
| Paul Belham, Sr. | Tom Kimbrel | Terry Robbins |
| Ginger Bosco | Douglas King | Richard Ross |
| Richard Bowen | Peter Lovely | William Ross |
| Rev. David Costa | Rev. Jason Makos | Brian Smith |
| Suzan Cullen | David Metcalf | Richard Smith |
| Oreste D'Arconte | Bruce Montgomery | Chris Spinazzola |
| Angela Forster Davis | Patrick Murray, Jr. | Debra Spinelli |
| David Doran | Ken Nally | Richard Stevens |
| Janet Fisher | Timonty Nay | Thomas Walsh |
| Teresa Hacunda | | |

CLASS OF 2013

| | | |
|------------------|-----------------|--------------------|
| Joseph Ames | Peggy Doherty | Christopher Martes |
| Jeffrey Anderson | Timothy Farmer | Charles Masison |
| Joe Andruzzi | Brian Gilbert | Marjorie Mitlin |
| John Barone | John Guravage | Janet Penn |
| Scott Brown | Paul Hubrich | Kevin Poirier |
| Sean Brumble | Dennis Kelly | Louis Provenzano |
| Sheila Burgess | Dan Kennedy | Ben Puritz |
| Lynda Cekala | Ed Kinsley | Roxanne Richard |
| Walter Cekala | Josh Kraft | Don Rodman |
| Ed Clarke | Michael Lane | Mary Signoriello |
| Carol Cotoia | Steve Lincoln | Paul Sullivan |
| Chip Deschenes | Jeffrey Marsden | Thomas Westcott |

CLASS OF 2014

| | | |
|-------------------|-------------------|----------------------|
| Eric Baldwin | Kevin Kuros | John Rhyno |
| Peter Brock | Jack Lank | Suzi Robinson |
| Daniel DeYoung | Garner LeStage | Paula Rooney |
| Mark Fisher | Mitch MacDonald | Nick Rustom |
| Tom Flanagan | Ron Mandeville | Maureen Sabolinski |
| Tara Frier | Henry Metcalf | Jay Sapovits |
| Timothy Gilmore | William Moffitt | Linda Shyavitz |
| Kathleen Hill | Michael Moloney | Randy Spencer |
| Brenda Hodges | Bart Munro, Jr. | Bart Steele |
| Terry Katsaros | David Nasuti | Christopher Sullivan |
| Stephen King | Edward O'Leary | James Timilty |
| John Korona | Elizabeth Poirier | Ron Tondreault |
| Olivier Kozlowski | John Pollis | Faith Weiner |



MEANINGFUL CHANGE THROUGH VOLUNTEERISM

Paul and Karen Lenahan became involved at the Hockomock Y when their children, Sean and Brooke, were growing up in North Attleboro. Karen participated in aquatics classes with their children, watching them master a life skill and gain confidence. Paul coached youth sports teams, reinforcing the Y's core values each season. Paul became a member of the Board of Directors in 1997. This was just the beginning of Paul's leadership journey at the Y.

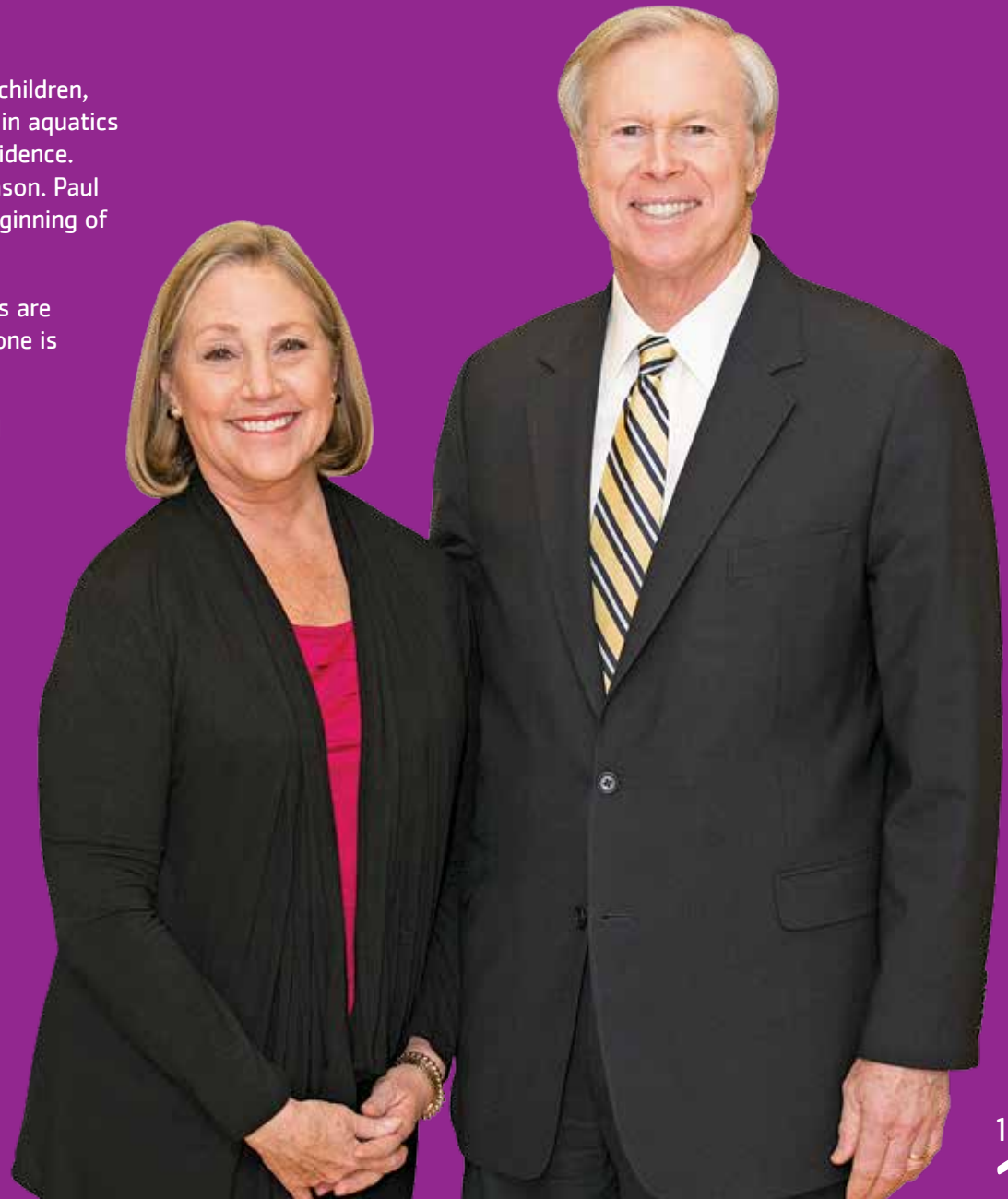
"Karen and I absolutely believe in the Y. We love the mission. The Y's doors are always open and we never turn anyone away for an inability to pay. Everyone is welcome and accepted here," says Paul.

Paul says his father modeled the way in giving back to the community and inspired him to do the same. "I've always believed in giving back my time, talent, and treasure. There's no finer non-profit in this county than the Hockomock Area YMCA."

Paul's wife Karen reminds us, "Life is unpredictable and people may be in situations they never thought possible. If they need help, they can turn to the Y's financial assistance program. The Y is always there for people."

"The Y strengthens families. It has strengthened our family. The more families that are strengthened at the Y, the stronger our community becomes and we believe the world will be a better place," confirms Karen and Paul.

Paul Lenahan
Treasurer, 2008–Present
Board of Directors, 1997–Present
Reach Out for Youth and Families Campaign Chair, 2010–2012
Chairman of the Board, 2001–2003



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.



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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