



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOCKOMOCK AREA YMCA

MEET ME
AT THE Y

WHERE
PEOPLE
MATTER



2018
IMPACT REPORT

Integration Initiative participants with Hockomock Area YMCA President Ed Hurley and Board Chair Mary Clermont at the 2018 Legends Ball, celebrating inclusion and raising critical funding needed to support children, teens and young adults with disabilities to participate in all YMCA programs and activities alongside their typically developing peers.





DEAR FRIEND,

More than anything else ... **People Matter at our YMCA.**

Welcoming. Safe. Positive. Hopeful. Inclusive.

These words are what we aspire to be and how we want people to feel when they experience the Hockomock Area YMCA. In the pages that follow, you will get to experience individuals and families who are healthier, more confident, and feel connected because they have a Y story.

We are privileged to be part of the fabric of 15 communities full of caring, passionate people who are committed to strengthening families and communities through our cause driven mission dedicated to youth development, healthy living, and social responsibility.

We cannot do our cause driven work alone. Each day – along with our neighbors, friends, and community partners – we focus on making sure that everyone has the opportunity to learn, grow, and thrive regardless of age, income, background, or ability.

Because of your thoughtful generosity, more than 15,000 individuals, children and families are welcomed and embraced into our YMCA for programs, activities, and services regardless of ability to pay.

On behalf of our Board of Directors, thank you for your commitment to our Y. Together, we put people first and strengthen the foundations of community today and every day.

Meet Me at the Y. Where People Matter.

Sincerely,



Mary L. Clermont
Chair, Board of Directors



Edwin H. Hurley
President & CEO

MEET ME AT THE Y WHERE CAMARADERIE THRIVES

A cancer diagnosis can be devastating and isolating.

Both Lois Moore-Rogers and Tom Brown felt there was little support after receiving their cancer diagnoses. In 2015, they found the support they needed through our Y's **LIVESTRONG** at the YMCA program and together, have forged a meaningful friendship.

"This program is made up of an amazing group of people, during their worst time in life. Everyone cares about each other. It gives you a whole new outlook," says Tom Brown. Tom was diagnosed with cancer in 1995 and twenty years later, he learned about this program, which is now a mainstay in his life.

For the past five years, Tom has been a mentor in the STRONG program, the physical activity program for **LIVESTRONG** graduates to continue their physical fitness. STRONG is a component of the Living STRONGER initiative and has enrolled 512 participants and counting. This program was made possible in 2015 by the Lunter Family on behalf of the Jaworski family.

"When I was diagnosed with cancer, I thought it was the end of the world for me. I've been a caretaker all of my life but I never took care of myself. I never did physical fitness. I have degenerative arthritis and I didn't know how to exercise. Tom offered to help me," says Lois Moore-Rogers.

Every Tuesday and Thursday, Lois and Tom meet other STRONG participants to workout together at the Invensys Foxboro Branch. Through Tom's tough exterior as a leader in law enforcement, he comments further, "Anytime I see Lois go backwards, I tell her to keep going. I tell her to do it for



Lois Moore-Rogers and Tom Brown

herself. I tell her 'you're a nurse, you have to be tough on people. You have to be tough on yourself.'" Lois will tell you she's not used to taking constructive criticism but it motivates her to try harder and she's having fun.

"Lois tries so hard and she keeps me going too," adds Tom. Lois's transformation has been incredible – she has lowered her blood pressure and cholesterol and has improved her muscle tone.

When speaking about the Y, Lois shares, "The spirit here is contagious. I don't have anyone at home. To come to the Y, it's family here." Tom's wife Maureen has become family to Lois too. Lois beams when she shares the Browns bring a poinsettia and goodies to her during the holidays, call regularly and offer to drive her to the Y on winter days.

When asked how the Y has enriched her life, Lois declares, "I don't have to be afraid, I have to overcome. Quality of life is very important and I have to make every day count. I'm 84 years old and I'm going to conquer it."

"I've been working out my whole life. There's many places I could work out but it's different at the Y," says Tom. He explains further, "They always say you can judge society by how they treat the elderly and the children. And the YMCA does tremendous work for those two groups and everyone in between."



MEET ME AT THE Y WHERE LIVES ARE NOURISHED

Kids are often hungry.

It's more common than any of us would like to believe, yet it happens each day in our communities. Today in America, one in six children may not know where they will get their next meal.

More and more, our schools fill the role of feeding America's youth both breakfast and lunch during the academic year, but don't service this need during summer vacation. This is the case in the greater Milford community where one of our YMCA's goals is to close the hunger gap that exists during the summer months, when kids are out of school.

This past summer, as in the previous two summers, our YMCA collaborated with the Milford Area Humanitarian Coalition and the Milford Public Schools Food and Nutrition Services team to operate the Milford Summer Food Service Program, "Fuel Your Fun!", serving 14,516 meals, representing an increase over the summer before of 5,000 meals.

With 44% of kids in Milford Public Schools eligible for free and reduced lunch during the school year, this program was designed to help close the hunger gap that these children face when summer comes.

This life-enhancing program was expanded in 2018 to reach more community children, now numbering six locations across the community, including two elementary schools, the Milford Town Library, one child care site, the Milford Youth Summer Camp, and the Children Across America program during their summer reading program.

More than 100 volunteers with diverse backgrounds and ages were recruited and trained, including Gilcimara "Gee" Costa, a mother of two living in Milford.



Congressman Joseph Kennedy serving lunch at the Milford Summer Lunch Program



Gilcimara Costa with her daughter Camilla (center) and volunteers and participants of our Milford Summer Lunch Program

"I've volunteered for two years at this wonderful program after falling in love with it the first time I saw what they do for the kids. My youngest was six at the time and he literally dragged me to go, because it's not just about the lunch, but about the love in our community. You walk inside and suddenly feel the warmth of family," shares Gee.

Gee continues, "I've lived in Milford for 18 years and I know how short the New England summers are. Families have little time to enjoy their time off, and I'm always amazed at the adults who spend so much of their precious summertime helping others. There's a strong message there: Everyone is welcome with open arms, and with this program there is no judging, no difference. There's a lot of love there."

This important program reached beyond the work week as well, positively impacting many families on the weekends. Through our partnership with Milford Public Schools, the Franklin Food Pantry, local businesses, and the Greater Milford Community Health Network, we provided 291 bags of groceries to families for the weekends over the summer.

We are proud to partner with such wonderful, caring collaborators to continue to serve children, helping our kids stay one-step ahead of this terrible enemy of childhood hunger.

MEET ME AT THE Y WHERE TEENS SHINE

If you ever feel concern about the future and those who will be tomorrow's leaders,

please find Andrew Porter of North Attleboro, and talk to him for 15 minutes. You will sleep easy that night, knowing our future is in good hands.



Andrew shoveling at the Teen Center

Andrew Porter has been coming to the Hockomock Area YMCA since he was 7 years old. His first memory is how he looked up to a young counselor named Robby Lawrence. "Robby was my camp counselor and he helped us if we were down, and would push us to achieve things that were hard." Andrew added, "I was impressed with how mature and responsible he was for his age." Mind you, Andrew is 12 years old.

He is now a regular at our Y's North Attleboro Teen Center, the Zone. He comes early and he stays late and loves the fact that it is a place to hang out with friends. He explains further, "It is also a place to grow and learn, and discover more possibilities."

Andrew describes those possibilities as volunteerism, and meeting people from different backgrounds and with different skill sets. He says, "It helps you decide what you want to do later in life."

When asked why he likes to volunteer Andrew said, "I feel like if I help other people that will inspire them to do good."



Andrew Porter (bottom row, right) with Robby Lawrence (top row, right) and teen center participants and staff

When asked why doing good is important, this mature beyond his years young man said, "Experiencing good lessens sadness."

Andrew said things people might not know about the Teen Center include, "It's free, you don't need a Y membership and some of the camp staff work there." And yes, Andrew's camp counselor, an elementary school teacher, also works at the Teen Center.

Andrew explains that the top three things he has learned through the Teen Center's Leaders Club are, "More communication skills, time management, and putting others first."

During a recent morning snowstorm, without being asked and putting others first, Andrew ran to the center to shovel it out, so other kids could get in. The future is in good hands.

And Andrew has the benefit of being influenced by the past. His grandfather Tom Kimbrel, is a long-time Y volunteer and someone who helped shape the Hockomock Area YMCA as we know it today. Mr. Kimbrel, recently contributed \$100,000 to our Y's endowment fund.

Has his grandfather motivated Andrew's involvement? He answered affirmatively exclaiming, "I want to keep the tradition going and this Y is where I will want my kids to go and grow and learn."



Andrew with State Representative Betty Poirier

MEET ME AT THE Y WHERE FAMILIES MATTER

In a blink of an eye, a tragedy can occur.

By its nature, when tragedy strikes, people are left hopeless while having to pick up the pieces and navigate forward.

Sara and JR with their twin boys, Jackson and Jacob, had moved to South Carolina but longed for the life and community they once had in Bellingham. A home came on the market in their old neighborhood and they jumped at the chance to move back. Three hours after all the boxes were unloaded in their new home, tragedy struck the Edick Family. A fire started on their front porch. The family was able to evacuate safely but the devastation remains. "We weren't in our house for 24 hours and we lost everything," describes Sara Davis-Edick. "I can still hear the crackle and the noises from the house fire. I was in total shock," Sara emotionally adds.

The Bellingham community started offering support to the Edick family including Roxanne Richard, Sara's sister-in-law who is also a member of the Y's Board of Incorporators. The Y immediately reached out to the family and offered financial assistance for Jackson and Jacob to attend child care and programs. "My biggest concern was how do we go and get jobs and now we have no home. And where would my children go. It was so, so overwhelming. When the Y reached out, it was our saving grace and helped us get back on our feet," remarks Sara.

JR's full time job became filing their insurance claim. Sara began going on job interviews so she could get a job right away and they could get health insurance again. Both JR and Sara were working hard at rebuilding their family's life.



Jackson and Jacob enjoy learning in preschool



Jacob and Jackson at their swim lesson with Instructor CJ

Their boys struggled a bit during the transition but are thriving now. Sara reflects, "Our boys witnessed the fire. Even when I tell the story, it's still unreal to me." At the Y, Jackson and Jacob are making friends in the preschool classroom and learning to swim. "The teachers go above and beyond to make sure our boys are enjoying their experience and provide so much encouragement. When it comes down to it, the Y has let them be kids," says Sara.

Sara shares that her family has been blessed with a good life and were always the ones to help others. "It was a struggle to even take the help. We knew we needed to take the help. The Y has been a security and constant for our boys and we're so thankful."



The Edick Family

THE YEAR IN REVIEW



LIVESTRONG participants celebrate as we raise critical funds at our annual LIVESTRONG at the YMCA Celebration event



PGA Tour Professional Brian Harman with our Unified Golf Team at the practice round of the Dell Technologies Championship



The Bellingham Community Farm was dedicated in 2018 and was a cooperative project between the Town of Bellingham and our Y



Adventures In Respect helps kids discover what they can achieve



Kids play, grow and thrive in our child care programs



Our 12th annual sprint Triathlon at Lake Pearl



Our 2018 Legends Honoree Brian Flores at our Legends Ball



Our HAY Harmony program at their end of year banquet



The starting line of our Foxboro 5K



Legends and Integration Initiative participants at our Legends Golf Classic at TPC Boston

WHERE COMMUNITY COMES TOGETHER



1,203 individuals were employed by our YMCA in 2018



Tom Gruppioni received the 2018 Chairman's Award at our Annual Meeting



Young gymnasts gain confidence and skills in our youth programs



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



Children enjoy playing in the Doran Family Kids Gym at our North Attleboro Branch



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



Integration Initiative golf clinic at TPC Boston



Team Rival, a Norfolk County District Attorney's Office peer leadership program participates in ropes and team building at our Bernon Family Branch



Our Youth Theatre program performs 'High School Musical'



The Spier Family Splash Program helps kids learn to swim and be safe around water

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.

Jay Barrows	Garner and Marilyn † LeStage
Alan and Carol Bernon	Suzanne LeStage †
Tony Calcia	Kevin and Gail Morrissey
Mario Capozzoli	William and Roseann Napolitano
Stephen Clapp	James and Donna Newbury
Steve and Mary Beth Clay	Timothy and Jeanne O'Neill
William and Beulah Crosby †	Peter † and Barbara Ottmar
George and Nancy Danello	John † and Nancy Pollis
Blair and Margaret † Deeney	Robert and Shirley Pompei
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James and Amy Downs	John and Nancy Racicot
Brian and Karen Drought	Lee † and Theresa Robbins
Henning † and Marie Frederiksen	Jeanne Sherlock and Margaret Squair
Thomas and Patricia Gruppioni	Gregory and Kathryn Spier
Herbert † and Cynthia Horne	Brian Voght
Edwin and Sue Hurley	Peter and Kathy Waisgerber
Thomas and Ellen Kimbrel	Thomas and Patricia Westcott †
John and Marie † LaRocca	Edward and Joanne Whalen
Victoria Lechner and Michael Lally	William and Eleanor Woodason
Paul and Karen Lenahan	Anonymous

† deceased

ENDOWED SCHOLARSHIPS

Amvets Campership Fund
Bernon Family Endowment for Reach Out for Youth and Families
Bernon Family Branch Maintenance Fund
Gruppioni Family Endowment Fund
James Horne and Janet Cyr Swimming Scholarship
Lorraine Hubrich Memorial Scholarship Fund
Tom and Ellen Kimbrel Community Endowment Fund
Lee Robbins Endowment Fund

2018 LEADERSHIP DONORS

\$25,000 +

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Alan and Carol Bernon
CVS Health
Dean College
The Lunter Family
Tom and Ellen Kimbrel
PGA Tour
Servus
Spier Family Foundation
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YMCA of the USA

\$10,000 – \$24,999

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Fayth McNamara
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Trevor Mecketsy
Sarah Mihaly
Milford Auto Clinic, Inc.
Heather Millette
Mirror Boutique
Katherine Molloy
Moms Club of Foxboro
Deborah Moore
John and Martha Moore
Lois Moore-Rogers
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Kara Muirhead
Bart and June Munro
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Prime Motor Group
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Maureen Wilcox
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Thanks to the inspiring support of our generous donors, our Y invested \$2,111,811 through confidential scholarships and program subsidies in 2018, providing life-changing funding for children and families in our community and being there when families need us most.

We believe that our cause is our community and we strengthen 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 financial assistance and program subsidies. We believe it only takes one person to start a movement, and it starts with us.

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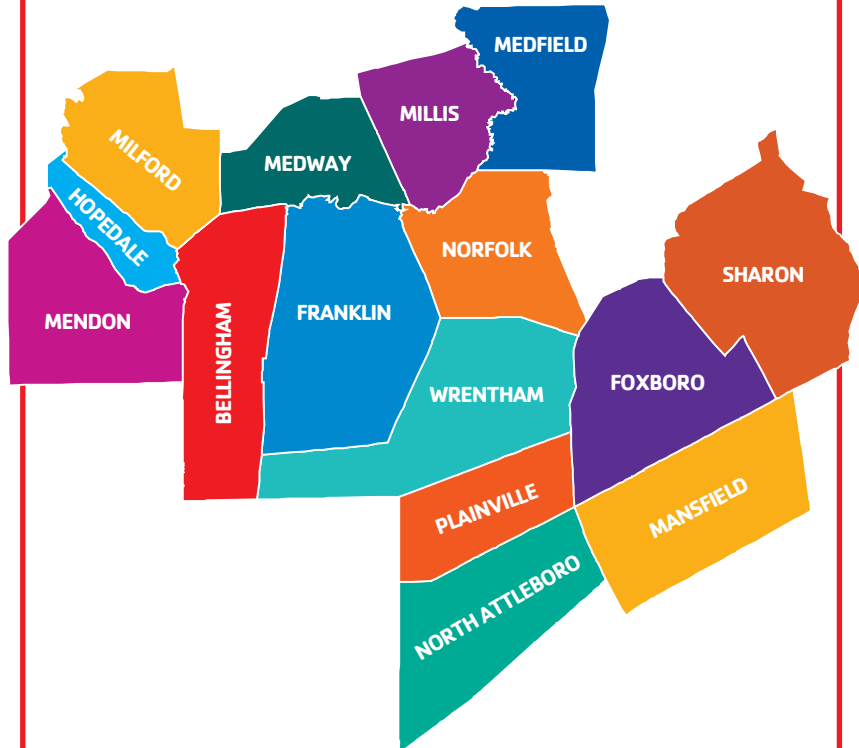
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WHERE LIVES ARE ENRICHED

Every day our mission and vision drive us to meet the emerging needs of our 29,336 members and the fifteen communities we are privileged to serve.



2018 BY THE NUMBERS



EMPLOYED 1,203 INDIVIDUALS IN 2018, 558 were under the age of 21 and 209 under the age of 18.



SERVED 14,516 MEALS TO CHILDREN AND FAMILIES at our Summer Food Service Program at locations in Milford.



SERVED 3,563 MIDDLE SCHOOL STUDENTS ACROSS THE 12 COMMUNITIES in our Association's service area through Adventures in Respect, our bullying prevention program.



COORDINATED A BACKPACK DRIVE resulting in 610 backpacks and school supplies provided to local children in need in 7 school districts.



EXPERIENCED THE "BEST SUMMER EVER" WITH 10,600 CAMPER SESSIONS.



AWARDED STOP & SHOP MINI-GRANTS TO 11 SCHOOL DISTRICTS to support Healthy Futures priorities in area schools.



SERVED 910 CHILDREN THROUGH OUR PRE-SCHOOL AND SCHOOL AGE CHILDCARE SERVICES. We are proud to be the largest licensed provider of child care in our service area.



PROVIDED \$2,111,811 CONFIDENTIAL ASSISTANCE AND PROGRAM SUBSIDIES ensuring our friends and neighbors in need benefit from a YMCA experience.



148 KIDS ENJOYED OUR NEW HORIZONS SUMMER CAMP, which provides increased support for campers with special needs in our traditional camps.



RECEIVED THE 2018 EDWARD M. KENNEDY COMMUNITY HEALTH AWARD for helping to create a healthy, sustainable environment for people who live and work in the greater Milford region.



HOCKOMOCK AREA YMCA



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.



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.



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

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