

REACH OUT TO STRENGTHEN COMMUNITY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOCKOMOCK AREA YMCA

2022 IMPACT REPORT





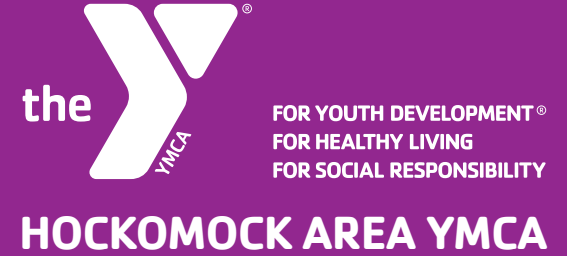
We held our 17th annual Legends Ball, back in-person at Lake Pearl on November 15th. It was an evening of celebration honoring New England Patriots Captain David Andrews and New England Patriots Hall of Famer Steve Nelson as our 2022 Legends Honorees, for their passion and commitment for our Integration Initiative.

Photo left: Board of Directors Chair Eric Kevorkian, 2022 Legends Honoree David Andrews, Board of Directors Vice Chair Farzin Karim, YMCA CEO Jim Downs and 2022 Legends Honoree Steve Nelson.

Photo below: Integration participants join YMCA leaders and Legends Honorees for a group photo at Legends Ball. This signature event celebrates inclusion and raises critical funding needed to support children, teens and adults with disabilities to participate in YMCA programs and activities alongside their typically developing peers.



DEAR FRIENDS,



As a non-profit organization, our Hockomock Area YMCA exists to help people be healthier, more confident and connected to each other and their communities. We are guided every day to remain focused on how best to respond to the emerging needs of our communities.

Reach Out to Strengthen Community is our guiding compass and our annual campaign theme.

With your inspiring support, our Y provided more than \$2.7 million in confidential scholarships and program subsidies in 2022. This critical funding for children and families in our communities allows us to be here when people need us most. In the pages that follow, you will read stories of individuals and families whose lives have been improved from a YMCA experience. We are proud to be part of their stories.

Our commitment to collaboration is at the heart of everything we do. We are a compassionate, human services organization and without caring and committed staff, volunteers, donors, members, business & community partners, we could not fulfill our mission. Together, we strive to enhance lives and enrich community through the following areas of focus:

Youth Development

We nurture the potential of every child – from the youngest in our child care programs, to youth in our summer camps, to teens in our leadership development initiatives. We are proud to help kids make new friends, build confidence and discover the world around them.

Healthy Living

The Y brings people together, helping thousands of people receive the support and resources they need to nurture and strengthen their physical and mental health.

Social Responsibility

We reach out to be here for our neighbors and our community. With your help, we welcome more than 15,000 people into our Y family through confidential financial assistance and program subsidies.

With confidence and purpose, we pledge to continue to focus on these vital areas of impact and serve and strengthen our community.

Thank you for the impact you help us make by being part of our YMCA family. We welcome your partnership and participation in these worthy endeavors.

Sincerely,

Eric G. Kevorkian
Chair, Board of Directors

James R. Downs
Chief Executive Officer



REACH OUT TO FEED AND CARE FOR CHILDREN

LISA'S STORY



Lisa and her husband moved to Massachusetts before starting a family. "My husband is a veteran, was fresh out of the service and had served overseas. I had to quit my job before moving here. Things were really rough for us," shares Lisa. It was early on in the pandemic when she recalls seeing information about our Y's Food Access initiative.

"When I was little, I went to our local YMCA in Texas. My siblings and I went swimming there. That was my familiarity with the Y," she explains. Lisa started coming to the Hockomock Y for the weekly grocery bag distribution on Wednesdays. Each bag provides non-perishable items valued at \$50 each. Reflecting on her experience, Lisa shares, "Everyone at the Y is so kind. I never felt ashamed going to receive food. It's so important to feel this way especially when people are coming for resources like food." She explains that every item in the grocery bag makes a difference, helps cut costs and is one less thing to worry about.

In time, two sons were welcomed into the family and their relationship with our Y deepened. The family applied for a scholarship to be members. It was the encouragement by Y staff that she saw weekly at food distribution who encouraged her to apply for a preschool scholarship. "This is a true

blessing that we are forever grateful for," exclaims Lisa. John was eager to be around people and make friends. Because of his Y experiences, Lisa shares, "When he comes home from school, he is singing songs to his brother. John is growing in his words and stature. He's truly thriving."

The family enjoys quality time in the pool and open gymnastics as well as participating in Y family events. The boys enjoy Child Watch while Lisa works out for her physical and mental well-being. "It is comforting to know that my children can enjoy play time and be cared for while I'm able to use the gym. My little one asks me if I am going to workout my heart and make it strong. That alone encourages me to continue to be a healthier me," adds Lisa.

"We have seen positive growth in our children because of their experiences at the Y. Learning a new sport and interacting with other kids has increased their confidence and social skills. It's amazing to reflect back and see the growth and improvement in our family," says Lisa. "The Y has become an integral part of our life."

We are grateful that Lisa and her family are part of our YMCA family.





For more than a decade, Sheryl and her son Jonathan have been Hockomock Y members. Sheryl wanted to try something new and had a goal to train for a 5K. A friend had suggested she consider the Y but Sheryl wasn't sure she could afford a membership. Her friend further encouraged her, mentioning the Y's financial assistance program.

"I took a tour and was impressed. I applied for a scholarship and became a Y member," recalls Sheryl. "I was meeting my physical fitness needs as well as releasing stress," says Sheryl. "I was also meeting people who were trying to do the same thing and I was inspired."

A year into her Y membership, Sheryl had a goal to participate in a triathlon. "I started taking spin classes and became friends with other avid spin bikers. As part of my training, I was swimming laps in the pool. The lifeguard had introduced me to another member named David who was also triathlon training in the indoor pool," recalls Sheryl. "David and I became good friends; so much so, that I stood up for him at his wedding."

Being a regular at the Y, the social aspects became as important to Sheryl as the fitness routine. "I started calling it our swim socials and sauna socials," laughs Sheryl.

Sheryl's son Jonathan was also an active member in his youth and teen years, using the fitness center to workout. "At a young age, Jonathan made the connection between how he feels and whether he exercises or not. He's made better nutrition choices because he associates eating well and exercising with feeling better as a person." Now in college, Jonathan still makes his health and wellness a priority. "The Y set the foundation for a life-long journey for good health for my son," beams Sheryl.

Reflecting on the impact of the Y, Sheryl shares, "Going to the Y is like getting a big hug. If you want to be part of a unique place where people care about you and where there is an openness and a connection to something greater, then become part of the Y," exclaims Sheryl proudly.

Sheryl is a massage therapist and when clients share they feel isolated or in a rut, she recommends the Y as a welcoming place to find passion and purpose. "No matter what is going on in my life, the Y provides a grounding place for me and a safe haven. I always feel better after being there both physically and mentally."

Our Y is privileged to have Sheryl and Jonathan as part of our YMCA family.





Missy has been a member of our Y family for two decades. "I started going to the Y to workout," recalls Missy. "I've stayed at the Y all these years because everyone there is so kind and compassionate."

In 2019 Missy received a cancer diagnosis which relapsed in 2021. "It's been a solid year of relentless procedures and biopsies," shares Missy. At the Y, Missy began participating in the **LIVESTRONG** at the YMCA program, a small-group exercise and peer-support program for cancer survivors seeking to reclaim their health. With her medical treatments, timing and scheduling became very difficult for Missy to continue in the program and she had to stop. Nevertheless, Missy stayed connected with program staff. When Missy experienced extreme financial hardship and homelessness, the Y reached out to offer support through its newly created Social Action Services initiative.

"The Y provided me with resources to apply for programs including housing and home base programs," says Missy. "I was able to find a new apartment for me and my two daughters, Shayna and Josie."

Through the support process, the Y also provided a scholarship for Josie to attend child care at our Foxboro Y. "I was paying

for child care at another center in the area and it was taking every penny I had and I couldn't keep up with it," shares Missy. "The scholarship for Josie to attend Y preschool has helped me immensely. Josie loves school! She has her friends and she's happy to go every day."

Reflecting on the support she and her family have received at the Y, Missy beams, "The Y has been such a blessing from above. The assistance, care and empathy they've given us, I'm just so grateful." Missy was also a recipient of our Y's Giving Tree program, helping to provide gifts and hope during the holiday season.

"Going through breast cancer and being homeless at the end of the year, it was the most difficult time of our lives as a family. I was working two to three jobs and I was working day and night. The Y's support has allowed me to have more time with my kids and to focus on my health. It's been such a blessing."

Our Y is fortunate to be part of Missy's journey and to be a place of community and possibilities for Missy, Shayna and Josie.





Rich and Tiffany moved to Foxborough in 2015. Tiffany delivered her twin girls Abby and Wendy at 26 weeks pregnant. "Our girls were three months early and spent four months in the NICU. It was a shocking and traumatic experience," shares Tiffany. "When we brought Abby and Wendy home, we felt very isolated. I'm not from this area so I didn't have a village like some people have."

The first years of the girls' lives involved at home health care supports and early intervention. "Abby is non-verbal and has autism. Wendy was hitting milestones but had a developmental delay. Luckily because they were so closely monitored, services were immediately started," notes Tiffany.

Tiffany heard about the Y from neighbors. She questioned how the Y could fit into her family's life given the girls' young age and their complex history. "I was looking to get Wendy socialized and introduced to other people. So I tried the Y. We started with Wendy in Child Watch while I went on the treadmill for 20 minutes," shares Tiffany. "I remember that first day. It was a moment where I felt like I was coming back to myself. I had to go to the Y, in order to find myself again."

That summer, Tiffany went back to work full-time and needed care for Abby and Wendy so she turned to the Y. The Y's Camp and Integration teams worked with Tiffany and Rich to provide the supports Abby needed to thrive. "The first camp drop off, Rich and I were terrified. This was the first time we were put in an environment that

was completely recreational. We had to trust and let go. At pick up, we were told the girls did fine. It was like we could finally breathe again."

It was an amazing summer for Abby and Wendy. "By summer's end, Abby smiled more than I've ever seen her smile before. She was a different kid," declares Tiffany. "She still continued her clinical sessions like speech and other therapies all summer. But being at the Y, she was discovering activities that she could do on her own and she was getting the freedom to explore interests for herself."

During the school year, Abby and Wendy take gymnastics classes. "When I pick Abby up from school and I ask her if she wants to go to the YMCA, she enthusiastically claps yes!"

When reflecting on how the Y has impacted their family, Tiffany shares, "Our family unit is forever changed. There's a certain level of resentment that comes with the experience of being a parent of a child with complex medical issues. I did everything I was supposed to do. Why is this so hard? Why aren't there places that exist that allow us to meet a need? The Y has become that place for us. There's so many possibilities for our girls with the Hockomock Y in their lives."

Our YMCA is grateful to be part of Abby and Wendy's journey as they discover their potential and the world around them.



THE YEAR IN REVIEW



Dedicated volunteers and staff distributed 500 Thanksgiving meals to our neighbors in need



Together with our generous community, we were able to provide 1,000 gifts to families in need during the holidays



The community participated in our Spier Family Kindness for Kids 5K & Family Day at Patriot Place with proceeds helping to fight hunger through our Food Access initiative



Campers explored our educational garden this summer



Staff and volunteers provided 19,789 bags of groceries in 2022 valued at \$50 each to help eliminate hunger in our communities



Our YMCA celebrated 50 years of impact in 2022



David Andrews and Steve Nelson were our 2022 Legends Honorees



Our Food Access initiative served 51,237 grab and go meals to feed children in our communities in 2022



Innovative and safe summer camps were offered at 5 locations serving 3,373 campers



Kids discover what they can achieve through our Adventures In Respect program at our Capt. KRV Outdoor Leadership Center



CREATING OPPORTUNITIES FOR ALL



Kids learn, play and thrive in our child care programs



YMCA members are active and connected with their community at our YMCA



2,875 fully stocked backpacks were donated to students in our 15 communities



Our Legends Golf Classic was held at TPC Boston in October supporting our Integration Initiative



Kids enjoy learning how to swim and be safe around water



Our Theatre program performed 4 summer camp productions



Outstanding teen leaders are recognized as Youth of the Year recipients at our Annual Meeting



Our LIVESTRONG at the YMCA Event raised critical funds for the continuation of our cancer survivorship program



Kids play, grow and thrive in our programs



Families enjoy being active and having quality time together

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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 Bernon Family Branch Maintenance Fund
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Arthur Viana
Peter Waisgerber
Judith Weader
Faith Weiner
Sandy Whitaker
Elizabeth Wilder
Peter Willis
Bethany Wood
Wrentham Lions Club
Garth Yohn
Linda Zaleski
John Zarrella





\$2,742,203

was provided in program subsidies and confidential scholarships to our neighbors in need to experience YMCA programs and services regardless of ability to pay.

2022 BY THE NUMBERS



2,200

elementary and middle school students participated free of charge in our Adventures In Respect program – teaching bullying prevention and bystander strategies.



51,237

meals were served to children in our communities who face food insecurity.



3,373

campers attended the best summer ever at our 5 camp locations. 20% of campers received a scholarship to attend.



1,100

people were employed by our YMCA, putting into action programs and resources to address our community's most pressing needs. 52% of staff are under the age of 20.



19,789

bags of groceries were distributed to people in need in our community every Wednesday at our branches.



5,136

kids learned to swim & be safe in and around water including our Spier Family Splash Program offering free lessons to Foxboro students in grades K-2 to learn to swim.



2,875

fully stocked backpacks were donated to students in our 15 area school districts, preparing kids with the supplies they need to succeed in school.



VOLUNTEER LEADERSHIP

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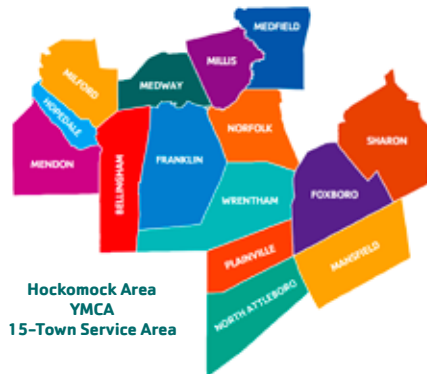
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Hurley Family 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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