

COMMUNITY HEALTH

ANNUAL CAMPAIGN EDITION

November 2013

The YMCA of Martha's Vineyard is a non-profit, cause-driven, charitable organization that relies on the generous support of friends like you.

YOU CAN MAKE MORE POSSIBLE

TOGETHER WE CAN DO SO MUCH MORE

November is a time of giving thanks and giving back. So many in our community depend on the Y and give thanks. In 3 short years, it is difficult for many to remember life on the Island before the Y. **This new reality is possible thanks to the support of neighbors giving back to neighbors.**

Sarah Soushek, Financial Development Director, explains, "The Y is one of the largest charities in the world, with over 160 years of experience and thousands of independent Y's across the world. The Y is a national movement, leading healthy living and eating initiatives, and prevention against Diabetes, as well as early learning loss and summer learning loss. **Together, with strength in numbers, we can make powerful positive change in our community.**

Our Annual Campaign spreads awareness about our cause and impact as a charity and inspires others to help. Donations enable us to give back to our community, by making our programs and services affordable, free and accessible to all - like teen programs, camp and child care scholarships. **The Annual Campaign is our opportunity to join a movement much larger than our Island, to create healthier and stronger communities nationwide, and most importantly, our own.**

As you might expect, our members and 100% of our Board of Directors and staff are some of our biggest supporters. **They share their stories about why they love and support the Y, and to help inspire others. We hope you are as inspired as we are.**

HELPING OTHERS AND GIVING BACK

"I taught swim lessons in a Y down south as well, and some of the kids I taught were special needs; one family in particular had a son who was an amputee, so you can imagine all of the medical bills that they had to pay for. And swimming was his chance to escape. He had the opportunity to get a scholarship for swim team through our Financial Assistance program. We coached him and he came in third for his age group in the 100 freestyle, despite his handicap. That's the reason why we have the scholarship program, the people who need it are the ones that benefit the most. **It's about the big picture; it's about helping the people in our community, people that you know. And that's why I'll still give to the Y's Annual Campaign.**"

- Anthony Devine, Lifeguard Extraordinaire



GROWING STRONGER

"On January 16, 2013 I was diagnosed with pancreatic cancer. I went to Mass General Hospital for chemo and proton radiation then had the Whipple surgery to remove the tumor. After 2 months of recovery I decided against a second round of chemo - I was too weak and had already lost 50 pounds. Instead, I am doing acupuncture and strength training.

I started working out with Brad Hill in May at the YMCA, first training once a week, then twice, now three times per week. Due to the surgery, some days I start out feeling not so good, but I feel great after each training session."

"In January my cancer counts were 119.9, and at my 6 month check up my cancer count was 4! A person is considered cancer free with a count less than 30. My life changed greatly with Brad Hill as my hero in making me stronger. I love him and the Y."

"The Y brings the community together, and the impact made is much more than just on health, it is a social atmosphere, fostering community, a place where everyone knows each other. I love that the Y provides a place for teens to hang out, babies to learn how to swim, and people my age and older to get fit and healthy. It unites the whole community. I think that the Y is one of the best things that happened to the island."

- Mary Louise Koch, Member

Everyone has heard of the Y. But there's so much more to the Y than many people realize. The Y is a charity dedicated to youth development, healthy living and social responsibility. We rely on the generous support of donors to help millions of people in thousands of communities.

That's why we're launching our Annual Campaign effort to increase our ability to take on many of the greatest challenges facing our youth, our health and our communities.

We need your gift to make it happen. Together, we can help our friends, families and neighbors achieve so much more. Visit us online at www.ymcamv.org/support to read more stories and learn more about our Annual Campaign and how you can help make a difference in our community.



YMCA.

For some, these are just four simple letters. But from A to Z, the Y brings our community so much more. You may know us as a place to swim, but what you may not know is that **in addition to:**



Swim Lessons, we also give **Scholarships** and financial assistance to those who need it most.



a **Weight Room**, there's also **Water Aerobics** helping over 70 seniors live stronger and healthier lives.



Interval Training, we focus on **Inclusion** by, engaging and making all in our and community feel welcome.



Muscle Building, we also teach **Music Recording** and production at Alex's Place, our free Teen Center.

The Y is so much more than a place. It's a cause.

UPCOMING ACTIVITIES

Fall Session II Program Dates:
October 28 - December 14
(no classes 11/25—11/30)

- 11/1-3: Lifeguard Instructor Training Course, Times vary, \$350
- 11/1: First Friday Community Open Stage 8pm @ Alex's Place, All ages. \$5
- 11/2: Parent's Night Out, 5-8pm Members \$20/child, \$15/sibling, Nonmembers \$25/child, \$20/sibling
- 11/2: Gamers Delight 7-10pm, Free @ Alex's Place, All teens welcome.
- 11/6: CPR, AED, First Aid Course 9am - 3pm, \$110
- 11/8: Community Pavilion Grand Opening 12pm, Free community event
- 11/8: Middle School Dance Party 7 - 10 pm, Grades 6-8, \$5
- 11/13: Nutrition Talk with Josh Levy of Vineyard Nutrition, 5:30-6:30pm Free community event.
- 11/15: Free Friday Feast & a Flick 7pm, All teens welcome. Free.
- 11/16: Overcoming Difficult Emotions Meditation & Discussion with Elliot Dacher, MD, 9:30-11:30am, Free.
- 11/16: CPR, AED, First Aid Course 1pm - 7pm, \$110
- 11/17: Mako's Home Dual Meet 12pm, Everyone welcome to cheer!
- 11/23: Family Trivia Night @ Alex's Place 7pm, Free community event.
- 11/29: Turkey Burner Open House 7am-5pm, Free community event
- 11/29: IMPers Improv Comedy Show 8pm @ Alex's Place, All Ages

WHAT DO OVER 5,000 PEOPLE DO AT THE Y?
GIVE. AND DO SO MUCH MORE.



YMCA OF MARTHA'S VINEYARD
Swartz Family Facility
Home of Alex's Place

111R Edgartown Vineyard Haven Road, Vineyard Haven, MA 02568
P 508.696.7171 F 508.696.6806 www.ymcamv.org

This edition of Community Health recognizes the supporters of our Annual Campaign - partners in creating a stronger community.

