

COMMUNITY HEALTH

ANNUAL CAMPAIGN EDITION #2

December 2014

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

WE'RE FOR COMMUNITY OUTREACH AND GIVING BACK

SO THE Y & COMMUNITY CREATE LASTING IMPACT TOGETHER

WE'RE MORE THAN A BUILDING...

WE'RE A COMPREHENSIVE COMMUNITY CENTER. Before the Y building, we were a 'Y Without Walls'. That still holds true. The influence of our programs and staff can be felt all over the Island. We serve one in four Island residents with affordable membership and programs and provide direct Financial Assistance and FREE community programs for those who need us most.

WE'RE SO MUCH MORE THAN A GYM...

WE'RE HEALTH PROMOTERS. We provide many free classes for the development of mind, body, and spirit, like:



Prenatal Yoga



Meditation and Discussion Workshops



Nutrition Workshops



Fitness For Cancer Survivors

Throughout the year **free community events** provide wellness lessons and information to anyone who wants to participate, like:



Senior Health & Fitness Day – a day of workshops like Chair Yoga, Vocal Fitness and Balance of Power for the Island's seniors.



Turkey Burner Day – a post-Thanksgiving open house where everyone is welcome to sample classes, swim in the pool, and get a jump start on their holiday wellness strategy, at no cost.



Healthy Kids Day – an afternoon of games and challenges to get kids thinking about healthy habits that welcomes 400+ families annually

Healthy Kids Day Volunteer, George Tankard, regards the event as "An opportunity to get together and see exactly what the Y offers. It's a great outlet for people to let their hair down and come and enjoy themselves. Parents get to see the things that their children can do. It's very vital and important for the child's development as well as the parents' development – to be able to look at their child and say 'I saw my child do something I didn't think they could do.'"

And we don't turn anybody away. For those who need our wellness training and can't afford it, we provide financial assistance.

WE'RE MORE THAN A SWIMMING POOL...

WE'RE AN AQUATICS EDUCATION CENTER. The Y provides complimentary training for the Orca's Special Olympics Swim Team participants and includes them joint swim meets with the Makos & Bonitos Swim Teams. Our staff also travels with them to the Annual South Section Aquatics Meet, held each year at Bridgewater State College.



In an effort to ensure that all Island kids can spend safe and carefree summers on the beach, once a year we offer water safety classes for the third-graders of all Vineyard schools– offered free of charge to the MVYPS school system.



Our Financial Assistance is offered for swim classes, swim teams, aqua fitness classes and swim lessons to allow everyone the opportunity to participate in water sports.

WE'RE MORE THAN AFTER SCHOOL CARE...

WE NURTURE YOUTH DEVELOPMENT.

The After School Program, under the guidance of our new director, Tara Dinkel, keeps young minds and bodies active in the late afternoon hours. Theo Dias, talking about his experience in the ASP fitness program explains, "We exercise and get all sweaty. When I visited the gym last week I got to try three machines. Some of my favorite activities were the chest press, running on the treadmill, and doing the assisted pull-ups." 50% of the kids in the After School Program receive Financial Assistance.

Our summer day camp, Camp Terra Mare, incorporates learning, fun and fitness in daily activities to keep kids happy and healthy all summer long. 25% of all Camp Terra Mare participants receive Financial Assistance.

Child Watch cuddles members' toddlers for free while their parents work out.

WE'RE MORE THAN A TEEN CENTER...

WE INSPIRE FUTURE LEADERS. Alex's Place provides a safe and welcoming after school meeting place for the Island's teens. The kids don't have to be Y members and programs like Homework Assistance, Anime Club, 7 Miles Out E-Magazine, Alex's Kitchen, the Current Music Club, Studio 57, Table Tennis for Teens, and Alex's sYsters are all provided free of charge. Teens connect with aging Islanders and experience the gratification of community service by participating in the free Elder Tech Fair. And the weekends are buff with dances, trivia competitions, and community open stage.



Alex's Place

WE'RE MORE THAN STAFF...

WE'RE VOLUNTEERS AND CONTRIBUTORS. Most of the staff at the Y are actively involved in community outreach. You'll find us handing out water at road races, to running obstacle courses at Healthy Kids Day, to assisting The Red Stocking Fund with collecting and wrapping gifts, to facilitating community collaborations with partners like The Yard, Camp Jabberwocky, and Martha's Vineyard Community Services, you'll find Y employees lending a hand.

Elizabeth Lytle, Aquatics Coordinator, involved her whole family in the LIVE LOVE TRI fund-raiser. After, she told us, "What we were able to contribute to the event was greatly outweighed by what we received. We had such a great time burning energy, being silly, and just being together, while improving our fitness levels and stamina, we can't wait for LIVE LOVE TRI 2015!"

And the support starts from within. With 100% of our full-time staff and board members contributing to the Annual Campaign we truly live our cause.

WE'RE ALL IN IT TOGETHER...

Together we have the opportunity to ensure a brighter future for our island community, but we need your help. Make the Y your charitable cause of choice for your holiday donations list and **TOGETHER WE CAN DO SO MUCH MORE!** Visit www.ymcamv.org/support or call 508-696-7171 ext. 104 or 107 to donate today!

TWO GREAT WAYS TO GIVE THE GIFT THAT GIVES BACK...



BECOME A BENEFACTOR...

The Y is dedicated to strengthening the Island community. By contributing to our Annual Campaign you can feel good knowing that your support facilitates direct impact on the well being of your Island neighbors.



HOLIDAY PRESENTS...

Wondering what to get the special loved one in your life? Look no further than the Y! We offer gift certificates for membership, programs, the Café and merchandise! Here are a few ideas:

- ♦ Swim Lessons, Swim Cap & Goggles
- ♦ Personal Training, T-Shirt & Water Bottle
- ♦ 1 or 3 Month Memberships to try the Y

UPCOMING ACTIVITIES

Winter Session Program Dates:
January 5 - February 21

- 12/5: Community Open Stage, 8pm Admission: \$5, @ Alex's Place.
- 12/6: Team Makos Vs. Team Mask – Away
- 12/8: **Member Registration for Winter Programs – Open Daily until 1/1**
- 12/9: Island Wide Parent Connection* Forum, 6:30pm, FREE
- 12/12: Team Makos Visit Team King for a Specialty Meet
- 12/13: CPR/AED/First Aid Course 9am-2pm, \$110, Financial Aid.
- 12/13: Parent's Night Out, 5-8pm, Ages 3+, Fees Apply, Registration Required.
- 12/13: Team Makos Swim Cape Cod Classic
- 12/15: **Public Registration for Winter Programs – Open Daily until 1/1**
- 12/19: Community Open Stage, 8pm Admission: \$5, @ Alex's Place.
- 12/20: Meditation & Discussion* w/ Elliot Dacher M.D. Free, 10am-12pm
- 12/20: MVRHS Swim Team Vs. Sacred Heart, 1pm, Pool Closed to Public
- 12/21: Holiday Drop & Shop, 1-4pm, Ages 3+, Fees Apply, Register Today!
- 1/1: **Winter Program Registration Ends**
- 1/1: Resolution Relay Begins– Month Long Member Fitness Challenge

*FREE community events

View our program guide, calendar of events, and holiday hours at www.ymcamv.org!

WHAT DO WE DO AT THE Y? REACH OUT AND GIVE BACK TO OVER 7,000 ANNUALLY.



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.

