

COMMUNITY HEALTH

ANNUAL CAMPAIGN EDITION

November 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 GIVING BACK

SO THE Y CAN CONTINUE TO HELP STRENGTHEN OUR COMMUNITY

THE Y HAS MANY FACES...

...and is many things to many people. Of course, it's a great place to work out. Sure, the Café is an optimally located meeting place for discussing business over snacks or lunch. No doubt the many programs that nourish the Island's youth are invaluable to the working population of the Vineyard.

But to many, the Y means community. It warms our hearts to be on a first name basis with the many senior members who spend many of their days sharing laughs while working up a sweat in Balance of Power class, socializing during Aqua Fitness in the pool, and enjoying a coffee in the Café.

For many of the Island's youth, Alex's Place Teen Center is their after-school home. They belong. They are welcomed. Oshantay Waite, a Junior at MVRHS, describes how Alex's Place has impacted her life on the Vineyard, "Alex's Place has many different programs with different interests for different personalities. I have been here for three years and Alex's Place is like my second home. Everyone is welcomed here. I also go to Alex's Place to showcase my talents and to find inspiration for my music. Without Alex's Place I would have nothing to do during the school year."



In the winter months, so potentially isolating to many year-rounders, it's a lively hub of social and physical activities. January and February are some of the most active and bustling months at the Y with Resolution Relay keeping everyone motivated in the new year.

And our impact reaches more and more people every day, beyond our walls, beyond our Island. Julie Romero of Kingston, RI, whose son Myles Iselin suffered a tragic brain injury as a child, was eager to tell us her story. Myles has been a camper at Camp Jabberwocky for the last 8 years and this summer visited our pool facility as part of their field trips. Julie lamented, "Myles loves to swim and we live near the ocean, but it's not the easiest thing for him to do where we live." Our facility is all inclusive and accommodating to people of all needs which allowed for Myles to take the plunge down the slide. "Myles loved the slide, it made him scream!" said Julie. And there are many more stories like this one...

BUT WHILE WE'RE FILLING NEEDS...

...we have some of our own. We can't do this alone. While we strive to create a center for the community, we need the community to sustain us. We serve more

than 7,000 people annually (30% of the Island community), but membership fees cover a small percentage of our expenses. And we refuse to turn anyone away. Someone needs the After School program for their children while they're at work – they get it, even if they can't afford it, with nearly 50% of our After School children receiving financial assistance for the cost of attendance. Someone needs to use our machines for cardio rehabilitation, but are on disability? Granted. Or someone who needs to stay active and get involved can't afford it? Step right up! Thanks to our Y for All Financial Assistance Program we awarded more than \$118,000 directly to 632 recipients of low-income families in membership fees and programs like Camp Terra Mare, Learn-to-Swim, Swim Team, and After School Program, in 2013 alone.



Keeping overall membership costs down for the everyone is one of our top priorities and last year we invested \$343,000 to subsidize membership and programs, keeping the Y affordable for all.

Engaging the community beyond our walls and beyond our membership is another goal that we strive to achieve, and in 2013 we spent \$339,500 on free community events and programs such as; Teen Center Programing, Healthy Kids Day, Turkey Burner Day, Meditation Events, Senior Health & Fitness Day, Prenatal Yoga, Special Olympics, Nutrition Classes and more! Now it's your turn...

OUR ANNUAL CAMPAIGN...

...is a way for the community to give back. Contributed support is one of the essential elements that help create and sustain the unique character of the Y. This year, we need approximately \$750,000, or over 20% of our operating costs, in order to continue our mission of keeping the quality of the programs high and making them available to everyone. Through fundraising efforts throughout the year, we've already raised the bulk of it, but we need to raise \$300,000 by the end of the year to achieve our goal.

We believe that lasting personal and social change can only come about when we all work together. The Y is more than a gym, it's a community cause.

WON'T YOU PLEASE...

Contact our Financial Development Team at support@ymcamv.org, or call 508-696- 7171 ext. 107 or 104 to find out how you can help. Or visit our website at <http://www.ymcamv.org/support> for more information.

SUPPORT STARTS FROM WITHIN!

100% of our Full-Time Staff and Board of Directors support the YMCA as their charitable cause of choice.

At the Y we believe that in order to gain support we must first support ourselves, our mission and our goals.



UPCOMING ACTIVITIES

Fall Session II Program Dates:
October 27 - December 13
(no classes 11/24—11/29)

- 11/1: Fall Prevention & Balance Event* Activities to strengthen balance Free for 55+, 10am-12pm
- 11/7: Community Open Stage, 8pm Admission: \$5, @ Alex's Place.
- 11/7: Lifeguard Certification Course Dates Vary, Call for Details, \$250
- 11/8: CPR/AED/First Aid Course 9am-2pm, \$110
- 11/11: SOAR ASP Full Day Program 8:30am-5:30pm, \$58/Non\$66
- 11/14: Body Pump Launch Party Free for Members, \$20 Day Rate
- 11/15: Meditation & Discussion* w/ Elliot Dascher M.D. Free, 10am-12pm
- 11/15: Elder Tech Fair, 11am-1pm Free Tech Help for 55+ Reservations Required, 693-1676
- 11/15: Parent's Night Out, 5-8pm Ages 3+, Fees apply
- 11/21: Community Open Stage, 8pm Admission: \$5, @ Alex's Place.
- 11/27: YMCA Closed for Thanksgiving
- 11/28: Turkey Burner Day*, Free, 7am-5pm Everyone Welcome to enjoy the YMCA facility for the day!
- 11/7: Community Open Stage, 8pm Admission: \$5, @ Alex's Place.
- 12/8: Winter Program Registration Begins

*FREE community events

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

WHAT DO WE DO AT THE Y? GIVE AND RECEIVE.



YMCA OF MARTHA'S VINEYARD

Swartz Family Facility

Home of Alex's Place

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

