



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF METRO NORTH

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Y YOU CARE

FALL 2015



THE Y AND YOU... BETTER TOGETHER

One of the best parts of the holiday season is that we get the chance to take a break from our daily schedule and reconnect with the people we care about most. Whether your idea of a family holiday feast is take-out or six-course meal, what we all remember months later is the feeling of coming together.

The feeling of coming together and community is one of things I also love best about the YMCA. The YMCA is where people from all walks of life come together. They better their lives, and in the process, build bonds with each other that strengthen their community.

I hope that you and those who matter to you most are gathering together to celebrate all that you have to be thankful for. I am grateful for our YMCA staff, members and the many generous donors who support our mission.

Thank you for being a part of the YMCA of Metro North and happy holidays.

Sincerely,

Bruce Macdonald
President and CEO

SO MUCH MORE AUCTION AND GALA RAISES \$90,000!

YMCA supporters came together to celebrate the YMCA of Metro North and raise funds for our Annual Fund at the So Much More Auction and Gala on September 24th. The gala exemplified how the Y is so much more to the communities we serve than just a place to work out.

We are extremely grateful to our Board, our sponsors and everyone who attended the So Much More Auction and Gala or bid on an online auction item. You are the reason the YMCA can be more, do more and help more. Thank you for supporting our cause. Together we are more.

CELEBRATE #GIVINGTUESDAY

We have a day for giving thanks. We have two for getting deals. But most importantly, we have #GivingTuesday, a global day dedicated to giving back! On Tuesday, December 1, 2015, charities, families, businesses, communities and students around the world will come together for one common purpose: to celebrate generosity and to give. Join us and be a part of a global celebration of a new tradition of generosity!

**This #GivingTuesday, join us by...Giving!
Volunteering! Sharing Your Story!
Sharing Our Impact! Learning More!**

#GIVINGTUESDAY



STAFF PROFILE: MICHELLE QUINLAN

ASSOCIATION DIRECTOR OF YMCA CHILD CARE SERVICES

When Michelle Quinlan arrived at the YMCA of Metro North last April, she brought her extensive experience creating, managing and growing educational child care programs for the YMCA. Just as important, she brought her passion for helping kids and her commitment to raising the bar on safety and what families can expect from their local YMCAs. In less than a year, she has already moved the ball forward on the YMCA of Metro North's plan to expand and enhance child care services at all branches.

"I could see right away that everyone at the YMCA of Metro North wants their programs to be successful and feels like they are part of a larger team with shared goals," said Michelle. "Everyone was working towards the betterment of all our child care programs, across the board."

As Association Director of Child Care Services, Michelle oversees curriculum development and implementation, child care safety standards and licensing. One of her first priorities was to assess curriculum and work towards a more cohesive Out-of-School Time program model across the Association. She also set out to make sure all programs were compliant with EEC regulations and policies.

She also went to work with COO Kathleen Walsh and Torigian Branch Executive Director Tyler Fleming to launch the Early Learning Program for Preschoolers at the Torigian Family YMCA for this fall. In a relatively short period of time, the team was able to secure licensing, meet with local families, market the program and successfully launch the preschool for the start of the school year. She credits having Preschool Director Kelly Comeau ready to take the helm and develop curriculum and programming as a key reason for the preschool's early success.

Michelle has also been working to implement YUSA childcare safety initiatives at all YMCA of Metro North branches. YUSA is working with Praesidium; a national leader in abuse risk management. Praesidium developed a "Safety Equation" which lists eight operations deemed necessary to ensure safe environment for children. Michelle signed on to be the safety guardian for the association and is working closely with branch champions to create a Child Abuse Prevention Plan to ensure the highest safety standards are being met by all programs.

"I am lucky to work with a great team of professionals who are committed to keeping every child in our care safe," said Michelle. "We continue to assess what we do well and set long-term goals to make our programs even better."

Those goals include everything from optimizing the room layout of child care centers to measuring and assessing the quality of our programs through the Department of Early Education and Care's QRIS (Quality and Rating Improvement System).

What's next for Michelle and child care services? She hopes to work even more closely with the public schools in the communities served by the YMCA of Metro North.

"Our goals are aligned with the public school systems and I look forward to getting YMCA child care programs in schools in all the communities that we serve."



LIVE WELL, LIVE BETTER

LIVESTRONG AT THE YMCA COMES TO MELROSE

LIVESTRONG at the YMCA is a wellness program that empowers adult cancer survivors (from the newly diagnosed to long-term survivors) to take an active role in their recovery. LIVESTRONG at the YMCA is provided at no cost to the participants and for the last year, the Torigian Family YMCA has been offering it to local cancer survivors. Beginning in January, the Melrose YMCA will pilot their first session of LIVESTRONG at the YMCA.

"We're thrilled to bring LIVESTRONG at the YMCA to Melrose," said Melrose YMCA Health and Wellness Director Bernadette Farrell. "LIVESTRONG is a results-based program that is having a tangible benefit to the participants. The YMCA is always looking for new ways to support our community's health and well-being and LIVESTRONG will help local cancer survivors to live healthy and well."

The Melrose LIVESTRONG pilot program will meet mid-day, Mondays and Wednesdays, beginning on January 11th. The group will work with Farrell and Melrose trainer Sue Abualsaoud. Both Farrell and Abualsaoud have participated in a specialized training program to help them facilitate LIVESTRONG locally. The LIVESTRONG group will receive personalized fitness plans and support as well as access to all YMCA classes and facilities. Everyone in the program receives a Y membership for themselves and a caregiver of their choice for the duration of the program so they can use the YMCA facilities with a friend or family member at their convenience.

The Melrose Family YMCA is currently accepting applications for the pilot LIVESTRONG session. Anyone who is interested in being part of the Melrose LIVESTRONG pilot program should contact Bernadette Farrell at bfarrell@metronorthymca.org

LIVESTRONG®

AT THE YMCA

PARTNERS IN GOOD HEALTH

Torigian Family YMCA Launches the Partnership Program

The Torigian Family YMCA was joined by Peabody Mayor Edward Bettencourt, Jr., YMCA of Metro North Board Members, supporters, staff and members to launch the new Partnership Program. The Partnership Program is a recreational, non-clinical exercise program for persons with disabilities. The Partnership Program was developed to serve individuals that need specialized, adaptive exercise equipment and one-on-one assistance. The Partnership Program is free for YMCA members.

"The Partnership Program offers members with physical challenges the opportunity to work out, participate in sports and just enjoy recreational activities with equipment designed specifically for their needs," said Torigian Family YMCA Health and Wellness Director Linda Meyers.

YMCA members interested in participating in the Partnership Program are encouraged to speak with their physician for guidelines and recommendations on exercise. Participants must receive their physician's approval to join the program and will need a workout partner to participate in the training with them.

If you are interested in learning more about the Partnership Program, or if you would like to volunteer to become a workout partner, please contact: Linda Meyers at (978) 977-9622 or lmeyers@metronorthymca.org.



LYNN MEMBERS SHED POUNDS, GAIN KNOWLEDGE

The Lynn YMCA's Waist Away program has just wrapped up another session with the participants shedding pounds and inches and most importantly, gaining knowledge that will help them live a healthier lifestyle.

Waist Away is an educational fitness program that helps member set and achieve weight loss and health goals through group support and one-one-one attention from Lynn YMCA Health and Wellness Director Jhonattan Santelises and Nutritionist Jen Perry. The Lynn YMCA is gearing up to kick-off the next session for the start of the New Year. Waist Away is designed for all fitness levels and will help start the New Year right. Not only will the program help you work on getting into shape but you will also learn important skills that will help you lead a healthier more balanced lifestyle. Waist Away participants come together for bi-weekly workouts and meet regularly with our nutritionist to help create a roadmap for healthy eating.

If you are looking to make a commitment to yourself to get healthy in the New Year, contact jsantelises@metronorthymca.org for more information on joining the next session of Waist Away.



SAUGUS YMCA BRANCHES OUT

With a new branch director, improved facilities, and a host of new programs, the Saugus YMCA is reintroducing itself to members and the entire community. Since coming on board in August, Branch Executive Director Bill Petryszyn has been meeting with staff, members and business and civic groups to better understand the needs of members and further integrate the YMCA into the fabric of the Saugus community.

The Saugus Y has already introduced new fitness programs for adults, including Y Fit Bootcamp and obstacle course training. They've also added kids' fitness programs like Zumbini and Kids Stay Fit, complete with mini-treadmills, rowers and other kid-sized equipment to keep the kids moving.

The staff has also been looking at ways to maximize the use of their extensive grounds for both adult fitness programs and educational activities for kids and teens in Y childcare programs.

"We are looking at adding some adult fitness classes that take advantage of the property," said Petryszyn. "We have 13 acres of wooded land and the possibilities for outdoor fitness activities are endless."

Saugus teen programs have also been expanded with a focus on community service and leadership. The teens are also making use of the outdoor facilities through activities like geocaching where the teens use GPS coordinates to locate hidden objects and landmarks.

With even more planned for the winter session, including great rates on personal training packages, now is a great time to check out all that is happening at the Saugus YMCA. To find out more about winter session programs, visit www.ycametronorth.org/locations/saugus.

2015 ROAD RACE SERIES A SUCCESS THANKS TO YOU!

The YMCA of Metro North Road Race Series may have wrapped up, but the \$25,000 raised by more than a thousand runners and sponsors will be used to help change lives for the better for the next year. All of the money raised will be used to provide free programming, subsidized memberships and scholarships to those most in the need.

Our first race series encouraged members of all abilities to start running, including the young members of the new Y Track Clubs at all YMCA of Metro North branches. The season ended with the largest race of the year the Melrose Spooky Sprint on Halloween (more than 700 runners!) followed by the Stride for the Saugus Y a week later.

It was the best race season ever and planning is already underway for an even more exciting 2016 race series. Thank you to everyone who came out to run in support of the YMCA of Metro North and to our many generous race sponsors including lead sponsor Lahey Health.



LEARNING IS FUN FOR FIRST CLASS OF PRESCHOOLERS



Children in the Torigian Family YMCA's new Early Learning Program (ELP) have been enjoying a fall filled with educational activities designed to help them learn, grow and thrive – including YMCA swim lessons! The response to the new Early Learning Program for Preschoolers has been overwhelming positive. The program was almost at maximum enrollment just a few weeks after it was announced.

The YMCA is one of the nation's leading providers of early education and care programs and the Torigian Family YMCA ELP features a well-rounded schedule of daily activities with emphasis on family engagement, healthy living, scientific exploration, literacy and creative arts. The curriculum aligns with the Massachusetts' Department of Early Education and Care's Guidelines for Preschool Learning Experiences and is licensed through the Massachusetts Department of Early Education and Care (EEC).

The Torigian ELP for Preschoolers operates from 7:00 am – 6:00 pm, Monday – Friday and the program is open to children ages 2.9 – 5 years

old (or before child enters first grade). There are three full-day options for families to choose from and the YMCA will accept vouchers.

There are still a few spots available, so if you would like to learn more about what the Torigian Early Learning Program for Preschoolers can offer your child, please contact Kelly Comeau at 978.717.3240 or kcomeau@metronorthyymca.org

HELP THE YMCA OF METRO NORTH MAKE A DIFFERENCE

You can help the YMCA of Metro North continue change lives for the better in the communities we serve by clicking www.ymcametronorth.org/give/ and making a gift to the Annual Fund.