



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Building Brighter Futures Together

We Strengthen Communities, Educate and Nurture
Children and Promote Healthy Living



2023 IMPACT REPORT
YMCA OF GREATER NASHUA



Those who served the Y in the 2022–2023 fiscal year.....

YMCA BOARD OF DIRECTORS

OFFICERS:

Andy Whigham	<i>Chief Volunteer Officer</i>
Kyle Schneck	<i>Vice-Chair</i>
Joseph Thomas	<i>Treasurer</i>
Kelli Wholey	<i>Secretary</i>
Steve Lynn	<i>Immediate Past Chief Volunteer Officer</i>

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Peter LaQuerre	Helen Principio	

The YMCA of Greater Nashua Board of Directors provides governance, policy, direction and fundraising support for our Association.

The visionary leadership of these volunteers helps our entire YMCA association provide extraordinary experiences for individuals and families throughout southern New Hampshire and beyond.

YMCA BOARD OF TRUSTEES

OFFICERS:

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A LETTER FROM THE CVO AND CEO

For 136 years, the YMCA of Greater Nashua has been a steadfast beacon of hope, strength, and community in this region. We have weathered the storms of change, adapted to evolving needs, and stood resolute in our commitment to improving the lives of those we serve.

Our impact can be measured in countless ways, but at its core, it's about people – the individuals and families whose lives have been transformed through their connection with the Y. It's about the child who discovered a love for learning in our early education center, the teen who built lifelong friendships at our summer camps, the adult who regained their health and confidence through our wellness programs, and the senior who was battling loneliness and found purpose and camaraderie in our senior activities.

But, our impact reaches beyond these personal stories. It extends into the fabric of our community, shaping its very essence. We are the architects of a stronger, healthier, and more inclusive Nashua. We believe that everyone, regardless of their background or circumstances, should have access to opportunities that help them reach their full potential.

Our commitment to inclusivity is unwavering. We stand as a testament to the power of diversity, where all are not just welcomed but celebrated for their unique contributions. In a world that sometimes seems divided, the YMCA is a place of unity, where people of all ages, abilities, faiths, backgrounds, and identities come together as one community, bound by the values of caring, honesty, respect, and responsibility.

As we look to the future, our vision remains clear – to be a catalyst for positive change, a sanctuary of growth, and a beacon of hope for generations to come. With your support, we can continue to expand our reach, deepen our impact, and be the change-makers our community needs.

So, I invite you to join us on this journey. Together, we can amplify the impact of the YMCA of Greater Nashua, ensuring that we remain a steadfast partner in the growth and well-being of our community.

Thank you for your commitment, your passion, and your unwavering belief in the transformative power of the Y. Together, we can shape a brighter, more inclusive, and healthier future for all.

Sincerely,



Andy Whigham
Chief Volunteer Officer



Mike LaChance
Chief Executive Officer



THE Y: A VITAL COMMUNITY ASSET

With the help of many, we continue to invest in the people, programs and service which strengthen the Greater Nashua community and help us fulfill our vital mission:

To instill values and provide opportunities for lifelong personal growth and the development of a healthy spirit, mind and body for all.



The YMCA is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities.

The Y is committed to improving the physical health, mental health and general well-being of people in our community. When you are with the Y, it gives you access to much more than the gym, it connects you to a health movement that looks to create a profound impact on fitness, disease prevention, and adherence to a healthy lifestyle, all to better the overall health of our region.

As a 501(c)(3) volunteer-founded, volunteer-led organization the intent is to foster social connectedness, strengthen support networks, and encourage investment in our communities which in turn serves to strengthen the foundations of our community. This is all done at no cost to the neighboring cities and towns, thereby lessening the burdens of government.

Our member dues and program fees support everyday operations. However, the YMCA

of Greater Nashua looks to individuals, businesses, and grant funders to support our annual fundraising campaigns and events. This is necessary to sustain all the financial assistance, charitable services and provide access to people of all income levels. In fiscal year 2022-23, we provided \$1,387,000 in essential services and financial assistance initiatives focused on youth development, healthy living and social responsibility, aligned to the unique and diverse needs of our community. The Y's activities have significantly enhanced public access to wellness, health, educational enrichment, childcare, arts & humanities, teen leadership and numerous other services; especially among children, the disabled and the needs associated with an aging community and other at-risk populations. The Y is and always will be dedicated to building healthy, confident, connected and secure children, adults, families and communities.

\$1,387,000 in community benefits and services to those in need in our community

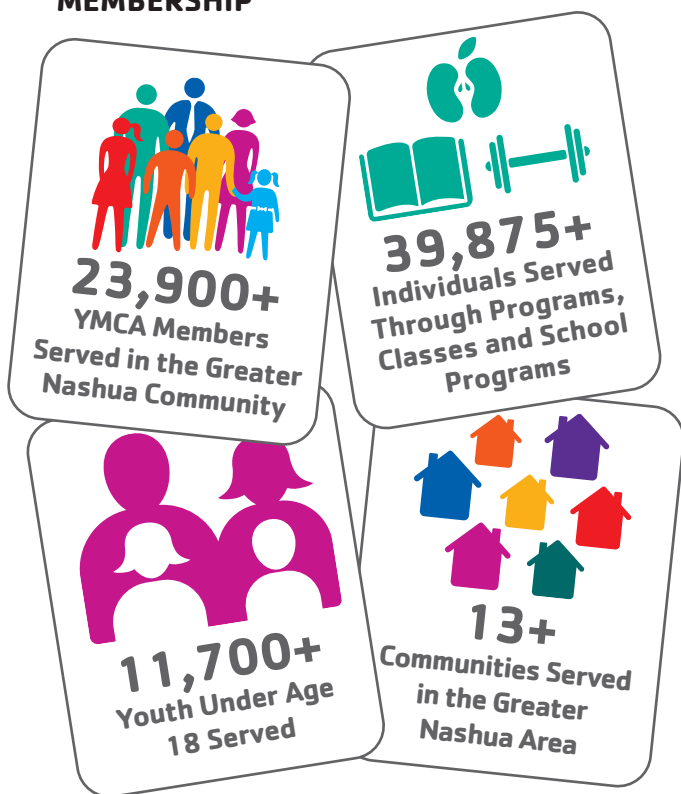
\$746,000 awarded in Y Cares Financial Assistance Scholarships to enable children, adults and seniors with limited financial means to participate in any Y program or service. Significant aid is for childcare, afterschool care and summer camp, allowing parents who are low-wage earners to work or return to school and afford quality childcare.

\$641,000 was invested by the Y and our funding partners toward community-based initiatives. We provide several evidence-based programs at no cost including: YMCA Power Scholars Academy, LiveSTRONG at the YMCA, Prescribe the Y, and Superhero Training Academy. Additionally we demonstrate social responsibility by allowing many non-profits free use of our facilities to plan and carryout their work. Y staff play an active role in many community-wide initiatives related to closing the achievement gap and public health.

OUR IMPACT AT A GLANCE

The Y is the one place that people of all ages, color, educational levels, income levels, orientations, identities, abilities, and religions go to because they want to – not because they have to.

MEMBERSHIP



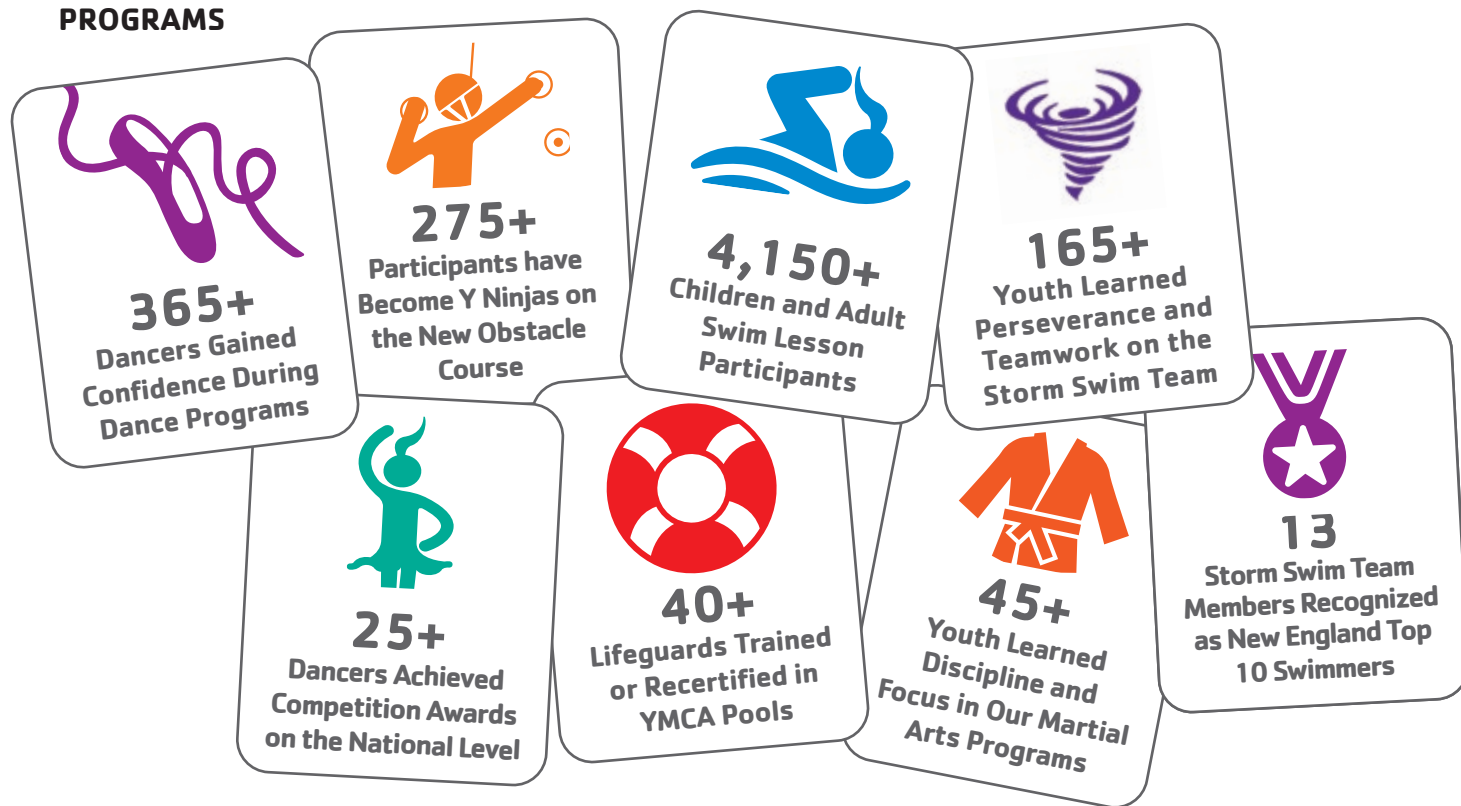
PARTNERSHIPS AND VOLUNTEERS



SUMMER CAMP



PROGRAMS



COMMUNITY PROGRAMS





THE Y ACADEMY Not Just an Ordinary After School Program

During the school year 2022-23 the YMCA of Greater Nashua continued to expand School Age Childcare serving at 5 different sites with a total of six programs engaging 280 children and families in the Amherst, Mont Vernon, Merrimack and Nashua communities. The average child spent over 40 weeks in our programs with our engaging staff participating in games, outdoor play, STEM activities, homework help and more! In addition to daily after school care our program also covers any full days we are open when the school may not be, such as snow days, professional development and most holidays. The Y also offers full week School Age childcare during vacation weeks where kids spend all day at the Y and have the opportunity to engage in activities such as swimming and our popular Ninja course! We're proud to share that over \$37,000 was awarded to families in our School Age programs which allowed more children to participate in this impactful program.

[Libby Shepherd Enjoying Herself on
the Westwood Park Y Ninja Course.]

OUR PREMISE IS THAT ALL KIDS HAVE AMAZING POTENTIAL

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. Values and skills learned early are vital building blocks for life. From the youngest in our child care programs to the teens in our leadership development initiatives, the Y gives kids and teens a safe place to belong, build confidence and learn positive behaviors grounded in our core values of caring, honesty, respect, and responsibility.

Libby Shepherd: Growing Stronger and Enjoying the Y's Ninja Course

8-year-old Libby Shepherd is a YMCA ninja! She's been building up her strength at the Westwood Park Y's Ninja course since her first class in January. "She's had a great time on the ninja course. She had a hard time at first and struggled doing many of the obstacles. Week after week, she started gaining more confidence. The first time she did monkey bars, she was so excited; it was the same with the rings," her mom Melanie Shepherd shared. "I think it's so much fun to watch her. It's almost like watching American Ninja on TV, but it's my own child! She loves Coach Andy (Andy MacEachern, Association Sports Director). He's so patient with her," she added. "My daughter started with dance classes at the Y when she was age 3. We saw the signs for the new Ninja course, she wanted to try. I was happy to enroll her because I love to see her getting more confidence when trying new activities. Right now she's in an all-girl Ninja class. I absolutely love that," Melanie shared.

"Libby is doing great and has a great love for learning Ninja. She's seen tremendous growth in the past few months. She's gone from getting up to first hold on the wall and now to being very comfortable with rings and swings. Great to watch her learn and grow," Andy said.

The Westwood Park YMCA's in-house Ninja Obstacle Course opened in January of 2022 for programming and drop-in general use. "We look forward to seeing how the course and these programs will add fun, strength and confidence building, and new leadership skills among its participants. Whether you're looking for a challenging obstacle course, monthly program offerings, personalized coaching, camp programs, birthday parties or just plain fun, the Ninja obstacle course is welcome to all," Andy said. "It's ok to fall, get back up and try again. We support and cheer for everyone here. It's a supportive vibe on the Ninja course," he said.

With classes for everyone, from 2-years-old (with parent or guardian) to adults, we invite you to join us for some jumping, climbing, swinging and balance fun. The course includes obstacles such as peg boards, warped walls, hanging ladders, spotting blocks, balance beams, rings, ropes and so much more. Ninjas will learn all kinds of new skills; increasing strength and stamina ever week during active sessions at the Westwood Park YMCA.

It's ok to fall, get back up and try again. We support and cheer for everyone here. It's a supportive vibe on the Ninja course."

- Andy MacEachern



THE WELLBEING CENTER

Focusing on Mental Health

Mental health is how we think, feel and act. At the Y, we recognize that everyone has mental health. In 2022, we decided to make our mark on improving the mental wellbeing of our community with the creation of the Wellbeing Center. While the Y has always been a hub for community programming, we realized after the pandemic that we provided a vital space for our community to improve its mental health. From fitness classes promoting holistic well-being to partnering with local support groups that fostering emotional resilience, the YMCA provides a welcoming space where individuals can find solace, connection, and resources for their mental health journey.

Current Partners with specific programs related to mental health:

- Greater Nashua Mental Health
- St. Joseph Hospital

Current Support/Resource Groups:

- Grief Support Group
- Parkinson's Support Group
- Fostering Hope; Foster Parent Support Group
- LGBTQ+ Resource Group

Partners that have provided community presentations/services on a variety of health topics

- St. Joseph Hospital
- St. Joseph Hospital Mobile Clinic (Flu and Shingles Vaccines)
- Southern NH Health
- Centers for Physical Activity & Exercise
- Altrix (Blood Pressure Screenings)
- Hearing Life (Hearing Screenings)
- Harbor Care
- Silverstone Living

[Al Schlenker Preparing to Start a Workout at the Nashua YMCA.]

BALANCED LIVES NEED A FOCUS ON SPIRIT, MIND AND BODY

The Y is a leading voice on health and well-being, a leader in fighting chronic disease, and we're committed to empowering people to lead fuller lives. We bring families closer together, encourage good health and foster connections through fitness, sports, fun and shared interests. We believe that being healthy means more than simply being physically active. It is about maintaining a balanced spirit, mind and body. We bring families closer together, promote healthy living, and foster connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families receive the support, guidance and resources they need to become and stay healthy.

Al Schlenker: I Found a Community and a Home at the YMCA of Greater Nashua.

"If the rest of the world could be like the Y, it would be very different. If you had any prejudices, this is the place you could get rid of them. Being here is wonderful," said new Y member Al Schlenker. "From the front desk staff to the upstairs staff (wellness center), there is always a warm greeting. It means something to me. It's not just the staff, but also the members who are welcoming. The socialization part of being at the Y is big. People get along here and are very respectful of each other."

Al relocated to Nashua from Littleton in northern New Hampshire earlier this year. He has family close-by in Milford and enjoys time with his daughter and her family, especially his three grandchildren. He's been eager to meet people and get settled in the community. He attended Veteran's Day festivities at Hollis Primary School, where one of his grandchildren attends. "I'm so happy I went. My daughter suggested I go and it was great to hear the kids sing a few songs. I also attended the World War II veteran's service at Memorial Square in Hollis, again my daughter talked me into going," he chuckled. "Being new to the area, I needed to meet people. I'm an Army veteran of the Vietnam-era."

Al has embraced much that our area offers, including skating at Conway Arena and joining in on the Nashua Public Library's 'Nashua Reads,' one city, one book program. He enjoyed reading *Dark Tide* (about the great molasses flood in Boston in 1919) by Stephen Puleo, the 2022 book selection, and Al went to Nashua Public Library to meet the author in early October.

Since joining in August 2022, Al has been an active member, coming to the Y at least five days a week, sometimes seven days a week! "I enjoy coming to the Y more when there are a lot of people here, which is weekdays. The weekends can be more quiet," he said. He starts his exercise by stretching and using strength training machines, followed by laps at the Nashua Y's indoor track. He also enjoys aqua aerobics, two or three times a week. On his schedule is Pickleball 101 at the Westwood Park Y and he's eager to put his new skills to the test and join the active pickleball community at the Westwood Park Y.

Welcome to the Y, Al! We are glad you are part of our growing community.

"It's not just the staff, but also the members who are welcoming. The socialization part of being at the Y is big. People get along here and are very respectful of each other."

- Al Schlenker

Leaders in Training: Investing in Our Teens through Leadership Development

In December 2022 the Y received grant funding which would allow us to create and implement a teen Leadership in Training (LIT) program where local teens had the opportunity to work with you in our after school programs. The LIT program was designed to assist teens in the area who have aspirations to work with youth to learn on the job skills. Participants were recruited by the Y communicating and partnering with local high schools, charter schools, social service organizations and our own teen participants to educate them on the benefits of enrolling. The small group of teens participated starting in January 2023 until the end of the school year assisting our School Age staff by helping students with homework, creating and implementing activities and otherwise engaging kids during the program. The LITs met monthly with their Coordinator, Lily Meehan, also our Mont Vernon Y Academy Site Director, to talk about their experiences and take guidance from each other and their mentor. During these sessions they created camaraderie but also spent time discussing future program projects. Another benefit for the LITs was that their time spent in the program was considered volunteerism and counted toward any required hours needed at their school. Including the LITs in our School Age programs not only benefited them greatly, but they were wonderful role models for the young students enrolled, the children really looked up to them and enjoyed having them as part of the program. "I have had a great experience with the program so far. Getting to know the staff and kids has been super easy and everyone has been super kind and supportive. So far I have been given multiple opportunities to show leadership and many opportunities where I have been able to view others step up to leadership roles." Noah Daily, Leader-in-Training



Members of the Togetherhood Program, Work to Clean Up and Refresh Areas Around the Mine Falls Park Trails.

THE YMCA BELIEVES OUR COMMUNITIES ARE STRONGEST WHEN EVERYONE IS INCLUDED

Across the country, the Y helps people give back and assist their neighbors by offering everyone opportunities to volunteer, advocate and support programs that strengthen community. Groups of individuals, through their involvement in the Y and collaborations with policymakers, are able to address many of the most critical social issues facing our communities. This means giving back and providing support to our neighbors.

Making a Difference: Member-Led Initiative, Togetherhood, Supports Community Partners

Togetherhood engages Y members to work together to plan and lead service projects that respond to local community needs. Created just over ten years ago by Y USA, this signature program offers members a unique opportunity to give back to their community in that it is member led, with a Y staff advisor, and all projects must benefit outside organizations and not the Y association. It is a great way to not only strengthen our partnership relationships but shows other organizations we value them and their contribution to our community by lending our support.

When Togetherhood was first implemented our association was happy to embrace the initiative and create our own team. The successful group completed 4-5 projects per year such as the beautification of the grounds at the Merrimack library, facility improvements for the Nashua Soup Kitchen, diaper drives for Share, and many more! The projects were able to bring families, generations and neighbors together for a common goal as well as allow new friendships to form. Togetherhood was a sturdy foundation of our volunteerism efforts until 2020 when the Covid pandemic hit and we had to cease efforts due to health concerns. We're excited to share that along with some new leadership and a desire from members we have restarted Togetherhood at our association! Volunteer Coordinator, Leila Saremi, is excited to take on this project as the staff liaison, along with Togetherhood Chair, and longtime Y member, Colleen Derderian.

Colleen shared that she has been a member for over 40 years, first coming to the Y to enroll her children on our Swim Team. It was there that she met Greg, the Swim Team Coach at the time, who convinced her to help coach and the two ending up hitting it off only to get married several years later! Colleen and Greg have continued to remain active at the Y in programs for their kids and themselves, however Colleen said she didn't get involved as a volunteer until about 8 years ago when she retired from her career as a Preschool Special Education Teacher in the Nashua School District. Colleen has previously volunteered for the Y with events such as the Kids Tri and Adult Tri when Leila approached her after looking into reinstating Togetherhood at our association to see if Colleen would be interested in helping to lead the charge. With Leila's assistance, Colleen was able to secure their first volunteer project which was at the Nashua Senior Center's Spaghetti City, where she and a few others served meals, scooped ice cream and helped with the overall clean up. Since then Colleen has organized a few more projects for the group such as volunteering at the Sullivan Farm Apple Fest, a clean-up within Mine Falls in partnership with the City of Nashua, and a couple more events at the Senior Center. Colleen shared that the Y has been a large part of her and her family's lives and that volunteering at this time just feels right.

"The Y inspires this work... Throughout your life you have people that help you, you may or may not know them, but they gave their time to help me. I have the time now to give back to the community. I believe in paying it forward."

- Colleen Derderian

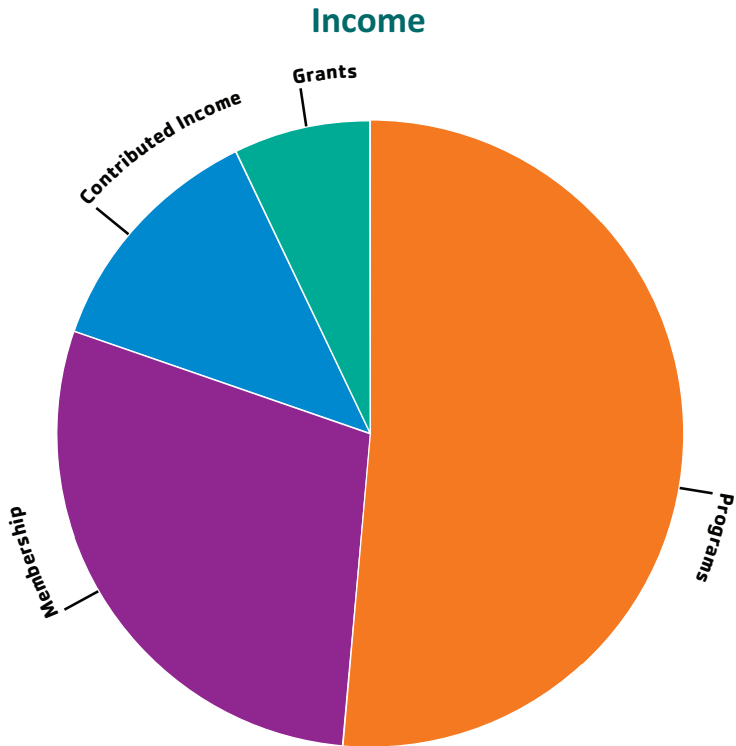
UNAUDITED FINANCIAL STATEMENT

Year Ending August 31, 2023

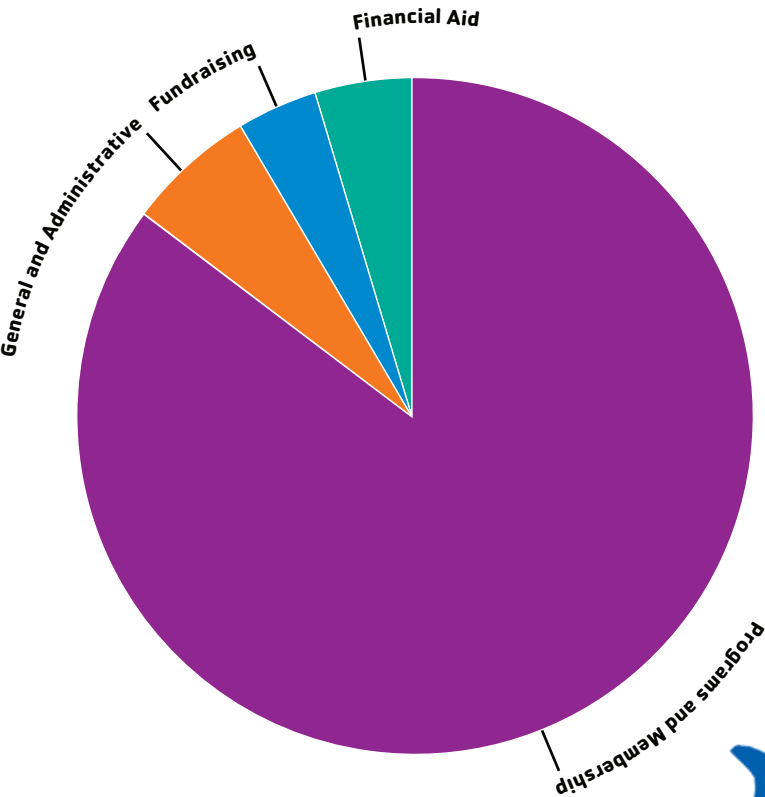
INCOME

Programs	\$8,138,000
Membership	\$5,386,000
Contributed Income	\$1,452,000
Grants	\$734,000

Total Income **\$15,710,000**



Expenses



EXPENSES

Programs & Membership	\$13,348,000
General & Administrative*	\$1,083,000
Financial Aid	\$746,000
Fundraising	\$492,000

Total Expenses **\$15,669,000**

*Includes salaries & wages, IT services, insurance, advertising, interest expenses, etc.

\$465,000

invested in phase two of the Wellbeing Center at the Nashua YMCA, upgrading pool equipment, making significant technology upgrades to the WiFi network across the association and purchasing new strength equipment for the Merrimack Y and Westwood Park Y.





THE Y: HERE FOR GOOD

We know that lasting personal and social change comes about when we all work together. That's why at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

.....

**\$746,000 in financial assistance
was provided to ensure the Y is
accessible to all.**



2022-2023 Contributors

Thank you to the fiscal year 2022-23 donors who contributed funds to benefit the Y CARES Financial Assistance Program and other services.

THE THURBER SOCIETY

\$10,000+

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In Honor of the Tremendous
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Kristen Capriotti
Jaime Carlson
The Casey Family
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Pauline Chiasson
Laurie Chisholm
Ruth Choate

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Hockey League
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Libby Comeau
The Costello Family
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Jeffrey A. Zall,
Attorney at Law

Grant Funders

Thank you to these generous donors for entrusting the Y with your dollars to invest in making good happen. With the support of these businesses, foundations, individuals and government grants toward specific initiatives, the YMCA of Greater Nashua was able to:

- Fund ten year-round free or low-cost evidence-based chronic disease related programs to meet community needs for those with Parkinson's Disease, cancer, arthritis, pre-diabetes, mental health, and nutrition and wellness support for children and adults struggling with weight issues.
- Operate Power Scholars Academy to help 355+ Nashua students who are behind grade level catch up over the summer rather than fall further behind through a 5-week academic and enrichment program in partnership with the Nashua School District
- Train some swim instructors in Adaptive Swim Teaching techniques and provide private adaptive swim lessons for the same cost as a typical group swim lessons for those with Autism, ADHD, and physical differences.
- Make small facility improvements and equipment purchases to enhance the Y's accessibility for all.
- Invest in planning of how to best address emerging community needs through our facilities in the future.

YOUTH DEVELOPMENT GRANT SUPPORTERS:

American Rescue Plan Act for Child
Care Recovery
Children's Literacy Foundation
City of Nashua Citizens Advisory
Commission
Conway Arena
Dollar General Literacy Foundation
DCU for Kids
Fidelity Investments
Merrimack County Savings Bank Foundation
New Hampshire Youth Empowerment Grants
New York Life
Nordson Corporation Foundation
Oleonda Jameson Trust
Rotary Club of Nashua West
Souhegan Valley Rotary Club
TD Charitable Foundation

HEALTHY LIVING GRANT SUPPORTERS:

Anonymous Benefactor of YMCA
Wellbeing Center Programming
Ann De Nicola Trust, Citizens Bank,
N.A., Trustee
Ella F. Anderson Trust, BNY Mellon,
N.A., Trustee
Equitable Vaccine Education and Access
Project through CDC and YMCA of the USA
James & Fernande Kelly Charitable Trust,
administered by TD Wealth for TD
Bank, N.A., Trustee
M & T Bank Charitable Foundation
Nutt Hospital Trustees
Parkinson's Foundation
Walgreens
YMCA of the USA Strategic Initiatives Fund

UNRESTRICTED FUNDING TO SUPPORT THE Y'S GROWTH AND MEETING OF COMMUNITY NEEDS:

New Hampshire Charitable Foundation -
Nashua Region
Hillsborough County ARPA funding

In fiscal year 2022–23, more than 251 volunteers gave more than 5,950 hours of their time to support the efforts of the YMCA and our members. A total of \$235,151 in value.



Community Partners

The YMCA of Greater Nashua is proud to partner with the following organizations to strengthen our community:

21st Century Extended Day Program	Greater Merrimack Souhegan Valley Chamber of Commerce	New Hampshire Charitable Foundation
AARP	Greater Nashua Chamber of Commerce	New Hampshire State Alliance of YMCAs
Academy for Science and Design	Greater Nashua Mental Health	One Greater Nashua Opportunity Networks
ACERT	Hannaford Supermarket	Parker Hannafin
Adult Learning Center	Harbor Care	Parkinson's Foundation
American Red Cross	Hollis/Brookline School District	Pelham High School
Autism Resource Center	Hudson School District	PLUS Company
Big Brothers Big Sisters	Humane Society for Nashua	Pratt Homes
Bishop Guertin High School	Hunt Community	Rivier University
Boy Scouts	Keystone Hall	Rotary Club Merrimack
Boys & Girls Club of Greater Nashua	Knights of Columbus	Rotary Club of Nashua
Bridges Domestic and Sexual Violence Support	Lamprey Health	Rotary Club of Nashua West
Bridges by EPOCH	Laurel Place	Salvation Army
Brookline Parent Teacher Organization	Litchfield School District	Silverstone Living
Caring Bridge	MA State Alliance of YMCAs	Southern New Hampshire Health Systems
CASA	March of Dimes	Southern New Hampshire Weight Management
Children's Literacy Foundation	Marguerite's Place	Souhegan School District
City of Nashua	Merrimack Fire Department	Special Olympics
Community Partners for Change	Merrimack Police Department	Stepping Stones
Courville Nursing Home	Merrimack Public Library	St. Christopher School
Cynthia Day Program	Merrimack School District	St. Joseph Hospital
Dartmouth-Hitchcock	Merrimack Valley YMCA	The Cultural Connections Committee
DCYF Southern District	MicroSociety Academy Charter School	Thomas More College
Easter Seals	My Social Sports	Town of Merrimack
End 68 Hours of Hunger	Nashua Cadets	United Way of Greater Nashua
Fairview Nursing Home	Nashua Catholic Region Jr. High School	Veteran's Administration
Family Promise	Nashua Community College	Veterans of Foreign War Auxiliary #8641
Fidelity Investments	Nashua Community Music School	YMCA Alliance of Northern New England
FIRST Robotics	Nashua Fire Department	
Foundation Medical Partners	Nashua Multicultural Festival	
Friends of Aine	Nashua Police Athletic League (PAL)	
Front Door Agency	Nashua Police Department	
Gate City Charter Schools for the Arts	Nashua Prevention Coalition	
Gateways	Nashua School District	
Girl Scouts	Nashua Senior Center	
Girls, Inc.	Nashua Soup Kitchen & Shelter	
Granite United Way	Nashua Youth Council	
Granite YMCA	New Hampshire Cancer Collaborative	

The YMCA of Greater Nashua strives for accuracy in our donor and partnership lists. If you are aware of an error or omission, please let us know by calling the Development Office at 603.598.1533. Please note that some categories include anonymous donors. Thank you.

YMCA HERITAGE CLUB

Supporting the Y for generations to come.



The YMCA's Heritage Club was established to recognize a special group of men and women who believe in the mission and traditions of the YMCA. These individuals want to ensure that the Y's valuable life changing programs and services will be continued for generations to come.

Membership in the Heritage Club is offered to those who endow the YMCA of Greater Nashua as the result of thoughtful estate planning through bequests, annuities or

charitable remainder trusts, pooled income funds and life insurance, or through lifetime gifts including cash, appreciated securities and real estate.

There are a number of different ways in which you can provide for the YMCA of Greater Nashua's future while, in some cases, providing a lifetime income for you and your spouse.

If you have included the YMCA of Greater Nashua in your estate planning, you are eligible for membership in the Heritage Club. For more information, please contact Kelli Wholey, Director of Major Gifts and Planned Giving, at 603.689.2406.

Heritage Club Members:

Mary E. Alley*
Anonymous
Helen M. Balcom*
Eliza A. Baldwin*
Elizabeth Bennett*
John & Carole Callahan
Mabel Chandler*
Sarah H. Chandler*
Ralph & Elizabeth Covino
Dorothy Thurber Cox* &
(Frederick) William Cox*
Fred & Ira Cross*
Michael & Lauren DeCristofaro
Joy & Mark Devins
David & Barbara Dougherty
Paul & Jane Edmunds
Raymond Sr. & Peggy Ennis
E.O. Fifield*
John A. Fisher*
W.J. Flather*
J.M. Fletcher*
Rich & Beth Francis
Edwin S. Gage*
Arthur Giotas*
Abby D. Greene*
Jerry J. Haggerty*
Mary E. Hall*
Philip L. & Betty Hall*
Eileen & Kevin Halloran
Drew & Michaila Hefflefinger
Charles F. Holman*

Harriett N. Hutchinson*
Elmira Jaquith*
Sarah W. Kendall*
Michael & Sharon LaChance
In Memory of Artek
Langworthy*
George LaRocque
Memorial Fund*
Edward & Priscilla Lehoullier
Tom & Zofia Long
Gail A. Lucey
Stephen & Rebecca Lynn
Sy & Janet Mahfuz
David Mahoney
Jay & Gretchen Maiona
Joseph W. Manzoli Jr.
Jen & Per Melker
Ethel O. Millen*
James Moore*
Charles C. Morgan*
Carrie E. Norris*
Mary P. Nutt*
M.S.F. Ober*
Daniel & Lori Ohlson
Richard* & Florelle Olson
Seward M. Patterson*
Endicott "Chub" &
Toni Peabody*
Amy Petrie
Phi Gamma Delta of MIT Fund
Michael* & Joan Powers

James F. Pritchard
Earl & Marilyn* Prolman
Raytheon Technologies
Bob Arnesen &
Andrea Riley-Arnesen
George A. Rollins*
In Memory of Steve A. Russell*
Mrs. Eaton D. Sargent*
Fannie W. Sawyer*
Mary Scripture*
Frederic & Muriel Shaw*
William A. & Anna E. Shedd*
Albert Shedd*
Max Silber*
Clarence I. Spalding*
Fred & Dorothy Stickney*
Nancy J. Swallow*
Thomas & Diane Tessier
Stephen P. Tracy*
Roger J. Tuttle
Fernand & Linda Vachon
Tim & Karen Vadney
General Elbert Wheeler*
Andrew & Kristen Whigham
Eliza M. White*
S. A. Williams*
Agnes M. Wood*

*Deceased

Updated 10/19/23

OUR MISSION

To instill values and provide opportunities for lifelong personal growth and the development of a healthy spirit, mind, and body for all.

OUR CAUSE

We know that lasting personal social change comes about when we all work together. That's why at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR FOCUS

- **Youth Development:** Nurturing the potential of every child and teen.
- **Healthy Living:** Improving the nation's health and well-being.
- **Social Responsibility:** Giving back and providing support to our neighbors

OUR IMPACT

At the Y, we change lives. We provide a greater sense of achievement, belonging, meaning and inspiration in the more than 37,750 individuals we serve. Our impact is felt when a child learns a new skill, when a teen is inspired to greater heights, when a family spends more quality time together, when a cancer survivor feels stronger, and when a senior feels connected. More than that, the impact on those 30,000 individuals ripples throughout the community, making our community stronger.



YMCA OF GREATER NASHUA

Nashua YMCA
24 Stadium Drive
Nashua, NH 03062

Merrimack YMCA
6 Henry Clay Drive
Merrimack, NH 03054

Westwood Park YMCA
90 Northwest Boulevard
Nashua, NH 03063

YMCA Camp Sargent
141 Camp Sargent Road
Merrimack, NH 03054

www.nmymca.org



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