

MEMBER SPOTLIGHTS

Before joining the Y, Marion was a candidate for a hip replacement. Before she could have the surgery, her doctors told her that she needed to lose some weight in order to have a successful surgery. It was at this time Marion decided to join the Y and become more active. She joined our aquatic group exercise classes and committed to these classes 3 times per week. Through her commitment and hard work she was able to lose the necessary weight and had successful hip surgery! Because of her active life style, she returned back to exercising in the pool 4 weeks after her surgery. Marion is an inspiration to all members through her hard work and positive attitude. When Marion is not exercising at the Y, she loves cooking, reading and volunteering at her church.



Gymnastics quickly teaches you what failing looks like. In gymnastics, you fail often and you fail hard and you fail in front of people. Failing is a way of life- and we LOVE IT. To us, failing and failing often is the most accurate barometer of effort. If you are not falling on your face, you are not pushing yourself. If you are in gymnastics to win, this sport is not for you because gymnastics is a tryfailtryfailtryfailtrywintryfailtryfailtryfail process. Winning is the only piece that ISNT a constant. Heather Fournier (coach) has taught me that success has nothing to do with winning, because winning is only a fluke. Success is instead marked by how many times you fell down, dusted yourself off, and came back stronger.

Meet Andrew Ballou, aka DJ Big Blue. Andrew is one of the many amazing staff at the Y. Currently, he works in the workout center, as a Zumba Instructor and helps at special events as a DJ. In the picture to the left, Andrew was at 340lbs in the month of May and did not like how he felt physically and emotionally. When he turned 21 in July, he decided to change his lifestyle for the better and start to use the Y's Workout Center. He started to exercise 5 times a week through a combination of cardio equipment and lifting weights. After 4 months of eating the right foods and sticking to a workout plan, Andrew has lost 56.5lbs and is now 283.5lbs. His goal weight is to be at 240 lbs. "The Y is a place where I'm achieving my fitness goals and I love it here!" said Andrew. Keep up the great work Andrew!



Strengthening Communities Together

Old Town - Orono YMCA

2020 COMMUNITY IMPACT REPORT



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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Stay Connected with the Y on Social Media



The Old Town – Orono YMCA

At the Y, strengthening communities is our cause.

The Old Town – Orono YMCA has been supporting this community since 1890. As a charitable organization, the Old Town – Orono YMCA exists to strengthen the community through the work done every day with thousands of men, women and children to ensure everyone – regardless of age, gender, income or background – has the opportunity to learn, grow and thrive. Through its incredible programs and services, the Y helps children, families and seniors thrive.

DID YOU KNOW...

As a non-profit, mission oriented organization we rely completely on the generosity of our community.



Over 180 Children stayed active & created lasting friendships at our Summer Adventure Camp and Teen Leadership Camp.



In 2019 the Y served over 6,000 members and program participants from our community.



In the past year we provided more than \$80,000 in financial assistance and subsidies to ensure all can participate.



The Y served over 1,500 people throughout the community by offering special events such as the Easter Bunny Breakfast, Haunted Y, Healthy Kids Day and more!

This past year the Y donated over \$3,000 to support local businesses and organizations to strengthen the community.

Your Dues Operate the Facility

Your Gifts Change Lives

Our YMCA cannot have the impact that we have in the community without your generosity. Please consider a gift of any amount to support our programs.

Here are examples of how your donation can impact our community.

\$750

YOUR GIFT COULD PROVIDE A FAMILY WITH A MEMBERSHIP FOR AN ENTIRE YEAR



\$500

BECOME A PART OF OUR BANNER PROGRAM



\$350

YOUR GIFT COULD ALLOW A SENIOR IN NEED TO BENEFIT FROM A YMCA MEMBERSHIP



\$125

YOUR GIFT COULD GIVE A CHILD A WEEK OF FUN AT OUR SUMMER ADVENTURE CAMP



\$50

YOUR GIFT COULD HELP TEACH A CHILD TO SWIM AND LEARN ABOUT WATER SAFETY



\$5.00/month

CONTRIBUTE MONTHLY TO HELP PROVIDE SCHOLARSHIPS TO FAMILIES



PLEASE GO TO OTOYMCA.ORG/YMCA/DONATE TO GIVE TODAY.