



THE IMPACT OF YOUR GIFT TO THE NORTH PINELLAS YMCA



CONNECT TO THE CAUSE

NOVEMBER/DECEMBER 2019

MAKING A DIFFERENCE WITH MASH



For over 25 years, the North Pinellas YMCA has been proud to offer our Mainstream Adults Sharing Hope program, more commonly known as MASH. This program, open to any adult with a disability, whether it be cognitive or physical, has changed the lives of so many who otherwise would struggle to find a place to belong. MASH provides a safe space for participants to come and feel empowered, free to be themselves and engage with others who have similar challenges.

As a part of MASH, members are able to take part in bi-monthly events that

get them mingling with more than 100 regular members and their families, building friendships and making memories ultimately to enrich their lives and make meaningful connections. In addition to these events and several off-site adventures, MASH participants are also eligible for reduced Y member rates so they can focus on their physical and mental well-being through group exercise classes, training in the wellness center and finding a general peace of mind in this larger community at the Y.

"I like the arm and leg machines and the weights," explains MASH participant Tracy. She enjoys the different activities offered to her through MASH. Her favorites are the annual talent show and the all the arts and crafts the group does throughout the year.

Daniel is a regular member of MASH who says the program is "for adults with disabilities that are able to do fun activities, and no matter what disability you have, you can do anything!" Daniel's favorite MASH event is the gratitude dinner where everyone brings a dish to celebrate Thanksgiving. He says, "It's nice that we all come together. That's what the world needs more of, and more than ever."

MASH funding comes from generous donors like yourselves and support raised during our Annual Reindeer Run 5K. Please consider donating to this great cause.

WAYS TO PARTNER

Did you know there are many ways you can give to your local Y? How about gifting stock, matching gifts through your employer and more. For information visit ymcasuncoast.org/give-better-us or contact Seth Milbrand at smilbrand@suncoastymca.org or (727) 772-9622.



Celebrate the season and run for a cause in our annual YMCA Reindeer Run. The run benefits the Y's MASH program.

Register with friends and family to form a team! Don't forget to show your holiday spirit.

Join us Saturday, December 14 at John Chesnut Sr. Park.

To register, visit ymcasuncoastymca.org/reindeer or come into the branch.

TAKE A TOUR TODAY!

Please contact Seth Milbrand, District Vice President, at smilbrand@suncoastymca.org or call (727) 772-9622 if you would like a personal tour of the North Pinellas YMCA!

Member To Remember

Sharon has been coming to the Y and to MASH for over 10 years. When asked what she likes the most about coming here, her response is "Everything! I especially love the people." Sharon met her best friend at Starbucks because they recognized each other from MASH and realized they lived close to each other. Once she met her friend, she began to participate even more in MASH and eventually started volunteering at the Y. She loves being a greeter at the Wellness Center twice a week because "everybody knows my name!" Her self-confidence has greatly increased as well as her physical stamina. With Thanksgiving coming up, Sharon is grateful for "my mom and dad and the YMCA. It gives me something to do!"



UPCOMING EVENTS

November 18 & 25—HYPE
(Homeschool Phys Ed Class)

December 13—MASH Gift
Exchange and End-of-Year
Celebration.

ADVISORY COUNCIL MEMBERS

Jason Butts
Shannon Cuomo*
John Crawford
Judy Davis
Dr. Maggie Davis
Sarah Defosses
Jason Dukas
Alan Everton
Kelly Ford
Georgeann Hull
David John
Eva Krutchik
Ken Kunsman
Dean McSpadden
Donnie Scruggs
Jessica Serrano
Clayton "Chip" Snare
Ed Thompson
Tom Young
Leona Wells
Teen Council Members:
Haley Carr
Brendan Wells
*Current Council Chair

Volunteer Voices



John and Kim Moran

Kim: "I love volunteering for MASH for so many reasons! First and foremost are the adults we get to know! They are seriously the happiest, sweetest people I have ever had the opportunity to meet. They are always so genuine and easy to get to know! They are always so excited for whatever activity is planned and love even the simplest of activities even though they are usually big bashed filled with fun and games! I love their confidence, their zest for life and unabashed gratefulness for everything and everyone! They put life into

perspective."

John: "It's nice to volunteer with people who are so nice, kind and grateful for everything they are given. It makes you appreciate all that you have and all of your blessings! I feel appreciated and grateful to help when I can. And we have lots of fun!"

MAKE A LASTING IMPACT

Your support of the YMCA of the Suncoast will help our community learn, grow and thrive for generations to come. For more information on planned giving, please contact Ben Prewitt, Philanthropy Advisor at bprewitt@suncoastymca.org or (727) 467-9622.