



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Modery Family

"I love seeing Teen Center staff being really involved with the kids. It is not just a place where your children get dropped off and observed. I see a real sense of caring and nurturing. Staff members seem to honestly care about every child they deal with. I think it is important for kids today to have young adults they can look up to, trust and rely on – like the Teen Center staff! I honestly feel that because of these relationships my children are better people."

You can help make life-changing experiences available to everyone regardless of their financial situation. Support the Y's 2011 Annual Scholarship Campaign.

**Change A Life...
Support the Y**

www.penbayymca.org

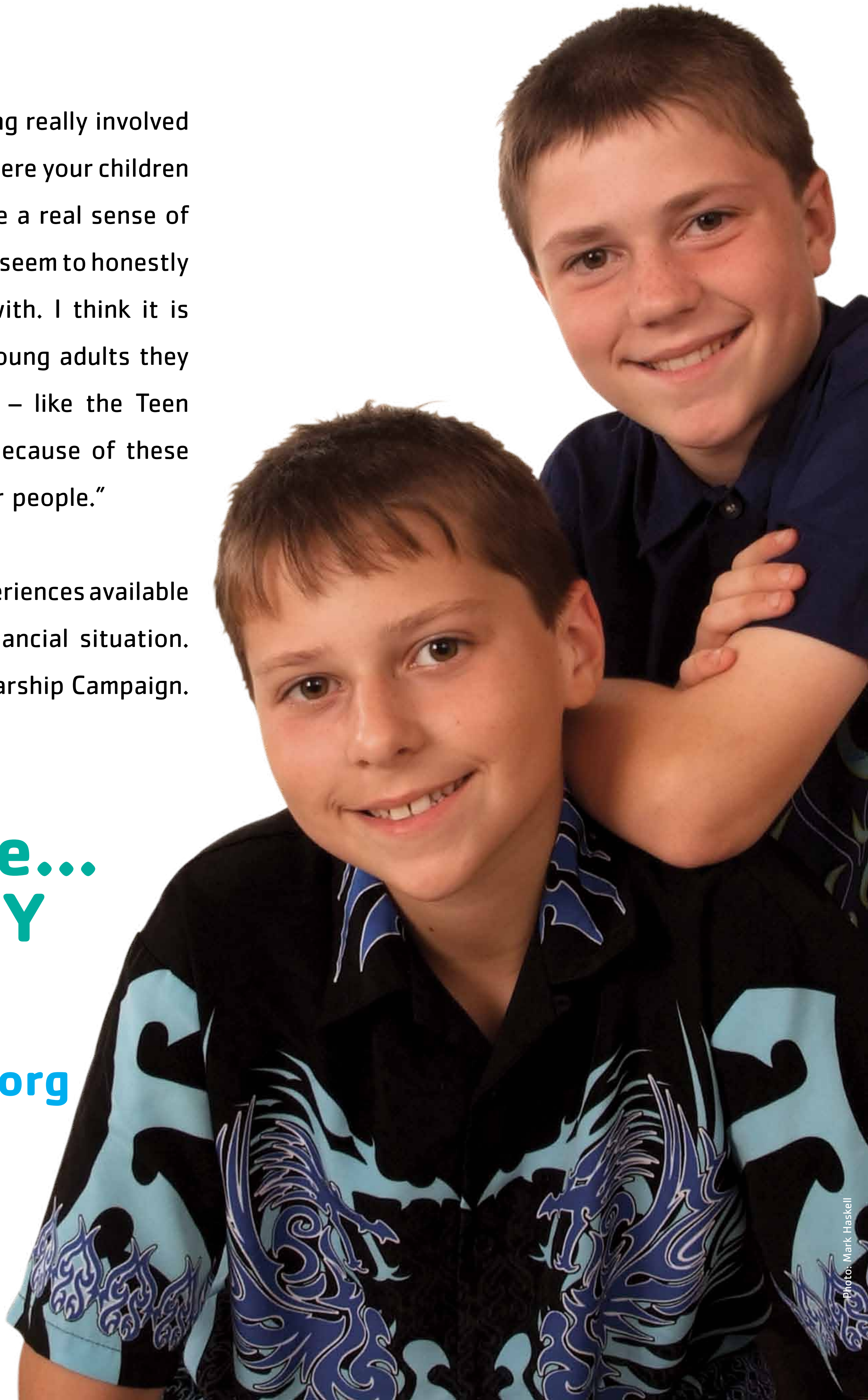


Photo: Mark Haskell



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Karen Reed

“When I tipped the scales at a whopping 254 pounds, I realized that I needed a change. My life is extremely busy, but I made the commitment to take care of myself, including daily physical activity. As a very social person I have been so fortunate to get to know some other YMCA members and Y staff, too. All these people help make each and every trip to the Y enjoyable and rewarding. Because of this experience and weight loss, I feel better physically, sleep better and have a more positive outlook on life.”

You can help make life-changing experiences available to everyone regardless of their financial situation. Support the Y's 2011 Annual Scholarship Campaign.

**Change A Life...
Support the Y**

www.penbayymca.org





**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Amy Moody

“When I was five a camp counselor taught me how to tie my shoes and I am still tying my sneakers at the Y today! Fitness has always been a part of my life, but maintaining a solid workout schedule and being a full-time mother can be very challenging. The YMCA is like a family and provides my children a fun and healthy atmosphere while I run and weight train. Thank you!!”

You can help make life-changing experiences available to everyone regardless of their financial situation. Support the Y's 2011 Annual Scholarship Campaign.

**Change A Life...
Support the Y**

www.penbayymca.org





**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

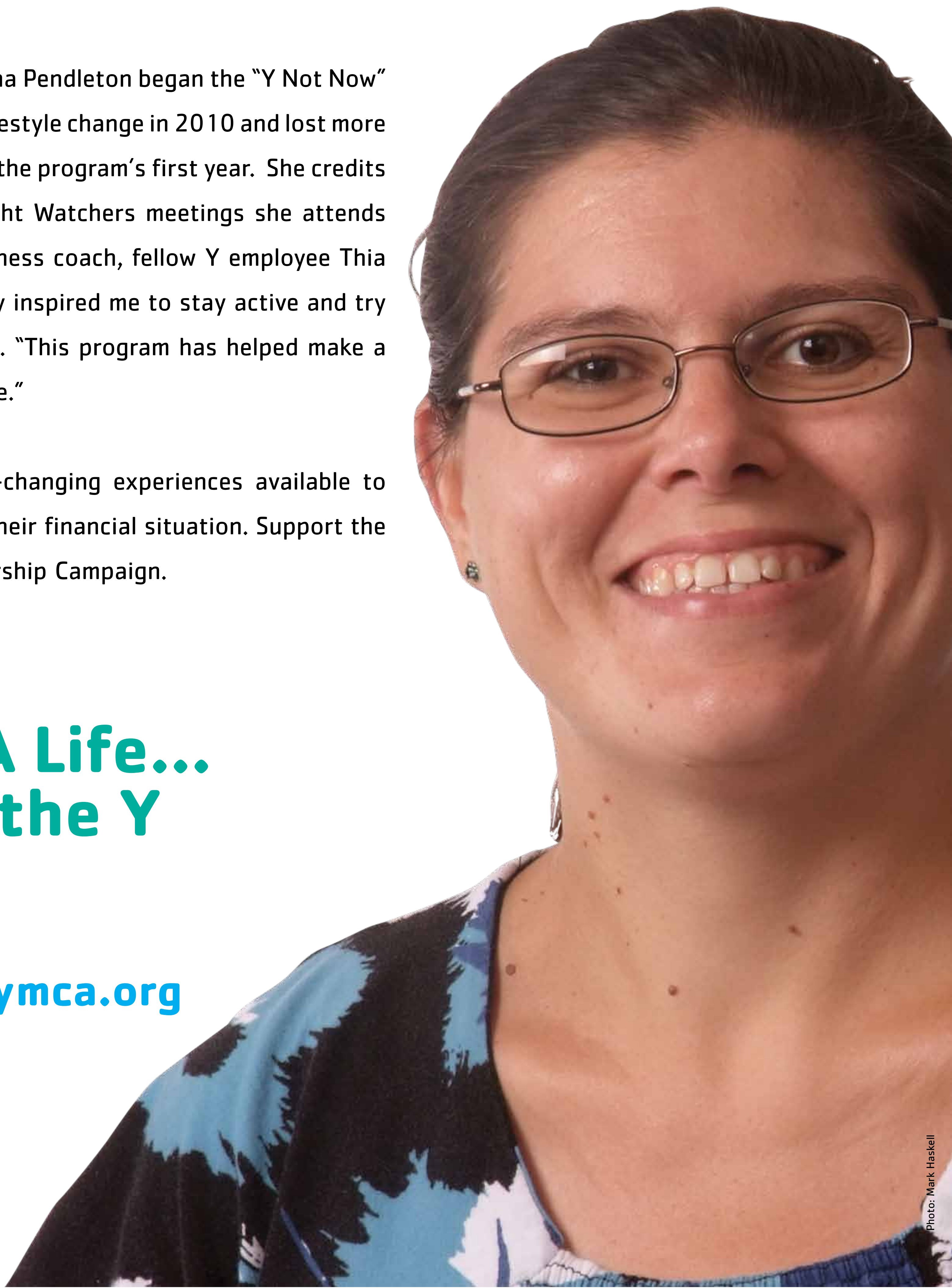
Trisha Pendleton

YMCA staff member Trisha Pendleton began the "Y Not Now" employee incentive for lifestyle change in 2010 and lost more than 100 pounds during the program's first year. She credits her success to the Weight Watchers meetings she attends at the Y and to her wellness coach, fellow Y employee Thia Belajona. "Thia has really inspired me to stay active and try new things," says Trisha. "This program has helped make a positive change in my life."

You can help make life-changing experiences available to everyone regardless of their financial situation. Support the Y's 2011 Annual Scholarship Campaign.

**Change A Life...
Support the Y**

www.penbayymca.org





**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

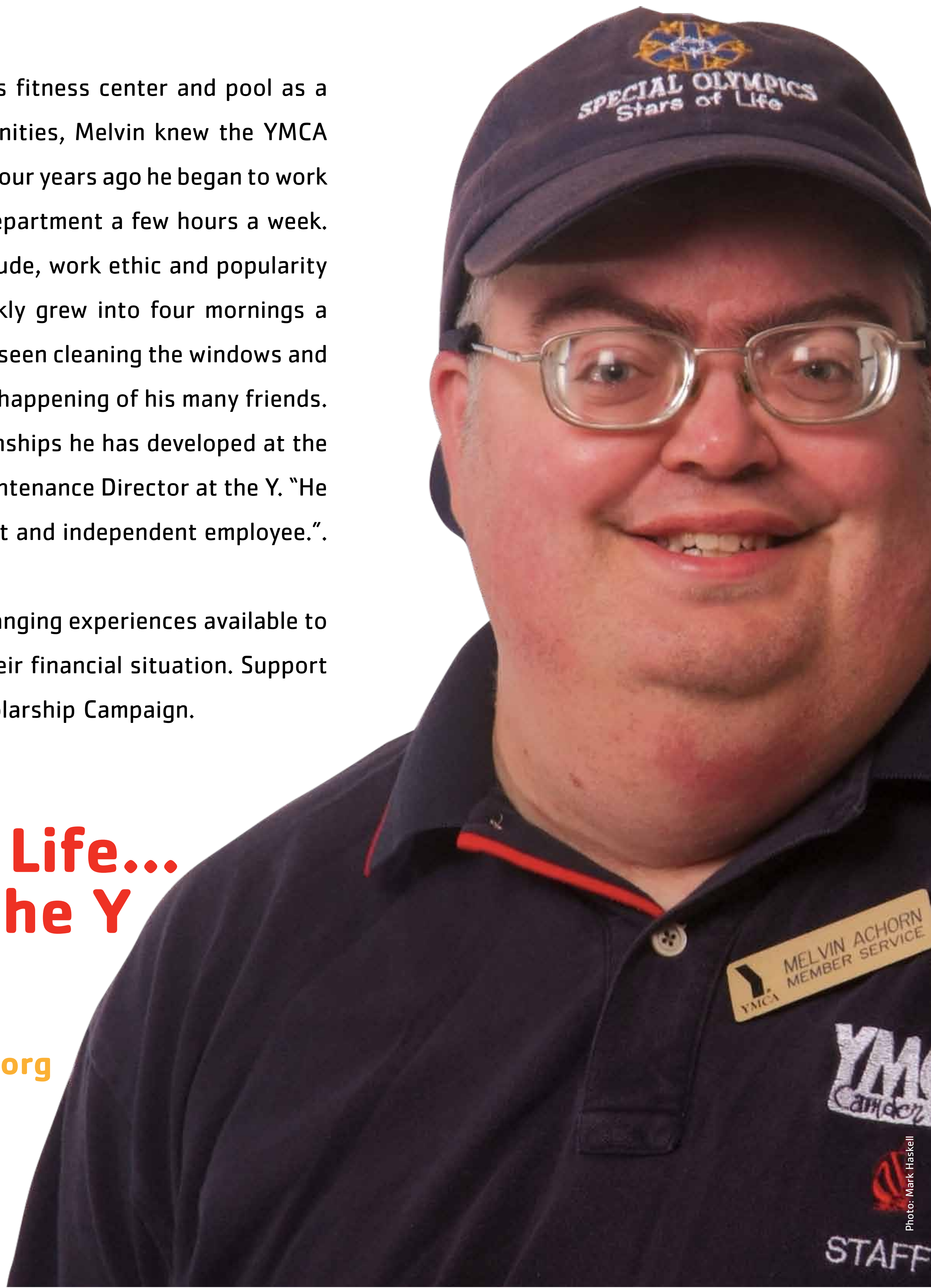
Melvin Achorn

A longtime user of the Y's fitness center and pool as a client of Coastal Opportunities, Melvin knew the YMCA was a good place for him. Four years ago he began to work in the Y's Maintenance Department a few hours a week. Because of his great attitude, work ethic and popularity with the members it quickly grew into four mornings a week. Melvin often can be seen cleaning the windows and catching up on the recent happening of his many friends. "Melvin values the relationships he has developed at the Y," says Dick Fletcher, Maintenance Director at the Y. "He has grown into a confident and independent employee."

You can help make life-changing experiences available to everyone regardless of their financial situation. Support the Y's 2011 Annual Scholarship Campaign.

**Change A Life...
Support the Y**

www.penbayymca.org





**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

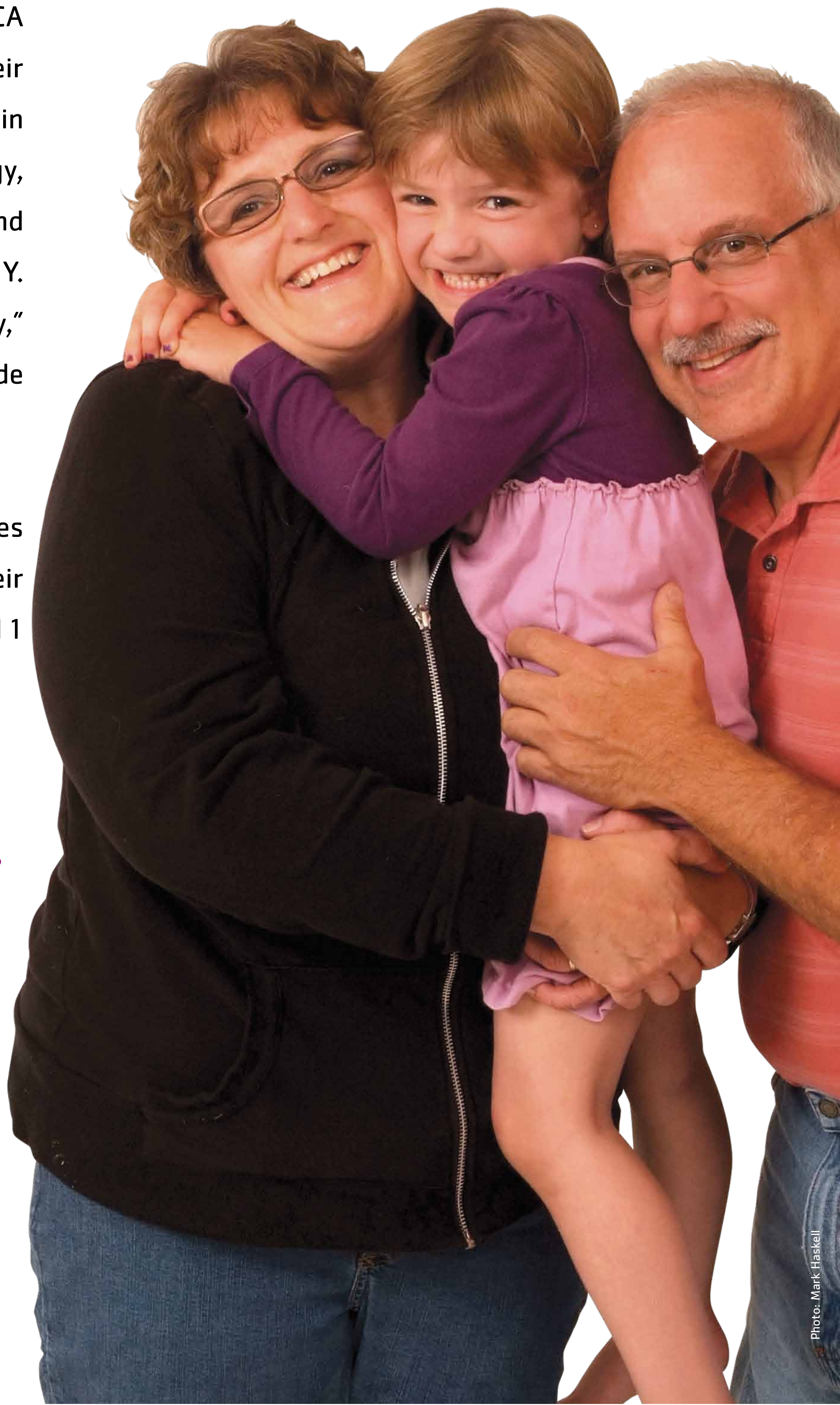
Ruggieri Family

Becky and Gus Ruggieri turned to the YMCA for support after gaining guardianship of their granddaughter, Addy. Now a four-year-old in our preschool room, Addy is a high-energy, loving child who enjoys doing art projects and spending time with her friends here at the Y. "The Y has become an extension of our family," says Becky. "The impact that the Y has made on Addy will stay with her for a lifetime."

You can help make life-changing experiences available to everyone regardless of their financial situation. Support the Y's 2011 Annual Scholarship Campaign.

**Change A Life...
Support the Y**

www.penbayymca.org





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Bill Cook

"After my craniotomy last July I found the Y particularly important. I continued with Silver Sneakers at my own pace while attempting to rebuild my strength. The rest of my class was very supportive and always commented on how well I was doing. I even got a Christmas card from the class. The entire Y is a super spot with super staff."

You can help make life-changing experiences available to everyone regardless of their financial situation. Support the Y's 2011 Annual Scholarship Campaign.

**Change A Life...
Support the Y**

www.penbayymca.org





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The McCluskey Family

The Y has been the McCluskey family's second home for the past 14 years. Alyssa, Lianne, Eddie and Mark have all raced with the Sailfish Swim Team – Lianne reaching the YMCA National Championships. "Through the years we have met many families at the Y, and they work as an extension of our own," says their mom, Mary. "We have created many long-lasting relationships here."

You can help make life-changing experiences available to everyone regardless of their financial situation. Support the Y's 2011 Annual Scholarship Campaign.

**Change A Life...
Support the Y**

www.penbayymca.org





**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Nicholas and Kaitlyn Turnbull

Nicholas and Kaitlyn have been at the Y since they were five years old, participating in Kids' Club, Camp-A-Homa, swimming lessons and other programs. "These activities have really helped Nick grow socially and become much more outgoing," says mom Allison. "The Y has always worked with us through the scholarship program to help make Y experiences possible. We feel very fortunate."

You can help make life-changing experiences available to everyone regardless of their financial situation. Support the Y's 2011 Annual Scholarship Campaign.

**Change A Life...
Support the Y**

www.penbayymca.org





**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Carla Ferguson

When Carla learned about our scholarship program, she quickly joined the Y and got involved in Liquid Toning and other aquatic classes – in an effort to battle Lyme disease. “I have made several close friends at the Y who keep me going.” says Carla. “The Y means so much to me, and I’m so very thankful for everything it has done to help me.”

You can help make life-changing experiences available to everyone regardless of their financial situation. Support the Y’s 2011 Annual Scholarship Campaign.

**Change A Life...
Support the Y**

www.penbayymca.org





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Andréa Babb Conover

“My children mark the fifth generation of our family to be Y participants and supporters. Plain and simple, we love the Y. My two children partake in the childcare program, and they adore their top-notch teachers. My husband and I love the many exercise classes. Heart Watch is an important part of my dad’s daily routine, and many mornings my mom walks on the indoor track. The Y is an important part of our family, and we love to support it and participate in all it has to offer.”

You can help make life-changing experiences available to everyone regardless of their financial situation. Support the Y’s 2011 Annual Scholarship Campaign.

**Change A Life...
Support the Y**

www.penbayymca.org





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

What is your story?

Please tell us your story by filling out the card below & drop off in the box provided here.

**Change A Life...
Support the Y**

www.penbayymca.org

