



YMCA of Greater Boston Welcome Home Program

A YMCA membership program for returning veterans

The YMCA of Greater Boston, through its Charlestown YMCA in the Charlestown Navy Yard, is launching a new program in collaboration with the MA Department of Veterans' Service and the V.A.

This program is specifically geared toward assisting any local service member who has been injured in Iraq or Afghanistan. Those who have been treated in V.A. hospitals and clinics will be given preference. However, the program is open to all veterans who have served since 9/11/01 who have service related injuries that would benefit from the type of exercise programs that can be provided at any of the 12 facility locations of the YMCA of Greater Boston, which are located throughout the city and in four suburban locations.

All 12 YMCAs have fitness centers with up to date cardiovascular and strength equipment, free weights, a variety of group exercise classes, and qualified staff available to set up appropriate individual exercise/rehabilitation programs in communication as needed with any medical professionals (physicians, physical therapists, nurses, etc.) who may have been involved previously, in or outside of the V.A. system. Eleven of the 12 YMCA also feature swimming pools and gymnasiums.

YMCAs provide a supportive, non-pressure environment for making connections and being around other people doing positive things for their health and sense of well being.

The program includes a *full year of membership, free of charge* with funding provided by the Charlestown YMCA of the YMCA of Greater Boston. **Participants must apply to the Charlestown YMCA regardless of which YMCA they wish to join.** Once accepted, an intake/orientation session with a fitness expert at the YMCA of Greater Boston location of his/her choice (see list below) will be scheduled. Applications must be in writing on the application form provided. The remainder of the application process may be handled via telephone.

Participating YMCA of Greater Boston Locations: (8 in the city of Boston, 4 in suburban towns): Charlestown YMCA, Wang YMCA of Chinatown, Roxbury YMCA, Dorchester YMCA, East Boston YMCA, Huntington Avenue YMCA (Back Bay/Fenway), West Roxbury YMCA, Oak Square YMCA (Allston/Brighton), Burbank YMCA (Reading), North Suburban YMCA (Woburn), Waltham YMCA, and Charles River YMCA (Needham).

For more information on the Welcome Home program, please contact: Ashley Filipp, Director of Membership Operations at the Charlestown YMCA: 616.241.8400.

All who wish to participate must complete the application below submit to Charlestown YMCA for approval.



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Welcome Home Program Application Form

Name: _____ D.O.B. _____

Address: _____

Phone Number: _____ Email: _____

Military Branch: _____ Dates of Service in Iraq/Afghanistan: _____

If injured while in service, brief description of injuries:

If treated in a V.A. facility or clinic, location: _____ Dates: from _____ to _____

Brief explanation of what you hope to gain from your YMCA membership:

If referred by Mass Department of Veterans' Service, V.A., local Veteran's Agent, etc:

- Printed name of person making referral: _____
- Organization: _____ Phone number: _____
- Signature: _____

YMCA you would use once accepted (see list below):

Participating YMCA of Greater Boston Locations: (8 in the city of Boston, 4 in suburban towns):
Charlestown YMCA, Wang YMCA of Chinatown, Roxbury YMCA, Dorchester YMCA, East Boston YMCA,
Huntington Avenue YMCA (Back Bay/Fenway), West Roxbury YMCA, Oak Square YMCA
(Allston/Brighton), Burbank YMCA (Reading), North Suburban YMCA (Woburn), Waltham YMCA, and
Charles River YMCA (Needham).

Mail, fax, or email completed application to:

Ashley Filipp
Charlestown YMCA
150 3rd Avenue, Charlestown Navy Yard
Boston, MA 02129

Fax: 617.241.2856/phone: 617.241.8400 x3019/email: afilipp@ymcaboston.org

*Please include your V.A. Disability Rating form and a copy of your DD 214. You may call the V.A. at 800-827-1000 for information on getting these documents.