

YMCA Welcome Home Program Application Form

Name: _____

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' Services, V.A., local Veterans' 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):
Constitution Inn YMCA (Charlestown), 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: Bridgette Chaisson
Constitution Inn YMCA
150 3rd Avenue, Charlestown Navy Yard
Boston, MA 02129

Fax: 617.241.2856 / phone: 617.241. 8400 x3019 / email: bchaisson@ymcaboston.org

**Please include either your V.A. Disability Rating form, a copy of your V.A. identification card, or if you don't have either of these, a copy of your DD 214. You may call the V.A. at 800-827-1000 for information on getting these documents.*



Constitution Inn



YMCA of Greater Boston Welcome Home Program

A YMCA membership program for returning veterans.

The YMCA of Greater Boston, through its Constitution Inn YMCA in the Charlestown Navy Yard, is launching a new program in collaboration with the MA Department of Veterans' Services 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 YMCAs also feature swimming pools and gymnasiums.

YMCAs provide a supportive, non-pressured 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 Constitution Inn YMCA of the YMCA of Greater Boston. **Participants must apply to the Constitution Inn 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 their choice (see list below) will be scheduled. Applications must be in writing, on the application form provided. The rest of the process can be handled via telephone.

Participating YMCA of Greater Boston Locations: (8 in the city of Boston, 4 in suburban towns):

Constitution Inn YMCA (Charlestown), 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 contact: Bridgette Chaisson, Program Director at the Constitution Inn YMCA: 617-241-8400.

All who wish to participate must complete an application form (available online at ymcaboston.org) and submit to Constitution Inn YMCA for approval.

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