



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

South Shore YMCA December Inclusion Highlights

SSYMCA Partnering with Adaptive Sports New England



Head Coach and three-time Paralympian Michael Prout leads his team in a practice



South Shore Y Swim Instructor Katie assists Adaptive Sports NE swimmer Rudy

The South Shore YMCA's Quincy branch is making strides toward being THE premier para sport center in Eastern Massachusetts. This fall, a variety of para sport opportunities were kicked off in partnership with Adaptive Sports NE, with their mission to increase participation in sports among New England youth and young adults who have visual or mobility impairments.

On Sunday afternoon, you can find members of the Paralympic Sports Club Boston SCB Swim Team in training, preparing for upcoming competitions. Additionally, young swimmers who are blind or have a physical impairment are learning to or improving their swimming skills in our new swim clinics. Adaptive Sports NE experienced para sport instructors are working side by side with YMCA swim instructors to share strategies and skills that are effective instruction tools to help these swimmers meet their goals. "I had the opportunity to see this partnership in action recently and was blown away by the positive energy and camaraderie experienced not only by the swimmers, but also with the Adaptive Sports NE coaches, SSY swim instructors and the family members who expressed tremendous gratitude for the opportunity offered," shares Lisa Drennan, Association Director of Inclusion.

Starting this week, we welcome the Paralympic Sports Club Boston Wheelchair Basketball Team. These youth and teens will be practicing weekly on Sundays in preparation for 1-2 tournaments in the coming year.

Joe Walsh, Present of Adaptive Sports NE states, "The Quincy branch is a location where collectively we can create a truly inclusive environment for youth with visual or mobility impairments to engage in sports and fitness, and thereby establish themselves and their families as part of the broader Y community."

Laura's Center for the Arts - Embracing Inclusion Every Day in Every Way

The staff of the Laura's Center for the Arts provide a remarkably welcoming environment for all artists to be part of their programming and community. Whether as part of an upcoming production, a dance or art class or as a member of the team as a volunteer or employee, persons with diverse abilities are not only welcomed but fully supported to reach their personal goals and express themselves.

The Winter 1 Session of programs offers a variety of designated classes which are identified as being structured in an inclusion friendly format (PDF). If inclusion considerations are needed in any other offerings, please reach out to the LCA staff or Inclusion Coordinator Kate Trowbridge, katetrowbridge@ssymca.org to explore a support plan.



Spaulding SPRINT Program Runner Sets His Eye on Frozen 5K



Tony with Spaulding staff and interns practicing for an upcoming fun run.

Tony Neumeister joined the Spaulding Runners-In-Training program this past fall with hopes to get back to running. Tony was a casual runner before a medical issue left him with decreased mobility and having to learn how to walk and run again. A few weeks into the SPRINT class, he set his goal on trying a local fun run.

Not only did Tony complete the 2 mile run, but the success that November day led him to a loftier goal of completing a 5k. Not just any 5k, but the South Shore YMCA's Frozen 5k coming up on January 7th. Watch for more information in an upcoming newsletter with the results of his 5k experience.

If you'd like to join Tony in the Frozen 5K, **register here!**

YMCA Member Making News by Completing the World's Largest Jigsaw Puzzle



Jack Brait has been a member of the South Shore YMCA for over 9 years. You can see him working out regularly or hanging out in the lobby area. When he's not working out, Jack might be found at his Marshfield home assembling puzzles of all sizes. Jack is a puzzle enthusiast and lover of all things Disney. In fact, Jack has even been a special guest in the Exploring Disney Animation group that runs monthly in partnership with the Autism Resource Center of the South Shore.

Recently Jack, who has Autism, put together a 40,320-piece puzzle depicting scenes from 10 Disney animated movies, which beat out his previous record holder of 35k+ pieces from a few years back.

"We can't wait to have Jack back as a special guest of our Exploring Disney Animation Club" says class instructor Emmy Casagrande, "the group sees him as somewhat of a celebrity now."

[Read more about Jack's story in CBS Boston!](#)

Health Education Highlights

Cardiac Maintenance Programs

Did you know? As part of our medical wellness programs we offer Blood Pressure Self-Monitoring. This evidence-based program features personalized support for developing a blood pressure self-monitoring routing, tips for maintaining cardiovascular health and nutrition education. For more information on upcoming program dates or questions regarding our Medical Wellness programs, please contact Katelyn Szafir, Director of Medical Wellness, at kszafir@ssymca.org.

For inquiries regarding these or any other inclusion programs at the South Shore YMCA, contact Lisa Drennan, Association Director of Inclusion, at ldrennan@ssymca.org or visit our **website**.

South Shore YMCA 91 Longwater Circle Norwell, MA 02061