



From the left, State Senator Nicole Grohowski, Val Peacock, the Y team, Haley and Frank Del Duca, and Y Trustee Kathy MacLeod

# MOUNT DESERT ISLAND YMCA DONOR NEWSLETTER AUGUST 2026



## SUPPORTING OUR COMMUNITY

We want to thank you for helping us make 2026 one of the best years ever for delivery on the Mount Desert Island YMCA's mission promise! Because of your generosity, we have been able to provide financial assistance and scholarships of over \$90,000 so that everyone has access to all of the benefits of the Y. With your support, we raised \$126,000 during our Gala and \$270,000 from our Annual Appeal. We have met our goals, and most importantly, the funds allow more families to benefit from the Y's services, regardless of their ability to pay.

Your donations have helped us create a community that we all want to live in! What follows are a few impacts that your giving has had this fundraising season:

- **Camp Cadillac** – By summer's end, we will have served 540 camper weeks. Donations made to the Jackson-Sullivan Fund ensures that island families and children will always have an affordable summer camp experience where children are active, encouraged to grow and explore new things, are safe, and belong.
- **Swim and Water Safety** – We continue to provide free learn-to-swim and water safety instruction to the youngest children in our care (ages 4 and 5) as the MacLeod Fund ensures that every child is safer by learning lifesaving skills and safe behaviors around the island's pools, lakes, and ocean.
- **Facility Improvements** – The Y has made many continued investments in our almost-30-year-old building. Replacements and upgrades for the fire alarm system, ventilation system repairs, and the purchase of a new system to allow extended hours of usage in the Y's fitness center are complete, and next year's to-do list includes an expensive upgrade to the existing elevator, netting for the gymnasium track, and more.
- **Professional Staff** – The Y's professional staff now includes direct leadership for the child development and youth sports programs, and we have additionally attracted and trained more group exercise instructors and personal trainers from within the community. Annual Appeal donations help the Y cover essential operating costs, launch new programs, or expand successful ones as community needs evolve.

Our Community Benefit Gala held on July 16 was a great success as we thanked two community members for their leadership. Maine's own Winter Olympic bobsled pilot Frank Del Duca, spoke with our Y campers that afternoon, and then in the evening with us, offering a key message – we all need a vital support system and a caring adult to help a child grow and to be successful.

We hope you see the impact your donation has had as shown within these member stories; we have as many stories as we have members, now 2,380! All here for the opportunity to grow stronger – in body, mind, and spirit!

Thank you for your support in the people, place, and promise that make the Y a trusted resource for the entire community! Sincerest thanks!

Ann Tikkanen  
Chief Executive Officer

## BUILDING A HEALTHIER COMMUNITY

Your health and fitness goals here on Mount Desert Island can be met using our wonderful mix of outdoor and indoor places. Wherever you are on MDI, you can be active, improve fitness, and build strength and balance.

Nature is the perfect walking partner, helping us discover the many benefits of movement. At home, regular stretching before you head out for your day will improve the flexibility of your muscles and joints. Everyday movements and exercise can be made easier, and seeing positive changes in your body and mood will be a further motivator.

If you are new to any of this, the Y is here to simplify it for you.

Come in and meet the Y's Health and Wellness Director, Ross Goo. Our own State Representative Gary Friedmann had this to say:

"I worked with Ross to design a personalized workout routine two months before back surgery, and now I'm four months post-surgery. My neurologist says I'm stronger than I was two years ago, and that if I keep it up, I will be able to negotiate the stairs and shower in the home we built 43 years ago for another 'decade or two'."

Exercise, stretching, and strengthening – all in service to help you move more comfortably, with a plan specifically for you. TRX training, Tai Chi, evidence-based classes such as a Parkinson's Disease program, and more all offered at 21 Park Street. As we always say, "See you at the Y!"



## A SUMMER OF SAFE, FUN ADVENTURE



Camp in Maine boasts a long and proud tradition of serving up fun and new experiences for children during the summer. At our community YMCA, we have our own tradition of exposing campers to exciting summer experiences at our day camp. We can host up to 60 campers a day, ranging in age from 3-12 years old. We offer nine weeks of day camp filled with plenty of swimming, field trips around the greater MDI area, and classic summer camp games and fun.

This year we are serving over 130 children from all over the United States. We work hard with a young staff in a week of training before campers come, setting expectations around behavior and safe adventure.

Families count on us for a fun safe place for their children to spend their summer days. When asked about their family's summer camp experience, Anna Tyler, a mom of two MDI YMCA summer adventure campers told us,

"I wanted to say that they both had an absolutely amazing time at camp this week! They both gushed with stories every afternoon about all their adventures! From what I heard, the staff also did an outstanding job maintaining a kind and respectful environment. I was so happy to hear that. That also made a huge difference in how much the kids enjoyed camp! Thank you for a wonderful camp week! "

-Anna Tyler, camp mom of two MDI YMCA summer adventure campers