

Mary's Y Story

When Mary walks through the doors of the Stanwood-Camano YMCA, she's not just arriving for a class or greeting a familiar face; she's showing up for her community.

Named Philanthropy Volunteer of the Year in 2025, Mary's impact reaches far beyond her volunteer title. Her leadership in the Annual Community Campaign has brought fresh energy and focus, expanding the Y's reach through meaningful, one-on-one conversations whether in the hallway, parking lot, or a fitness class.

Her goal? To ensure everyone feels included, informed, and inspired to support a cause that changes lives every day.

Mary's commitment is deeply personal. After a diabetes diagnosis five years ago, she turned to the Y to reclaim her health and well-being. With "encouragement, humor, and patience," she transformed her lifestyle. Today, she pays that support forward, encouraging others just beginning their own journeys toward health and belonging.

"Volunteering at the Y is my way of thanking everyone there for helping me change my life," Mary says.

Her work goes beyond fundraising. As part of a team of staff and volunteers focused on older adult engagement, Mary helps create programs and events that foster social connections. The kind of connection that makes someone feel seen, supported, and part of something bigger.

"It is inspiring to be part of those moments where people meet new friends and gain valuable knowledge by attending one of our classes or events," she notes with pride.

"Being a volunteer adds a richness to my life that reminds me of that old saying about it being better to give than to receive," Mary reflects. "At the Y, we are fortunate that we have it both ways, we can get and we can give and everybody wins."

To learn more about volunteer opportunities at the Y, visit ymca-snoco.org/volunteer.