

Evelyn's Y Story

For Evelyn, volunteering at the Mill Creek Family YMCA started with a simple suggestion from a friend and quickly became a meaningful way to give back to a community that has given her and her husband so much.

Evelyn's first volunteer experience at the Y was this year's Annual Community Campaign. A friend from her yoga class encouraged her to get involved, knowing she was always talking with other members and thought she would be a natural fit.

After learning more about the campaign, Evelyn signed up to volunteer. She handed out information in the lobby, talked with members, and asked instructors if she could share campaign information in her classes. During the campaign, she presented to about seven different classes, sparking conversations with members who wanted to learn more about YMCA programs and how they could support the campaign.

The role was a natural fit for Evelyn, who spent years giving presentations as a teacher and later as a Human Resources Specialist before retiring.

For Evelyn, volunteering is about more than sharing information or raising donations. It's about helping others experience the same sense of belonging she has found at the Y.

"I truly feel how important and significant the Y is in impacting the mental and physical health of all its members," Evelyn said.

Since joining the Mill Creek Y, Evelyn and her husband have made new friends and become part of a welcoming community. She describes the Y as a place where friendly staff, instructors, and members create a warm, safe, and caring environment.

"Every time I enter the Y, I have a smile on my face because I am in a happy place that I know wants to help and support me to be active and healthy," she said.

That sense of connection continues to inspire Evelyn to volunteer. She believes a strong community looks out for one another, provides support and helps people stay healthy and active.

"Being a Y volunteer has a positive and meaningful effect on you personally because of all the positive interactions you gain from meeting new Y members and making lasting friendships," Evelyn said.